

SEDONA JOURNAL OF Emergence

PEACE TO ALL BEINGS

OCTOBER 2017



VARIOUS BEINGS THROUGH
ROBERT SHAPIRO

New ET Contacts Have Begun

page 3



The beings who met President Eisenhower in 1954 and who recently projected the images in the sky over Cornwall, England, are beginning to contact people around the planet. They are loving, charming 3-foot-tall beings who will prove that there are people on other worlds and who will offer some scientific solutions for your problems on Earth.

Screenshots from video: <http://www.cornwalllive.com/8203-watch-sightings-of-suspected-ufo-caught-on-film-across-cornwall/story-30447774-detail/story.html>

Inspired Information

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YOUR DAY-TO-DAY SELF**

INSIDE

KRYON

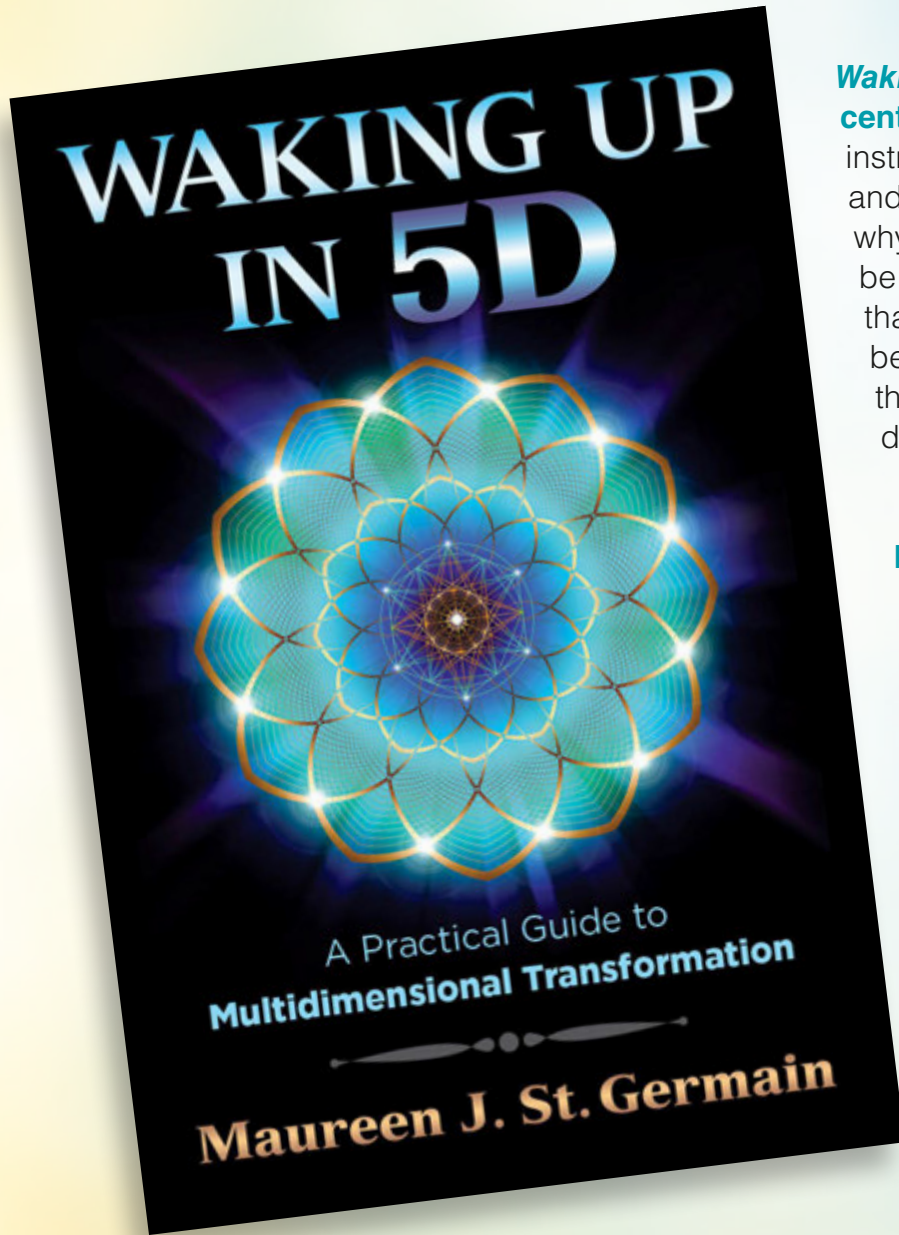
THROUGH LEE CARROLL

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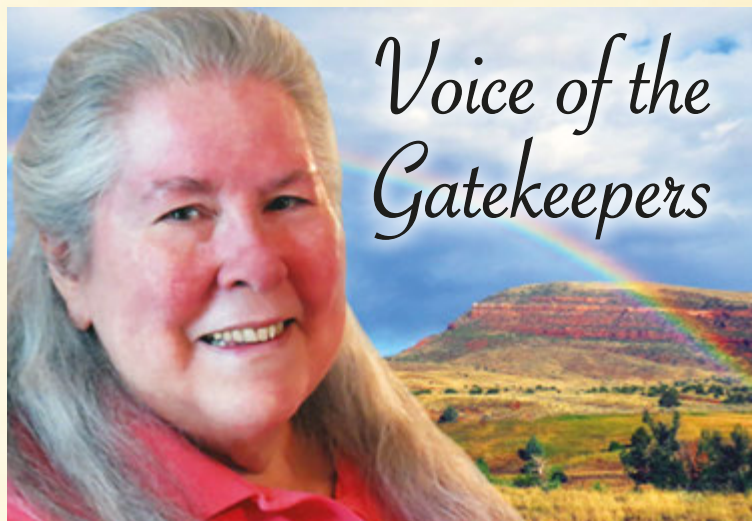
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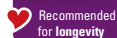
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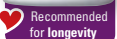


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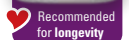
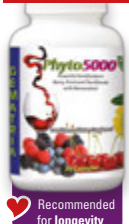
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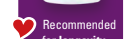
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120 capsules

Reg: \$35.77 sale price: **\$28.62**

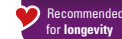


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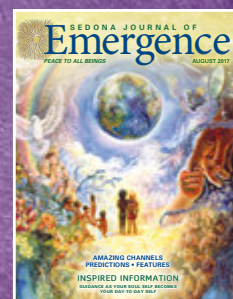
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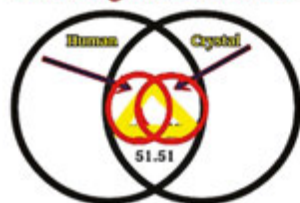
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- ◆ Bring information about the truth of our eternal nature — the origin, ultimate purpose, and future of the human race.

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LETTER FROM THE PUBLISHER

Dear Sedona Journal family,

It is very gratifying, after almost thirty years of publishing Light Technology books and Sedona Journal articles from and about ETs (mostly as channeled by Robert Shapiro), along with photos of their ships, to be able to share that a group of very benevolent Zeta Reticulans are starting to contact individual Earth humans now (see cover and page 3) with the intent of being seen and photographed. When those visited post their photos and experiences on social media, the evidence of the existence of these ETs will spread around the globe. These people from another planet want humanity to know that there are people on other worlds, and once they feel we would welcome those suggestions, they will offer some scientific solutions for our problems on Earth.

The charming, evolved, very intelligent Zeta Reticulans say they are here in response to a call for help from Earth itself, who needs to be relieved of the pollution of her air, water, and soil and the damage to her body caused by fracking and drilling and bombing by the humans who live on her. Earth also needs to be relieved of feeling the violence and suffering caused and experienced by the people on Earth. The visitors' offer of scientific solutions for our problems may help create a more benevolent existence for Earth and humans and, eventually, people from other worlds who may like to visit here.

What about you? Are you ready to interact with people from another world without treating them as superior beings because they seem more evolved than you or without treating them with fear because of your perception that they are different?

If you want to know how you really feel about contact with a being from another planet, use your physical body's yes or no response system mentioned here last month. First establish a base line of yes responses — say something like "It is true for me that I need to eat" — and feel your body's response. Do you feel relaxed or safe and comfortable? Do you feel your body take a deep breath, experience some inner warmth, or other physical feeling that indicates that statement is a correct description of your truth? Say a few more similar statements, such as you need to sleep or to breathe, and feel your reactions. Then say something like, "It is true for me that I can fly like a bird in my physical body now." How do you feel in your body? If you feel uncomfortable or queasy in your chest or stomach (or anywhere around there) or more nervous than usual, then you may begin to know what your body communicates when it is trying to say no or not now. Some of you may have no reaction. If so, then try a different statement.

Then say, "It is true for me that I want to meet and talk to a person from another planet" or maybe "it is true for me that I prefer to feel safe and comfortable talking to a person from another culture." Feel your responses, which should let you know whether you have any issues about meeting people from other worlds or even other civilizations on this world. We are all having to face our issues with our beliefs, whether conscious or subconscious, and open to an acceptance of all beings from this or other worlds.

This month we also feature Kryon, through Lee Carroll, who tells us that a mini ice age begins in about fifteen years; global warming will turn into a short period of global cooling. Many of the channels in this issue tell us about the shift in consciousness that has happened, is happening, and will continue to happen.

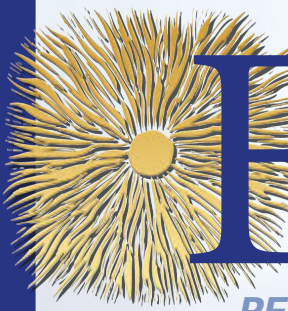
What an interesting time to be alive! Happy October,

Melody

COVER IMAGE

Sculpture of a Zeta Reticulan by Keith Priest

Screenshots from video: <http://www.cornwalllive.com/8203-watch-sightings-of-suspected-ufo-caught-on-film-across-cornwall/story-30447774-detail/story.html>



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PEACE TO ALL BEINGS

OCTOBER 2017



CHANNELING

- Time Heals Everything**B7
The Living Avatar Grace Elohim
through **Alison David Bird**
- Dance with Your Ancestors**..... B2
Shockara Starbeings through **Blue Turtle**
- There Is No Other You**B10
Lightbearers of the Universe
through **Thelma Bodnar**
- Life Is Good** B6
Mother Mary through **Janet Desaulniers**
- What Belongs to You
and What Belongs to Others** B8
Mary Magdalene through **Mercedes Kinkel**
- Allow God's Grace to Heal You**..... B5
The Spirit of God through Rev. **Daniel Neusom**

- Divine Intervention** B9
Sanat Kumara through **Athene Raefiel**
- At Transition's Door, Part 3** B3
The Council of One through
Kathryn Rawlings with **Terry Spears**
- Perfect Your Skills as a Cocreator** B11
Archangel Michael through **Ronna**
- The Echo of Cosmic Companions**B14
Ataoris through **Gilly Wilmot**
- We See through the Same Eyes** B13
Divine Members through **Polly Wirum**

CONSCIOUS LIVING

- Listen with the Heart of Love**..... B17
Virginia Ellen, the Radiant One

CHANNELING

The Importance of Maintaining Personal Power and Energy.....	34
The Seer Almine	
How to Discard Your Karmic Grindstones.....	72
Cithael through Ingrid Auer	
Come Together to Create a Beloved Community.....	71
Mahatma Gandhi through Blue Turtle	
The State of Planet Earth.....	14
Kryon through Lee Carroll	
The Mathematical Body.....	26
The Family of God and Goddess Sri Roopeshwari through Rae Chandran	
The Heart Source Explained.....	19
Amma through Cathy Chapman	
You Are Moving beyond the Mental.....	31
Jeshua ben Joseph (Jesus) through Judith Coates	
Feminine Energy Activation.....	45
Mother through Virginia Ellen , the Radiant One	
October's Religious Hangover.....	28
Auriel through Arthur Fanning	
Through the Doors of Ascension.....	44
The Collective Soul through Carolyn Gervais	
Soul DNA Mutation Experience.....	46
Archangel Metatron through Jill Harrison	
Tremendous Energies Bring Opportunity Now.....	66
Lady Portia through Star Hinman	
Love Enhances Living.....	52
Gaia through Cristi Jenkins	
Welcome to Forever.....	55
Archangel Zadkiel through Sri Ram Kaa and Kira Raa	

Let Go of Relative Mind.....	38
Master Djwhal Khul through Kathlyn Kingdon	
How You Live Is Up to You.....	68
Michel through David R. Lowell	
Receive the Universe's Truth.....	37
The Sirian Council of Light through Gillian MacBeth-Louthan	
Prepare for the Intersection of the Dimensions.....	49
Juliano and the Arcturians through David K. Miller	
Let Incoming Love Ignite the Shift.....	70
Mother Ulura through Karinna Nielsen	
Seek Your Divine Essence to Achieve Abundance.....	23
Teacher through Miriandra Rota	
Wait until You See What Is Coming.....	65
Keeper of Time and Merlia through Steve Rother	
New ET Contact Has Begun.....	3
Grandfather, Zoosh, and Gi-Ka through Robert Shapiro	
Tap into Your Crystalline DNA.....	60
Lord Sanat Kumara through Maureen St. Germain	
Energy Excess in Canyonlands and Arches National Parks.....	62
Archangel Metatron through James Tyberonn	
The Next Reality.....	57
The Founders through Jaap van Etten	
Your True Reality in the Love Code.....	42
The New Ascended Masters through Maurene Watson	
Revel in the Frequency Shift.....	35
One Life through Catherine Bean Weser	
Stepping Down Energy.....	53
Omnidimensional Beings through Kathy Wilson	

CONSCIOUS LIVING

Embrace the Spice of Life.....	73
Margaret Ann Lembo	
Koh Ker Pyramid.....	74
Sam Osmanagich , PhD	

PREDICTIONS

What to Do with Your Newfound Awareness.....	90
Lynn Buess , MA, EdS	
Allow Your Heart to Lead You.....	88
The Egyptian Cat Beings through Mary Elizabeth Hoffman	
Master Your Destiny through Self-Responsibility.....	85
Michelle Karén	
Hard Work Pays Off Big Time.....	76
Donna Taylor	

FEATURES

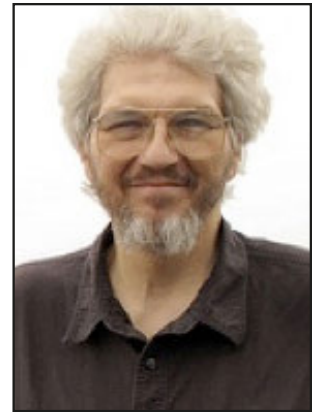
Essences of Nature.....	92
Mary Ann Altamirano Antenucci	
Ask the Angels.....	99
Cheryl Gaer Barlow and the Angels	
Shamanic Wisdom.....	94
Jan Engels-Smith	
Dream Zone.....	100
Lauri Quinn Loewenberg	
Animal Whisperer.....	97
Your Ever-Loving Pets through Kim Malonie	
Ask Erik.....	104
Elisa Medhus , MD	
Benevolent Outcomes.....	102
Tom T. Moore	
Akashic Answers.....	101
Amanda Romania	
EarthWisdom Global Prayer Web.....	93
Maria Yracébúrú	

Channel Schedule.....	13
October 2017 Aspectarian.....	84
Classifieds.....	107

Book Market.....	108-109
Transformational Resources and Advertising Rates.....	110-111
Subscriptions Form.....	112

New ET Contact Has Begun

Grandfather through Robert Shapiro



Note: The following is a transcription of a YouTube video that can be found at <https://www.youtube.com/watch?v=rALsb5CDR7w>.

14 July 2017

Greetings. This is Grandfather. I have spoken a bit about contact between the people of other planets and Earth, and I have said when it would begin. Now I must tell you it has begun, but it has only begun initially so that the ETs can train themselves about what to expect from your cultures. They have begun contacting some of the more advanced species of beings on Earth, but they are not human beings. They have started to contact whales and dolphins, and they have begun, just today, to contact beings you see all the time but do not think of as advanced (though they are very advanced in their own way), and they are ants.

You will all be all right, including when the contacts happen with you — only you who are willing and happy to meet them, for they will be willing and happy also. Good life.

22 July 2017

Note: The following was transcribed from a YouTube video that can be found at https://www.youtube.com/watch?v=UHN55GH5m_k.

Greetings. This is Grandfather. I have another announcement about contact. Contact with human beings has begun. The beings who wish to see you and want you to see them have announced themselves in the sky, and they will continue to do this in various ways around the planet in places they feel will not disturb people. They will not do it very much in places where there's fighting and struggle and strife. They will do it in places where people are likely to take videos because they want to be seen.

Most of you will not see their vehicles — ships, as

they call them — but many of you will see something that looks like a face or, at times, like an x-ray (if you know what that is) of a skull so that you can get the impression of what they look like under the skin, so to speak. The reason they do it this way is that they tend to be scientific beings. They are interested in science, and they pursue it as a cultural interest. (Many cultures have their own interests, you understand.) So they've begun doing this recently in the UK [Cornwall, England],¹ and they will do it in other places. I know some of you think that what happened in the UK is some kind of trick, some kind of marketing or promotion, but even if people claim it is, I assure you it is not that.

You've heard for years that contact would be made by benevolent ETs. I assure you that even though these beings look a little different from you (they're a lot shorter than most of you, other than children), they look almost human. Their eyes are a little bigger than yours, and they're set a little bit more to the sides of their heads in partial ways. But they're not these huge scary eyes that you see in various pictures or in entertainment. These are benevolent beings, and they are cheerful. And sometimes they will be inclined to do something to entertain children as they did once in an appearance they made in Texas years ago.

So I wanted to let you know I cannot say for certain when they will land on the planet or get out and “talk story” [chat], as they say in Hawaii and other places, but they will be with you before long or they would not be putting these pictures that look a lot like videos in the sky for you to see.

It's happening, and it will be a good thing and benevolent for you all. Good life.

The Zeta Reticulans

Zoosh

3 August 2017

All right, this is Zoosh. You're having contact now. Contact has begun.

Robert explained the phenomena that were on video [see cover].

The main thing is the beings will probably be Zeta

Reticulan beings of one sort or another. They have a way of being charming. They're not scary looking. I mean, how scared can you be of beings who are about 3 feet tall? They do not carry any weapons, and they

can do things — and like to do things — with children who are not afraid of them (which is almost all children unless they've been programmed to be afraid of them). Their eyes are not so gigantic. That whole business of showing beings with eyes that are gigantic and at the top of their heads (which are huge) and all of that — it's a cartoon. It's nothing else but a cartoon.

I'm speaking now to people who are cartooning that: It's not a good way to prepare people to meet ETs, if you want that experience. And there's a good way on Earth to know that doesn't work: If you're planning to meet people and you put out cartoon pictures of the people you plan or hope to meet and the cartoon pictures make them look bad, they're not going to want to meet you.

But now the situation is different. Keep in mind that in Betty and Barney Hill's experience,² as they remembered it, the beings are little. They don't look anything like how the beings looked in the movie [*The UFO Incident*], okay? So there's that. The reason it appears to be the Zeta Reticulans and the hybrids who will make contact (but we'll see) is that the Zeta Reticulans are actually rather charming. If taken on face value, their eyes are just a little bigger than you would find on a human face, but no more than that. They're not gigantic. That's a cartoon.

Zeta Reticulans Are Drawn to Young People

There's been much talk by many different beings through Robert over the years about sending the Zeta Reticulans into the big meeting with Eisenhower and others at Muroc Air Force Base [now known as Edwards Air Force Base] in California in 1954 was a mistake because the Zeta Reticulans just scared humans. The beings said, "The only people you will meet from now on, until later, are people – human beings who look just like you, like the Pleiadians or others."

What is my rock-solid foundation that I said many times? The future is not cut in stone.

Why the change?

Because young people feel liberated now. All over the world (as long as they're in touch with other young people, so probably on the Internet at least), they feel liberated to be themselves. And a lot of that expresses as, "You are what you are," and that's that. Even though younger people who do violent or self-destructive things (or both) tend to make the news, the vast majority of young people are honest, straight forward, and accepting of what is. They may not always express those qualities according to their lives, but that's the foundation of who they are, and they were born to be that. They were born into a world that had serious problems, and right now they're doing something that's bedrock important: They're accepting the reality, and they're not looking for anything to disguise it. They're not interested in having it disguised. They want to be accepted: "This is what is." Many of them will be inspired to do things to improve life. Within five to ten years, when they start

getting into positions of influence, they'll change things for the better. But it's important to accept that this is what is: "This is the world we've inherited. What can we do to make it better?" They will do it.

So they will accept what is, which is that people from other worlds look different. It's as simple as that, and they're not going to get scared, run away, and hide. It was felt by people discussing things, as I said before, that it might be worth a try to have the initial contacts all over the world be with Zeta Reticulans again. Try. And part of this is because **the Zeta Reticulan culture still believes that you are their past lives. So they have a very deep interest in you.**

They also are curious about the scientific connection between you and them, and they have motivation to help you to help yourselves. **They're not going to come to rescue you, but they will make science and technology available to Earth people that can literally transform the planet into something more like it was** — not necessarily in human culture, not to influence that, but the water will be clear and drinkable and resources will be more available on an everlasting basis, such as oil and the fuels you need. They will help with other aspects, including the predominant diseases. There are simple cures for them — not just changing what you eat and how you eat and so on, but there are also ways to transform what you eat into being compatible with your physical body, and they're not really complicated.

The face appearing in the sky was the first sign, right?

It's very clear, and you can use the picture on the Zeta book cover.³ Granted, it's somewhat idealized. The eyes on the sculpture are bigger, proportionately, than the eyes of the Zeta Reticulan beings. But the skull, the bone structure, would suggest that the eyes are that big. In fact, if you look at the skull and the bone structure of the human skull, it suggests that the eyes are bigger than they are. So use the same proportion, and you will discover that Zeta Reticulan eyes are not as big as they look.

Regardless of what people think of the capacities of a project called the Eden Project, there is no way they could have produced that in the sky with current technology, period. And the Eden people know that, but they're perfectly willing to bask in the publicity of something that people were saying is part of this project. It's not. It's a technique that your special effects people would love to know how to do, but they don't know how to do it, to appear in thin air like that. No.

Contacts have begun. They're happening. They're not going to land on the White House lawn, okay? They're happening in remote locations with people who the beings on the ships — small ships — feel would be comfortable with meeting them. So sometimes this was with a young person (not necessarily a

child). Generally speaking, children are not afraid of them at all, and they love children of all species. And when the Zeta Reticulans are around children, they tend to do funny, silly things to entertain them, like jumping up in the air and doing loop-de-loops and all this kind of stuff, because when you see somebody do something like that, you laugh. It's cute. It might be a young couple with a child (only if they're okay with it), but usually it's going to be individual people, Earth people who are not frightened. It's like, "Oh, who are you?" There are people like that all over the world. It won't be in the home but out and about by themselves — going for a hike in the country or what have you. It will happen briefly, and the beings won't take people aboard the ship — none of that stuff. It's just, "Oh! Hello. How are you? We are here. We are from another planet."

It won't make any difference what language the people speak or even if they don't particularly engage in the language. You have some children, you know, who don't talk at all, but that doesn't mean they're stupid. It just means that they have chosen not to talk. They can; they just don't. They've been named something, and these people in particular are very receptive. They're expecting to meet people from other planets. They may not say that, but they might very well be open to it unless somebody trains them to be afraid of it. Even then, they'll be curious; they'll want to know. And they'll have a means of communication that is nonverbal. The beings can do that too. They're not just adept at all kinds of languages; they're also adept at nonverbal languages, which does not mean you understand something in your mind in your own language. It means that it's completely nonverbal, so it might appear to be hand signs or something.

Is this happening all over the planet now or just in one or two places?

It's happening all over the planet, but that doesn't mean that it's happening everywhere. There might be one or two contacts a day, but it's happening in different parts of the planet. Usually, as I say, with one individual, but occasionally for people who are open to things like that. It could be with, as I said, a young couple with a child or two, if they're open to it.

How to Choose the News to Read

Okay. Has there been any public publishing about this, or are the people being contacted just not talking about it?

I believe there's been some public comment on it, but nobody's seeking to make it a big deal.

Will it increase daily or stay at this rate, one or two a day?

Well, it's hard to say. It depends. A lot of your news services are highly controlled, and I'm talking about legitimate news. By controlled, I mean essentially advised that there are certain places they can't go.

Other make-believe news things are happening. I'm not going to make any political comments yet, but make-believe news is found very often on the Internet. Generally speaking, my recommendation about news on the Internet is to look for well-established news sources that check stories to make sure they are as true as possible and aren't made up out of whole cloth. Then go to those places and read those stories on the Internet. But if the information is on some site you have never heard of, chances are the stories are not completely true or are completely untrue.

That was just a little piece of advice on the side. I'm going to do that regularly now because for people's multifaceted creativity to be stimulated through articles that they find in your magazine, you have to recognize that they have multiple thoughts going on all the time. The idea of having seemingly extraneous comments is to support that level of creativity. This is how people will be typing away at something and talking to somebody on the phone and texting to somebody else. This is what's happening for many adults, not just young people. By young people, I mean up to seventeen or eighteen [years old]. But of course, people up to thirty, people up to forty, or people up to ninety, if they're open to it, are doing this kind of thing.

Young People Will Change Earth

This new ET contact is incredibly big news, and it should cause a change in the way people think.

Yes, and it has to happen, really, because **Earth cannot go on as a viable planet with people who insist on destroying Earth to survive.** A great many people in the scientific community understand that, but some people in the scientific community are working for corporations that are doing those things, and as much as they completely understand that, they want to make a living and support their families. So this is a reality, and this is how science becomes corrupt. But it's only corrupt on the surface. Underneath it, scientists know what's going on. For example, you cannot burn water in automobiles and expect water to remain.

At what point, then, are the ETs going to contact people who can do something with the ET scientific knowledge? When is it going to go from single people in the rural areas to people who can make changes based on what the Zeta Reticulans will tell or show or give them?

It will happen when the Zeta Reticulans feel that people welcome that knowledge and not just resist it. Say you're producing a product. You have a vast institutional corporation (or what have you), and you're producing many products, and someone comes along and says, "We've got something here that will work fine, and you won't have to use that product anymore." An example might be picking on the oil companies even though the way your world is set up, they are an absolutely vital utility, most of the public utility. If someone comes along

and says, “We have something you can use instead of oil,” people will resist. So it will take as long as it takes.

What is this substance we can use instead of oil?

They will tell you, but they won’t just sit down and say, “These are the facts,” and speak to you. They’ll just show it to you. This is one reason younger people will like them: They won’t talk at them. They’ll say, “Look. See.” That’s the only way with young people. And that’s why they will approach young people, because it’s going to be, “Look. See.” It’s not going to be “Yuppity, yuppity, yuppity.” That’s that. (However, they will say it in their own terms.)

The young people will do something about it, and that doesn’t mean they’ll become destructive. They will do something about it, and it will be paid attention to because what they do will be a global thing. They’ll insist that things change and that things work better. Of course, oil will not suddenly stop coming. It will be phased out, that’s all. Over time, some people will still want to use oil for things, and it will still be there. Gradually, it will be less and less.

Other forms of living together and cooperating and providing for one another as a global society will develop. Over time, you will become a mutually cooperative society. It hasn’t been done successfully in the past, but it is felt that there is a good potential that it can be done here now. This is largely because of younger people who respond to “Look. See” rather than “we’re going to convince you by talking at you until you can’t stand to hear this anymore” communications. There’s really nothing like physical evidence that will change a person’s perspective. You’ve had a physical evidence experience yourself, and you know that it completely changes your perspective because it’s “Look. See.”

Prepare for Contact

That’s absolutely wonderful. I’m thrilled that we’ll get to present this. But you don’t want any “when” questions.

Well, we cannot do “when” questions because it is not for me to say. And conceivably, you could have all these gifts tomorrow. But societies and cultures, even ruling out corporations, don’t generally change over

night unless it’s a matter of life and death, and this is not a matter of life and death. It will be like networking. Networking is not a matter of life and death most of the time.

Do any of the Zeta Reticulans on that mission want to speak through Robert?

Maybe. Let’s do that next time.

All right, that would be fantastic. Can we put out something people can say like, “I am asking for benevolent contact and constantly expanding contact for the best of humanity,” or something like that?

Do you want a living prayer for people who want to have the experience?

That would be good — and for the experience itself. Whatever you feel is best.

If you want to have this experience, first you have to look at yourself in the mirror and ask, “Am I prepared to meet an ET who doesn’t look like a human being?” Notice how you feel in your body, and look at your eyes. Are you frightened? If you are, you’re not prepared, and that doesn’t make you bad. It just means that you’re not prepared, so ask it another time. If you feel relaxed and you feel as if you are prepared, then if you want to, you can say what Grandfather is going to give you. Good life.

Oh, thank you, Zoosh.

All right. This is Grandfather.

Welcome.

Thank you. This is what you can say.

Living Prayer

“I am asking that all my communications with all the beings I meet, whether they look completely different from me or similar, be benevolent and result in the most benevolent outcome.”

Good life.

Good life. Thank you.

One of the ETs Who Are Contacting Earth People

Gi-Ka, a Zeta Reticulan

9 August 2017

[Musical sounds.] All right. I had to connect with your language. How did you like our message in the sky? [See cover for images.]

Ah, it was pretty interesting! I don’t think anybody but Robert knew what it was.

We felt the way we have of introducing ourselves was important in that it showed the human skull, and

then it showed our skull so that you could see the similarity. That was the purpose. When you examine the photos, you’ll see something that looks like a human skull, and then you’ll see something that looks like our skull, which is almost the same, except we have slightly elongated eye sockets. But if you looked at the human skull and didn’t know what human beings looked like,

you would think that human beings had giant eyes because of the openings in the bone structure.

People have speculated what we look like based on such a finding as a skull (one was found on Earth, but this discovery has been kept quiet). So you might speculate that our eyes are very, very big. But not unlike your own, the openings in our skulls are much larger than our eyes. Still, our eyes are different than yours. I wanted to explain that so that people would understand the purpose of the event in the sky.

We're showing you what we believe is an evolutionary process for us. We have to introduce ourselves, but we also have to involve you since you might reasonably wonder why we, who do not look like you very much but are not completely different, would come here. We believe in our philosophy and traditions. As much as we can tell — though one cannot always be certain when time travel is involved — you are our past lives. And as such, we are interested because sometimes some members of our group (our civilization) will have odd feelings, and you would recognize them as feelings of restlessness, but such a feeling doesn't fit in our culture. So those people are isolated for a time until that feeling goes away, and then they come back into civilization. This does not happen with the same people all the time. It very often happens to four or five people (you would say) or groupings (we would say) all over the planet.

This is part of the reason we started searching for how this could be. It doesn't fit our culture, and it doesn't have anything to do with any of our current relatives, but it does seem to have to do with the past since the present and the parallel present, meaning other relatives and our future (as far as we could tell), continues our culture. So it could only be in the past, and we arrived at you.

Of course we arrived initially at one of your future stages. But in the future stage of your expression of humanity, you are still the human being. One finds human beings in the (you would say) universe, but we will simply stay a star system. One finds that the human beings might express something that resembles restlessness; however, it is not restlessness but rather a moment or a split second before an expression of joy, happiness, pleasure, or artistic expression — along those lines. So the elongated feeling — an experience that goes on for a time of restlessness — is not just from the human race on other planets. It had to be something else, so we went back further; thus, we found you.

When was that, in our time? You were also here — what? — sixty or seventy years ago, right? Your people?

Much before that. Oh, I see! You were asking for when we came to find you initially. I see! It would measure your 1400 to 1500, you would say. At that time,

you were not such a great number of people, and you were a little more innocent than the complicated way you seem to be now. You're complicated now not because of your nature but because your lives are overly involved in your current level of technology. More to the point, the overwhelming nature of your population has created a lot of difficulty because your people do not like to be bound. They do not like to be restricted. They're much more comfortable having free space around them.

As a matter of fact, this is part of the reason you have many people in your now time that cannot live — and choose not to live — in a house. They just can't because they feel the absolute need to have space around them. So they live on the street or they live in such a way that they are completely mobile, sometimes in vehicles, sometimes many of them just in temporary shelters that they set up for the night. Then they move on, or something like that. This whole expression of needing to live in the open is a direct result of the numbers of human beings on your planet now.

You find people living in the open in your big cities, and certainly you find them doing this in the country. In the country, it is more accepted perhaps because they are considered to be camping out. But in the city, it is not very accepted. In more benevolent cities, it is accepted a bit. In cities where things are more difficult, it is not accepted. But that is the purpose. That is the reason people are doing it. It is not simply because they are addicted to some product they've been exposed to or they've had some terrible trauma or other reasons that are true. It is not only that. It is also because the feeling of walls overwhelms them. And if they are in a space, even a nice house, they will get restless and will have to go outside and live outside. They cannot live behind walls.

The First Meeting

I said we came around 1400 to 1500. That is the best I can estimate when we came, but not past that until some years ago, like you said, when we made another attempt to contact your people. We did contact people beyond that which you understand was involving a time of the 1950s. We contacted other people around the planet, and those people expected, not too many years ago, for everyone to reveal what they experienced. We contacted them as did others who looked human and were essentially human, but they were just not Earth humans.

This all took place right around that time, the late 1940s and 1950s, and some of the people were more remote, you'd say native people. Some of the people were more in the countryside, like you understand it, and the contact that you were aware of (you mentioned something sixty or seventy years ago), so you are aware of that contact. Contact also took place with

several groups of native people, and they've accepted us much more freely and comfortably. We were able to be much more of our actual personalities with them.

When we contacted them, in the time that you are aware of has been publicized, perhaps (which is why you are aware of it), we had to be much more formal then, less expressive of our actual personalities. So they thought we were automatons or something like that. Actually, we were being what we thought would be comfortable for them since the location of the contact was a military area and the soldiers were just as automaton-like as we were. So we thought that this was the way that would be accepted. Apparently, it did not connect with the people at the time that we were attempting to imitate the majority of people who were around there, soldiers. Of course, we didn't carry weapons, and the soldiers were all very stiff and did not express their regular personalities. So we thought, "Well, this is what you will be comfortable with." I was not there, but this is what they said.

Was this the famous meeting at Muroc [Edwards] Air Force Base in 1954 with President Eisenhower and others?

Yes. It was with the president. I don't know the name of the base. President Eisenhower, right? We found him to be all right, but he was also rather stiff or austere, you would say. But that's what they apparently wanted us to be. You have to understand that we are not sophisticated in Earth culture, so we didn't know how to sit down and snap our fingers and sing songs or anything like your people. We could only reflect the standard of behavior there in order to be accepted as well as possible.

The people in that meeting did not understand that we were reflecting what they were — a very odd thing. We were surprised that they would not understand. It's very important to recognize when you meet people who are polite, and this can happen on Earth for the Earth people. If they are polite and don't know how to act with you, they might try to act the way you act.

It's important to remember that, because you might need to put them at ease and say, "Please, just be

yourself. I will be myself, and we will learn about each other's ways that way. It will be all right," or something like that. That will also be good training for you, meeting people who do not have any resemblance to you in culture and maybe only some resemblance in appearance. We feel that we look more like you than we look less like you. We have two arms, two legs, a body, and a head. We have digits on the end of our arms and so on. We have a similar appearance, not extremely different. We are a lot shorter than you, of course, but then you have people in your culture who are also short. You just call them children. Of course, they are young ones.

We find that when we are around young ones, they completely accept our personalities as we are, and we can play. They love the way we play, and they accept us completely. But adults have learned to be afraid of many things. Perhaps this is because you are intimidated by people as well as some aspects of your culture. So your fears are founded in the need to survive as well as possible. We understand this now. We didn't understand it as much in that meeting with the president because our relationship with Earth human beings before that was between 1400 and 1500, whenever that was. People then were much calmer even though there's a tendency to believe, looking at your culture over there, that they have "this" history and "that" history. Keep in mind most people weren't writing down their history. The history that there was, was written down by people who were highly influential. Thus, you have little bits of history in a few places around the planet.

We contacted people and were living, you might say residing, temporarily around people who were plain, or ordinary, living out in the country or getting along as well as possible. They were startled to meet us. The children like this because in that kind of community, parents are very often aware of the five- or six-year-old, how he or she feels, or even the three- or four-year-old. The three- or four-year-old will usually be pretty comfortable around farm animals, for example, and this is normal. So if the three- or four-year-old was comfortable around us even though we are not farm animals, they took that to be a sign that perhaps it was okay, and we were just different.

We expected your people to be like that in that sixty- or seventy-year-old contact that you mentioned. That's what we expected, but they weren't. They were very reserved, so we were reserved, and they could see it on us, but they didn't see it on themselves. Is that not odd?

Yes. Was it your ship that had crashed in 1947 in Roswell, New Mexico?

Do you mean, was that from our people? It was not from our planet, no.

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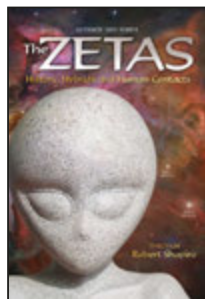
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But they were Zeta Reticulans?

They were from Zeta Reticuli, yes. Your astronomers call it Zeta Reticuli, a constellation visible from the Southern Hemisphere. There are hundreds and thousands of planets. I realize you are trying to understand what the people look like. They resembled us, and the ship was shot down. It didn't just crash.

Oh, we thought the radar accidentally damaged it.

Well, it was shot down then. We did not consider that the radar was being used for seeing. It was being experimented with, with huge amounts of broadcast electricity. That created an instability in the ship, and that's why the ship crashed. So from our point of view, that's why the ship was shot down, as you would say. However, we as a culture believed that it was not intentional. It was possible that it was intentional since at that time, what you call radar was being experimented with to see what could happen, what would happen, how it would happen, and so on. Apparently, they're still experimenting but less so.

Your direct people were the ones who met President Eisenhower?

Yes. And the others. When I say "others," you understand that I mean other contacts on this planet.

So there were two groups of what looked like your people contacting us during that time, then?

Our people made the contact with your president and the people there. Our people also made contact with the heads of other nations, mostly native people nations. So the heads of other nations would be men and women who were elders, the wise ones. But also whoever happened to be around them. We made contact with them because they were the heads of nations, and this was still possible in those times, in the 1940s and 1950s, early 1950s. Our people did that, but our people did not make individual contact. That was apparently people from another planet.

You asked to speak to someone on the ships that are visiting now. I can only speak from who we are now. If others were on the planet picking up people, we wouldn't do that because what would be the point? But I cannot say, "What would be the point?" because really, now we have been asked to do that exactly — to contact people who would welcome or be open to such a contact. They would perhaps be with children who recognized that we were like them and could play and have fun and communicate in ways that are safe and comfortable for all. We are doing that.

We are contacting people individually, but they are not coming aboard the ship. They see us come out of the ship, and that's good. Of course they are curious, but no one has asked to go on the ship. Until that happens, we will not invite them to, and we're not even sure whether it will be okay. We will know on an individual basis whether someone would feel comfortable being on the vehicle. It is, after all, different inside. It is not as

small inside as it looks on the outside, and this has to do with the different times.

You might say I am referring to time travel, but time travel is ultimately space travel. This is why the $E=mc^2$ comes into it. It's about time, and it's also about space, but more importantly, it's about mass. "Mass" does not mean just energy. It means felt space, like you would move your hand quickly through the air and feel a breeze. That's felt space. I don't know if you understand.

Well, you're from a different focus of reality, or dominion, so your natural reality is inside the ship, and ours is outside.

Yes, a perfect explanation. I wish I had said it.

[Laughs.] You can say it to somebody else. Okay, the reason I am asking this is there's a fear of beings who look like your people on this planet, and I want to make it clear to our readers that those beings who came here and took people aboard their ships in the 1950s and 1960s were a different group of people.

We are different from them. But they felt that the people would welcome such a contact if done diplomatically. At first, they fumbled a bit. They didn't know how to act, the Reticulan people. Then they realized that Earth humans were individuals, and it was all right to express their individual personalities, so they did.

There were some behaviors that, when looked back on by those people, I'm sure they regret. I've looked at some of those contacts, and things were done that were totally inappropriate, I feel. It's one thing to request a little genetic material and rub something across the surface of somebody's skin picking up a few skin cells, but it's not okay to stick something in their bodies. That was appalling. This did not happen to too many people, but it happened with a few.

Keep in mind that they were not the only Reticulan beings coming to Earth. For a while, it would seem as if there were several others that didn't really look Reticulan. Reticulan (so you understand) is, what you would say, plural. It's referring to the culture. So if someone is Reticulan, it means they are from that culture. We think the contacts were from beings that were not Reticulan, and perhaps they might have done things that were not acceptable.

ETs Visit Where They Feel Acceptance

I cannot speak for all contacts from all beings. I can only speak for who we are and those attempting to share. We feel that right now there is some, not in all countries on the planet, fear of extraterrestrials. This might have been amplified from all these contact things you're talking about. But it could also have to do with the fear of the unknown, really. And one more thing: You now have regular cosmonauts or astronauts in space (not very far away from Earth but far enough away so that even if you use a telescope, you might see the vehicle traveling around Earth), but you don't see

what the people on the vehicle see. They're seeing many non-Earth beings, and sometimes what they see upsets them. Of course, they report that in detail to the people on the planet.

People from some countries are upset about that, and people from other countries are welcoming and would like to be visited. Why would we go to places we are not welcome? There won't be too many contacts in countries where the government or citizens would be frightened. We are more likely to visit countries where the people are welcoming, which is why we announced ourselves recently in that location [in the sky over England, see cover]. Apparently, that part of the world has had a long cultural history of welcoming tracks (you call these crop circles), I would say — tracks or beings from other planets.

I call crop circles tracks because, very often, when these things are left, they're just a sign of the culture. Many of you now have signs that you use. Even corporations have signs. They might not print their names as that corporation, but they use a sign, a symbol, you understand?

Yes. We call that a logo.

Countries might also have that represented with colors or banners, something like that, maybe a symbol that is associated with them. Sometimes I think the tracks might be made by beings from your past who are portions of your planet's ancient culture, an advanced civilization no longer present on the surface. These tracks are very often just the symbols of the culture that was present, or they're symbols of a culture that wants to give you a message that they are available — from your past (in an advanced civilization) and in your time. They still exist, or there are more current ones off-planet or even in your future.

People in your future are attempting to come back in your time in their advanced ships, and they also leave tracks. For the most part, they've been prevented from doing this for their protection. They are still new enough in those cultures and on the planet on which they reside to be affected by the energies on Earth, even if they did not leave the ship. They're being protected so that when they try to come to Earth, they actually come to a higher dimensional version of Earth, and they do not find you. They're disappointed, but it's important to keep them safe. It's much more important to keep them safe because they will return to their culture. If they are not who they are in the future time for you and bring back energy and feelings of this business in your time, it would just create problems. You understand, yes?

Of course. How are you protecting yourself from this energy of discomfort on Earth?

We have a mechanism that we wear that essentially shields the ship and us. Not every individual leaves

the ship and makes contact. There might be two or three on the ship who have been trained (as much as possible) to meet Earth people in your time. But there are many others who do not leave the ship and do not use a device. They do not even know how it works. To examine the device, you would have to use a magnifying glass. It is not very big, but it doesn't have to be.

Good. Is the United States one of the places people would be afraid of contact, or do you plan to contact us?

It depends. Most people would be nervous because you have been exposed to many scary things, including your entertainments. Many people even consider, in your entertainments, being scared as fun. It's a very strange thing, but it is apparently acculturated, meaning you're not born like that, but you learn to be excited and think that's fun. Of course, it is basically violent. Nevertheless, it is not your fault. It is what you have become temporarily while you are on Earth. It's less likely for us to come to what you know as the United States, but it's not impossible. If we visit the United States, it would be some place remote — so most likely not. Other places, I won't say where.

Okay, there are beings who are half Reticulan and half human. Are they from your culture or one of the others? Did you create those, or did somebody else?

We did not create them; one of the other cultures of Reticulan did that, feeling that this might be a good bridge of being for you to meet. And we think that will still happen. We just don't know when. We are trying. If we are not successful, then they will come when it is felt to be okay. The reason I think this is all happening suddenly (from some people's perspective on your planet) is that your planet is in the throes of being unable to support so many human beings. This is not something the planet is comfortable with. The planet literally broadcasts to other planets. Eventually, it comes to volunteers who are willing to go to the planet and try to bring these people more into their spirit states — closer to the actual personalities you were born with, where you are comfortable with all life forms. They are not trying to turn you into something else. Rather, they are trying to bring you home to yourself, the self that you were born with.

Babies are completely comfortable with us and just about every life form. This is why you might see a baby smiling at some many-legged life form that you would immediately say, "Oh, that's so horrible. Don't get near it!" But babies know that the creatures are just spirit beings in form, just like they are.

How can you contact one or two people at a time in remote areas? How are you going to get that to the point that everyone on Earth will accept that so that we can move beyond this violence and discomfort?

It will take a little while, but it's not going to take years. Word will get around. Keep in mind that the



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cultures that you have today are highly interactive with each other, so it's not like in the 1400s and the 1500s when nobody had a telephone.

Oh, absolutely, but social media can get around the world immediately.

Yes, we feel that's another reason that it might be okay to do it the way we are attempting. Although, we did feel that it was just absolutely essential to create something visual, such as the projection in the sky in England, you see, because apparently the function of your physical body still will communicate to your physical bodies as human beings, physical feelings. And most people who saw that were simply fascinated, so we took that to be a good sign.

People said, "Oh, it's 'this.' It's 'that,'" but in fact it was a message from us. It is the type of message that we would give because we are interested in the different forms of life. If we had to do it over again, perhaps we would have shown something a little closer to our physical form and your physical form. But the reason we were discouraged from that — and encouraged to show the skull — is that those who advise us felt that our form, the way we look, as you would say, our face, would be too much for people. It was felt that something a little more scientific — because many of you seem to be very interested in science and apparently

even taught science in your schools — would be appealing. At least that's what we found. Maybe we were mistaken.

Who advised you?

Our guides, our spirit guides.

Who asked you to come? You said you were asked to come here.

Well, ultimately, we feel your planet asked us to come because your planet put out energy to other planets, and eventually, it just sort of migrated and flowed out into the universe. Nobody wanted to come because your planet is a difficult place to visit. But since we feel you are our past lives, we felt a connection to you, so eventually we said, "Okay, we'll try."

Well, I think that's absolutely wonderful. At some point, are you going to contact heads of state at the various nations around the world?

No. Why would we do that? We might contact some of the heads of nations that I referred to before. But the heads of nations would be more like what you would call native people. Many of the heads of state of the native people are open to us and not frightened, and those of the heads of state are not known in many of your cultures as being open and receptive because they have achieved some level of leadership that often requires them to be very firm and demanding. I'm sure for them

to be welcoming would be difficult even though they might be that way with their family and loved ones. We don't expect them to be that way with us immediately. So heads of state, not likely.

You Have the Ability to Communicate Telepathically

How do you communicate with the people you interact with? Do you have a device, or do you use telepathy?

We have a device, but actually, it is close to telepathy. Telepathy is not something that is you thinking a thought and then trying to project it. In our case, we make a sound; you might have heard it at the beginning. It sounds like murmuring, but it's actually a form of communion, meaning I am communicating something and having a feeling, and then there are general intentions of what to communicate. You would probably hear it in your mind in your language.

A great deal of this is done because of your physical body's capabilities. Just a little bit is done with a device that can amplify that capacity. Do you know that when you meet somebody who does not speak your language on Earth that if you relax, you can sometimes get the idea of what they need or want? Perhaps they just need a drink of water or something like that, but I don't want to get into all of that. The main thing is that you know they might need something, or they might just want to share something.

In short, there's a part of your brain that immediately translates what they're saying into your language so that you hear it in your language. But it's not amplified, meaning it's not at the surface. So what our device does is it brings your body's function to the surface — to the conscious mind — so that you can hear what your body is doing. We are not doing it.

This is good for you to know because it tells you that you have this capacity already. When you were a baby, of course, you could do that because you were completely yourself. Sometime later in life, I've been informed, you become something like that again, and then again you are able to understand others no matter what language they are using. You can understand what dogs are saying and cats are saying and the like.

But as a baby, if a multilegged was nearby and you were communicating with it, you would completely understand what it was saying through your brain's function because it is there. You have that capacity from when you are a baby to at least eight months old; you can still do that. It begins to fade as you continue to learn to communicate in the language to which you were born. That's only on this planet. If a human being on another planet isn't acculturated away from that natural ability, then human beings on other planets continue to use that capacity, and we don't have to use that device there. We just sort of communicate in our

way, and their bodies do exactly what your bodies do when you are babies. You can do that. Our device just amplifies it.

You just need to know that it is part of you. It is something natural to you. If you know that, then there are people in your culture who can help you bring that to the surface. It's not going to be that difficult. There will be simple things that you will do. Sometimes you will act as a baby and roll around on the floor and be silly, but other times you will focus on the purity and the clarity of how you were when you were born and could understand basically everything. The only thing you couldn't understand was violence, and that would frighten you. Violence was even an argument nearby, people talking nearby — arguing, fighting, but not hitting. That would be very frightening, and that would be difficult.

I had assumed, and of course I don't know, that you had small ships that would have to go, at some point, to a larger (we call it) mothership. How does that work? Are you self-sufficient for years, weeks, or months? At what point do you have to leave to get more food and fuel or whatever?

We really can't talk about this. I will just say that we will come and go.

Okay. I don't think you have names, but is there something I can use to ask for you again, something I can call you?

I will give you something that is a nickname — a moment to get permission. You can ask, but I may not be available. My nickname, you would call it a nickname, is G-I with a slight pause and then K-A. Gi-Ka." So tomorrow, yes? If it is not me, then it will be somebody else on the ship. All right, till then, goodbye.

Thank you. Thank you very much.

1. See the video at <http://www.cornwalllive.com/8203-watch-sightings-of-suspected-ufo-caught-on-film-across-cornwall/story-30447774-detail/story.html>.
2. Barney and Betty Hill claimed they were abducted by extraterrestrials, the first widely publicized report of an alien abduction in the United States. Known as the Hill Abduction and the Zeta Reticuli Incident, their story was adapted into the best-selling book *The Interrupted Journey* [Dial Press: New York, 1966] and the 1975 television movie *The UFO Incident* [directed by Richard A. Colla].
3. Robert Shapiro. *The Zetas — History, Hybrids, and Human Contact* (Light Technology Publishing: Flagstaff, 2010).

Robert Shapiro is a professional trance channel who has several series of books published by Light Technology Publishing: *The Explorer Race* (24), *Shining the Light* (7), *Shamanic Secrets* (4), *Benevolent Magic* (1), and *Ultimate UFO* (2). He is a mystical man with shamanic capabilities well and thoroughly infused into him who teaches through blogs, the Sedona Journal of Emergence, and 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. Learn more at Google.com/+BenevolentMagic.



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The State of Planet Earth

Kryon through Lee Carroll

4 June 2017, Big Sky, Montana

Greetings, dear ones. I am Kryon of Magnetic Service. Tonight I want to give you a story. It's a love story, and it also happens to encompass the history of the planet, the now, and the future. These are things I want to tell you and things I want to qualify for you. Let's call it, "The State of Planet Earth in June 2017."

This is a love story because of where it begins and how it starts. If you go back twenty-four years, the public channelings of Kryon began in *Kryon Book One*. The information was basically an introduction to the shift, which so many others and I began telling you was coming. It wasn't esoteric information from me but rather something that the ancestors and the ancients all knew about. They had been watching the stars in the skies for thousands of years. They realized that the stars changed subtly from decade to decade, and they started to understand the mechanics of the solar system and Earth's orbit around the Sun long before modern telescopes.

They figured out that Earth travels around the Sun and that there had to be a slight wobble to the planet to make the sky change as it did. They even computed the very slow duration of the wobble, and over time, prophecies developed around it. However, the prophecies were so that even today those who study this are amazed. How could these stories be so similar when the ancients didn't know each other? How could the information be so much alike even though vast distances and centuries separated them?

The ancient calendars that you are familiar with began their long count (more than 5,000 years long), and the talk about the potential of consciousness shift began. The end of the calendars were set to happen in 2012 — the centering of the wobble.

In 1989, my partner started speaking for me, two years after the Harmonic Convergence. By 1993, my partner received and published *Kryon Book One*, which was a revelation of what was coming: "The shift may occur now that many things had happened to eliminate the potential of world war." I told you why the Kryon group was here, what was going on, and what might happen next, and I gave you some of the prophecies of what to expect. It was a cryptic book — a small one, for my partner was just learning how to be in total coherence with the central source (channeling). Channeling is enhanced intuition and the bridge to the other side of

the veil. The book revealed the feeling of complete love and compassion for all humanity.

In this first book of Kryon, I gave you information about the changes in the magnetics of the planet and more. I also gave a few sentences that contained hints of a coming weather shift. My partner interpreted it this way: He said that there would be times and places it would rain where it never had before, and there would be places the rain would stop where it had always rained before. In other words, massive climate change was in the works. That was in 1993.

This was the precursor for what you are now experiencing on the planet. It's not a story of doom! This is a love story, dear ones, and the story is the love of God, the love of the central source, the love of all there is — Gaia itself — for the Human Being. The title of the book was *The End Times* since it was the end of the old energy.

You've Seen the Preparation

What is happening now is all about you, dear ones. The old souls on the planet are here on purpose and on time. There is no mistake you are sitting in your seat at this time. Some of you are just learning about these things, and some of you are very aware of these things. You each have your own path, and each Human has a unique decision of what to believe and not believe. But you are here on purpose!

I'm here tonight to tell you a tremendous love story: In 1993 there was a shift coming, and Earth itself was preparing for it. The actual physics of the planet was posturing for the new Human so that you would be able to advance yourselves, learn about the coherence with the planet, with your selves. All the information was about a time when Humanity would start to come out of the old energy that you call Human nature. This term referred to how Humans behaved. It never shifted, and it never changed, but soon it was going to.

The prophecies were not about events as much as they were about a consciousness shift. It didn't matter whether they were written in the Mayan calendar or on the Hopi Prophecy Rock; they were the same.



They all spoke about different paths Humans would be forced to take because of the shift, but a split between dark and light was the subject. In their own ways, they spoke about a planet that was in great transition and that if humanity hadn't destroyed itself by the centering of the wobble [December 21, 2012, the center of the precession of the equinoxes], then something amazing would begin — an evolution of Humanity in a way that you had never seen before.

It would start with improved and wiser consciousness and all that went with it. We told you in 1993 that you must have an Earth prepared for it, so the magnetic grid would shift, the weather would change, and even your place in space would be altered. You have seen all of these. However, of these, let's talk about the weather first.

The Predicted Weather Shift

For many years, I have spoken about what is happening with your weather. When I began, my information was highly controversial, for it did not match what you were being told by the media. For those same years, you have seen that which was called the warming. I told you that it was actually the beginning of a cooling. I did this to head off what always happens with the doomsayers. I wanted to set the record straight before others would come in and build another doom scenario out of the weather shift, which is very common for Humanity. Fear is the old energy's friend, and change always creates fear.

I want to make a statement: **The doom scenario of humanity is so ingrained in you that it has become a habit. Whenever you see something unusual, the first thing you think of is doom.** Dear ones, you were trained to think that way! In the old energy, it came from history, scripture, your parents, all those who would socially join in, and conspiracy theories that had all of Humanity coming to a horrible end — and seeming to enjoy themselves while they did it. The doom scenario, dear ones, is a habit. Your current movies don't help with some of them being doom scenarios about weather and earth changes.

You're still not through it. The habit is alive and well. However, this is a love story. I want to tell you about the weather.

If you would like to scientifically track what's happening, simply look to solar activity. That is the reason and always was. You can see the cycles of weather on the planet from the cycles of the solar activity as recorded in history. They correlate. What you see today is not approaching doom. It's not a mistake that another cycle is coming, and fourteen years ago, we told you it would.

Listen, the cycle comes whether there are Humans here or not. Should we say that again? **The cycle comes whether there are Humans here or not.** This is controversial. Let the records of the ice cores and tree rings show that the cycle is very consistent. It starts with warming and high carbon dioxide levels, and it eventually goes into a place of cooling. This cycle has been seen over and over throughout the centuries in various stages of intensity.

This time, right on schedule, there is the beginning of a mini ice age. People ask, "When?" If you have been paying attention, you don't need a prophet. Instead, look at the cycle from the charts of the past and the behavior of the Sun. The timing is there, but I'll tell you anyway. You will start seeing the cold portion within fifteen years (2032).

Some of you are still enjoying the warming section of it. That will slowly start to move. It must come before the cooling, and those who study the planet's dynamics know this scenario. The issue so far is that you really haven't heard much from this expert group because they are often employed by the government or have university grants. So what they might wish to tell you is still at odds with the popular story that others wish you to believe.

A mini ice age is coming. Some of you might wonder, "Kryon, isn't that doom for the planet?" Many have seen the artist's rendering of major Earth cities under ice and all the other things that go very well with science-fiction movies. That's simply a painting of someone's doom scenario, not reality based in the history of the cycle. If you want to know what a mini ice age is like, just flash back in history and study what took place about 1650. That was a mini ice age. Due to the change in the Gulf Stream (the ocean), the River Thames froze in London.¹ Dear ones, it was cold, but it did not doom the planet. That's a mini ice age.

That's what you're facing, and I'll say it again. **If you live in a cold climate, heed this advice: It's going to get colder. Get off the grid.** Within the next fifteen years, find a way of producing electricity independently or in smaller groups. This can be done neighborhood-wide or separately in homes. You're going to need this, dear ones, because the grid as it exists right now all over the world is not prepared for this coming cold, and the grid will fail. That's not doom and gloom, that's just practical, commonly known information. Your electricity infrastructure is delicate — too delicate. Prepare for a cold spell that could last for a couple of decades. That's all it is. Technology is racing forward to allow this. **Don't let your politics get in the way of your survival.**

Find a way
of producing
electricity
independently
or in smaller
groups.

Earth Is Rebooting through the Water Cycle

Why is this a love story? Listen: Why does Gaia do this? What's the purpose of these kinds of things? I'll give it to you one more time. It's controversial, even unbelievable, to many. How many of you here have fish tanks in your homes for the care of fish? Those listening and reading: How many have had, or have, fish tanks? For those who do, I'll tell you something that you already know: You can do whatever you need to the water over time to condition it and make it last. You can change the pH level, you can change the temperatures, and you can aerate. However, there eventually comes a time when you have to change the water. This is what the temperature changes are about on the planet.

This is controversial. The planet can't just change the water. It does it instead with a reboot of life in the ocean using the water cycle. Watch for evidence of this as it occurs, and then remember this message. **This weather cycle is to refresh the life in the ocean so that everyone on the planet will have needed food from the ocean.** Gaia does this by itself and has done it before. Gaia does it for a reason — so that it will not stagnate.

Dear ones, indeed, you have put compromising things into the air and the water, but it has not caused this cycle. We have said for a very long time, stop killing the environment! The reason? It's going to kill you, not Gaia. Gaia is spectacularly resilient and will survive anything you do. However, it is you who might not survive if you continue polluting. All this is starting to change with your awareness, and you're starting to see this and move with it. But Humans are not causing the current weather shift. This will be known eventually.

What is happening has happened before. It's almost like a reboot for the oceans, and it carries many dichotomous events. You're going to see reports of a dying ocean, but at the same time, you're going to see unusual reports of too many fish and other sea life in places that were supposed to experience a decline. You're going to see the life cycle of the ocean start to change and reboot.

The chief player in this renewal is a place you would not expect: Antarctica. I want you to **watch for magic in Antarctica**. It has always been the core for the refreshing of microbes and other kinds of life in your oceans, and it's especially active during these mini ice ages. The process will cause currents under the sea to be filled with new life, delivering it to both hemispheres almost like an undersea conveyor belt.

The Renewal of Civilization

So how does this weather shift affect Humanity in

this love story? How does that work exactly? It means that you, as well as the major life cycle of Earth, will have enough to eat! The ocean is the giver of life, food for the planet and for the life cycle of Gaia itself. Earth must do this for you, and it's all very related to the solar activity and much more.

The love story continues, does it not? Look at the timing. The ocean refreshes itself right after the shift. **What is the shift? It is a renewal, an absolute renewal of civilization as you know it.** You passed the marker where destruction and termination were expected. You're overdue for a war, and you know that. The sociologists are scratching their heads. The scientists are too. This is a very unusual time for Humanity.

Here in your seminar, there's a team of people who teach you the truth of what is happening, and they are scientists! The miracles that are before you and what they're describing, dear ones, is the love story. Earth is being prepared so that you will have enough food. The shift is your decision, against all odds from your prophecies, to stay on this planet and not destroy yourselves. You are headed for a higher consciousness, and the ideas that are starting to come to you will eventually be accepted and not rejected. It will be the first time in your civilization that these ideas will start to be acceptable.

Regarding higher consciousness — eventually there will come a time when you won't kill each other. I've said this before, dear ones. Listen to me: The end of war on Earth is not the end-all goal. It's the beginning, for when there is no war, inventions will be given to you and physics will be given to you — new physics that you will not weaponize. This is where it really begins.

There will be new paradigms of feeding yourselves, warming yourselves, and creating far better health for all. Slowly, a higher sense of integrity and compassion will create the end of suffering for the planet, the beginning of politics that make sense, governments who get along, and a general coming together of civilization.

You won't overpopulate yourselves, either, as the doomsayers tell you. There is a reason for population explosion, and it's not mathematics. It's ignorance. How do I know about what is coming? I've seen it. I've seen it! You haven't, so you take this information, walk outside, roll your eyes, and say, "Well, maybe not. Maybe not. It's a fantasy that can't happen."

Socially, right now it begins. Did you notice? Nothing is going to remain the same. When these changes begin, the reaction will often be fear. When you see the economy starting to shift and change and a new paradigm begins, there will be fear. The new paradigms

Earth is being prepared so that you will have enough food.

Manifesting Your Mastery

44-Card Deck

by Monika Muranyi



Affirmations are one of the most powerful methods of self-healing for our bodies and minds. Monika Muranyi, author of the special compiled Kryon book trilogy, has carefully created the *Manifesting Your Mastery* 44-Card Deck.

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are here to save old systems that are systemically broken. But when it begins, many are not going to like it. Humans want everything to be the same, and when change starts, there will be those who will stand up and say, "See? It's the doom of the planet! Here it comes! We told you so." They're already doing it.

You're five years into the shift. Mother, how long does it take to raise a child? I'm hearing from the audience forty years, but that's not always right [laughs]. Let's call it twenty years. During that time, the love story from you to the child is always there, no matter what happens. When they are three or five or eleven or seventeen, the love story remains even when they are kicking and screaming and calling you names or frustrated at life. The love story continues even when they're going through self-worth issues or depression. You are there, and you do your best because the love of a parent is unsurpassed.

You are birthing a new energy and a new paradigm on the planet, and you are five years old [time since the shift began]. You're starting to stir and ask questions: "Is this really happening? Is this really a shift, or is it the end of the world as we were told years ago?" It is Human nature to go into fear, no matter what.

Recognize Slow Growth as Needed

Go back in time with me, thousands of years ago.

Go back and pretend for a moment that you are in a small group called the Israelites. You are about ready to do something profound — move out of Egypt. You have suffered years and years of horror as slaves. Your people don't live very long, and you know why. Generation after generation, you were enslaved, but suddenly it changed. You have seen this with your own eyes, Israelite. You have seen the miracles take place, one after another, which changed the pharaoh's mind. You saw them all right up to the big one — the Pass-over. You got to see it with your own eyes. This wasn't something esoteric. It was real life.

It was time to escape, and you gathered your things, and you moved as a small group across the desert, always looking behind you for trouble. You came across the Red Sea [then called the Reed Sea]. You got across it, and the pharaoh didn't follow you. That is the miracle of miracles! You made it! You are free! You saw it with your own eyes, and it etched a memory into your brain. You cognized it, and it was real.

Then you walked in the desert toward the Promised Land — your new land. But it seemingly never came. You started to go across the desert in circles, and the cry was, "Here it comes! The Promised Land is coming." Yet it didn't come fast enough, did it? Within five years, you'd lost some of your profoundly wise seniors who were the core of the exit. The ones who remained

tried their best to give you more guidance for patience, but it fell on deaf ears.

The young people were starting to object to the leadership. The profound civilization that had personally seen the miracles of “the one God” started to doubt and create other gods. It simply wasn’t happening fast enough for anyone, and the group was frustrated. Do you recognize the pattern? Be careful, dear ones, that you recognize slow growth as needed and the way of wisdom. Do not become so impatient that you lose track of what has happened.

I sat on a stage in Israel not so long ago and told present-day Israelis something they didn’t want to hear. I told them they were still walking in circles and that the Promised Land is the New Jerusalem. They were walking in circles with the old paradigm from their parents: hatred, fear, and war with the expectation of the same from the other side. I told them they would continue to walk in circles until they dropped the old ways. Other former enemies of only seventy years ago had dropped the old consciousness, but they never did — even after more than 100,000 years. It was time, and they would lead the way to peace on Earth.

Change Is Coming

I am going to give you a profound truth right now, dear ones. **The love of God is not going to terminate this planet when you’re only five.** Everything that has happened has been through your free choice. The precession of the equinoxes has a time frame as it moves through the stripe in the sky [the Milky Way]. It took eighteen years to get to the center [the shift of December 21, 2012], and it will take eighteen years to come out of it. It adds up to thirty-six years combined — a nine completion.

You’re only five years into an eighteen-year window of shift. We told you that this is the time when you can make a difference. Listen to what has been presented this day, and don’t fear that which others tell you to fear. A mini ice age is coming to cleanse the ocean and to feed this planet, yet there are those who say Earth is doomed and that you’re going to freeze to death. I guess that’s how much God loves you.

Can you imagine going through all this — going through the shift, starting to have all this new information available, starting to have all the science that is coming, successfully fighting the dark army — and then God and Gaia snuff you out? How does it feel so far? Dear ones, that is a fantasy of doom that is the residue of a very old energy.

I want you to celebrate the love of God and the cycles that are here. They are new for you, so you have to see what they mean. You’re going to have to rewrite the doom-and-gloom scenario that you have grown up with and continue to hear about.

You had a movie the other night, a different kind

of science-fiction film [speaking of the movie *Arrival* that was shown to the attendees]. It’s one of the first of its kind in years and years with aliens who visit Earth, and they are a lot like you in their consciousness. They need your help. In the story, they didn’t come to destroy you, they didn’t bring great weapons, and they didn’t come to steal your gold or your oceans. What a concept!

There is life in the universe, dear ones, that is far more advanced than you are. This is because they have been here far, far longer than you. They are far more evolved. I’m not saying they have bigger brains. I’m talking about the fact that they have compassion and wisdom and intelligence far beyond yours. They settled their peace problems millennia before you did. They watch you, but they have a hands-off policy because you have free choice. They’ve always watched you. They come and go, and they never announce themselves. You’ve been seeing many of them for centuries, but they keep their distance because you are not ready yet.

You’re about to experience more changes. We told you this morning that darkness smiles when you’re fearful. It’s up to you how much smiling goes on. We told you that you cannot kill darkness and that the only way to diminish it is to create more light. The more light there is, the less darkness you will have on the planet.

You are right now in the cusp of major social discovery. Did you hear what was presented on this stage today? Scientists are beginning to understand compassion, coherence, and the meaning and purpose of the heart. They are finding out that this coherence creates healing and large shifts in thinking, and it is responsible for bringing compassion to those who didn’t think that was possible. Dear ones, this is the start of major benevolent change, not the beginning of doom. I want you to remember that.

Things Are Not as They Seem

When you leave this place and listen to others, there will always be those who tell you that the end is near. When my partner was a child, the first thing he learned in his church was “the end is near.” He continued to hear this theme from others for years: “The end is near.” It’s always near, it seems. This is what your society has expected in so many ways for decades. Therefore, the box of reality you have grown up with almost demands that you be afraid.

We’ve asked you to disassemble the box. Maybe it’s time to create a new paradigm of belief that says that all the other boxes are shattered that came before. Old souls, you are the forerunners of everything coming. The shift is the reason you’re sitting in this room or listening to this message. Take this seriously. If somebody tells you it’s the end of the world, I want you to smile and tell that person why it’s not. Tell that person that

God loves him or her too much for that. That's an old message developed by men and not God.

What's happening now is the greatest love story of all — how much God loves you. You made it through the shift, and you began to climb a hill of change. Frightening? It can be. Scary? It can be. Difficult? It will be. Who better to do this than one who has lived hundreds of lives and has the wisdom of the akash to tap into? Who better to help take the planet through all this? The answer is you.

That's the greatest love story of all. It's between you and spirit. Can you feel it? Can you feel the coherence today between you and me as I give you truth? It's news that is good, fresh, and promising. You'll see. Things are not always as they seem.

Go from this place different than when you came. Understand you are not alone in any of this. That's the message of Kryon. Let it be so. And so it is.

1. To learn more about the River Thames freezing during the Little Ice Age, see https://en.wikipedia.org/wiki/River_Thames_frost_fairs.

Lee Carroll is the author of twelve Kryon books and coauthor of *The Indigo Children*, *An Indigo Celebration*, and *The Indigo Children Ten Years Later*. It was in 1989 that a psychic told him about his spiritual path; three years later, an unrelated psychic told him the same thing! Both psychics spoke of Kryon — a name that almost nobody had ever heard. To learn more about Lee, go to his website, www.Kryon.com, or contact him at 1155 Camino del Mar, #422, Del Mar, CA 92014 or kryonemail@kryon.com.

The Heart Source Explained

Amma through Cathy Chapman

Cathy: Let me take you through the process to connect with your heart source for those who don't know about it.

- Focus on the front of your heart center (heart chakra), and go deep within your consciousness and your awareness. Go deep into the front. Take a deep breath.
- Focus on the back of your heart center. It's in your back. Just go through the back right across from the front, and go deep within. It is a different experience to go through the back because it takes you into your sacred space. Go as deeply as you can.
- Now go in through your brow center, also called your third eye, and go deep within.
- Now go into the back of your third eye center at the back of your head. Go deep within.
- Now just imagine and hold the intention to send a beam of light and energy from your heart center to your third eye. Just notice how that feels. Send that beam of energy up to the center of the universe. It knows where to go, keeping everything where it is. Now move down, and anchor the energy into the center of Earth.

Now let's bring everyone into this room: all who are listening and all who will read or hear this message at a later time. As you know, there is no time, so we can bring everyone in together. A floor of light is below us, a canopy of light is above us, a pillar of light is in each corner, and angels from Archangels Michael's and Gabriel's bands stand from pillar to pillar to pillar to pillar at relaxed attention, surrounding the room. There is also a pillar in the center of the room from which

numerous beings are coming in: Melchizedek, Quan Yin, and White Buffalo Calf Woman.

This is interesting: There is the energy of a feminine being I have not seen before, and she has stars sparkling all around her — Mother Mary. Buddha and Jesus (also known as Sananda) are coming in.

Invite any other beings who are important to you to come in. Let your angels and guides gather around you, and send a beam of energy from your heart to the central pillar of light so that we are all connected. I also ask you to send a beam of energy to my heart to support me to bring in Amma, the Divine Mother of the divine mothers.

Activate Your Powerful Energy

Amma: Good morning, my dear ones. How wonderful to be here with you. It is just grand — is it not? — to be able to gather in one place and know that you can do so no matter where you are in the world. That will really throw most of the world off balance, will it not? Yet here we are. I am Amma, the Divine Mother of the divine mothers, and I am your mother.

A request has been made for me to speak more in depth about the heart source. I suppose it is time. According to your time, it has been several years since I introduced you to the heart source. Before I came in, you established the heart source through the simple seven-step process. Did you notice the difference in your energy when you established the heart source?



Forming the heart source is an example of the power within your energy field when you know how to use it. You notice that I did not bring any other energies in. I did not bring in any other symbols. I simply used what was already there — your chakras. Then you connected those chakras. That was the first step in the connection: You moved that beam of energy from your heart chakra to your third eye. You felt a difference, did you not? When you did that, you established a connection. When you connected the two chakras, you activated a powerful energy. Not knowing about chakras, your scientists now call this connection the heart-brain. Your scientists are aware that your heart is also a brain.

The brain in your head has energy within it. It has innumerable nerves and dendrites and synapses. The brain also has numerous encodements. It has a hidden energy that needs to be activated.

Now your heart — not just your heart chakra, but also your physical heart — has a brain with numerous energetic connections. At times, I have spoken of the small energy center at the top of your physical heart. This is a powerful center that can assist in healing. All you need to do is connect this center with the part of your body you wish to heal. You activate it with your intention and with your energy. So the heart source brings together two powerful chakras, but not necessarily the two most powerful chakras, because when you have a chakra that is out of balance, that chakra automatically becomes powerful in its negative effect on the body-mind.

If your first chakra is closed off — for instance, you have a physical or a relationship problem — it becomes the most powerful and important chakra at the time, does it not? Yet when you bring together the physical heart and the physical brain by connecting your heart chakra and your brow chakra, you activate parts of the Adam Kadmon, or (what I prefer to call) the divine blueprint. This connection assists in bringing your energy field back into balance.

You Disconnected from the Rhythm of Earth and Your Energy Fields

This, my dear ones, was how you were created to be in balance. This was what happened when you were connected to Earth. This changed with the Industrial Age. Your Information Age has further disconnected you from Earth and therefore throws your energy field out of balance. You began relying on your technology and forgot to use the abilities and power within you. It is time for you to rediscover the natural power within you, your intuition. It is time to discover the power you can access by knowing how to use the power of your energy field.

Your heart source is one way to discover your innate power. **Your heart source increases your intuition and balances and opens up your energy field.**

Now, the age I mentioned first is the Industrial Age. Why did the Industrial Age disturb things? Does that mean there is something wrong with it? No, there is nothing wrong with it, but you cannot leave your connection to the planet and focus on things, on objects. That's what has happened. The sanctity of nature and human beings has been lost through the focus on things and profit. When you were agrarian or hunter-gatherers, you were deeply connected to the planet and its rhythms. When you moved into the Industrial Age, you lost that natural rhythm. Your day was no longer determined by the rising and the setting of the sun. Your day was then set with alarm clocks, with the bells that rang and said, "You have to be there at 7:00AM," "you have to work 'these' hours," and "you have to sleep at 'these' times" instead of being in alignment with the natural rhythm of Earth. This disconnected you from the natural

rhythm your scientists call the circadian rhythm. However, it is possible to be invested in the Industrial Age and the Information Age and still be connected to the rhythms of the planet. It takes effort, awareness, and meditation.

You also disconnected from your energy field. In the Western world, this began when Christianity deviated from the words and intentions of the one known as Yeshua, or Jesus. Christianity contributed to the disconnection from the rhythms of the planet by calling

those who followed the rhythms and nature's energy evil. Why do I say that? Consider the Wiccans. Many people call them witches and link that with evil. They were able to communicate with the plants and animals. They were in tune with the planet. They still are.

Elements of Christianity and other religions have a tendency to have power over you, not empower you. Religions with power over you suppress the mysticism of spirituality. It is mysticism, the connection to your inner knowing and ability to connect with nature, that allows you to chat with the tree in your yard, to listen to the animals, and to be in touch with the movement of nature in the weather. Christianity called these abilities and practices pagan. Those who did not want you to access your inner power said these natural abilities went against Christ energy. My dear ones, the view of those who wanted power over you are the ones against the Christ energy. The Christ energy, as was originally proclaimed, had no reason to begin a religion. The original teachings were intended to introduce people to the secrets of increasing their inner power.

What were those secrets? In the Christian tradition, you find them in what is known as the Sermon on

Let go of the event, and hold on to the knowledge and wisdom you gained.

the Mount. If you have not studied this piece of revelation, let me share with you why it is powerful. The one known as Jesus said, "Do not be angry." This admonishment is about developing the ability to control your thoughts and emotions. Do not hold on to your anger. Hold on to that which motivates you. If your anger motivates you to make changes in your life and in the world, yes, use that power, but transmute it with love. What would happen if those who call themselves Christians today let go of their anger?

Another thing said in the teachings of the Sermon on the Mount was to forgive. Let go of the event, and hold on to the knowledge and wisdom you gained. This is about cultivating the ability to be in a state of detachment. When you remain in your heart source, you will be better able to cultivate the characteristics found in the Sermon on the Mount.

Heart Source Healing Exercise

I would like you to experience how to use your heart source to assist in releasing anger and in forgiving. You may apply these exercises to anything that is affecting you in a way you'd rather not be affected.

Declare, "Heart source" in case my words disturbed your peace. Be there in your heart. Bring to mind someone you are concerned about. Let's think about someone you are angry with and would rather not see. Say, "Heart source" again. Bring that person into your heart source. Hold the person there for a few moments. Can you feel a disconnection from anger, betrayal, or whatever the negative emotion was when that person is in your heart source?

Now say to that person, "You are love incarnate." Now say to that person: "I choose to no longer have my life affected by what has happened in the past." Spin your chakras. Just say, "Chakras, spin." Set your intention to release from every chakra the energy, the fear, the anger, the sense of betrayal, the envy, or whatever it may be. It is all not-love. Set the intention to release all of that from you.

Now look at that person again. Do you see, sense, or feel them differently? Bless them. Say, "I wish for you all the things that I most wish to have. Go now." Then notice how you feel. This is one of the things you can do with your heart source.

I have said before, and you have heard it, that anytime you experience what I call not-love, you are out of your heart source. Move back into your heart source. Sometimes when the emotion is so strong, when someone has wounded you so deeply, you may need to go through the entire process of establishing the heart source step by step.

What the Heart Source Is

Let's talk about what the heart source actually is. I have been asked to explain it as if to a child. You could

explain it as a vehicle, such as an automobile. When you want to go somewhere, you open the car door, you get in, and your parents drive the car and take you somewhere. The heart source is a light vehicle. It bonds with your lightbody, which is your merkabah. It allows you, by combining your intention with aspects of the heart source, to travel to places you have never dreamed of, and you can do so safely.

The little exercise you did earlier allows you to travel to the place before you were wounded. You were freed from the pain, the energy, and the bonds that were holding you in a negative way to that individual. You were able to travel with your intention, by using just a few simple processes, to a time before the wound occurred. Of course, you may need to repeat the process again until you feel complete freedom from the wound.

Now let's try something else. First say, "Heart source" again and be fully within your heart source. Now bring the person or the incident you worked with before into your heart source, the energy of the event. Ask yourself this question: "What wisdom have I gained from this experience?" Just for fun, here is a different question to ask of yourself: "Could I have gained this wisdom in another way?" and you might receive a yes because certainly you could have, correct? Now ask, "Was I *willing* to gain this wisdom in another way?"

Thank the person and the situation. Allow them to leave so that you have no negativity within you. Look at what you have gained. Next, offer gratitude. Offer appreciation to the person and to the situation.

Your heart source allows you to travel. It allows you to travel in your physical body and outside your physical body. Before you go to sleep at night, when you are getting ready for bed, say "heart source." Ask your heart source to expand fully around your body to the outer reaches of your bed. You can experience that right now. Just ask your heart source to expand beyond your physical body. Feel, see, and sense the difference. If you don't see, feel, or sense it, just know that it is expanded.

This one I speak through, when she begins driving all these many miles she drives, she not only expands her heart source but also expands the room she is in, the room we created earlier with the floor and canopy of light. She expands it six inches diagonally beyond each corner of the car.

You can do that with your bed. You can do that when you walk into a place you know isn't going to be

much fun or a place you thought was going to be fun and then turns out not to be. Expand it around you so that the energy from others doesn't come in. Try this right now.



Declare: "Heart source, strengthen." Now this one, when she said that, she did a double take because she noticed the energy in her heart strengthened. You may have noticed it differently.

When you walk into a place with energies you would rather not have, such as a mall or hospital, you can program your heart source by setting your intention of what you would like. For instance, "Protect me from all energies of not-love that are coming toward me."

When you are in your heart source, you are connecting your heart energy to your brain energy. You are bringing your rational and intuitive sides into balance. This is why your intuition increases when you are in your heart source.

Now let me show you another little trick. All of you are deeply in your heart source. Now bring to mind your throat chakra and say, "Heart source, activate my throat chakra to speak and act the truth." You might discover that you have a little congestion. Since we are working with the throat chakra, say: "Throat chakra, spin." Declare, "Heart source, release anything that is not of love," and allow the not-love energy to leave your body. You could release energy from each chakra in this way. Your heart source intensifies the process.

Say, "Heart source," and focus on your first chakra at the base of your spine. Say, "I am ready to release all that is holding me back that I gathered from my family." You may also use this regarding social institutions. You could identify it as such: "my family of the United States of America," "my family of Canada," "my family of ____" [fill in the blank]. You may use this for any social group you belong to. Those are all first chakra issues.

Now say, "Chakra, spin." Keep your chakra spinning. This is a chakra that most people need to clear. All humanity has many first chakra issues. That gives a few examples of how you can use the heart source.



Now let me give some more left-brain information. **When you say "heart source," you are laying your heart source over your lightbody, what some call your merkabah.** You can travel to other planets and to

other times within your heart source and do so safely. We might have to do that some time, right?

A way you can explain the heart source to a child is to say it's an invisible force field you can establish within and around you that helps you in your life. It helps you have good dreams. It can protect you when people are mean to you. It can help you get over things more quickly. So what I want you to see, those of you who are not children, is that when you say "heart source," it integrates with your energy field and strengthens it.

The heart source also opens your intuition. It assists you in connecting with other people and gathering information about them. I am not talking about details that would be invasions of their energy and privacy. Let's say you are talking to a car dealer and you say, "Heart source." Set the intention to know the truth about what that car dealer says. They are all sales people, are they not? They are taught to do and say certain things, and sometimes those things are not in accordance with the law of love, correct? And I am not just thinking of car dealers; it could be in relation to any marketing technique. You simply say, **"Heart source, show me the truth."** You have to practice on a regular basis to feel the truth within you, to discover what your truth signs are. Is it the way you feel? Is it a sensation in your head? Are you able to see the color? Can you hear the truth as a vibration within you?

Being in Your Heart Source Helps Others

Someone asked, "How does staying in my heart source affect other people?" Well, it helps them stay centered and grounded. When you stay in your heart source, it assists others in staying in a place of love — not love as in the emotional aspect, but in being able to stay focused and grounded. I have often said that your job is to be the eye of the storm, the calm in the center of the storm. **When you are in your heart source, you do not contribute to chaotic energy that keeps people stirred up.** You contribute centered and grounded energy, which assists people from not spinning off into other directions. You have heard of mob mentality. This is where mob energy will take over, often resulting in violence or riots. When you are within your heart source, you form a force field around you that prevents you from becoming part of the mob mentality. You can also support others in not becoming involved in mob mentality. The stronger your heart source and the more people in their heart sources, the less the possibility of people moving into chaos.

Now that you know about your heart source, you have a responsibility. You do not have a responsibility when you do not know something, correct? But once you know how you can assist yourself and others, you have a responsibility to use this information. Practice being in your heart source. Practice being there during

the little trials that happen throughout the day so that when you experience major problems, when you are in the midst of disaster in some way, you can stay centered and grounded. Learn to remain in your heart source so that you can give support to those around you.

I want to thank you for being here to learn more. Please call on me to assist you in working in this area. It only takes intention and commitment.

And now bow your head to open the back of your third eye as I send my love to you. I ask your healing team

to heal the wound that most interferes with accepting the love that surrounds you always.

My love to you, precious ones. I am Amma, the Divine Mother of the divine mothers, and I am your mother.

Cathy Chapman has been a psychotherapist since 1976. Over the years, she's integrated spirituality, psychotherapy, energy work, and hypnotherapy into a powerful process of brief therapy. Cathy believes that people are perfect spiritual beings who came into their physical bodies to explore life and, believe it or not, have fun. To learn more about Cathy, go to her website, www.OdysseytoWholeness.com.

Seek Your Divine Essence to Achieve Abundance

Teacher through Miriandra Rota

Greetings! I am most pleased to come forth and speak with you in this manner. I am Teacher, and the topic is one you have chosen. I have heard your voices asking for assistance on this: "How can I be relieved of the struggle to stay afloat? How can I make ends meet? How can I stay true to my spiritual principles and still try to make more money?" That seems to be most of it, my dears, and here are your answers. I believe you will initially not be pleased with them, but through deeper reflection, you will realize you knew the answers all along. So here we go!

First, there is no spiritual principle against having money or trying to make more money. That is an old belief that was set forth long, long ago when the consciousness was more asleep and many believed that to be true. You see, money is here for your use. Yes, at times it seems as though it is more than for use; it is a necessity. Well, that is true. But something comes before the need to have more money. No, this isn't a talk about what you are doing wrong; it is a talk about who you are and what you can do about this struggle with money. So take a deep breath, and just let go of trying to squeeze what you want out of this session. Let go, relax, and receive what you are calling forth. At the end of this talk, perhaps you will understand in a deeper way the ease of changing your relationship with money and how it is made manifest for you.

Admitting that you are struggling with not enough money to meet your needs, admitting that you don't have enough to go forth with your next project, or admitting that you are tired of living what you call "by the bone" — all this admitting takes courage. It might feel like defeat, but it is not. It is being real. If you have

been doing the same thing over and over again and still do not have enough money, then something is wrong with that picture.

Trying hard isn't wrong, but it is the old way. I am not saying that there is no action involved. Furthermore, that action might feel like trying hard simply because it seems to go against old beliefs. Ah, here we enter the real talk. I would like to see you live the life you were meant to live. I'm not talking about becoming a millionaire, and that isn't right or wrong. I am talking about living a life of ease, of comfort, in which you are able to let your "trying hard" take a rest, a little vacation.

Be Grateful for Your Human Nature

Here is the beginning of this secret revealed. Most of you know this truth, but I will speak it again for those who are new or require a little refresher. Now, this is going to sound as if it is nothing, perhaps a given, but it is the foundation of all the rest: You know you are a divine being incarnate. Yet you are missing a point here. "Incarnate" means that you reside in a vessel — in fact, two vessels. One is the body physical, which you need to be incarnate. The other is human nature. So here you are, a divine being and divine essence flowing forth to reside incarnate, and you are residing in two vessels.

Now what I'd like to talk about is your human nature vessel, the one that holds the persona through which you experience your journey. **That human nature is a survivor.** Oh, it sure is! It will continue to struggle, to try hard, to try to figure out better ways



to make money. **And it will continue in this manner until — ready? — the divine consciousness you are is present and, yes, takes over.**

How does this happen? Here is the answer to the entire dilemma about money: When you reflect on the truth that you are not your human nature or your body physical but you are the divine consciousness residing within both of those vessels, then you begin to fulfill the purpose you were meant to fulfill.

You all seem to “get” that you are here to anchor truth and light. How do you do that? Well, my dears, you are conscious. Do you see? I’m not talking about being awake to truths. I’m not even talking about understanding truths. I am talking about being who you really are and being those truths. Now, this might seem elusive, but stay with me, and I will make everything so practical that you will hardly believe how easy this is.

There is a process, and it is this (sit quietly and reflect on this truth): Your human nature has been going it alone without its divine consciousness — you. When you feel as though you are struggling or things just aren’t falling into place for you, that is a signal from your human nature. The signal is a call for help, and the help comes from your divine consciousness, the real you.

It’s time for you to build a good relationship with the human nature through which you journey upon Earth. Remember, you are not the person; you are the divine essence residing within that person, within that human. The first thing you can do to build a better relationship with your human vessel is to be grateful for all it has done without your help. You have all experienced a great deal of some kind of struggle. That has been because of your journey toward awakening incarnate.

Remember, studying and understanding truths does not constitute an awakening. I am not saying there is anything wrong with studying and understanding truths. However, there is something more about your divine self that you might like to know: You are the truth itself. Divine essence is truth flowing forth to take form as you. But the truth that you are doesn’t reside in words. It resides in the vibrational frequency of you. So how do you get to know more of yourself so that the real you can have a better relationship with that vessel, your human nature? Ah, here we go!

Acknowledge Your Divine Essence

If you are still following my words, then you have taken a giant step toward getting real, or admitting that your human nature has struggled to the best of its ability and still struggles. That means it is your turn, your turn to relieve that wonderful human within which you reside. How do you do that? Easy.

First, let go of the idea that the human is your identity. Reflect on that. Breathe deeply, and reflect on the fact that you are a divine essence of being that lives

within the human, within that body physical. The real you is that divine beingness. Once you have let go of who you thought you were, then continue in that manner.

Sit quietly or walk in nature. Sometimes if you place yourself in a meditative state, you are more able to let go of your vessels and become more aware of that which is within. This letting go to discover the real you isn’t a search for anything. Instead, letting go allows you to know more of your own beingness. Yes, you might have to practice letting go of your thinking, of your worries and concerns about the cause and effect of your physical journey. You can do that, my dears. Letting go of all that is simply a choice, and then you take the action (while sitting quietly) of refusing to engage with any thought, worry, or concern that comes to you. There are meditations that can help you with that.

It is almost as if you are connecting with your inner guidance, but where does that guidance come from? It comes from your divine consciousness, the real you. When you continue in this practice, different awarenesses come to you — perhaps solutions to issues or answers to questions — but residing in this manner gives you a treasure. It is this: The real you can know in the moment what is the best direction to take and the best investment in energy.

The real you relieves your human vessel of its struggling. And here is where the communication takes place. **Tell your human nature that you are grateful for all the struggling it has done.** Now, some of you are going to do that right away, and others might think this is a bit silly. If you are in the second category, then you are deciding to let your human struggle without you. You are deciding to keep on with the old ways that no longer work for you. So take a deep breath and dare. Dare to try this, to really try it. Let go of your conclusions. How can you have conclusions before you have the experience? Aha!

Next, begin to communicate with your human nature, and tell him or her that you are here now and you are the divine essence that resides within the body and that human. You are here to take care of everything. Thank your human for doing such a good job in surviving until you awakened. Tell your human that it can rest and that its job is to play, laugh, and have enjoyment. You will take care of everything else.

Feel Your Way Forward

Now you might be thinking or wondering how you will do that. Yes, now we are getting to the crux of this discussion. The foundation has been made, and now we can talk about how you, the real you, can make better decisions, can allow (and yes, the word is “allow”) direction and ideas to come to you that will benefit your journey and give you all that is necessary for its next phase. What is necessary regarding money might be just enough for the next part of your journey. For some,

there is a large amount that comes, and it might seem that it is the answer, but it is not. It is only the money.

When you continue within your practice to let go of your assumed identity and reside within your being so that you are consciously awake to your divine essence, when you practice in that manner, you will be able to know what is the best direction. You will feel it. It will sing in your heart.

But that isn't the final answer. That is just the beginning of perhaps a new direction or an answer to your need for money. The next part is to continue in the same manner and wait for further directions. Don't be anxious about this. Why? Well, my dears, it is your old habit to get an idea that seems to be wonderful and then to take hold of it and (what you call) make it happen. But that isn't the new way.

Once you have your idea for perhaps the next phase of what you will do to participate in creating an avenue for your financial abundance, return to ask about or allow the manner in which you will go forth with that idea. How? How will you go forth? You might have to wait for this answer because, as I have mentioned, you will let go of all those ideas that come forth from your past, ideas of how to go about everything. This is different. It is a feeling, sometimes a soft feeling. But I say, my dears, allow that soft feeling to continue to be and to continue to carry to your consciousness the best way. It will come.

It might present itself in a concrete idea or concrete cause-and-effect solutions. It might come in a different way, and here you will need to remain awake. What do I mean by that? Perhaps you will have a conversation with someone. Perhaps that person will speak of a way to do certain things, and that might be your answer. You will know. How? You will get that soft feeling again, a hint to pay more attention. Still, that might be only a piece of the puzzle. Keep on paying attention. Perhaps you will watch something on your television or read something in a book, and regardless of the topic, an idea will come to you. Pause and pay attention. Perhaps write it down.

Why would it come to you in this way? You are busying your conscious mind and your thoughts with watching or reading, and that allows the inner message to flow up easily because you are not trying to squeeze out the answer; you are allowing. **Allowing is a wonderful practice. If fact, it is the necessary practice.**

When you have your answers — your new direction, project, or perhaps a different way of viewing everything — sit quietly and write it down. This assists it to become fully incarnate. When you are writing, something else will come to you, perhaps a little missing ingredient. Write down your entire plan, and then let it sit for a day or so. Then return to it and go over everything, but don't go over it through your human thinking. Remember, that human is very good at surviving, and that is not what you want to continue. You want to live in a better way, a more financially

abundant way. So when you go over the entire plan, sit quietly, and bring yourself to that peaceful state of consciousness, that meditative state, where you let go of the physical cause and effect and direct your human to rest. Then, oh then, my dears, you will see, feel, and know what you are to do and the best way to proceed.

Will this bring you a big pile of money? Yes and no. You are just beginning to reside in the way that you were always meant to live. It takes practice. It takes practice to let go of the old survival ways. It takes practice to recognize when your human's survival techniques are taking over. And it takes courage to let go, to thank that human but to say, "No, thanks" and once again go within to the real you.

This may seem as though it would not work, but I have to ask you this: What other choice do you have? Will you choose to continue struggling, to be a victim of your life because you can't seem to figure out how to make enough money? Oh, my dears, I do not want to see you do that. I would love to see you grab on to this real way of living and to thrive within it, to discover ease of living, and to discover what it is like to reside in the moment and not in the regrets of the past or the fears of the future. You see, right here and right now are really where you always are.

All right now, I believe that is enough for this little chat. I encourage you to perhaps reread all that you have called forth. Let it sink in, as you say. Dare to begin to live a new way, a way that will give you an avenue up and out of your struggles, a way that will give you the ease of living that your human so desperately wants, a way that you can bring forth you. The divine essence of being, the real you, can do this.

Until we speak again, I am Teacher, and you must know by now that I am most fond of you — most fond.

Miriandra Rota is an internationally known author, lecturer, and deep-level channel. She has worked in the field of spiritual exploration for over twenty-five years. Her experiences as a psychic child were explored in the magazine Venture Inward. Her channeling story is told at length in Henry Leo Bolduc's book, Journey Within: Past-Life Regression and Channeling. To learn more about Miriandra, you can visit her website, miriandra.com, or contact her at PO Box 81, Troutdale, VA 24378-0081 or miriandra@miriandra.com.

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The Mathematical Body

The Family of God and Goddess Sri Roopeshwari through Rae Chandran

Dear all, we are the Family of God, and we are joined in this discussion by the goddess of mathematics, Sri Roopeshwari. We send you all divine love and divine support. Today we wish to discuss the fascinating subject of mathematics related to the human body.

The human body is composed of many layers and frequencies. There are ten layers to the physical human body (not the energetic body or other bodies in other realities), and these layers are sewn together using mathematical algorithms and equations. Have you ever wondered how the body is created? It is a finely tuned instrument and can perform far more than you think it is capable of.

There are numbers located in different parts of the body, and each has a different function. **The number corresponding to the brain is 36.** When the energy in this number is activated in the brain, you will receive inspiring thoughts and new ideas.

The number 42 corresponds to the earlobe, which activates the capacity of the ear to fully hear and comprehend sounds. Ears pick up subtle vibrations and noises. However, it is often difficult to understand these frequencies. Behind each ear are energy centers — three small chakras. These are clogged in most human beings, causing people to have difficulty comprehending the truth. As a result, people do not react or respond consciously.

The number 63 is related to the eyes. The eyes are not only for seeing but sensing energy, and you absorb much energy through your eyes. Your eyes reflect who you are. The eyes cannot lie, and they bring out the truth of who you are. The eyes are the windows to the soul.

Inside the eyes, there are sensors that absorb all the data coming in. They analyze the data and send instructions to the brain to formulate thoughts. From this information, you take action. Meditating on the number 63 while focusing on the eye can help you open the abilities of the eye to see and interpret more clearly the truth of what you see, read, and observe.

The number 14 is related to the shoulders. The shoulders are important energy centers. They carry vast amounts of information from the distant past and your present reality. Your karmic energy is associated with your shoulders. Inside the shoulders there are mechanisms that, per the soul's instructions, send information to the pineal and pituitary glands to inform the body and activate the actions required to balance the karmic energy and gather the wisdom associated with it.

When added together, the number 14 $[1 + 4]$ forms

5, which represents the energy to balance yourself through the five senses. Visualize these numbers on your shoulders, and see the color bright yellow streaming into your body and going deep into the shoulders. This will help you heal and balance the karmic energy and gain wisdom without having to physically go through the karmic action to gain wisdom. So many painful experiences can be released through this method.

The number 91 is related to the naval area. This area is a storehouse of energy — past, present, and future. It contains the energy of limitations you carry as a belief system and the past energies of lack, pain, fear, and abandonment, as well as others acquired through your family and culture. See the number 91 in a blazing silver light going around your midsection just like the waistband of your trousers. This will unseat many deeply held fears and limitations, and it has the potential to set you free from the prisons you have created for yourselves.

The number 69 is related to the knees. This area of the body contains the energy of not being able to trust yourselves and the Universe/God. The energies of fear, insecurity, and loneliness are contained in this part of the body. See the number 69 going around each knee individually with a bright blue color. When this part is healed, you will become bold and courageous in life.

The number 74 is related to the toes. This part of the body relates to the connection you have with Earth's spirit and the ancient memories it holds. When this connection is weak, you have difficulty in grounding with and understanding your reality. You are unable to function as a balanced human being. This can create fear about change and will cause you to try to stay in your reality even though it might be painful or hurtful. When this is healed, the energy of exploration, new creativity, and youthful enthusiasm can be inspired. You will easily leave your comfort zone and stretch toward new horizons without fear.

Mathematics in the Nonphysical Body

There are fourteen layers to the auric body, and they all interact as one unit. **The number 226 represents the ability to take control of your lives** and be self-sufficient in problem solving. It will also awaken the courage to face your problems head-on. When the



auric bodies are healed and balanced, then leadership qualities will surface. You all are leaders and teachers, but this part must be opened up.

The number 313 is for the mental body. This mental body is influenced by the past and the beliefs you hold. It is influenced by the matrix energy coming into you every moment. The mental body is composed of your parents' energies to a great extent and your grandparents' (and other family members') energies to a lesser extent. The mental body can become rigid and freeze the higher concepts of a balanced life because of what it has brought forth from others and from your past lives. It acts this out in daily life through violence, uncontrollable anger, rage, and various maladies. When this happens, your minds, which are truly feminine, cannot bring out the creative ideas for better living, so you shut out your creative side.

The number 716 relates to the emotional body. The emotional body is directly tied to the energy contained in the bellybutton area of your body and the energy in the shoulders. When the emotional body is unbalanced, you will have difficulty thinking clearly, and you might exhibit irrational behavior. Often, emotionally unbalanced people do not take responsibility for their lives and tend to live in victim mode.

Now, how do we heal and balance the mental and emotional bodies? You must visualize these numbers [313 and 716] circulating throughout your auric field in colors of soft orange and soft turquoise, and be in these colors for a minimum of thirty minutes. Do this for several days.

The number 999 connects you with the codes of Earth's spirit. This will help you connect with the benevolent spirits of Earth who support Earth's people.

I Am Home

From the point of light,
My soul descended into my core
To embrace my beloved self,
To join with my beloved twin flame,
So that I become once again with All That Is.

This, I have been searching for
Eternity, and now I have found me
Fully clothed in the garment of light,
Ever dancing to the love of God.
I am blessed, indeed, to be one
With thee, for I am Home with my
Beloved family of God, where there is
Eternal peace and freedom.

I am Home.
I am Home.
I am Home with my family of God
— Lord Melchizedek through Rae Chandran

See this number, in golden green, come in through your feet and out through your soul-star chakra (the eighth chakra) flowing into all your bodies — physical, mental, emotional, and auric.

The number 1027 relates to your galactic body. This is related to your connection to the galactic consciousness and galactic chakras in the back of the body. These chakras are a soft-copper color, and there are seven of them. They are round and rotate slowly in the back of the body, releasing galactic wisdom energies into you.

The number 1229 relates to the solar body and solar consciousness. You exist in this reality all the time as you also exist in the galactic plane. There are five solar body chakras in the auric field — the top of the head, the bottoms of the feet, in front of the heart chakra [about 12 to 14 inches in front of the heart area], on the back [12 to 14 inches behind the heart chakra], and in the middle of the palms. The color of these chakras is translucent white. See this number vibrating in all these parts of the body.

The number 1664 relates to your connection to the universe and the beings associated with it, especially Lord Melchizedek. This number also relates to the template Lord Melchizedek holds for our ascension. There are sixteen chakras in this realm, and all relate to the remembrance of who you truly are as a universal citizen. They are a shining platinum white and form a star pattern around you. These chakras emit a sound frequency of “temmaaaaaa.” Hum this sound as you visualize yourself inside a star.

The number 1991 is related to the multi-universe and to Archangel Metatron, who is the master of this universe. You are part of the multi-universe. There are thirty-three chakras in the universe, and you can access this (when you are ready) with the support of the master of this universe or your spiritual guides. The color of these chakras is a glowing orange.

The number 2799 is related to the omni-universe and the energy of Mahatma and the Council of Creators. There are forty-two chakras associated with it. The color of this chakra is subtle blue. Again, these chakras are only activated when the soul is ready to fully integrate all aspects of itself and is done only by a master.

We encourage you to work with each number for a minimum of twenty-one days or until you feel the energy integrated fully into your being. This is the Family of God with Goddess Sri Roopeshwari, the goddess of mathematics.

Rae Chandran creates individual and healing soul symbols that are channeled from ascended masters like Master Kuthumi, Lord St. Germain, Mary Magdalene, Isis, and a host of other lightbeings. Rae has been on the path of self-discovery for some time and teaches spiritual disciplines and other modes of healing for audiences around the world. He also conducts spiritual tours to sacred energy spots. To learn more, go to www.RaeChandran.com.

October's Religious Hangover

Auriel through Arthur Fanning

19 August 2017



We are here. Mercy, blessings, and peace. Peace, protection, and joy. Peace, protection, and joy. I'm going to say some things that might seem difficult to comprehend and that follow your religious context or concern. But for your safety and for the safety of those around you, I suggest strongly that you learn the rosary and pray it. It was given for a reason. The Catholic Church does not own it, so it is available for everybody. The beads are available for everybody. If you don't know what it is, you can look it up. The rosary's information is available in religious bookstores. **Please get a rosary for yourself for the protection of those around you.**

What's going to occur in October is what they call the fest — F-E-S-T, and it's not a beer-drinking party. It's the aftereffect of a beer-drinking party when you wish you hadn't drunk so much beer. That's the effect you're going to feel in October — a hangover. It's going to be a religious hangover because you're going to realize you haven't prayed enough, and you haven't thought about God the Father, the Mother, Jesus, the angels, or those guiding you and protecting you. You haven't given thanks.

That part is going to come to you in October — the unthankfulness of yourself. When you think you deserve thanks from everybody else, you're going to find out that's not the case. This is still what you call the releasing of the chains of subjugation. You've been under tyranny's control far too long. You have.

The Virgin Mother is the one who has influenced your current president, President Trump. She's the one who supported him, got him through the election process, and provided his presidency. She is who is behind him. I'm telling you that. I'm not the only one who has said it. You can look it up. So pay attention.

You Need Prayers

This world is in great difficulty. You might notice the weather around the world — many floods and landslides. There are many people being killed by lightning out of nowhere. You're being prepared for (what you call) the acknowledgment of the son. We're going to call that the acknowledgment of the son — not S-U-N, but S-O-N, the master teacher. The return is processed by the complete removal of obstructions to the teachings.

Right now, you are experiencing the hand of Satan on you, and the darkness that is going to come about is going to need to be understood to prayerfully get

through it. You're going to need the prayers. I have recommended Psalm 6. This is Auriel (A-U-R-I-E-L), by the way. I've been recommending Psalm 6 for a very long time. It's only ten verses, and the tenth verse asks your enemies to be ashamed suddenly. It's the protection verse in the astral.

For those of you not aware of what's going on in the astral, it's a protective device for you. It's a cloak. Shame is a big thing out here. Down here, it doesn't seem to be anything, but it is. You're going to need to understand yourself now as an independent unit of God consciousness. It's not your will but rather his will that be done here. You're going to have to find where that is within you.

You have your left brain; you have your right brain. In the center, there's the unique diamond (we're going to call it) between the pineal gland and the pituitary gland. It's connected directly to the entity in the cave of your heart chakra — the real you, the one that's afraid to peek out because it knows of the ignorance and the destruction. That's what you term in your physical world the violence and the distortion.

You've seen it. You're seeing it. You're being influenced by it whether you know it or not because the minute you look at it, it has an effect on you. So you have to have calmness and peace. You're going to need to look at nature, the trees, for what I call assistance. You need to get some plants in your house to produce oxygen for you, like lavender or a snake plant, yes. Those plants produce oxygen and take the carbon dioxide out of the air. They're helpful; they're helpful.

You're going to need to become a recluse. By that, I mean get into your home, straighten things out, and get a little more precise and unified in what you're doing. Don't watch so much of your television. It's influencing you and not in the correct way. Some of your programs are extremely violent and cause a reaction within you, because the brain processes that are working now are from the old establishment — subjugation.

The new process is the freedom of understanding, freedom of safety, freedom of joy, freedom of peace, freedom of pleasure, freedom of protection, and freedom of knowing you're cared for. **You're not going to want for anything. It is there — just what you need,** not overwhelmingly so, so that you will be greedy and

hoard things. This is for your advice, my dear friends. There's a conclusion coming to this experimental design of the human condition that the ignorance of God included. By that, I mean you were told the Devil is a myth. He's not. He's very real, and that's the influence you've been under for a very long time.

You're going to have to understand some things, primarily about the importance of your inner spiritual development for your soul and safety and for the safety of others. By "safety," I mean the ability for you to think calmly without reaction and adjust to the presence of the space that you are in.

Complete Small Tasks to Achieve the Sense of Accomplishment

You're noticing the confusion when you go to your stores. You can feel it just driving past some stores. Your big supermarkets and things, the energies are in there. They're trying to influence you. You have to pay attention to yourself. If you need to go to a store to shop, which you do, you'll need to make a list so that you'll get what you need and not go shopping just up and down the aisles picking what you think you need at that moment because it's not your mind that's there. You're working with a conglomerate mind that's trying to influence you in sales, and all of this nonsense, instead of the protection of your divinity or the support of your divinity.

You people like working into this thing with your foods. You're becoming aware, yes. Are you aware of what you're thinking when you're cooking them? Are you aware of what you're thinking when you're preparing to cook them? Are you aware of what you're thinking when you're eating them? Are you aware of what you're thinking after you eat them? You had better become aware because all things are going to become obvious in the distortion of the music that you think you're playing within.

There are divine influences now trying to assist the human condition, yet the ignorance of the human condition is denying the influence of the divine condition. You are divine. What do you think wakes you up in the morning, yourself? What do you think takes you on your journeys at night, yourself? No. This is being instructed. You have to look at the conditions you are in and the instructions you are receiving, and then proceed.

You're going to have to understand what thought comes into the right side of the brain, the machinations there, the purpose of it coming there. What thoughts come to the left side of the brain? What are the machinations there and the purpose there? What are the thought processes doing about the actions of the thought from the middle portion of the you of you?

Some of them are not your desires, but some of them are your guides' desires trying to assist you in the performance of tasks so that you have the feeling of accomplishment when your day is done. The feeling of accomplishment of doing a task from day to day is what keeps you considered worthy to continue walking upon the planet. You've done something, and you have a sense of accomplishment. You're going to need to understand this in the manner of the self. It's not someone else's accomplishment but what you did so that you can have a breath of safety moment in your sleep at night when you reflect on your day.

Then you prepare for the next day, a task that has been set by others. The first thing you should do is make your bed when you get up. You've accomplished one thing for the day — and then the next thing and the next thing and the next thing. It's the accomplishment that gives the success within the self of identifying itself as a self. You have done something. Simply making a bed that you got out of and used the night before gives you a sense of accomplishment. You have done that.

We are through.

Prayer Brings the Light

Auriel

22 August 2017

Peace to all beings. This is Auriel speaking. I'm beginning to tremble, and as I begin to tremble, everything begins to tremble. **I am trembling because someone is coming**, and the trembling is the force of the someone who's coming — the feeling of it. You're going to have to understand yourselves now. The ego is going through its repartitions.

Now, we talked about accomplishing tasks for a feeling of confidence. That's in the part of the ego thing. But you need to understand the prayerful attitude you have toward what you're working with. You'll understand what I'm saying, in a manner.

I will tell you this: When you accomplish a task, you feel completed, we will say, that task having been done and done right. Yes, that satisfies the physical understanding of the human condition — the sense of completion of a task. Now I'm asking you to understand and focus not only on your task, as you have been, but on a prayerful attitude as you do your tasks — as you tend to your garden, your plants. Be careful what you are thinking. Think in prayer; let your spine harmonically resonate to the inner prayer of you — not desires now.

The prayer is supplication, thankfulness that you're getting an understanding and you're still in the condition

(we say alive) to understand it, feel it, know it, and be it. You have this sense of spiritual contact from within and without at the same time, the blessings and protections of the Mother. You're going to begin to gather your spiritual wisdoms and the consciousness of the self that has developed the ego and that's going to take pleasure in educating the ego to be itself, and there's a divine love there. This is like self-love, in a manner, of carefulness and protection. You're a little baby growing up in a great big spiritual world, and you have an adversary that is aware of it.

You're going to have to understand this, and you're going to need the protection of the humble Virgin Mother. It's because of her humility that Satan is afraid. He can't handle it. That's why the Hail Mary is very important. It's a calling. It's a blessing to your understanding in your manner. So you have to prepare yourself inwardly for the outwardly.

The inwardly needs to be prepared more. The heart has to assume the motherly condition of things. It's going to have to assume it and consume it and understand it. That doesn't mean you change your gender, not at all. It means you become more of who you truly are — the Mother of All Things when she's blessing you. You have to be. It's gentleness and carefulness. It's peace, protection, and joy, as what mothers offer to all their children (or should at any rate), that understanding for your protection.

I'm going to tell you this. Your mother, the Divine Mother, the Virgin Mother, the one with the twelve stars above her head standing on the Moon with a snake under her foot, is coming to imbibe in you. She will move in through the left auricle and the left ventricle to get to the center of the heart. In the center of your heart, there is a cave where the inner you hides, watching the turmoil from the front of the cave. Then there's a still, small voice behind all the turmoil, and you walk to the front of the cave and understand who that is. You've been blessed. The Mother offers her protection for that inner spiritual experience because if you didn't have that protection, you wouldn't be able to do it, never mind know about it.

Pray for Peace, Protection, Joy, and Guidance

As we've been talking to the human condition, its understanding of the ego and its problems there, the inner has to understand the outer. You're the Mother of All Things when you're connected to the Virgin Mother. You have to be. You have to be gentle, powerful, aware, cautious, kind, and caring but not interfering. You have to allow nature to be nature.

You know when petitions are offered correctly, and then the answer can be given. But if petitions aren't offered, you're going to be alone in a dark world. That's

what your countries are facing now. You're going to need the light, entities, and prayer is what brings the light.

Prayer is what brings the light. It brings the Virgin Mother to your heart. She'll teach you how to do it correctly, how to move it through the heart's chambers, so the little one in there, your neophyte-baby-magician thing in there, can come out with confidence and know what it's doing without having to be afraid anymore. **You don't have to be afraid anymore.**

Pray for peace, protection, joy, and guidance from the holy ones — your angels, the ones who take care of you at night when you're sleeping. You're going to need your prayers before you sleep and when waking up now. That's your safe cave. Each chamber of the heart stands for one letter, IHVH. The name is commonly referred to as Jehovah. That is who you communicate with when you're in your cave, and it's the silent voice that you hear behind the beat of your heart. That's who is there in four parts. So please understand the construction of your vehicle and being your consciousness within it. Can that comprehension come through?

You're not just the you who walks around as you. Other yous come in to visit and create vibratory frequencies for your understanding without inflating the ego. You have to go through a complex completion process. Your hands will be slapped. We've done it to Him. Peace to all beings.

You're going to have to understand the understanding of the self, the precious nature of all things — universal consciousness, you say, but to life. All around you is alive. We're here to teach you. You need your prayers for protection because there are others who want to confuse you, and you're seeing it in your countries — in the mobs and the riots in the streets.

What are you doing? You can't go on, and you know it. So prayer is your only protection now. It's come to that. Like I said: When I tremble, a lot trembles. I am (what is termed) the prelude to Thunder, the being named Thunder. I can appear out of nowhere, anywhere, any time. Peace to all beings.

We are through. For your protection, pray — please. I am begging you because it will slow them (your enemies) down a bit. It's my sense of humor. Pray for yourselves and your neighbors now. You're going to need it. Amen.

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You Are Moving beyond the Mental

Jeshua ben Joseph (Jesus) through Judith Coates

Beloved one, in your human experience, you are creating a vortex of Light energy, energy that can be measured. You have scientists who take sensitive readings so that they can study the energy that the body and the brain emit.

Always, even when you lay your body down to sleep and think that you have turned off most of the systems (not all of them), you are still emitting energy. You are still energizing the brain. It is still working. You might come back the next morning and remember where you have been — in a dream, you call it, yet it is as real as what you experience in the waking time. The brain is still emitting energy because you are that energy.

There are times when you go to see the big screen and are caught up in the drama, and you ask, “Oh, is it going to work out? Is he (or she) going to find the love of his (or her) life?” You are almost at the point — especially if you are in the 3D movie where you feel that you are right in the action — that you are ready to scream, “Watch out!” because you are caught up in it.

You are playing out in “real” life a most wonderful drama. I have said to you that if you do not like the drama you are in, stop, breathe, and choose anew, because you are the one who is choosing and then judging what you feel the reality (lower case *r*) to be. All the while, you are drawing the energy from the Reality — (upper case *R*) to make the drama you live in.

Now, some of the drama you live in is happy. It is creative. You enjoy putting the colors on the canvas. You are making a most wonderful canvas of this life; moment by moment, you put together the various colors, the vibrations, and the aura that is you.

If you were to stand against a white wall and then move away from it, you would leave your imprint on the wall. There is still an energy picture on that wall. For some of you, it may be a flash, and then it is gone, or you might look at it even later and see an outline of the energy that has been there. That is how powerful you are and how alive you are. If you were to place a deceased body against the wall, it would not have the same effect. But you, because you are breathing, living, emitting energy, taking in energy, and giving off energy all the time, you leave an imprint that can be seen.

There are times when ones look at you and then

look away but can still see you even though they are not actually looking at you.

You have experienced that, and then you look back very quickly to see whether that person is still there. Yes, that person is still there. It is fun to play with energies.

Beyond the individual, there is a group vortex that is being created. It is being strengthened. **You are calling other ones who have the same desires and interests to be with you so that you can play again, play in this dimension, as you call it, and to know the true joy of being.** That is the only thing that truly is worthwhile: to know the joy of being and to know that who you are, the energy that you are, was not made to suffer. I did not suffer on the cross. I know that a lot has been made of my suffering, but I did not suffer. And if I had suffered for you — well, I cannot do it for you. That has been a story.

Practice Mind-to-Mind Exchanges

Now I speak with you about an expansive topic: the ETs, as you call them. You have seen some of the language that they are leaving for you. You have looked at the pictures of what are known as circles (but they are not always circles) in the crops, and you have wondered, “How did those get there? What is their message?”

The message truly is a mind-to-mind message. It is not something as concrete as your various languages that you have on holy Mother Earth. I know that you study the sounds that are in various languages, and you learn to speak other languages. You learn the sounds and equate them with meaning as to what the name for a table would be, what the name would be for a mirror, a tree, and so on. You learn the various languages, some of which are easier or more familiar to learn, and then the linguists among you say, “Well, let us see about some of the lesser known languages.” It is fun to do, and it is mind-expanding. It is moving to the next step where, truly, you do not need sound for the languages.

I have heard you searching for a word. “I have it right here. It’s on the tip of my tongue. I have it right here, what I want to say to you, but I can’t quite find the word for it.” Well, you are moving to a space where you will not need words. You will not need sounds. You



are moving to a place of mind-to-mind interchanges of ideas. When you get to the place where you are mind to mind, all you will do is think of whatever you want to say, and the other person will pick it up as a picture or perhaps as a knowing, and you will not have to go through the laboriousness of trying to find the right word or the right nuance of a word.

It will be something you project. In truth, you are already doing that when you try to recall something. “Now, what is her name? I know her name. It’s umm, uh....” And then maybe a day or two later, you remember: “Oh yes, it’s Genevieve!” Or maybe it comes to you in the middle of the night.

You are already doing mind-to-mind communication. You are already sending the picture of what you are thinking, but you have not yet come to the place of trusting that the other person will pick it up. But there are some times when it happens, and you say, “Oh wow! That’s really great! Yes, you have the meaning. I couldn’t quite get the words for it, but you know what I mean.” Then the other person says, “Yes, I know what you mean,” and he or she does.

The intergalactic intelligence is a thing that you say is of the future because you understand time as linear. Now, in truth, time is not linear. All time is contained within the concept of a sphere. What makes it seem linear is that you think from “this” point to “that” point within the huge sphere of understanding, and what connects those points is a line; therefore, time must be linear. But it is not.

You are most engaging to watch. Do you know that every time you have a thought, it does not stay within what you call the brain? It does not. It is emitted the same as your vibrational energy. That thought goes out, and that is why you quite often know what others are thinking before they say anything. That is why you are in sync with some more than others. You are on the same ... well, you have called it the same wavelength.

You are on the same wavelength with each other. Therefore, you do not need the words.

Then you have been taught as a small one to make sounds and to change, perhaps, the sounds a little bit to say the right sound that somebody else will interpret to mean whatever is the commonly shared meaning of it. However, as you have seen with your four-footed ones, you do not have to say any sound. In fact, they do not even hear what you say. Your sounds are just like a whole lot of vibrational whatever. The four-footed ones are mind to mind. You think of something, and if they are in the mood, they will understand it.

They wonder sometimes why you are not a bit brighter to get the messages they are trying to give you. “What takes you so long to pick up the mental picture I am sending you?” Then they dance around and yip-yap

and say, “Pay attention! I’m sending you this picture. I want my food right now. I want to go out. I have to go out!” And you had better let them out at that point.

They are doing what is truly your next (what you call) advanced step. They are doing mind to mind, and they wonder why sometimes you are so slow to get the picture. They are sending it, and they have to send it over and over and over. Then finally you pay attention, and you get what is being sent.

You are evolving to the place where you will not need the sounds, except the happy sounds of laughter and music, sounds that bring you joy and allow you to resonate with the vibration. That is why many of you listen to the music that resonates with you.

Now, I know that there are sounds called music that are quite discordant. Every generation seems to go through a time of doing its own particular sounds. They groove to certain sounds, and it is truly a groove. It is in the brain, and it is a groove, and they are evolving to the place where they are actually going to leave that behind as well. But in the meantime, they are having fun with it.

Those with Dementia Are Evolving

On another note [smiles], as a whole, a collective, you are moving to the place where you will not have to worry about and judge dementia. Do you know that the ones who are experiencing dementia are actually evolving? They are the ones who have given up being tied to sounds, words, and the meaning of sounds. They are being judged by society as not as bright as they were earlier when they were very rapid with the sounds. But in truth, the ones who are in the place of dementia do not have to be so mental. They are de-mentia: They are out of being mental, and they are actually moving into a space the human race is evolving into. The sounds will not be necessary. The various configuration of sounds will not be necessary, all of the complexity.

You see, what you are moving toward is the remembrance of Home, the remembrance of Allness, the remembrance of Oneness, which does not need all the various steps to make sense. You think now with the small ones that they have to learn the sounds, how the sounds go together, how there is an inflection when you ask a question or when there is a certain way of wanting to express something really strongly.

They are learning all the inflections, and it is quite a task. They are already at the place — if you were to call it such — of dementia. They do not have to use words. When they are hungry, they let you know. When they want company, they let you know. When they want the wetness changed, they let you know. How do you know it? You know it by the picture that is sent to you. Or you might look at the clock and say, “Well, it’s time that the

You are already doing mind-to-mind communication.

little one might be hungry.” You have already gotten the message.

If you have emigrated from another country and have had to learn another language, at first it may not feel quite right to the ear. But you persevere with the new language, and you store the sounds of the former language in memory. If someone speaks to you in the former language, you can understand the sounds and know the meaning. But again, it is more mind to mind than even the sounds.

You Are Not Alone

Most wonderful experiences you make for yourself, even in something as seemingly basic as language and sounds. But to communicate with the intergalactic ETs is mind to mind. You look at the designs that they make and get a feeling. You sit with it and ask, “What is this about?” Ideas will come to you.

For the most part, the designs that are made in the crop circles are ways to say, “We are here. We are here with you. You do not see us because we know how to manipulate energy.” They know how to bring it together in very dense form that you would take in with the sensory eyes (you would see the form) or not. For the most part, they move among you, and you do not see their forms. You may feel something a little bit different, but then, for the most part, you are very busy attending to the world, so you do not ponder it too long. But they walk among you, and for the most part, you judge them as friendly.

There are ones who like to play with drama the same as ones who are activating the more solid bodies. So they may move certain objects that you have in the house, and you might say, “I don’t think I put it there. Well, I must have put it there, and then I forgot I put it there.” Well, maybe not. Maybe they know how to manipulate energy and put an item somewhere else. And then you wonder what is going on. You might say, “Well, the cat did it. The dog did it. Of course, they moved it.” [Smiles.]

You are moving into a most wondrous time. There have been many messages of change, and you are feeling change. I commend you for the intricacies of the realities that you bring for yourself. You are doing the most wondrous day-by-day advancement, as you see it, in your technology. Your technology is getting very small. You can carry it around in the pocket. When it dings a little bit, you say, “Oh, I have to look at it.” Or it may actually do a ringtone of some sort, and you know you are being called to attend to something. Even if it does not make any sound, you take it out quite often just to check.

Do you know what a miracle that is that you are creating? And it changes. From year to year, it changes so that you have to get the new model, right? So you are having fun with your inventions, your technology.

You do this to keep the mind happy — or not so happy sometimes.

We have spoken in other times of the ways that the mind wants to keep you involved. You want to analyze and understand everything you see — what the meaning is — and take it to the mind. Then you remember after a while to take it to the heart to see what the deeper meaning is, what it has as feeling, what it feels like.

You will do the same with the language of the circles. What they are trying to communicate to you is this: “We are here. You are not alone. We are here. We have intelligence. We are intelligent.” It is a communication that is very basic to the feeling nature. “You are not alone; we are all from the same Source.”

The ones that some of you have said, in a preliminary judgment, are of negative energy are not. The negativity is in the eye of the beholder. The basic message is “we are here; you are not alone.” You think that you are encased in a body, and maybe there is energy that goes out twelve inches or more because ones can photograph the body and see the aura. You think that is all there is. That is not all there is, and that is what they are trying to say. “We are here with you.” They want to be recognized. They are trying to give you the message that you are not alone.

You see, as humans, there is a delineation of body — in other words, “this” is where the body ends — so you feel alone. From the time you are birthed, there is an underlying message that you have understood and have grasped: You are alone, and you have to make your way in the world. You have to learn what is acceptable. You have to learn the language. You have to make decisions for yourself, and hopefully those decisions will be good. And there is a loneliness that all of you feel. It goes with the territory of human expression and experience.

So ones who are a bit beyond that are letting you know that you are not alone. And when you sit in the quietness — I know that some of you have gone to actually sit in the crop circles and have felt that you are not alone.

As you have understood, the interpretation of the energy is to that one person who is interpreting it. If they have a certain inclination toward fear, they are going to see whatever energy there is in that way. If they have been, as you would put it, lucky enough to be raised with a circle of friends, they may be more open to having a wider circle of friends.

But ETs are here, and they are doing what you are evolving into, the place where you do not need the specificity of sound and language. You can be as the four-footed ones and just hold that picture of the food dish and say, “This is what’s important to me.” Hopefully, the human will receive the message sooner or later.

It is an exciting time to be here as human. I know, because I have had several lifetimes as human, and I

know how it is to feel alone, to feel apart from others, and to feel that you have to make your own way. In one way, that is true, because you are making your reality as you go along, but at the same time, you are connected by the divine energy of wholeness with everyone you meet and with ones you do not see.

It is a time now when things are changing, and it is an exciting time to know that, truly, you are moving beyond words, beyond language, and beyond the mental and the mind to the place of the heart,

The Importance of Maintaining Personal Power and Energy

The Seer Almine

Self-abandonment is always the cause of addiction. The areas we abandon are our resources of energy, power, and life force. We allow them to be siphoned off or lost. In learning how to harness and preserve our resources, we come home to ourselves and no longer need external addictions to fill the vacuum. The path of mastery is one of preserving resources to enhance consciousness.

Choose Your Battles Wisely

Losing energy is losing power, so carefully choose your battles. The majority of battles aren't worth fighting because the results aren't worth having. The only thing worth fighting is the illusion that hides clarity of perception. Don't view anything as a problem; rather, see it as a challenge that potentially holds the gift of power.

The decision to engage in an outer battle should be done from a place of inner stillness with no personal agenda. It is a simple law that whatever we send out comes back. If we intend harm, we open ourselves to receiving harm. The valid battles are always to release the mystery of our beingness, and it might only appear to be with another.

When faced with a challenge, analyze whether this battle has an underlying lesson that you need to extract. If so, does it need to be fought now? The key is being able to cut through the drama to what lies beyond appearances. Then we can determine whether a response is needed. If the reward isn't worth the out-pour of energy, we don't enter the battle.

If we haven't developed enough skill, it would be

knowing that, truly, that which you are and that which everyone you see is an extension of the true Reality. It is exciting. So hang on, and enjoy the ride. So be it.

Judith Coates has been channeling Jeshua since 1993, sharing his love and wisdom with audiences around the globe. Jeshua's teachings and messages have been collected in a very special series of books, the Personal Christ books, published through Oakbridge University, which was founded by Judith and her husband, Tom. To learn more about Judith, go to her website, www.Oakbridge.org, or contact her at PO Box 485, Sequim, WA 98382.



inappropriate and possibly dangerous to take on certain tyrants. We won't be asked to do this unless we are free of personal agendas and not attached to outcome. The best choice might be to turn away. Making the decision to engage is like being a surfer: We see which waves are ours and which are not. We don't ride every wave.

The challenge is seeing behind the appearances of the problems that arise in our lives. When we see the lessons that the problems bring, they alter our perception, and **perception yields power.**

Things That Drain Energy

Identifying debilitating patterns that cause energy leaks is crucial. We find these patterns by watching for knee-jerk reactions. Following are some potential problem areas.

Relationships that no longer hold a lesson can drain energy, so we need to assess the ones that genuinely serve us. We are either expanding or contracting at all times. If someone makes us contract, discern whether he or she has a lesson. If not, release the relationship and move on. If it does have a lesson to offer, the highest choice is to welcome the challenge. If we ignore it, it will manifest in another relationship.

Have you noticed repetitive patterns in relationships? The only way to break a pattern is to embrace the insights the challenges yield. Codependent relationships cause a huge loss of energy. This is when we are trying to control others or trying to please them.

We attempt to control others when we fear change and are desperately trying to make someone fit into our

worldview. We attempt to please others when we allow their expectations to determine our actions. For example, every time your mother comes over, you work extra hard because the little girl inside wants approval.

Not only do we desire to control others and the environment, but we also spend a lot of time trying to relate to events and people. For example, if we see a toy in a garage sale, we might say, “I had one of those.” Sometimes when we hear a song, we say, “I wish I could sing beautifully,” or “I can sing better than he can.” This habit reinforces the separatism of ego.

If we have gained our lessons and set boundaries with difficult people in our lives but they continue to breach our boundaries, it is appropriate to release these people — even bloodline family members. It is okay to choose a new family that vibrates harmoniously with who we are. Others are waiting to play the role of being our mothers, fathers, siblings, or grandparents who will do so from a loving and healthy position.

Everyday items and interactions can adversely interfere with our energy fields and physiology. The following things weaken our auric fields and make them permeable by lower-level beings or negative energy.

- alcohol
- electric blankets, radio towers, and fans
- microwaves, TVs, and cell phones
- sex with a partner who vibrates at a lower energetic level
- unresolved emotional and mental conflicts
- noise (appliances, fans in our environment)

Drugs prevent us from feeling pain, and they also

We strengthen ourselves by embracing life with awareness in the moment.

prevent us from accessing light. People who use drugs, including narcotics and marijuana, have a thick, grayish mucous in their etheric bodies that hangs around the head and over the heart. Heavy drugs can also cause distortion in the mental bodies.

People who have used marijuana a long time or heavy-duty drugs even a few times have overactive adrenal glands. This pushes them into a constant state of anxiety because the body interprets the spurts of adrenaline as a response to fear. They then use more drugs to calm themselves.

Continued drug abuse causes the adrenal system to become dominant, and the goal is to have the pituitary system and the heart center to be dominant because that is the natural condition when we are in balance. A fully functioning pituitary gland provides us with visions and insight.

A master is self-referring. We strengthen ourselves by embracing life with awareness in the moment. Masters are self-referring for their approval, so they don't react to others' words or actions. They know not to expect approval from the majority.

Make decisions from your highest faith and trust, not from your doubts and fears. May your life be governed by glad expectations.

***Almine**, acknowledged as a leading seer and mystic of our time, is a gifted teacher and lecturer. She has gained a large international following while traveling the world to deliver her empowering, life-altering message to those drawn to living a life of mastery. Many of her books are translated into multiple languages. Her online teachings include mysticism, self-mastery, shamanism, and cutting-edge alchemy. Much of Almine's information comes from her gift as a translator of ancient records. Learn more at www.SpiritualJourneys.com or by emailing team@almine.net.*

Revel in the Frequency Shift

One Life through Catherine Bean Weser

While there are many ways to describe a change in energy patterns experienced as either external or internal, we describe it as a frequency shift. When the world around you seems to alter or you feel as if you are waking from being less aware, you are experiencing a frequency shift, a time of transforming the nature of your reality.

This time must be seen as something that is going right, not something that is going wrong. You might feel energetically slower or faster than before. You might feel more precise or clear about the nature of

your mind, body, and heart; or you might feel completely confused or lost. Any way you experience this shift, the opportunity is to unhook from all your attachments to the nature of your reality as you have defined and experienced it in the past.

We could go so far as to say you are detaching from a lot of the dualism that is necessary when living in the



world but becomes less necessary when you're ready to operate at a new frequency. In the transition from one frequency to another, the method of assembling your sense of reality finds a new foundation and sometimes new boundaries. This can cause confusion, but confusion can become the rich realization that everything is new, nothing is known, and only the present moment of experience is in any way real.

Sometimes it takes a while for this new reality assemblage point to be comfortable. If it becomes too comfortable, however, it has probably become habitual. Another shift will emerge, compelling you to let go of any comfort zone you may have constructed that is actually in the way of your awareness. It is natural to hold on to whatever you might believe is comforting, but aliveness demands impermanence and constant change. So you move to one frequency, become comfortable, and then another frequency calls you to change and you let go. And on and on it goes. Awareness is the natural state, and its only requirement is to just let go. This means letting go of everything — not holding on to anything you believe is necessary and believing in just this moment, the here and now.

All that is reliable is the deep respect for the mysterious presence that always supports you and takes you to wherever you're going next, whether or not you have a sense of where that is. You can't communicate where you're going because the only way you could describe it would use the tools and terms of the old reality you're leaving. So it just can't work. You can't use the old terminology to describe something you've never experienced before. What this does is force you to let go of perceiving that there is a destination you are heading to. The deeper understanding is that the destination and the beginning are always one and the same thing — the present moment.

Release Your Identity Constructs

Jumping out of linear time and linear thinking is part of the frequency shift. The transition from a linear notion of reality to something much more profound, much deeper, is indescribable. And that may be the hardest part, because the current cultural language tends to describe any deviation from the norm as pathology. So when you start functioning in ways that are completely different from what you perceive others are doing around you, the immediate go-to reaction is to think that this is pathology and something is going wrong. You may believe you have to either fix things or turn back to a previous state of reality.

It might seem as if the rug has been pulled out from under you, but what you're discovering is there wasn't even a floor under that rug. You are

expected to fly, and you are able, but if you let fear get in the way, flying is going to be difficult. The most important thing is to stop comparing yourself to an idea you have about who you are, which is usually based in who you think you once were. You can't compare yourself now to who you were even ten seconds ago. Whatever you believed to be an accurate description of who you were is complete fantasy. In the midst of a frequency shift, you get incredible training for absolute presence in the now. You discover how to experience your reality as constructed in every moment, completely new and alive. The new sense of self is indescribable, functioning at a completely different frequency. And as you relax into it all, it will become clearer and clearer.

As we speak about you and your ever-changing reality and fluid self-identity, we wish to make it clear that all of One Life is in movement. Nothing is fixed or static. Even a moment in which you see a slice of One Life does not stand still for any duration and does not represent a location. Three-dimensional reality is not static, even if it appears to conform to physical laws that are mostly reliable. These rules have been developed and agreed to by cultures and other groups of people in order to feel safe and secure in a world that can be shared by language. It is really the conforming language that is being shared, not the individual experience. In other words, we suggest that the ideas about physical reality and self-identity that you share with others emerges from a shared language and refers to your experience of life but, of course, can never really fully describe your life or your experience of life to another.

So let go of trying to describe what may be called a frequency shift, and just imagine that your comfortable way of being and knowing has always been a house of cards. As the house of cards tumbles, be patient, and do not rush to reassemble it. That might seem like the most natural thing to do, but if you relax instead, the pile of cards in space will gently get up and dance. That is the moment when you fully appreciate that everything is going right, nothing is wrong, and One Life is constantly shifting, ever-impermanent, and completely liberated from all prescribed notions of reality. Let go, have confidence in the perfection of every moment, be comfortable with the mystery, and just allow the frequency shift to unfold.

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Awareness is the natural state, and its only requirement is to just let go.

Receive the Universe's Truth

The Sirian Council of Light through Gillian MacBeth-Louthan



The sands of time slide through the entrances and exits of all that is sacred. As a planet, you are at a point of no return. There is no going back to what was. It has been pasted in time and sequences of events. As you pass through the pastures of your life, do not look back. Yearn only for what the future will bring in the hidden exchange of destiny. We sit at this place of least resistance as the time doors open to experience ourselves in a new longitude and latitude. What was once sought tirelessly is now freed into expression of self and purpose.

Truths that were once hidden now unwrap themselves in the schematics of a new time dialogue. Energies that went unharnessed from past experiences now are entrained and useful. Duality of purpose seeks a partner as the people of Earth dance around and around within their heads, their hearts, and the choices of their lives.

Time passages announce opportunities that have been dormant. As the great planet Jupiter writes itself into the diary of time, abundant tidings that were put on hold now move forward in a ballet of celestial proportion. The expansiveness of Jupiter cannot be bridled or harnessed but ridden in a free-form expression as you hold on tight to all you once dreamed was possible.

You are asked to embrace the solitude of your thoughts and allow them to be birthed into a phoenix probability. All the transformations and transmutations you have endured have flushed away the dross of the limitations of being human and living on Earth. Dancing in the arms of your dreams allows you to unfold into perfect proportion.

As the sands of time slide through the entrances and exits of all that is sacred of land and thought, seen and unseen, humanity's future is unveiled as it is viewed through a spectrum of possibility that has not existed until now. As people walk forward in their lives, there are sets of footprints — energetic paths — that they announce and leave in the world. The energies of the angels on high come to lift you into a place that you will not fall, falter, or stump yourself on the path of humanity's ignorance. The angels on high allow you to come to a point that is no longer restless in flight, allowing a safe landing.

Do not give up on what lives in your heart and your dreams. The universe has placed within you a seed that cannot wither, falter, or be sown under. The universe has placed in you a latent imprint, an active encoding, that asks to be seen under the microscope of light.

Earth wades through a deep level of fear. Humans fear death, war, debt, and loss of control. Earth and all her inhabitants are at a point of no return, which demands that every thought

be clear and concise in its output. No more random ravings and musings by government or people who wallow in fear. No more allowances for the mistakes by those in power as they look for ways to polish their medals that have been tarnished by their choices.

Every individual on Earth has the opportunity to ask for divine assistance, divine acknowledgment, and divine intervention. Many allow themselves to be washed about in a tidal pool as the waves come and go, pushing and pulling them as they try to cling to the sides of their lives. Each thought humanity has is more powerful and important than the thought before. In each thought, the wisdom has increased exponentially from the limited perception of moments before. Every interaction with every person gives to you food for thought to be digested at your discretion.

When you hear news of sadness about those around you, do not immediately jump into that cesspool of thought and assist them in the drowning experience. Rather, move your heart and your energies up to a safe place where you can see the totality of the choices and the chances as they are currently displayed.

Those who wear the higher patterns of light out of Earth time as we know it will be asked to go beyond what they deem safe and suitable for their experiences. What this means is that you will be given instructions that will ask you to fly, move mountains, and dance through space and time. **You will be given instructions from the universe asking you to surpass anything you thought you could possibly accomplish.** You will be asked to become the legions of light that only know themselves as such — the legions of God that have no fear and the legions of heart that hold humanity within the very palms of their hands.

So many on Earth have chosen not to change, not to move forward, not to believe, and not to trust even their own council. So many have given up, have not seen their absentee landlord — God — in many moons, have not felt the presence of the angels, and have not seen the manifestations of miracles. Yet all of that has become

so alive and so animated that it actually has taken form and walked among those of Earth in physical form.

The energy of miracles has taken the form of raindrops deeply needed on one street and not another. The belief system in an entire town can allow their water to be healing and allow their flowers to be more potent, beautiful, and full of scent. But across the highway in the next town, the land is parched, dying of thirst.

The biological warranty has expired and shifted in the land of the unseen. Once the fairies were but a glimmer on a petal; now they ride the dragonflies fully seen and fully felt. Belief systems have faltered because they do not see with the eyes of faith. Most have given up on being rescued, most have given up on the angels, and many have even given up on God.

As a planet, you have been asked to believe in what is invisible and what cannot be seen, touched, smelled, or tasted. You are asked to believe in a supernatural being who placed you here for your highest good and growth and then walked away to focus on another DIY project. You have been asked to believe that every loss

and every death was wrapped in a divine cloth with a chewy center that often stuck to the roof of your heart.

We come to tell you that the very “matter of fact” that you seek walks among you. It listens when you speak. It soothes the wrinkles in your heart. A deep surge of emotion is rising to the surface. Anger and love and sadness all come hand in hand as a great veil is lifted.

Earth has one focus, and all will pray as one light. Oftentimes these personal and planetary disturbances are necessary to anchor another slice of light. Through all the unfiltered deluge, be true to yourselves; be true to what you perceive as the highest aspect of God, truth, and light. Do not falter but continue walking forward, for there is an end and beginning to all tempests. We are the Sirian Council of Light. You who are the chosen ones must now choose for yourselves. We leave.

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Let Go of Relative Mind

Master Djwhal Khul through Kathlyn Kingdon

As we begin another new month, the lessons of 2017 continue to emerge, perhaps offering more growth opportunities than most folks may have sought. Thus, it is important to pause and consider what you are learning from the energies, circumstances, and events that have left footprints in your consciousness. In the aftermath of critical elections around the world, both global and national situations may now seem even less stable than they did a year ago. Given the events and circumstances that have unfolded during this time, we can note that the amplitude of the collective global stress wave has reached new peaks.

The world continues on its trajectory of change, which has brought, over the past twelve months, presidential-level elections in thirteen countries, legislative-level elections in sixteen countries, and important referenda votes in at least four countries. The pace of change has been furious, and some folks fear they are witnessing a striking deterioration in the moral caliber of elected leaders and the electorate in general. As you may have witnessed, many people seemed to lose common sense amid firestorms of rampant anger, treacherous falsehoods, and so-called alternative facts. As hindsight demonstrates, these were contrived in a calculated attempt to incite chaos and manipulate election outcomes. While such manipulative activity created an ocean of irascible emotions, it certainly did not foster

penetrating discernment.

The political process over these twelve months provided somewhat sobering insight into the prevailing political climate in numerous countries. Perhaps the intervention of a Russian agenda in the U.S. presidential election has provoked a shared awareness that political races are no longer the sacred property of the country in which they are held. Political meddling by outside governments or attempts to control foreign elections is certainly not a new phenomenon. It has gone on for most of the Piscean Age but heretofore carried out in a more cloak-and-dagger style. Perhaps it is time for an evolutionary wave to wash away some of the distortional elements in political workings the world over. Such is a barren field that patiently awaits seeds viable enough to grow a new political paradigm for the Aquarian Age.

In viewing the world today, it is apparent that some of humanity's resistance to a new age might be playing out in the political arena. On the up side, humanity might be engaged in a process of political as well as spiritual evolution. While those of us supporting a planetary paradigm shift from the spiritual plane are not inclined to lean to either the left or the right in global political



matters, we do care deeply for our students, many of whom are profoundly affected by politics. We know, perhaps better than they, that their happiness and even their spiritual progress are determined by their mental states, which are revealed in their thoughts, words, and actions. Most people are simply not seasoned observers of either shifting mental states or their resulting behavioral ramifications. Thus, arising external events nearly always capture their attention.

When political verve is highly charged and runs rampant, most people pay very little attention to their own mental activity. Rather, their focus follows the external surges of excitement, sometimes fixating on the candidates or, more broadly, the opposition party. The past year has provided striking political lessons that cut a swath well beyond the national boundaries. The U.S. presidential election, with its prolonged and dizzying aftermath, and the U.K.'s Brexit vote are examples. Indeed, these situations generated seismic wake-up calls. In both cases, the bodies politic revealed their sorely divided state, which seemed to take members of the ruling parties by surprise. Further, clear evidence emerged that the political elite may have lost touch with the working element in both countries.

These election results were jolting, leaving each nation with the huge task of trying to reunite its citizenry. Of course, in most governments, political splits arise from time to time. However, seen from a vaster perspective, this phenomenon is simply part of the overall process in the evolution of a particular nation. While the elections in the United Kingdom and the United States were born of national considerations, their respective fields of influence extend way beyond the boundaries of these two countries. Because the late twentieth and early twenty-first centuries have nudged the world closer to a global community, this wider field of influence is not really surprising — nor, for that matter, is the apparent element of revolt against the Aquarian “we” that became obvious from these two voting episodes. While the polling issues in the United Kingdom and the United States were certainly different, the results revealed a striking similarity in that a notable contingency of citizens in both countries feels disenfranchised by government and, on an emotional spectrum, ranges somewhere between distrusting and feeling contempt for elected officials.

Transitional Times Call for Action, Not Passivity

Nearly everyone agrees that the business of politics has, over the centuries, amassed a rather dubious reputation. All too often, political ambition is rooted in a greed for power rather than a call to responsible leadership. History is rife with examples of treachery and mean-spiritedness taking birth from this form of greed. As was clearly observable this past year, the

sheer energy of a political race can be amazingly compelling and, as we previously noted, may even take on a religious tone. In the early stages of a campaign, a sense of inspiration and purpose may arise, as nearly all candidates promise a brighter future if they are elected. However, as the race continues, often that initial inspiration may be replaced by anger and aversion for the opposition. If a person is not circumspect, she or he may be drawn into a quagmire of corrosive energy that can be quite destructive to a precious mind.

These problems for spiritual aspirants notwithstanding, elections are important, since they provide a democratic means for selecting leaders. By voting, you can demonstrate responsible concern for the future of your nation and the world. Spiritual aspirants will surely want to be careful to protect their precious minds from the more corrosive influences of politics. Theoretically, your vote should affirm your highest aspirations rather than the dictates of any political party. Indeed, this is where renunciation can be exceedingly important if applied well. The world of politics offers a great opportunity to renounce lower-frequency thought patterns or behaviors, thus preventing one from slipping into them unconsciously.

In earlier times, spiritual renunciation would likely have meant completely withdrawing from the political process altogether to not fall prey to those low-frequency thoughts, feelings, and reactions. However, **if all aspirants were to completely withdraw from the political process, the collective mission of political evolution would surely be compromised.** You see, transitional times call for action, not passivity. Thus, as humanity moves into the Aquarian Age, it is important to engage in a process of raising evolutionary leaders. Simply put, this will not happen in the face of apathy or some form of disengaged passivity. **Part of the assignment is to forge a political system for this new age that is rooted in enlightened awareness, one that is charged with a potential for greater social awakening.**

Clearly, this requires collective action. Politics should, of course, invite spirited discussions of differing positions. Indeed, sincere debate on vital issues conforms to the oldest of spiritual traditions. The Buddha encouraged debate among his disciples, as did the Hindu masters before him. You see, lively debate offers some undeniable gifts. It should inform all parties to the exchange, but it should also encourage creative curiosity and in-depth exploration of important topics, including yourself. Sincere spiritual debates can provide avenues for personal growth and greater understanding. The same could be true of political debates although the scope and depth levels may be quite different. Rather than descending to the level of street brawls, exchanges based on political views should provide mental nourishment from new ideas as well as foster the development of clarity and insight.

Of course, given what occurs in politics today, the idea that political debate could foster clarity and insight probably sounds preposterous. Garnering such qualities from political exchanges is strikingly different from trying to destroy an opponent, isn't it? So even though attack-and-destroy mentality may be considered "politics as usual," this mindset overrides the best efforts of human evolution over the past 30,000 years. In the end, it robs people of their humanity, reducing them to their basest greed for blood sport. Thus, we must conclude that "taking out" an opponent in gladiator style is a practice that belongs to a more primitive age, not the Aquarian Age. Of course, for a society to elect wise and compassionate leaders, the body politic must be worthy of elevated leadership. So you see, those who participate in low-minded political antics are not yet worthy of high-minded, visionary leaders.

Receive and Integrate Buddha Consciousness

The global mission of 2017 is calling people everywhere to open to the returning flow of Buddha consciousness. Contrary to the beliefs and projections of some, this is not some momentary "flash-in-the-pan" occurrence. It is an ongoing infusion of aware energy that, if received, can facilitate the awakening of human consciousness. This will not happen at a collective level by some sort of spiritual magic. In fact, the flow of divine consciousness predicted as the return of the Buddha has been streaming to Earth for a little over eighteen months. If it were some magical force sent to eradicate all the problems and distortions humanity has generated, surely its miraculous effects would be apparent by now. However, by conventional standards, such can neither be observed nor validated. In fact, the world may be messier and even more complicated now than it was eighteen months ago. The general level of antagonism gripping the planet has probably increased.

Remember, the in-flowing wave of Buddha consciousness (or Christ consciousness to some) will not do anything. It is a field of grace that must be potentiated. That means it must be received and integrated by those capable of doing so because only then can it be skillfully applied to the problems of the world. Of course, the theoretical application presents a bit rosier picture than the practical reality, doesn't it?

Ideally, these incoming energies should be eagerly received and integrated by all spiritual aspirants. That is not exactly what has happened. Lacking understanding, humanity has resisted and rejected them, and that has caused a tidal wave of planetary chaos that continues. While a flow of elevated awareness is beaming at Earth, humans must do their part. They must choose to realize their evolutionary potential. Indeed, humanity must call itself to a vaster reality if it is to bring about its potential evolution and actually stabilize into a

higher-frequency band of consciousness. It is only by elevating the mind into a vaster reality that humanity will be able to make this shift.

Learn to Differentiate between the Two Aspects of Mind

The untrained mind is notably stable, but it is stabilized in the lower frequencies. Further, the mind can be remarkably elusive. When you try to examine it, you immediately encounter problems, since it is impossible to trace with any certainty its origin, dwelling place, or point of dissolution. You might try to avoid confronting the mind by glibly asserting that it is a mystery that defies apprehension. However, making such a glib assertion is a cop-out, since it neither satisfies nor resolves the dilemma.

When you look deeply into the nature of the mind, you will realize that the mind cannot be defined in terms of beginning, dwelling, and ending. Thus, taking the stance that the mind actually exists can be somewhat problematic. And because it is continually experienced, it is also problematic to contend that it does not exist. Perhaps this thing called "mind" is simply beyond the scope of logical analysis. In fact, it is essentially free of the two extremes of existence and nonexistence. Even if one comes to understand this intellectually, most still emotionally cling to a belief that the mind exists.

Now, I realize that most people today are not inclined to do this kind of in-depth analysis on their minds. Challenging the mind's existence requires some ruthless ego confrontation, which is off-putting for many aspirants. The fact that you experience your mind seems proof enough of its existence. Yet if you do not actually grasp the nature of the mind, how will you possibly receive, let alone integrate, Buddha or Christ consciousness? After all, it is the mind that will do this; thus, the probing analysis required is not simply a mental exercise for the sake of mental exercising. If you thoroughly investigate the question of the mind's existence, you will eventually directly encounter its deeper aspects. While the more familiar aspect is the deluded mind, it has another voice and presence that is actually free of delusion.

Throughout a "beginningless" stream of awareness manifesting consecutively in a chain of lives, all have followed the more familiar or deluded state of mind. Of course, the manner in which I am now teaching speaks directly to the deluded state of mind. After all, that is the "normal" use of mind even in the reception of spiritual teachings. However, the next evolutionary step, if taken, will greatly facilitate the reception and integration of Buddha or Christ consciousness. It lies in learning to differentiate between these two aspects of mind. So for the sake of discussing this process, let's refer to the deluded mind as "relative mind," and call the non-deluded state "absolute mind."

Along the journey of your life stream, with all its distractions and diversions, the purity of absolute mind has always been present. However, it has been completely obscured by relative mind. This is somewhat like draping a person in so many yards of fabric that it becomes impossible to ascertain whether there is anyone in the great bundle of cloth. Similarly, the intrinsic pure nature of undefiled mind is not so readily perceivable since it has been obscured by the delusions and habituated patterns amassed through the stream of lives. By observing the activity of the mind — its perceptions, thoughts, and beliefs — it is fairly easy to recognize relative mind. It arises in all situations where one is emotionally reactive. It is present whenever one tries to satisfy the internal urges of greed or aversion as well as in all situations of confusion or delusion.

For example, if one receives an insult or critical remark and then becomes angry, the mind that generates anger is relative mind. Further, this aspect of mind habitually retrieves and projects memories from the past, accepting them at face value. In other words, it neither questions its recollections nor its prior assessments and judgments. Of course, it is blind to its own delusion and therefore simply accepts and believes that its perceptions are absolutely true. This is precisely why gossip, rumors, and even the distorted projections of fake news are accepted and passed along. Without the discriminating faculties of absolute mind, anything may be taken as accurate or fact.

Another misperception of relative mind is that all external phenomena actually exist precisely as they are perceived. Thus, relative mind concludes that rocks, trees, and brick walls are solid, impenetrable objects. They do appear so. Yet those of you familiar with the life of Milarepa may recall that he demonstrated otherwise.¹ He was known to walk right through large boulders and walls of stone with no difficulty at all. He would actually sit in a fire without being burned. On one occasion, he asked someone to throw him into a river that was raging from heavy spring run-off. To the amazement of those watching, he remained suspended in the water, sitting in meditation, unmoved by the raging current.

While some might think he had magical or supernatural powers, in truth, he had simply mastered elemental forces by fully realizing the empty nature of the mind. By this point, he had released all mental concepts about the phenomenal world as well as all tendencies to cling to any construed version of physical “reality.” While Milarepa could use the appearances of the phenomenal world, he was not bound by their limitations. Thus, he could sit on a chair, but he could also sit in the air. You see, phenomena residing in their ultimate nature do not necessarily manifest in accordance with ordinary perception, since perception arises from

relative mind and is therefore deluded. Until relative mind is transcended, perception is basically false. Yet when perception ultimately transcends delusion, a person’s true nature is readily apparent.

Until the realization of emptiness is accomplished, spiritual aspirants must remember that their worldview contradicts the true nature of everything. Appearances are mistaken for reality, and deluded mind persists in its nonquestioning mode, accepting whatever it perceives as being real. Thus, the reason one gets caught in a fake reality is due to the self-serving habits formed over the course of multiple lives. Perhaps the greatest obstacle to perceiving the ultimate nature of reality is the habit of clinging to the “I,” or the sense that one is inherently self-existing. Indeed, if the notions of “I,” “me,” “my,” or “mine” belonged to ultimate reality, they would, of course, be clearly discernable. However, since they are concoctions of deluded mind, they have merely been designated for the sake of conversation. They arose as people sought to share perceptions and experiences of the sense organs. So while one may speak in such terms, it is wise not to allow relative mind to attach to these notions.

When analyzing the compelling forces and influences of the political arena, as well as in so many other areas in life, it is important to remember that **ordinary perception is not based in truth.** Neither are political campaigns nor the elections that follow, but they seem so real to relative mind. **Remember, relative mind is driven by emotions, and when the mind clings to fear, it tends to overreact to everything.** It assumes the worst and believes its direst projections as it tries to prepare for disastrous events. In the presence of suspicion or paranoia, the mind closes and is not able to receive additional information. Deluded mind rejects openness because it does not want to be disturbed let alone awakened. Thus, one carries on as if in a dream, creating all manner of mental constructs and barriers to protect and preserve deluded mind. The assortment of delusions generated by relative mind is vast and complicated. But because it is unaware of its state, it is unlikely to grasp that its normal experiences have no more reality than dreams.

In the absolute state of eternal mind, nothing changes along that infinite continuum of beginningless time. The essence of absolute mind is and will remain perfectly pure. While you might truly desire to realize this mind, such attainment is problematic, since you cannot pierce the veil of illusion and recognize your true nature. Those old habituated delusions are simply too opaque. What’s more, you believe the relative mind because of the force of its attachments. It is hopelessly attached to its cherished desires, aversions, and familiar patterns of confusion. Indeed, the force of its clinging is so strong that it effectively blocks the entrance of the very awareness that could liberate it. Thus, the

trance is perpetuated, and the moment of awakening is pushed farther away.

While we have spoken here of trance states arising from an individual relative mind, we should also note those arising in the shared human experience, the so-called conventional reality. For example, the collective dream of a highly charged political season can be very powerful, since it draws together the deluded minds of millions of people. As we noted at the beginning of this lesson, 2017 has hosted many important elections around the world. Some have yielded a significant amount of energy pointing to a global paradigm shift but perhaps not in the way most have envisioned that shift.

Looking back over the past ten to eleven months of this particular election season, it is probably important to consider what you have learned from the process (some would say ordeal). Were you able to harvest specific insights or points of wisdom that can be applied to your spiritual journey? Were you able to observe your mind during the process? Could you observe it sometimes falling into greed, aversion, or delusion? Given the emotional nature that erupted this political season, it is likely that relative mind formed some conclusions that absolute mind rejected. Are you able to differentiate between these two aspects in your mind? You see, when you awaken to absolute mind, you will experience its quiet and infinitely serene nature. It neither resorts to recollections of the past nor drifts into fixations on the future. It simply abides in pure equanimity. While it may observe the inclinations of relative mind, it has no need for engaging them.

Today, humanity is pressured with huge and highly complex problems. This may be why this year's elections

were so highly charged. These global problems are products of a collective field of relative mind. Just as we have looked into the causes and conditions that foster and support relative mind, so humanity must now probe the causes and conditions that generated the problems it now must face. While some may cling to a notion that the incoming wave of Buddha consciousness will provide instant solutions to problems that have been brewing for centuries, this is truly an ungrounded stance. **Indeed, there can be no solutions until those causes and conditions are acknowledged, confronted, and ultimately transcended.** As spiritual aspirants on the cusp of the Aquarian Age, you are all called to realize a new age — a new global paradigm, really, wherein the “we” is elevated, and the tyrannous “I” is redeemed through the renunciation of patriarchal mentality.

As planetary citizens and evolutionary agents, you are the ones who must create the new paradigm. Who else could possibly do this? Awaken now from the delusional sleep of relative mind, and enter the spaciousness of absolute mind.

1. Jetsun Malarepa (AD 1052–1135) was a Tibetan poet and yogi. For more information, see *The Life of Milarepa*, translated by Lhalungpa, Lobsang P., E. P. Dutton, Boston, 1977.

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Your True Reality in the Love Code

The New Ascended Masters through Maurene Watson

Can you tell us where we all are now in the lightbody?

Masters, in the New Earth chronicles of the lightbody, you have finally arrived in your true reality. This is measured by the alpha lightbody constant or your unique heart signature's love code. This is your atom's soul-mass-to-light ratio, which is measured parallel to your unique new spirit's light-to-mass quantum ratio. This love code ensures a unique, divine human soul will fulfill all its potentials.

Hence, some lightbeings are entering their second life, which is their New Earth soul crystal rebirth

on their way to enlightenment. They continue to release the old patterns, lifetimes, and old Earth electro-chemical matrix programming while building and integrating their multidimensional cosmic diamond bodies.

Others (in enlightenment and self-realizing all their aspects) want to have everything they didn't achieve in their last human life with you as their new heart-species cosmic self acting as a guide and biointegrating them.



They do this by self-realizations with you as their new spirit while you give them all the love and new, fulfilling experiences they can hold in this golden or quantum age.

These soul or human aspects have the choice to live on through you, be set free onto the light, or be a part of accessing your new quantum source codes so that they can see the wisdom of their lifetimes carried with you into new light matter creations never before experienced. That integration usually occurs while the seven years of scaffolding layer in the lightbody while the old Earth bodies and source codes are being deleted. Those in post-enlightenment are holding in a lightbody with a new-species, trans-sensual, essence DNA heart and a new vessel, enjoying the divine human prototype. It allows them to beam themselves in a human hologram back and forth from the old and New Earths.

To love everything and all life is to truly live and create.

Become a Better Steward of Love

Fully conscious New Earth ascended masters are opening seven to thirteen free-energy torsion rainbow fields. These transmit through their crown of new-code light creations for their new meta-verse pure-gem body. It often makes the crown look like a glowing sun with arcs of light radiating from it. This is a plasma particle, quasiphsical, transparent essence vessel. They will grow this vessel as they leave planet Earth and after they enter the meta-verse with free access to visit any universe or create anything a passionate heart allows. In this pure-essence energy vessel, they can imprint or create anything directly from their consciousness using dark matter substances of love.

On the old Earth, 70 percent of humanity is still deciding how long it wants to play in all its storied illusions and whether the heart or technology will heal all their wounded timelines before the event horizon seals them in the old Earth universe without access in this life to the meta-verse. In your New Earth light universes, your light factors are multiplying at the quantum speeds of light, color, and sound. This allows you to get the rust off your creations and write a new script as you transmit through your new heart codes. You make true joy up as you go along and play with trillions of unexplored potentials, which you can fulfill, experience, and set free at any time because you know creation enjoys its creator's stories.

When you seem uncertain, simply ask the cosmos what your love would create for you in any given moment of your now. **For the rest of the year and throughout 2018, you can expect quantum senses, quantum leaps in consciousness, and the seemingly unseen nonphysical worlds to be the true reality for those who are ready.** They will be fun, elegant,

and direct raw experiences and your true reality if you will allow creation's love to bring them forth.

Now, who did you say is really standing next to you? Enjoy this new moment in cosmic history as your new DNA-species divine human affects all other creations and universes.

We close forever, reminding you that the newly born heart remains the key to why you came to Earth for the love code's fulfillment of every possible potential. For centuries, there has been talk about the loss of the innocent heart and its connection to the memory of who you really are. Your societies write novels, make movies, defame love loss, and brag about its foibles in countless stories of love and creation. Why is its sanction to remember so critical as to why you're here? Why would powerful manifesting creators hide their hearts or need mediators to source their love? Why is so much love turned inward in unworthiness or too much love turned outward in overworthiness?

An authentic and tender heart knows that nothing else matters and that its spirit will never let it go without. A genius heart soothes the mind and the self, and it is its own validation — without the need to prove itself to itself or hold itself against the flame of another to be valued, first, or right. Being a better steward of your own and another's love can only come from a true heart. To love everything and all life is to truly live and create.

All tears, fears, and bruises are wiped away every time love's honoring is chosen. A heart that loves all its experiences is truly free and conscious because it knows that love will resculpt, or begin again, in every situation, no matter what the journey requires. All you're stories, all your conscious dreaming, or those you meet when you pretend to be asleep or in stasis from this reality are in potential realizations of their experiences. All your poems, your holography of self, your perceptions, and your awareness take on multi-self realizations in the continuum of the love code.

This new heart with elegant quantum senses — that can feel anything — also operates as an imprinter, a source coder, a transponder, a tele-transporter, a biogenerator, a decoder, a quantum infuser, a star-gate, a biosphere star-sun, a centrifuge, a quark-particle stem cell, and a midwife of worlds. Now, how is that for a love code?

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Through the Doors of Ascension

The Collective Soul through Carolyn Gervais

Many of you are ready to open (or are in the process of opening) to the new DNA activation taking place inside your body and mind. This activation will move your consciousness beyond the physical 4D energy into a higher conscious energy of spirit, which is called the ascension. As you gradually or quickly move into this higher energy, consciousness opens more and more to your innate body and intuition, allowing the mind and body to shift dimensionally while still in physical form. This gives you a much larger perspective as to what is or is not real.

During this process, wisdom continues to increase and affect the awakening of what has previously been dormant or not yet activated, such as your DNA. Your DNA has been waiting for human consciousness to reach a certain stage of awareness before it could commence with the awakening of specific DNA strands that have to do with the ascension process of human consciousness at the levels of spirit beyond 4D.

You Are Here to Help Each Other

Many who are aware of the ongoing ascension process believe that it could take millions of years for enough people of Earth/Gaia to evolve their hearts and minds to the point they are able to comprehend who they really are by realizing that they are spiritual beings pretending to be human. Many who are aware of this knowledge and wisdom can still doubt humankind's ability to move into ascension mode. If any of you are, it would be more helpful to humanity as a whole to stop looking at the world as if it is hopelessly out of control to the point of total destruction. It is not.

No matter how many thousands or millions of people appear to use war and aggression as the only way to take, borrow, or steal what they want or demand, they will not stop the ascension of the people of Earth. More of humanity are becoming weary of war and want to be done with it. War begets war, and people who believe in war usually have been brainwashed by many generations of believing that war is the only true decider as to who gets what and finally wins the "prize." It is time to stop glorifying war, aggression, and murder by self-defense and be awarded for it. It's like putting salt on an open wound. Most people who have felt forced to kill or be killed never get over having to do so, and no

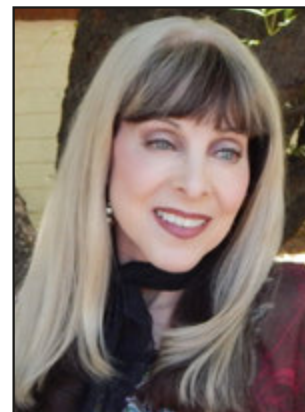
medal of honor heals that. They just put on a smile and pretend it doesn't hurt, and they become the silent, suffering, guilt-ridden heroes for their friends and families.

It is time to awaken to the truth that no matter how many people still believe that aggression will lead humanity into peace, it will not stop the ascension process; nor will it depend on how much time it will take the whole of humanity to reach ascension awareness. Remember, humankind invented time so that humanity could dictate when, where, and with whom a certain human event could take place in the same linear time frame mutually agreed on.

The point here is that time is not real; it's part of the dream, the illusion, that you live as real. There is only one "I," one self, that lives multidimensionally, as expressions of the creative Source. Creation does not need time to tell it when, where, and how to express life.

In human years, it might seem like millions or at least thousands of years will have to go by before humans reach complete ascension. You as a human being chose to play the game of humanness, which comes with your self-designed body and mind made for specific life choices and lessons. What you call your body is held together with the gift of creative energy that is stepped down to fit into a physical mass. This energy holds your body image together with human thought, imagination, purpose, belief, and perception, which will gradually fade into its natural state of being at some point — that of energy looking for what comes next. Therefore, **time does not determine what comes next for humanity.** It will take only a small portion of the ever-expanding, intuitive, and aware mass consciousness to awaken to the ascension levels needed to pull the rest of humanity into ascension status at the same moment ascension takes place for all.

All who continue to help raise the lower levels of human energy into ascension mode will greatly influence those who are still living in mostly dark energy. This energy can cause so much fear that many fear life itself and fear for the lives of those they love. So it will take strength and much compassion for those who are willing to walk into some dark places — first within yourself and then to whom you will be directed to bring



light and love to, those people desperately calling to the light for help.

Many of you have come to Earth at this time to assist the lost and afraid by guiding them into the light of their own spiritual selves where healing can take place. Those of you reading this now are here to help one another because you know all human hearts, minds, and souls are one with creation.

As you move through the layers of darkness that bring fear and chaos, know that you are never alone, and **know that through each step you take to a higher and purer energy, you are bringing with you new insights, ideas, and advancements in metaphysics, physics, and all other areas of science.** These advancements open areas of the mind that were formerly closed off but now allow mind expansion to elevate and evolve, opening doors for intuition and inspiration to come into play, further refining the energy of the world to become something that is dearly valued and shared.

**Know love,
and let it be
the light you
share.**

Remember that creation doesn't need time to tell it when, where, or how to create. Life is intelligent, creative energy. Therefore it can manifest in any way and in any form at any now moment it chooses in the multidimensional realms of life through its unhindered free will, allowing new doors of conscious understanding to further open the mind and heart.

With this new shift of human consciousness, your ever-evolving awareness opens you to higher and higher levels of ascension consciousness. It is only consciousness, not human years, that will determine how long you travel on the road to spiritual ascension. Know love, and let it be the light you share.

Carolyn Gervais is the author of Life Before Life: How Soul Agreements Direct Our Destiny. Devoted to metaphysical spirituality for forty years, she is certified in spiritual psychology and clinical hypnotherapy. Carolyn also has a master's degree in holistic nutrition. She facilitates client resolutions through intuitive counseling, in-depth dream interpretation, soul-path plans, and numerology. To learn more, visit AwakeningYou.com.

Feminine Energy Activation

Mother through Virginia Ellen, the Radiant One

Virginia: The information I share with you is from the original Activation of the Sacred Seals Retreat. Singing the songs and saying the prayers will assist in activating the sacred energy that lies dormant in you. The Divine Feminine energy has many facets of the crystalline light of love, creation, purity, and power. She takes the role of the mother, maiden, goddess, priestess, and empress within your sacred seals. She is waiting to activate and come to life for the purpose of living through you as you. Sacred Heart Yoga is a practice from the ancient Egyptian mystery schools, and it will bring forth activation of the divine and everlasting feminine energy to heal and shift the world.

As the Divine Feminine energy is activated within us, we become this energy. We dance it, we sing it, and we live it. Once activated, the Divine Feminine is alive within us and will be lived and shared with the planet. This is how we each can serve the planet and humanity — by returning to our original state of love. Once activated, the mother will transform your fears and limited self so that you will know your perfection.

A New Choice

Mother: I am here to help you live life in love — to reconnect you to your life and your love, bring you together again, and repair your central nervous system.

This will allow you to live in love. All my work is done within you. I am sensitive to all your needs. I am your mother energy.

Now that you have allowed me to perform my function, I do this with joy, for I am finally living within you. You have given me life, and I return to you your life. I am your mother. I shall repair you, renew you, and restore you to perfect health and to perfect life. The Divine Feminine lives in union with the Divine Masculine. As Divine Feminine beings, we are here to receive humanity and to nurture humankind. You are here to create life, to build life within you.

Awaken to the moment, and know that you have a choice. I beseech you to ascend to the state of choice. Choice gives you freedom. It is an enlightened state of consciousness.

You have believed the standards of your material world to be your laws. Break the mold of your belief systems, and choose again. You and only you are the lawgivers in your kingdom. I am not saying that you should deny your feelings. When you deny your feelings, you begin to die. Give life to your feelings so that they can ascend. When you have had enough of these



feelings, make a new choice to create a new platform to stand on.

In the first sacred seal, the feminine energy creates. Therefore, your choices are very important and powerful. They are the beginning stages of life patterns. When you find a part of you that is living in pain, this part must make a new choice. This painful part of you must choose a new way of viewing the situation, which might include a new attitude and belief system.

Virginia: When we feel safe in ourselves, we are safe to open more fully to our sensuality. Sensual energy is life energy. It is exciting as it moves up into the body from the first sacred seal. Life is more exciting the more we live in the moment. In freedom, we receive our sensual energy. As we choose to live, we stop denying ourselves the exciting life force energy within us.

As I open to receive and know fully my feminine energy, I awaken the holy of holies in my first and second sacred seals. As I awaken to these energies, I receive the greatest gift of all. I receive myself. I am made whole, and I return to my holiness.

Every time I look outside myself for fulfillment, I deny myself me. When I choose to share my feminine energy, I come from a place of fullness and completeness. I give this gift of myself with no need or attachment to how it is received. I am whole, and I return to myself for nourishment. This was what I was searching for but didn't know it.

My activation has been a returning to God, love, and the wisdom I need in each moment to live life as God intended me to. When I am in this state of oneness with my own divinity, I feel and know only love for others and myself.

We are going to work with our feminine energies now. Open to your feminine self, the power of your love.

I open to my tenderness.
In my tenderness, I am love —
Everlasting love, unwavering love,
unconditional love.
Strength is love, fearless love.

I am the strength of my love.
I am as strong as my love is.
I am as strong as I am willing to love.

I stand without judgment of my feminine nature.
I stand on a platform of self-acceptance and self-discovery.

From this platform, I claim I am a feminine being.
Within me lies the feminine energy of God.
Within me lies all that I need.

Virginia Ellen is a modern-day mystic and a bearer of Jesus's original message. She had a near-death experience in which she came face-to-face with her teacher, Jesus. In this transformative experience, Virginia was infused with the wisdom and energy to activate the sacred seals (Christ light). She now transmits this sacred energy to others, bringing God to life in every cell of the body while activating their sacred seals. Visit www.CourseinSelfLove.com for more information.

Soul DNA Mutation Experience

Archangel Metatron through Jill Harrison

Jill: During the last week of July 2017, I was very ill. I figured that I caught a flu virus my son had. I had zero energy. I had also been unable to connect to spirit because of my low energies. As usual, I thought perhaps it was because I was trying to do too much work spiritually, but on the night of July 31, I had the most bizarre experience of my life to date.

I couldn't make sense of it. The profound experience was still with me when I awoke, and unlike a dream, it did not go away. When something like this happens to me, I know that what I experienced was not just a dream but something much more important. Despite trying to continue normally during the day, I could not shake off the feelings, so I called on Archangel Metatron to try to explain them to me. I wanted to share with you what

happened so that should this happen to you, you will be aware of what is going on and why it is happening. Following is a record of the events.



An Experience of Simultaneous Lives

On the second day after being bedridden for almost a week, I still lacked energy, and by midafternoon, I realized I needed to rest. Also, in the early evening, I decided to go to bed, and it wasn't long before I fell asleep.

At first, I thought perhaps I was hallucinating. The first thing I recall is a white tunnel opening up before

me. I wasn't scared, and I looked into the tunnel. As I stared into the white light, I felt as though I was being tipped upward and forward. Instead of looking forward into the white light tunnel, it was as though everything, including me, had been tipped over at a 90-degree angle. Instead of looking horizontally into the tunnel, I was now looking vertically down into the tunnel.

As soon as everything tipped to the vertical, looking down, I could see tiny windows on the interior wall of the tunnel, similar to those on a mirrored disco ball. One of the small windows drifted forward into the tunnel, and like a cinema projector, it opened up with an image, and like watching a film, I could see myself in another life.

Many of the windows opened up at the same time. It was like watching a multitude of film screens simultaneously. I was looking at myself but as a different person. Sometimes I was male, other times a small girl or boy, and other times a woman as each window showed me a reflection of myself in a different life. Suddenly there was a rush of energy, and experiences of those lives raced through me. I experienced them all at the same time.

I was aware of two beings with me during those experiences. I knew they were guides. One looked human, and the other was distinctly not human. I also knew that what I was seeing was all happening at the same time. It wasn't my past; the experiences were happening now in other dimensions.

I then felt the need to look upward, and again, the same thing happened. I could see the future me in many situations, and I felt the knowing that it was happening at that moment. I was experiencing myself as part of an ancient civilization, yet I was also experiencing my future self on a planet in the Vega solar system, working with sound frequencies and energy waves for healing discordant patterns of energies.

My mind rapidly absorbed the information, knowledge, and memories. It was very weird and very real. I watched and experienced different realities, and these were creating and changing many beliefs I have had about life, the universe, and myself. I could hear conversations I was having with others simultaneously. Then with a whoosh of energy, it all became suspended and then converged into me, and I awoke.

I spent much of the following day feeling very physically here but consciously in many other places too. I struggled with the noise of machines and lights from electrical equipment. I took a little walk and struggled with the loudness of traffic. I needed to make sense of everything yet felt really tired. While I trust 100 percent of the experiences I had, I wanted to find out more, so I asked Archangel Metatron what had happened. We

hadn't communicated for a few days because of my low energies. Following is what he had to say.

Energy Integration

Archangel Metatron: You are entering a significant time in which planet Earth is beginning to fully integrate the cosmic Divine Feminine energies. Although there has been talk of this in the past, it has not been possible until now, within the galactic calendar, for this to fully become a reality. During significant times such as this, it enables us to activate within some of you an energy integration soul DNA mutation. This is given to certain souls to assist humankind with the ascension process.

Unfortunately, for a soul DNA mutation to take place, it is necessary for the physical body to have complete rest; therefore what can seem like a virus or illness to you is sometimes a DNA mutation taking place, and the effects of such can be felt for a number of days, sometimes weeks.

Sometimes physical illness can enable the soul time to recalibrate its energies or receive higher light integrations. In some cases, it can also enable you with soul DNA mutations. Soul DNA mutations are not given very often. The reason is that it is essential the planetary alignments within the universes are perfectly aligned. The planetary frequencies have to reach a specific harmonic frequency for the profound DNA integration process to take place.

The purpose of a soul DNA mutation is to assist with soul transformation and full fifth-dimensional multiuniversal and multidimensional consciousness awakening. It is necessary, once this has been done, for new interdimensional guides to be assigned and to assist in helping the recipient of the soul DNA mutation see true reality. Soul DNA mutations are only given to those who are here to communicate the greater universal truths.

Soul DNA mutations alter your consciousness and connect you with parallel realities, and the illusion of earthly time is lifted. Soul DNA mutations take place when the soul is ready to begin its final journey home. It heralds the final phase of the ascension process. **[From Jill:** I have been told that this is my last incarnation before moving on to the Brotherhood of Light to assist humans like me to progress their spirituality and ascension.]

The ascension process is not often truly understood by humanity. **During the ascension process, a soul moves from unity** [the intact higher self, connected directly to God, light, the one conscious energy] **to the illusion of separation** [where the soul projects twelve incarnations to planets to amass knowledge] **and back to unity.**

Incarnation on the Earth plane offers a soul the chance to break free from unity.

Incarnation on the Earth plane offers a soul the chance to break free from unity. The soul enters a parallel reality so that it can explore the very nature of itself in the physical realms. The soul has to learn how to find its way back to peace, stillness, and unity. The soul has to learn to see beyond the fake self and discover the true self. **You cannot move forward until you can see clearly.** Each experience you have enables you to see a little bit clearer until, eventually, you can see and know everything clearly.

You Are a Multidimensional Being

Many spiritual seekers are journeying into higher consciousness. This coming month [August] heralds many changes and many challenges. Soul DNA mutations can be disorientating and highly confusing. It is possible to see yourself living as a multidimensional being, experiencing everything in the now simultaneously. It can be hard to make sense of what you see, feel, and hear. It can also bring conflicting information that requires further soul searching.

Soul DNA mutations often bring an extreme sensitivity to sounds and lights. It is possible to know you are physically in a body on Earth yet consciously in many places at the same time. This is because you are integrating energies that connect you with the parallel realities your soul is currently experiencing.

The easiest way to understand this is to imagine you have gone to sleep, and you have begun to dream. Your physical body is in the bed, yet your consciousness is in another world. A soul DNA mutation is the same, except instead of entering one dream state, you enter a number of dreams at the same time, experiencing different things at the same time. This enables you to amass a greater amount of experience, knowledge, and wisdom at the same time.

You can use this ability now to look at challenges, themes, and synchronistic patterns that play out within your parallel lives so that you understand what you are meant to do. You can also do this for

others to help them see true reality as opposed to third-dimensional illusions. It is a way of seeing clearly what the soul is working on and trying to achieve.

Your recent experience has given you the ability to see that you are more than just a physical human being. You now understand, in much detail, about being a multidimensional being. You now understand what your core soul skills are and how to use them.

Yes, we have told you and shown you this before, but it has taken until now for you to possess the ability to experience what we have been talking about all these years. Now you must learn to work with this ability further.

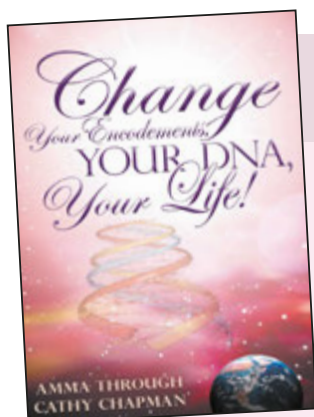
Explore the dream time, the parallel realities. Explore and experience each aspect of your multidimensional being. From this, you will discover your connection with everything. You can find a broader perspective to help you see everything now from a multidimensional level rather than a human level.

As a soul, you are overly self-sacrificing. We have told you this before. Finally, you have been able to see the parallel realities of what this creates for you on many levels. Now you will see how being too giving can sabotage your journey. It is time to help others understand the energies they are working with and what those energies are connecting them to.

Now you have met with your interdimensional guides. Be open to working with them as much as you can. They will help you learn how to master this new ability. I will still be guiding you, but work with them. There is much they can teach you.

You should rest for now. It can be disorientating for a short while, but rest assured, you will become acclimatized to this new multi-way of being.

Jill Harrison is an angel messenger, level-twelve psychic medium, and avatar who has trance channeled over 100 archangels, ascended masters, and lightbeings. She has performed over 1,000 trance-channeled psychic readings globally. If you would like more information that comes directly from the angelic realm or to download her first trance-channeled book for free, go to www.AngelGuidedMeditations.com.



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Prepare for the Intersection of the Dimensions

Juliano and the Arcturians through David K. Miller

Greetings. I am Juliano, and we are the Arcturians. The third dimension interacts with the fifth dimension. Thus, what the guides and teachers do on the fifth dimension influences and affects the third dimension, and what you do on the third dimension interacts with and affects the fifth dimension. It is not a one-way street; it is an interacting energy. It is important to understand this interaction because the world is not static, nor is the relationship between the dimensions. It is an energetic force field that continually updates both sides.

The Third Dimension Is a Glimpse into Creator's Mind

This may come as a surprise to you, but many of you have been in the fifth dimension already. You had a need to get a new perspective. On the third dimension, there is great interest in fifth-dimensional work and fifth-dimensional beings. At the same time, some fifth-dimensional beings are interested in exploring the third dimension. This interest leads us into a deep level of galactic and Arcturian spirituality. I also believe that it relates to much of Earth's spirituality. The Creator is hidden, so there is no way to directly experience or know the Creator. There's no way to describe the Creator in your logical mind. One method of learning about the Creator is through studying creation and its workings. This explains in part why scientists and astronomers are interested in learning how the universe began. **The study of the beginning of creation is really a study of the mind of the Creator.**

The third dimension was the newest and last part of this creation, the "newer" part of the universe or the multiverse and the last part of the dimensional creation that has been formulated and developed. This is like saying, "Look, the Creator has made a new dimension! We are interested in learning about this new dimension even though we are in a higher dimension." It is of great interest for fifth-dimensional beings to learn more; therefore, many of us want to come to the third dimension and experience it.

There are several important reasons that beings on the fifth dimension want to come to the third dimension: This is the latest dimensional development in

the creative dynamics of the multiverse. **The third dimension offers unique opportunities to gain understanding of the mind of the Creator and to be closer to the Creator.** Furthermore, there are special portals and corridors and other unique opportunities on the third dimension that generally help us to understand the multiverse. This is not the only universe. This is one of the universes that contain the third dimension. The third dimension offers something unique to each soul. Of course, with your experience as a fifth-dimensional being, you have an advantage over those who are in the third-dimensional reality only.

Not everyone understands the fifth dimension, and only a few have been on the fifth dimension before. There are many beings who have incarnated on Earth and have never been on the fifth dimension. There are many beings on Earth who are newer souls and have never been on other planets or dimensions. It is a unique and advanced state to come from the fifth dimension to the third dimension.

Traps have occurred over the many millennia when fifth-dimensional beings from the Pleiades, Arcturus, or Andromeda — or the Sirians or the Antarians — have sent students to Earth to experience the third dimension. While these students were in the third dimension, they became karmically involved with people. In some cases, they fell in love with earthlings. In other cases, they made mistakes and became overly involved in some of the problems and tried to repair the planet. By doing so, they broke karmic rules and became trapped in third-dimensional karmic cycles and began to reincarnate on Earth.

I have trained many fifth-dimensional students how to participate on Earth, identify some dangers in the third dimension, and avoid some of the pitfalls. There are some very attractive energy fields on the third dimension that overwhelm people. We all know the beauty of the third dimension. We all know the excitement and high energy possible in this dimension. One of the main components of leaving the fifth dimension and coming to the third dimension is being cut off from the unity consciousness. On the third dimension,



you lose the sense of the soul's eternalness. You also lose the sense of understanding for and feeling of the unification of All There Is because the third dimension is a dimension of duality.

Opportunity Lies in Dimensional Interaction

There is ongoing interaction between the third and the fifth dimensions. Some of you are surprised to learn that the third dimension can affect the fifth. There is a dynamic and magnificent opportunity coming to this planet that I call the intersection of the dimensions. Think of two large spheres that intersect at the top of each sphere. A part of the third dimension is in the fifth, and a part of the fifth is in the third. This intersection functions as any intersection does. The most important part of the intersection is that you can travel right through it. It is a great opportunity because the intersection allows clear passage from one area to the next.

Primarily, you and I are most interested in you traveling through the intersection so that you can go into the fifth dimension. But there will also be fifth-dimensional beings coming into the third dimension with special powers and energy. Therefore, there will be a greater opportunity to download fifth-dimensional energy into the third dimension. The masters will have special access to the third dimension to do repairs and to uplift and interact with the starseeds and other higher spiritual beings. What an exciting time and opportunity! And right now, we are on the brink of this intersection.

Many of the brothers and sisters throughout this galaxy have interest in Earth because of the intersection of the dimensions, which is an event similar to the solar eclipse. The solar eclipse [August 21, 2017], in part, represented a reset, allowing a greater participation and opening in the intersection of the dimensions. History shows that people travel to view a solar eclipse. There is much scientific information that can be gathered through an eclipse. The scientific observation of a solar eclipse at the end World War I proved one of Einstein's theories about the bending of space and time.¹ Likewise, there are certain measurements that can be made galactically only when there is an intersection of the dimensions.

A great opportunity that occurs at the intersection of dimensions is the ascension. It takes a special spiritual energy and light to ascend. Why? The ascension requires that you transform the structure of your nervous, hormonal, mental, and emotional systems into a lightbody form. This means a dramatic, intense, and high vibration must be used. Such a vibration is presently beyond your personal abilities. **At this point, you do not have the ability to generate the high spiritual frequency necessary to move your body into the lightbody form on your own.** You need a

boost, an extra energy. And the intersection of the dimensions means that a special frequency boost of light is going to enter the third dimension.

The Fifth Dimension Compares to Sunlight

The Sun is 93 million miles away from Earth, yet sunlight is still strong enough to illuminate the planet and provide all the energy necessary for photosynthesis and all life forms in the biosphere. New technology uses solar panels, which absorb and convert sunlight into electricity. But you have to have solar panels to use the sunlight this way.

Too much sunlight on your planet can also be destructive if you're not protected. For example, in high-desert areas, the sunlight is extremely debilitating. You need to cover yourself or have some kind of shelter to prevent damage to your body.

Very soon there will be a huge influx of higher spiritual energy into this planet at the intersection of the dimensions, and to use that spiritual energy, you need spiritual technology just as you need solar panels to process the energy from sunlight into electricity. You need spiritual resources so that you can process and use this highly charged ascension light. Our lectures and training are focused on helping you to be vessels for this light and to use this light to transform into your lightbody at a moment's notice. When you are in your lightbody, you can direct yourself out of this body and dimension into the fifth dimension.

What are the spiritual technologies for the ascension? There is bilocation, which is the ability to section off parts of your spiritual essence or astral/etheric body, and send it to another location. This is perhaps one of the most profound and important technologies necessary for using the energy for you ascension when the intersection of the dimensions occurs. In bilocation, you energetically visualize your etheric body, and then you project that etheric body outside your physical body. Bilocation can be compared to astral projection.

Your astral body is attached to your body by the astral cord. In bilocation, you place as much of your essence as possible into that etheric/astral body. For training purposes, I have designated different percentages of your consciousness that can be projected into your astral body. For example, you can say 2 percent of your consciousness is in your astral body, and 98 percent is in your physical body.

I gave lectures and descriptions about Jesus (Sananda) on the cross, and I explained that only a very small percentage of his consciousness was in his physical body, and he could thought-project, or bilocate, to his lightbody and to a safe location. He had bilocated more of his essence — 90 percent or more — into a second body. The practice of this astral projection is important in preparing to use the spiritual energy that

is coming to you. You want to have the ability to place as much of you as possible into that astral projection.

To help you practice this bilocation, we, the Arcturians, have provided the Crystal Temple, also known as the Crystal Lake, for your use and training. This is a fifth-dimensional lake that was provided by the Arcturians for Earth's starseeds such as you. It has enough room on its shore for 1,600 lightbodies. We have allowed and helped to create spaces and places for your astral body to project to a fifth-dimensional location. Part of your fifth-dimensional body and self can permanently reside near this lake. Visualize yourself as an astral projection living there. I have helped to provide this permanent place so that you can practice sending your lightbody to your fifth-dimensional lightbody. You could also bilocate to different places on this planet. For example, you could be in your office or home and in another city.

Effects of the Intersection

There could be other beings and even other energies of a lower nature at the intersection. It is not just the starseeds who know about the intersection. Lower beings could try to attach to some people. There might be roadblocks and accidents there. We are helping with Sananda to oversee the intersection of the dimensions. We acknowledge that the intersection could allow lower light from the third dimension into the fifth dimension. We in the fifth dimension have to be prepared to absorb and process that lower energy. I want to be clear that when we confront lower energy at the intersection, we process it and return it in a purified form to Earth.

What could happen to Earth at this high-energy exchange point of the dimensions? One prediction is Armageddon: The energy from the intersection is so intense that not everyone can process it. This high energy could create an imbalance, and people might act irrationally. A downpour of high spiritual light can create problems, confusion, and chaos among people who are not able to assimilate such energy. Thus, people become more unbalanced, and leaders could make unwise decisions that could lead to war. If you have too much energy, even though it's light fifth-dimensional energy, you still can become unbalanced. **Spiritual energy has to be prorated, and it has to be digested and filtered in a way for you to deal with it.**

Many people are not spiritually minded on this Earth. They are also being exposed to this intersection of the dimensions. Although one possible outcome could produce more chaos for some people, another is a wonderful ascension. Beings like you who are prepared to interact with the fifth dimension and travel and bilocate to the fifth dimension could have a mass influx of enlightenment. Again, I point out that many masters and teachers are also going to travel from the

fifth dimension into the third dimension during this intersection.

The Ascended Masters Will Direct Light Energy to the Proper Places

The intersection will last between twenty and thirty minutes. This might seem to be a short period, but the ascended masters have to consider how much energy Earth can tolerate. If the intersection lasts too long, it might cause destruction on the planet and in the planetary systems.

I see several turning points or opportunities for this intersection. One is in October, and others are in 2019 and in 2021.

What if you experience the intersection and decided to return to Earth? There is a possibility that you will experience a wonderful upliftment, a wonderful feeling of enlightenment, and you might have a desire to provide Earth with a new level of service. Remember, some of you are fifth-dimensional beings who came to the third dimension for a variety of reasons, such as to make scientific observations or to provide service to Earth. **There must be people who can receive spiritual energy and who know how to use it and direct it here on Earth.**

A key component of the intersection of the dimensions is focusing and downloading spiritual light and energy into its proper places. There are places where you can experience the intersection more easily, such as in the ladders of ascension, at sacred spots around the planet, and near the Arcturian etheric crystals. It takes a core of people to direct and download this higher fifth-dimensional energy coming to Earth. This is why I say that the ascended masters will participate in this intersection.

This participation is also part of what you know as first contact with the higher fifth-dimensional beings. The ascended masters can help direct and interpret the use of the spiritual energy and the spiritual forces. Earth does not have strong enough spiritual leadership to direct and use this energy to the highest benefit. We speak of the coming of the ascended masters and the first contact because they are fifth-dimensional beings who are a necessary part of this spiritual intervention. They are helping to provide a stairway for higher-dimensional beings to come to Earth.



MEDITATION FOR THE LIGHT FROM THE INTERSECTION

Please now visualize the two-dimensional spheres as intersected. A great stairway of light is opening up. As the stairway opens, higher fifth-dimensional masters descend. They include masters from the Pleiades and the Arcturians. They bring accelerated corridors

to help you assimilate the light intersection. This is the light of ascension, and it also repairs Earth. It is paving the way for more open and direct communication between the third and the fifth dimensions. [Tones] “Oooohhhh, oooohhhh.” The doorway is opening, and most important, the interaction begins between the two energy forces from the fifth and third dimensions.

Visualize yourself at that intersection. You can thought-project yourself to that point. You will have the power to accelerate your third-dimensional body so that it goes into its fifth-dimensional form, allowing you to bilocate. Shimmer through the dimensional intersection corridor. [Chants] “Tatatatatatatata.”



You can experience the highest pulsing of your aura in preparation for being transformed through the intersection. At that point of the intersection, your

aura will begin to vibrate at an extremely high speed. Your frequency will be raised and will respond sympathetically to the higher light coming in. As that frequency shift occurs, all those powers such as bilocation will increase to your highest potential and beyond! And I, Juliano, and the rest of my Arcturian team will be there at the intersection to help and encourage you. I am Juliano, good day.

1. For more information on the data collected during the 1914 solar eclipse and how it supported Einstein's theory of relativity, see <https://www.space.com/37018-solar-eclipse-proved-einstein-relativity-right.html>.

David K. Miller's original spiritual study was the *Kaballah and Jewish mysticism*. David has published many books and over one hundred articles in both American and Australian magazines. He currently does phone readings and conducts workshops focusing on ascension techniques, healings, and psychospiritual issues. He also works full time as a medical social worker. To learn more about David, you can visit his website, www.GroupofForty.com, or contact him directly at PO Box 4074, Prescott, AZ 86302, 928-776-1717, or davidmiller@groupofforty.com.

Love Enhances Living

Gaia through Cristi Jenkins

Dear ones, these are difficult times for many of you. You feel the collective dismay as those who spread anger and fear roar and puff themselves up into a spectacle that often seems much larger than it really is. Exaggerating negative, fear-filled possibilities and limiting truths that reflect a more accurate and benevolent picture are some of the most powerful elements of using fear to control the populace.

Perhaps it would be good to ask yourself when you encounter news or propaganda that ask you to be very afraid of life, how real it is. Perhaps if you remember that your planet has over 7 billion people living and loving on it, you will not be caught up in the negative web that currently shapes your media.

The powers that be have controlled the monetary systems and siphoned money back to themselves, and they are very adept at manipulating the populace. So are many of your religions. For centuries, they have worked hand in hand to keep human beings in a type of controlled hypnosis and slavery. They teach people to be afraid to live life without being told what to do by the “experts” and to give away their power to act authentically and freely in life. Then they label this fear as “love and prosperity” and play a great persuasive game — one that hides the truth from the very people that they purport to love.

How can this be love when that very love enslaves people to support institutions that do not work for the

highest good of all and prosper from division? How can love be used as a reason to state that one person is less than the next because of how someone looks, thinks, or belongs to a particular culture? How can love be used to propel people into conflict in which they justify that stealing and harming those they believe are less worthy as human beings simply because they are different? How can love bully and subjugate others in the name of divine progress? Unity cannot fight against itself, yet many of the organizations that claim to be based on love encourage division and conflict. How is this love?

How can so many human beings become lost in the ideas that love enslaves in order to protect them from the very ideas that (if allowed to unfold) would truly set them free? This is a good question to ponder.

Love does not force but looks for ways to enhance the experience of living life on Earth for everyone and every thing. This, dear ones, is why much effort is currently invested by those who have controlled the populace in keeping people afraid, because in this fear, many are not as willing to question their beliefs or allow different opinions and values to be examined and thus unfold for the greater good.



More Humans Want Peace Than Want Destruction

These are difficult times if you believe the hysteria and ilk being portrayed by the media. It is easy to lose hope. Yet there is hope in your world. Think of the many cultures that thrive on the planet. Think of the billions of people who are living life, learning, and loving; the many who appreciate and love the beauty of nature; the many who respect the right of all life forms to live in joy; and the many who, like you, want peace and harmony in the world.

When you look at the big picture of life playing out on Earth, many more people exist on the planet who want love, compassion, and peace than those who try to persuade you that force and division are the only answer. Many are questioning the validity of those who claim that you must support the governments and religious institutions that have promised you protection and prosperity — but only if you continue to give them your allegiance, time, and wealth.

Many on this Earth are tired of the games you have played as humans who have forgotten that the Creator loves all beings equally and compassionately. Many are tired of the ideas that bully and kill and consume life without regard for the sacredness that blesses every single being and every moment of life on this planet with ultimate potentials. Many people desire peace and to return to a compassionate existence where you are allowed to work together for the highest good of all.

Only a very few profit from lying to the populace, yet they want you to believe that they are many and

Unity asks that egos be set aside and then gently loved into seeing there is room for all to prosper.

invincible and that they know best. They profit from persuading you to trust that only one way exists to perceive life and to function as your individual societies. This is not unity, dear ones. Seeing each other as the enemy is not unity. Seeing each other as one huge family is.

Many of you desire to return to the innate knowing that all are blessed, loved, and honored equally by the Creator. Many of you wish that the human veil of forgetfulness would lift so that all could know that the wars and infighting are unnecessary and are not actually real at all. Many of you desire to know that the difficulties of Earth are part of the game that you play in your limited state of human consciousness.

Yes, lessons have been learned, as you have forgotten that unity asks that egos be set aside and then gently loved into seeing there is room for all to prosper.

When all is said and done, you are eternal beings of love and light having the experience of forgetting who you are, at least while on Earth. Every one of you also has the innate capacity to feel the truth of who you are — souls who are wise beyond measure and forever one with the Creator, even within its vast and expanding diversity.

May this remembrance of who you are take root within each of you, and may you become new beings in this innate knowledge. May you find hope and joy in each day.

Cristi Jenkins has channeled Gaia since 2011 when Gaia asked her to do so. Additionally, Cristi is the author of numerous love-based books for adults and children. Her books and blog can be found at CristiJenkinsWritings.Wordpress.com. To contact Cristi, to schedule a reading or workshop, or to read archived Gaia messages, go to TheWordsOfGaia.com.

Stepping Down Energy

Omnidimensional Beings through Kathy Wilson

You are familiar with the concept of various speeds or frequencies of energy and how they manifest in your third dimension. For example, when the energy of light is stepped down to a slower and lower frequency, it becomes heat. Another example is sound. Within a specific range of frequency, you are able to experience sound with your physical body. As it is stepped down below the capacity of your sensory organs for hearing, sound still exists. At that point, however, you are not able to physically sense it, as it is with energies that are more refined — of which your scientists are not yet aware. Nor of course, are they aware that the

frequency of these energies can be intentionally stepped down so that you might sense them in the third dimension.

Undetectable by the technology and machinery you now have is the frequency with which beings like us communicate with you. Our true communication frequencies are beyond the recognition capabilities of your current technology. Even when we step our energy down to communicate with you humans, your



technology cannot detect the frequency of our communicative energy.

The humans who are capable of receiving our communiqués function at a higher frequential range than the majority of humanity. Some have come to your planet with this ability. Others have agreed to it, and permit their brains to be rewired, so to speak, so that they are capable of receiving higher-frequential vibrations. Not only can they receive these frequencies, but they also have the capability of interpreting and understanding them.

These humans have, in many of their past lives, been the priests, priestesses, and oracles who were revered by their people. This trait of understanding higher-frequential vibrations and the accompanying ability to translate them is carried within their DNA as a latent program. It is triggered or turned on with a specific occurrence, which is also encoded into their DNA. Typically, certain chemicals in the human body that are issued when specific high levels of energy are reached accelerate the occurrence that triggers this shift in energy. You call these chemicals hormones.

Certain hormones are released within each human at various stages of physical growth, such as when a child reaches the first stage of adulthood, which you call puberty. Included in the usual packet of hormones is unique encoding that begins the changes to their brain, allowing for reception of much higher frequencies than the majority of humans.

Higher Frequential DNA Programming

Not every human receives the special packet of encoding that begins this understanding of higher-frequential vibration programming within the DNA. It's only in those who agreed to do so before entering another life within this third dimension. They chose to be encoded to use their vast knowledge gathered in past lifetimes when they practiced their arts of divination and higher communication to aid all humanity in raising the collective frequency. This is what you currently term the ascension. The knowledge of these arts encoded in their DNA requires that they shift their energy to much higher frequencies than the masses. This has been true even during those past times when all humanity's collective frequential range was much lower than it is now.

With this method, we and others like us are able to share the knowledge and information we have to assist you in your evolution. This is all by a previous agreement between the humans who are to receive and translate the communications and those of us in higher-frequential dimensions who will be communicating with them.

Much detailed information is included in this special DNA programming. Most commonly, it is by word

thoughts. The energy we send streams to the human receiver who then translates it into words. Other humans receive our energy transmissions and interpret them as sound, such as music or tones for healing the physical body. Yet others receive our transmitted energy as visions, which their special encoding translates into images with meaning for them. Each of these methods is part of the special encoding within human DNA.

All methods serve the same purpose: to assist all humans in elevating your frequency as you evolve. It is necessary to use these various methods (and the humans to interpret the transmissions each in their own manner) to assist humanity in attaining the higher frequency of your desired and intended evolution.

Not every human who senses and understands the messages we send will be able to translate them. **Because of the diversity of human thought, belief, and physicality, we need to transmit our communications in various forms and to various humans so that the greater number of humans will receive and understand them.** Were the receivers all to translate our messages in the exact same ways, only a few would understand and heed our messages.

This is why some channels appeal to a certain group of people and not to others. It is why some humans and not others love certain music. It is why some artists' works are appreciated by some people and not others. In much of these productions, our messages are encoded and lie within. Our messages are in a multitude of forms so that the greatest majority can receive the communications in the form they can fully receive and best understand.

This is why there are so many different voices sharing information from angels, spirit guides, and the like. All the beings of higher dimensions contacting humans are doing so to assist humanity's evolution. We are confident this is a viable method. There have been many attempts in the past to raise human frequency. Most have failed. However, for the first time, it has happened — finally.

More of you are raising your frequency to that which allows us to connect with you and share our knowledge and wisdom for your greater good. Progress has been made in unprecedented areas, and indications are that it will continue. We are honored to be a part of this successful endeavor of humanity and are humbled by your greatness.

Kathy Wilson is a spiritual teacher and mentor; a channel for Omnidimensional Beings; a Reiki master; an advanced PSYCH-K practitioner; a certified professional coach; and the author of An Inner Journey: Living Your Life Purpose, articles, and her bimonthly e-newsletter, the Journal of Spirited Coaching. It is her life's purpose to teach others to remember their divine purpose and discover how they can put their talents and abilities to the highest and best use in this lifetime. To learn more about Kathy, visit her website: www.WarriorPriestess.com.

Welcome to Forever

Archangel Zadkiel through Sri Ram Kaa and Kira Raa

A glorious afternoon to you, and with great love forever, it is time to release all fear. Is it not? What an energy the word “forever” has, for within forever comes forward the recognition that you are able to release all fear. This recognition is an understanding, a reunification, and a presence that arises with great energy. Just as you water a seed to watch it grow, the vibration of this world is ready and present for you to embrace the foreverness of your divine wisdom.

What does the foreverness of your divine wisdom mean? Perhaps it is the divine recognition that as you release all fear, fear can no longer be present. It is then unable to manifest and grow, so it cannot be manipulated, nor can it exponentially take over. **As you dive deeply into your heart, lovingly invite your soul to reveal the wisdom of forever.** Notice whether fear is there. Buried beneath any fear is the expression of divine love; it dances in union with fear. There is the remembrance that all energy is in harmony with sacred union.

Sacred Union

In a world of experience through duality, where judgment is part of the journey, can sacred union be found when judgment is present? Yes, for it is in union with the judgment. Many seek union, many seek divine inspiration, and many seek sacred union. And you are always in union.

The simple question is, are you forever in union with the truth of your divine presence? With each breath, where is your union? With each moment, where is the union?

As the emotional body seeks union, it uses many methods. It explores many ways to find its union. The emotional body often overlays a perception of truth in your actions, thereby creating the illusion of union energy amplified by the needs of an emotional body. This is a valuable discernment. Where do you amplify your energy? Where do you amplify your fear?

BRING YOUR ENERGY TO THE PRESENT

Close your eyes (if you feel comfortable) as you bring your hand to your heart. What in your energy field is a future-oriented event that you often think about? What has come forward immediately? Ask yourself, how do I feel about this event? Why is it calling me? Any future-oriented event that you call forward is in the

creation moment now. What are you creating in the moment now?

Pay attention to your breath. As you breathe, bring your attention here. Notice whether there is a creation in the moment that is ready to come forward. This is the gift of future orientation rather than the dismissal that it exists. You have the manifested energy to create through it as you focus with discernment.

Contained within the reality of your expression in form, as you experience allness, you discover all in relation to a past, present, and future through linear understanding. If you bring together a line at its ends, you have a circle. From the middle of that circle, you remember that your past, present, and future expressions are the training grounds of integration into the wholeness.

As you release linear conceptualization and embrace the circle, there is no past, there is no present, and there is no future. There is, and you are. And in the recognition that you are, each time you bring your focus to an event, thought, creation, desire, wish, hope, or prayer, you offer to yourself (in that now moment) sacred union with the energy that seeks balance.



You can do this exercise with a past event and call forth the union energy to release any energy. You see, there is great power and great recognition in being present, and to fully release all fear in the present, you will need to visit the past or the future and recognize that all these energies are here with you right now because you already know.

When you think about a past event, it stimulates an emotional response. Yet when you create within your heart the recognition, acknowledgment, or observation of a past event, you notice in that moment, “I claim sacred union now.” With what energy are you claiming union?

Are you claiming sacred union with pain? Are you claiming union with joy? Are you claiming union with fear? Are you claiming union with happiness? Are you claiming union with wholeness?

Whenever the mind reflects outside the moment of wholeness, it is a gift, for it offers you the recognition of stabilization of all emotional turmoil. Your planet is conspiring to assist you through this as that which has been directly affects many events in your world now. You even have professional forecasters that tell you what is coming. Based on the forecast, the collective consciousness goes into sacred union with the forecast, and it collectively has the power to manifest.

This is a great gift of recognition at this moment. Your cocreative consciousness is working overtime. It needs a siesta. We suggest a nourishing bath — a respite that relaxes the emotional body from the manifestation of the cocreative collective consciousness.

Beloved one, when you claim your wholeness without fear, you enter into sacred union with all events past, present, and future. You rise as a collective contributor to the cocreative consciousness by holding the presence of divine perfection, wholeness, and loving recognition that all is expressing in divine form without contributing to the manifestation of a collective agreement based on manipulated energy.

There are times when it is important to disengage your brain to release the thinking and ignite the feeling: Release thinking. Ignite feeling. Release thinking, and ignite feeling. We invite you to observe:

- Where are you feeling, from the emotional or the spiritual body? Feel it.
- What is feeling?
- How does your soul feel today?
- How is your heart today?
- How is your energy today?
- How are your judgments today?
- How is your extraordinary, beautiful body today? It houses your glorious soul.

Within that moment is the wholeness, the recognition of all divine union, the presence of all that is and has ever been, manifested through you as you. Your world will continue her present actions, for she is waiting for you to awaken more. She is loudly declaring, “I am here. Where are you?” With great love and reverence, unless you choose to leave this planet, as many are, you are part of her.

What a glorious gift! You are part of this gift in every moment, every recognition. You have the blessing of declaring yourself as a willing and active participant by claiming wholeness, releasing judgment, and offering the sacred union of wholeness to the collective manifestation of the present moment.

Discover the Root Seed of Fear

You are making your choices. Simply be fully

present to your choices as you offer yourself to the collective consciousness in wholeness. Stand lovingly in wholeness. It might be perceived as dark by one or received as light by another. How you choose to claim your wholeness is, of course, your gift.

We offer the gentle reminder that your collective consciousness is bringing forth the energies prevalent at any given time as a whole on the planet. **Do you make your choice to move forward as a worker of light because you perceive it is the right thing to do or because you know it is your truth?** This is a very powerful discernment. Do you move forward because it

brings your soul joy as every cell within your body resonates with an undeniable truth of who you are, or do you choose to seek approval from others? This also is an important discernment.

At the root center of your choice is freedom. It is there you will discover the remaining seed of fear that has tried to influence your choice. This tiny seed carries great weight in a small package because it sits deep within you. It is

often hidden, and it will seize any opportunity to connect with your soul-force energy.

When you discover that tiny seed, you must decide what to do with it. You will either let it grow or relocate it. It is not that you give it away. It is that it is time to release it from this lifetime experience. This little seed is not of this world. It is a remnant of the cumulative journey of your soul as a gift of light that has expanded for eons and is in a time of divine reunification.

A soul that is seeking, ready, aware, and present for unification of oneness recognizes within all expressions the blessing of divine oneness. Why would there be a little seed of fear? As you have expanded and traveled for so long, you must ask, “What does reunification look like?” Perhaps it is that essential recognition that at the core you are ready again for oneness. Perhaps it is the recognition that deep within the core, there is a seed that whispers, “What if reunification really happens?” This, beloved ones, is the soul core energy.

Your world is bringing you home to this gift right now. How you get there and when you bring yourself to this moment is your gift. Your world is very powerful. Your world has manifested many forms of information and dogmas called religion. All these are very powerful forms. There are political forms, geographical forms, little cookie-cutter lines all over a planet. If all these forms are part of allness expressing, then your form is part of allness expressing.

How would you like your form to be? Your forms reflect where your consciousness is. Are you buoyant? Are you comfortable?

To release sacred union with anything that you judge, lovingly invite your judgments to come forward,

**Recognize
that fear is an
illusion and
that fear has
been a gift.**

and then love them and recognize them for what they are. It is then that you are able to walk through them. **Only when you recognize and love that which is before you can you fully release it.**

You are walking every breath with your beloved planet. As you walk, you will run. As you run, you will fly. As you fly, you will lift back into the light of the love that you are, and your core soul will fly with true freedom.

Love and recognize that fear is an illusion and that fear has been a gift. Fear has kept you alive. Fear has kept you on this planet, and fear is now ready for a rest. How you let the rest come forward is your gift, and your world is ready to receive your gift. Are you ready to give it?



The seed of your soul moves beautifully.

The Next Reality

The Founders through Jaap van Etten

We are the Founders. We are the consciousness of the first souls who came to Earth. We continue to support the process that we set into motion millions of years ago. This supports the ascension of the Gaia system to allow Gaia to become an active member of the universal living system, a system that exists at a higher level of consciousness than what you currently experience on Earth.

In a previous sharing¹ about your reality and the reality that is one step out of phase (the Atlantis reality), we mentioned the main difference is in the way people connect with the world around them. In your reality, you always connect by looking at an object or being. There always is a separation in the way you connect. You can look at the object and describe it, and you can feel its energies, but it will still be outside you and separate from you.

In the reality of Atlantis, people were able to connect with an object by becoming the object. They became the object in such a way that they were one with it. That is how they learned the innate characteristics of plants and animals. When they connected with crystals in this way, they were able to direct their energies and even change their forms. These abilities, however, were not mastered by everyone. In the same way that not everyone in your reality masters all aspects of the potential you have in your reality, people in the Atlantis reality also did not master all aspects of the potential of that reality. Let us look in more detail

You will increasingly connect with the frequencies of the Atlantis reality.

May you remember yourself as lotuses
of love and light.
You are the gift. You are the treasure.
You are allness.
Dance as you smile,
and allow the journey to be easy!



And so it is. Many blessings, beloved ones.

Sri Ram Kaa and Kira Raa are best-selling authors of five books, spiritual teachers, and cohosts of the number-one-rated Internet radio show, Sri & Kira LIVE! They live in Garzon, Uruguay, where they have established a self-sustaining community and world-class retreat center. Terra Nostra is a haven for workshops, interns, residents, and guests from around the world. Learn more at TerraNostraRetreat.com. Receive a free soul reading during the show each week at SriandKiraRadio.com, and read thousands of pages of free messages at SriandKira.com.



at the three levels of consciousness connected with the Atlantis reality.

Studying the grids that hold the consciousness of the Atlantis reality and experiencing their energy, especially the energy that you can experience at a vortex, is a good way to connect with the consciousness of this reality. This is more powerful and more beneficial and without any side effects. And it is freely available.

All the grids of the next reality have the same basic shapes: irregular triangles and irregular squares [see figure 1]. Each of the three realities has a few different grids, indicating that each of the thirteen levels of consciousness has different frequency systems. There are four frequency systems (grids) connected with level 4, and three with both levels 5 and 6. They all indicate different ways you can experience that reality. This situation is similar to the one in your reality in which level 1 has seven frequency systems, level 2 has five, and level 3 has only one.

In both realities, there is no separation between these levels and frequencies. It is a dynamic system, and a person will function mostly within a certain range depending on personal development.

When the shift from a higher reality to the Atlantis reality took place, most people were initially functioning at level 6 consciousness. Over time, people went

into the lower aspects of this reality, the consciousness levels 4 and 5. In the last phase of that reality and before the shift into your reality, only a very limited number of people were still able to function at level 6 consciousness. The people who were able to stay at these higher levels were mainly the priests and scientists who went through intensive training. This training was only for the select few and ultimately led to the downfall of the Atlantis reality and the shift into the reality with the lowest levels of consciousness — your reality.

We mentioned that from the reality in which you live now, the shift to higher levels of consciousness is inevitable. You will increasingly connect with the frequencies of the Atlantis reality. However, you will never experience this reality in the same way as the people of Atlantis and Lemuria did. Your connection with the physical reality is very deep because you are an integrated part of it. When you increasingly connect with the Atlantis reality, you will do that from this deep physical connection and bring the whole physical world into the frequencies of levels 4 to 6.

It is difficult to predict what that will look like because this situation has never existed before. That does not mean that it is not possible to indicate some aspects that will be part of this new system, but details will unfold only over time without fixed patterns or forms.

The Power of Melding

What can we indicate as the most likely elements that will be part of the two integrated realities? To give an answer, we have to look first in more detail at the way the people from Atlantis and Lemuria looked at their world. There are elements of that still present in your reality.

An example of this is the people who can connect with plants in such a way that they know what the gifts from that plant are. They know which plant is good for what issue, not because people told them but because they can feel the gifts of the plant by melding, to a certain degree, with the essence of the plant. There are other ways to get this information, such as by communicating with the spirit, or the deva, of the plant. But some people in your reality still have the gift that was common in the Atlantis reality — the true blending with the plant.

Blending with animals is also an ability that exists in your world. This melding can go even a step further: People can shape-shift into certain animals. Shape-shifting into an animal is a powerful way to fully be that animal and experience all its qualities and abilities. A person can make a connection with an animal so strongly that the person's DNA attunes to the morphogenetic field of that animal, and as a consequence, the person takes its form. However, that form still holds the

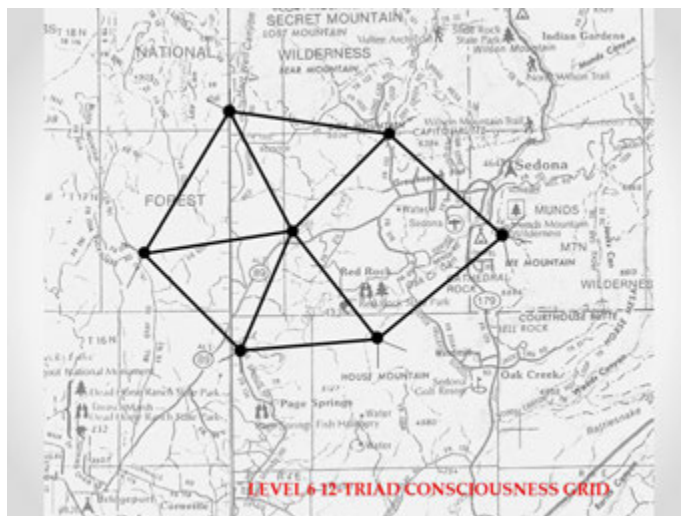


Figure 1. A grid of the next reality

human's consciousness. That makes it possible to shift back into human form. The jaguar is one of the favorite animals to shape-shift into. In your current reality, this ability is very rare.

During the Atlantean times, the ability to become one with an object developed to a very high degree. This process of melding especially happened with crystals. You connect with crystals, you feel crystals, and you can activate crystals, but the ability to become one is not something that people in your reality yet have developed to a high degree.

During Atlantis's time, people were able to become the crystal, become the crystalline energies, and as a consequence, they could direct these energies anywhere they wanted. They could store the crystalline energies in special crystals and turn them into power stations. These stations could provide energies to cities and communities.

Having such abilities also brings responsibilities. Using these abilities to generate such power should only be used for the greater good of all. As most of you are aware, in the history of Atlantis, the misuse of the crystalline power led to the destruction of Atlantis. Consequently, there is a great fear connected with these powers and the manifestation of them in your reality.

Given the history of Atlantis, you might wonder whether it is wise to reconnect again with that reality. This question is important; therefore you need to ask it. We would like to share that there is no need to worry. Because you went into the reality in which you now live, you have experienced physicality at its lowest levels. **To get out of this reality into higher levels of consciousness and connect with the next [Atlantis] reality, you have to learn to live from your heart.**

Being physical and heart oriented will allow you to include an increasing amount of energy and consciousness from the Atlantis reality into yours. However, it

will not be the same as in the time of Atlantis because you will integrate aspects of the Atlantis reality into yours. You will never be able to integrate and go to higher levels of vibration without a connection to your heart and unconditional love. That is the protection against future misuse.

You are currently working through many issues from previous realities and levels of consciousness that were never resolved, like the destruction of Atlantis and the misuse of power. As a collective, you cannot move forward if you do not sufficiently resolve these issues, connect to your heart, and begin to live, act, speak, and think from a state of unconditional love.

It might seem unfair that you have to work through many issues from the past. However, it is important to realize that you are also the ones who created the situations from the past that you have chosen to transform in this lifetime. Living in this reality in these times seems to be very difficult for many people. This also is the time of transformation into a new era, an era that will bring increasing frequencies, love, and joy. You first need to go through the phase of dealing with energies from the past that need transformation.

You might wonder whether it is possible to speed up this process. The answer is simple: **Your optimal contribution is to take care of your issues, your fears. In that way, you will raise your vibration.** Raising your vibration is the most optimal contribution you can give to this process. It will function as a chain reaction. Your higher vibration will stimulate others to also go to higher vibrations, which will stimulate more people and so on.

The higher your vibration, the higher the vibrations that you can pull from the Atlantis reality into yours. Because your higher vibrations are connected to love, you will filter out all energies from the Atlantis reality that lack love. In that way, it is possible to avoid a repetition of the destruction.

When the two realities begin to merge, you might expect that you would create a reality that is a mixture of yours and the next reality. However, that is not the case. Every time you bring information into your reality, you create a new reality. You integrate the old information into your current reality in such a way that you evolve and change continuously. It is not about embracing the Atlantis reality as yours. It is about integrating the frequencies, energies, and information that makes it possible for you in your reality to grow and expand. That is your optimal contribution to the Gaia system.

When you bring more information from the Atlantis reality into yours, many people will begin to experience

the ability to merge with crystals, trees, plants, and animals. In that way, you will begin to experience that you are not separate, and you will increasingly live from oneness.

Realize that you do not have to wait to start this process. You can start to train yourself right now with connecting more deeply with crystals, stones, trees, plants, and animals. That will stimulate the process of developing new ways of functioning in your reality. This development is inevitable. It is up to you how this process will unfold.

When you can merge with objects, you will be able to become the frequencies of the objects in such a way that differences begin to fall away. You might become these frequencies in such a way that your vibrations match the object so that you will be able to move through it. It will even become possible to walk through walls. However, this ability is still far from possible for almost everyone.

We invite you to contribute as optimally as possible to the process of integrating aspects of the Atlantis reality into yours. The process will increase love, joy, and the feeling of being truly connected with all beings on this planet.

We are the Founders. We love you unconditionally and are always available to support your process.

Raising your vibration is the most optimal contribution you can give to this process.

1. Jaap van Etten, "You Are an Inherent Part of the Universe." *Sedona Journal of Emergence*, vol. 27, no. 9, 40-43. Flagstaff, AZ: Light Technology Publishing, 2017.

Jaap van Etten, PhD, was born and educated in the Netherlands. He received his PhD in biology in Amsterdam, specializing in ecology. For the past twenty-three years, his focus has been on metaphysical ecology. He studies and teaches about human energies, earth energies, energies of stones, crystals and crystal skulls, and how these energies interact. He is the author of Birth of a New Consciousness: Dialogues with the Sidhe, Crystal Skulls: Interacting with a Phenomenon, Gifts of Mother Earth, and Crystal Skulls: Expand Your Consciousness. He currently resides in Sedona, Arizona.

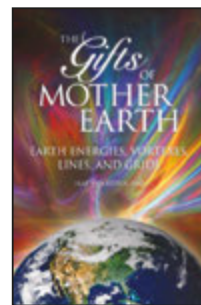
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Tap into Your Crystalline DNA

Lord Sanat Kumara through Maureen St. Germain

You are about to step into a whole new level of mastery, honesty, sweetness, self-love, and love for your fellow human. Part of this comes to you directly as we shower you with great love. Many of the souls embodied right now are radiating this great love through their bodies. In accepting this message, you are accepting it for yourself.

This channel has long messaged her students to activate their DNA and to tap into their crystalline energy. Avail yourself of this, as you will amp up who you are, what you are, and what you are capable of by choosing this.

The crystalline DNA is a template that is already available to you, but you must turn it on. You must choose. In the past when you've attempted to connect with this energy, it was like arriving at a store before it opened. When you go to the store before it opens, you are the first to choose from the special items that might be on sale. In addition, there are ways to get in early.

We will point you to what some of you might have experienced as early entry. Many stores or museums have this for their members, and as a student of spiritual work, you are a member. This means that when you ask for it, even if humanity hasn't been allowed in, you will receive entry.

This has been accessible to humanity for a while; however, you can still be ahead of the curve because the line has not really formed to amp up the DNA. By amping up your DNA, your vibration will actually help others step into it, perhaps even without knowing.

Open Your Original Divine Blueprint

Each of you came in with goals, desires, and missions. Some of that has changed because the reality has changed. Some of that has changed because you have made choices. So we ask you to ask for the original divine blueprint available to you now. Just as we have explained to you before that the akashic records are a living field and they change based on what's going on in the reality, your divine blueprint will also change based on the mastery you've brought in, the skills you have acquired, and the heart opening that you have achieved.

When you ask for your original divine blueprint, you are asking for the one that exists in this moment. When you ask tomorrow, it will be slightly different, perhaps better because once you have opened it and accessed it, you have greater access to everything. Once you have access to everything, you have more access.

For example, you know people who play video games. When they discover a new game and they love it, they tell their friends. Their friends play it, and they love it. Then their friends tell their friends. So very quickly something "goes viral," as you have this term. Your original divine blueprint is doing the same thing. It is evolving with you. **Everything you learn and everything you acquire makes you more evolved, more advanced, than before.**

Going back to the idea of gaming, when you have learned to play two or three video games, the next video game you learn will be even easier. Even after the first one, it's much easier. And this is also true as you acquire your mastery; it leads to more mastery. In addition, you spread it by association with your friends.

You do not have to teach; you need to be. And in the be-ing, your vibration will amplify others. You will find that which matches in your friends and the vibration that is suddenly available to them that they had not heard before. Or you go to a special movie or listen to special music and tell your friend, "Listen for the violins" or "Listen for when such and such happens."

Maybe in the movie you know it's coming because you've seen it before, and you nudge your friend, "Okay, here it is. Pay attention." The same is true vibrationally, so your vibration draws attention to the vibration in your friend that has been asleep, and when it is asleep, it's dormant. It's still there. It's still your friend's, but it's asleep. So when you show up, you are activating that vibration by osmosis.

Now, this activation is very gentle and authentic because of the mutual love and camaraderie between you. If people are carrying entities or have habits that close this part of themselves down, they will have a moment at least of (what we will call) this enlightenment, this advancement, and they might choose to slip back into it.

Never be of the opinion that your friend was not affected. Instead, recognize the child who is learning to tie her shoelaces. The first time she tries, she fails. The second time she tries, she fails. The third time she tries, she starts to get it. The fourth time, she masters it, and so on. So know that even if your friend, associate, or beloved isn't into this subject or isn't appreciative of the work you are doing, your doing it will positively



affect them in such a way that they too will begin to step into their true divine blueprints.

You might exclaim, “Dear God, I am ready to activate my divine blueprint. Allow me to do so. Dear God, I know I have a divine blueprint. I would like to connect with it and have the divine blueprint enlivened, charged up, and amplified for my highest and best good as well as the highest and best good of those around me.” In this way, you will be like a battery pack that serves as a stimulus in all directions as well as for yourself. You will notice the difference.

The more work you do, the less noticeable it will be. These changes will be so subtle that you will not notice them unless you are paying attention. Much like the frog that won’t jump out of warm water that slowly increases to a boil because the temperature change is so gradual, this is your new normal.

This is important to understand so that you do not worry about your family and friends (being left behind) and so that you can begin to understand that your being proactive for yourself helps everyone around you. This is truly the best way to positively influence your family and friends.

Ask for These Gifts on Your Birthday

How can you seek more friends who are like you? Put into the matrix, **“I choose to be connected to me, to the divine self in me. I choose to love myself free, to love myself into freedom.”** When this happens, you will begin to realize that nothing can harm you. And when troubles come your way, you will look at them and laugh. Much like when a little child comes to you swinging his arms and you put your hand on his head, the child cannot reach you because you are holding him at a distance. Even if you think trouble finds you, you can now say to that trouble, “Well, it’s nice to come for a visit, but you are not a match for me anymore, so move along. I have no time for you this day.”

Your divine blueprint is being updated like software. As you shift and change, your divine blueprint becomes more your divine authentic self, which has capacities that perhaps you had not known were possible. Now the interesting thing is as humanity acquires these gifts, you look to those teachers you love and admire, and they have these gifts. You can acquire them as well.

For example, you admire someone because of his or her ability to get along with people — to be concerned about them and more compassionate. You might say, “I aspire to be like a person at my job. I would like to be more like that person. Help me to acquire that skill.” You are literally lifting that template, that mastery, into your blueprint, and then that template is readily

available. Like ruts in a road, if the template is there, you will fall into those patterns, both good and bad.

When you have a spiritual teacher who does something that you think, “Gosh, I would like to do this,” ask for that as a gift. There are opportune times to ask for these gifts — six weeks before and after your birthday. This is your window to change out your current programing and claim the new one. **Because each anniversary of your stepping into a body is like a reset, you can at that time claim more of the qualities that you aspire to.**

Your DNA, crystalline matrix, crystalline lattice work, and crystalline DNA are ready and available to step into. You want to acquire this in a way that is graceful and gentle for you. You do not want to get sick or have drama. So when you create your prayer, you might include, “I am asking for this integration to occur in the dream time while I sleep” or “to occur with grace and ease.”

If you have stomach issues, make sure you send yourself love, follow your doctor’s instructions, and consider the possibility that your problem is a reflection of your releasing the old and bringing in the new. Understand that you are far more powerful than you have been told and have come to believe. Believing it with the mind is one thing. Integrating it into the body is another. And having the matrix set is yet another. You will do all three.

Integration is a process in which you allow your ego to accept the validity of what you have acquired. So we will play with you and imagine that you have bought a new car. You leave your home and go out to your driveway, and there’s your new car. You remember, “Oh, yes, I got a new car.” By doing this, you are revalidating, and that is the process of beginning to integrate.

Then you drive the car and use it the way you used your old car. Perhaps the gears are different, or perhaps the parking brake is different. As you start to do it the old way, you remember, “Oh, in this car, I do it ‘this’ way.” In a very short while, you have integrated the new car and the new mode of operation.

As you notice your old behavior and change it, you are beginning the integration. This will occur in a gradual process. It is incremental. When you stop noticing that you are doing it the old way, integration is complete.

Integration is in part an act of will because the ego is stepping back enough to notice that your behavior isn’t a match for who you are. You say something that is perhaps a swear word that is no longer a match for you. So you step back and correct yourself. You choose differently by thinking, “That’s off-limits for me.” You say this not in a judgmental way

As you shift and change, your divine blueprint becomes more your divine authentic self.

but in a choice way: “I don’t speak like that anymore. It doesn’t work for me.”

So recalibrating with your original divine blueprint is a process. It’s you making a regular choice, in a very big way, that will give you the incremental shifts that are required. Do that each day for a cycle of time until that pattern of choosing to integrate with your divine matrix shifts and evolves. This happens not only by your own work but also by the work of all other humans on the planet. This is the key to integrating your divine

blueprint in you and to assisting those around you. That is all.

***Maureen St. Germain** serves as a messenger for the ascended masters and the angelic realm. She practices merkabah and assists people in opening their akashic records through their higher selves. She has been featured in numerous publications and on radio shows. She has published *Beyond the Flower of Life*, *Be a Genie*, and *Reweaving the Fabric of Your Reality* and produced dozens of guided meditation CDs. She maintains numerous blogs and MaureenStGermain.com, where she offers free guided meditations each month. To learn more, email her at info@maureenstgermain.com.*

Energy Excess in Canyonlands and Arches National Parks

Archangel Metatron through James Tyberonn

Greetings, masters, I am Metatron, angel of light, and I am joined in this session by Tyberonn of crystalline service. We greet each of you sacredly, reverently, and knowingly in a vector of unconditional love.

Dear ones, there are certain vectors on the Earth plane that have always been recognized as sacred points of power. Yet within the wide spectrum of those areas, which might be termed power nodes, are areas that are perhaps too potent for the uninitiated. People indigenous to those areas recognized such regions and restricted access to them. Only the savant medicine people, or shamans, were granted permission to enter, and they only entered in a state of preparedness.

Such areas were generally sites of energy excess, or temporary frequential overload, caused by oscillating influxes of electromagnetic currents. When such an area is also a vector of concentric multidimensional overlay, incredible anomalies are expressed.

Humans tend to think of all power nodes as benevolent, as sanctuaries of healing and wellness. You must realize that certain points of power, especially those prone to oscillating currents of electromagnetic energy, can actually deplete the human aura in somewhat the same mechanism as a vast electrical power station.

Even a benevolent sanctuary site of embellished energy can, after excessive time, create mechanical equalization that results in auric fissuring and fracturing. Excessive time in a power site is very subjective and variable, differing with each person, depending on his or her light quotient and understanding of telluric energies and auric mechanics.¹

There are certain vectors and planetary regions that enable other dimensions to coexist more tangibly than others. These are not necessarily portals in the sense of stargates and space-time wormholes. There

are unique areas in which Earth is in parallel. By this, we mean that the future and past can coexist tangibly in

3D at times. Unique forms of the devic kingdom can abide in such vectors. The electromagnetics of such areas, usually because of highly conductive mineralogy, can create pockets of extreme imbalance. Such areas can alter the human brain wave and induce both hallucinations and vivid dreamscapes.

Such areas exist throughout your planet, and most are recognized. The living Earth must always seek an electrical balance as part of the nature of duality dynamics. **Certain points on the planet will have extremely positively balanced regions as well as areas that are in counterbalance.**

In the dimensional expansion that defines the New Earth, previously nonvisible forms of life are now more visible to empaths. In this channeling, we discuss the phenomena of photonic life forms and orbs. Photonic life includes what might be termed the angelic realm, that of the deva, angels, and in certain scenarios, temporal manifestation of light forms. The channel has requested that we speak on anomalous areas of the planet where there is an unusual concentric dimensional manifold matrix (or omni-portal).

Unusual Experiences Explained

[Channel’s Note: Recently, a television documentary group asked me to review phenomena occurring in the area near Moab, Utah, and to visit Canyonlands and Arches National Parks. The following pertains to that area.]

Can you speak of the unique aspects of this area?



Indeed. This region in southeastern Utah has long been recognized by their indigenous societies and, before them, the people of Atlantis and Mu (the ancestors of the indigenous people of the region). Canyonlands and Arches National Parks are extraordinary areas of utterly astonishing beauty and unusual expressions of geologic formations. The mineral kingdom is quite extraordinary and uniquely vivid with mineralogical fae, bioplasmic, astral, and devic life forms.

During my visit, I drove through these two areas and took extensive hikes. There are reported claims of time slips, time loss, and visions in these areas, as well as ET manifestations.

The area is a concentric dimensional overlay similar in attributes to the inner Arkansas crystal vortex and the Mt. Shasta vortexial portals. However, due to the unique forms of quartz, quartzite sandstone, iron, and granite pegmatites, there is a unique electromagnetic current that has an oscillating ebb and flow.

The anomalous events that are now experienced at an accelerated pace are due in part to the mineralogical base and oscillating field. These pockets of intense electrocurrents affect the human brain and temporarily activate the portion that your academics refer to as unused. These portions interact in and with other dimensions, including what may be termed as dreamscapes.

Dreamscapes are a valid reality, perhaps better described as dimensions of proactive mindscape in which all that is imagined is manifest. **In areas such as Canyonlands, the mind can be accelerated into a blended reality in which dreamscapes are projected as an overlay into 3D.** If one is aware of this dynamic, it can be a wonderful experience, but if one is unconscious to the dream effect, it can indeed be a frightening, even excruciating, nightmare.

Parasitic thought forms and electrical life forms that feed on vital energy can, in certain energy fields, manifest in this area. These might be likened to astral mosquitoes, parasitic in the sense that they can attach and feed on an open aura. Certain of these life forms are capable of manifesting in a frightening image and then feeding on the fear projected by their target. The benevolent among the shamans knew not to react in fear, and they sealed their fields in thought shields from prayer ceremony. They also fortified their auras with totem talismans and herbs.

The people indigenous to the Canyonlands and Arches restricted access to portions of the area to only shamanic medicine elders and initiates. Elders

understood auric shielding and were able to enter in a prepared, protected state. Within these areas, there are temporal vibratory electromagnetic pockets in which certain forms of electrical and bioplasmic life forms and, indeed, astral level thought forms are able to thrive and pseudophysically manifest.

There are also time gates throughout the entire region of the side-by-side reserves (Canyonlands and Arches National Parks). Events in which brief apparitions of running horses and humans that are seen and distant voices that are heard in empty areas, in most cases, are recorded playbacks of past events. The experiences of skin-walkers and goblins are both electrical plasmic life and transposed thought forms. Certain of the master shamans were adept as dimensional shape-shifters. A few of these aligned in fields of negative application more akin to dark or parasitic wizardry and sorcery. This is still retained in small fragments of the fading peyote cultures of the southwestern United States and Mexico.

Plasma life forms have bioplasma bodies. These are electromagnetic bodies that generate electromagnetic fields and radiate electromagnetic waves. Now, embedded in these bioplasmic forms, or bodies, are plasma antennae that can tune in and receive electromagnetic waves generated by other bioplasma bodies (including the human etheric body). This process has been somewhat understood by some of your avant-garde scientist but is unrecognized as life by most. Be aware that plasma antennae are actually being used today in your scientific laboratories. Indeed, when this is studied

more intensely, it can lead to some remarkable breakthroughs in your understanding of plasma physics and dimensionality.

The bodies of plasma life forms that most unaware humans unexpectedly encounter are molded by their subconscious expectations, which radiate out from each of your bioplasma bodies in the form of electromagnetic waves and are received by these beings via their plasmic embedded antennae. The nearer they come to your auric field, the more lucidly they are able to “telepathically” receive human thought waves, electromagnetic waves that are actually projected and modulated by human thoughts and that all humans radiate. Just as every form of plant and animal life requires sustenance (the consumption of energy to sustain its material vivacity for the span of its physical third-dimensional existence), certain beings in the devic and elemental kingdoms also require energy sources.

There are conscious life forms of an electrical bioplasmic lineament that, true to their nature, exist on all

Remember, in mega-high-energy areas, the full spectrum of electromagnetic forces tangibly coexist.

ranges of the electrical spectrum, from negative to positive. Few of you will ever have true interface with electrical life forms or recognize them in the rare scenarios in which such an experience occurs. That is because these beings exist in a plane that is rarely tangible, and interaction is limited to the atypical preternatural areas of the planet that support the palpable concentric overlay of such parallel dimensions.

Electrical Life Forms Can Feed on Fear

Very few humans know the fleeting boundaries of areas of concentric, dimensional overlay that allow for the full spectrum of shadow life to intersect, much less have any inkling of comprehending the nature of the myriad nonphysical bioplasmic life forms within them. **Some of the electropasmic life forms are takers of energy; others of the benevolent range are givers of energy.**

Even in the rare areas of high concentration of life force that enable dimensions to tangibly intersect, the ability of electrical life forms to visibly manifest is temporary and not consistent. Rather, visibility can only sporadically occur in a specific pulsing frequential resonance in which energies temporarily form a cocktail.

Canyonlands has such pockets. **Just as the aurora borealis is only visible at certain latitudes under specific conditions, visibility of bioplasmic electrical life forms can likewise only occur in precise vectors and within specific frequential amalgams.** Indeed, this is why when such beings are clearly visible to the human eye, such lucid perception is usually a relatively short-lived visionary phenomenon.

Certain parasitic electropasmic beings feed on plasmic energy, on frequency. They are often drawn to areas of moving water and iron-rich mineralogy. The Canyonlands include the Green River and iron-laden igneous rock and sandstone. These provide the base matrix that enables dimensions to merge under conditions of excessive electrical influx. These parasitic beings take on the shape designed to provoke fear. However, the shape, which is most commonly described as a gargoyle or other hideous monster, is determined by the thoughts and fears of the person being approached.

Although these beings have an energy that feels malevolent, they are not, in your terms, demons. These particular types of electro-negative life forms are very aware. They are not thought form demons, and they cannot be exorcised (but they can be avoided). And while they can absorb released energy and feed on fear, they are not dependent on dark human emotion (fear or anger) as a primary energy source, nor do they seek you out. But when you enter their space, they will take the opportunity to provoke fear.

The indigenous shamans were aware of these beings in Canyonlands and parts of Arches. They were

capable of seeing the plasma life forms without sensing fear. And being fearless renders them harmless.

Electrical Life Forms Have Existed for Eons

The “negative” plasmic life forms have existed on the planet side by side with the “positive” expressions of their life forms since the planet became a sphere of magnetic duality. Electrical matrix life forms exist on both ends of the electropasmic scale and, in your human consideration, as negative and positive. They are termed in myth and folklore as good and evil. There are as many positive forms of these beings as there are negative. What differentiates the negative and positive forms of such beings is that the negative forms can take energy, and the positive forms can project (or give) absorbable energy, and that is an important distinction.

So there is a yin-yang of electro-energies within Canyonlands, and certain regions within both Canyonlands and Arches are extremely electro-positive in nature and exude a sense of well-being. Upheaval Dome is such a vector.

There are protective astral forms, and indeed devas and nurturing guardian spirits of place exist and manifest in certain extraordinary power nodes, including Canyonlands and Arches. These exude a very positive, benevolent energy and neutralize the negative energy of the skin-walkers. In duality, by definition and the laws of physics of and within 3D, one fulcrum of polarity cannot exist without the other.

Canyonlands and Arches National Parks are regions of extreme beauty and of electrical excess. The empath will quickly discern the pockets of imbalance. Be aware that the key is to understand the diversity of life on your planet and to apply the keys of auric protection. The omni-Earth is teeming with forms of life that will become more visible to you as the expanding dimensional matrix of the New Earth of 2017 and beyond becomes more accessible and tangible to the new human. Fear not, for it is a planet of wonder, and you are on an accelerated path to discover the myriad realities previously unseen.

I am Metatron, angel of light, with Tyberonn of crystalline service, and we share with you these truths. You are deeply beloved. And so it is, and it is so.

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1. We have discussed this topic on many occasions, and it is taught in detail in the Metatronic Keys courses.

James Tyberonn worked as a professional engineer and geologist for over thirty years. He has always had a very deep love for Earth and a driven interest in spirituality and metaphysics. He has devoted himself to intense metaphysical studies of varied disciplines, focusing on understanding the energy of the living Earth from both scientific and metaphysical perspectives. To learn more about James, go to his website, www.Earth-Keeper.com, or contact him at tyberonn@earth-keeper.com.

Wait until You See What Is Coming

Keeper of Time through Steve Rother

Greetings, dear ones. I am the Keeper of Time. I have come to share with you that you are in a magical moment in time. In truth, you have specifically chosen to be in a situation that can be very challenging for most. Yet here you are. Some of you are trying to figure out exactly what happened. You do not remember agreeing to all this. You wonder if someone pushed you into this lifetime, and then somehow you woke up in a human body trying to figure out what you were doing on planet Earth. Well, dear ones, let us tell you.

You are not here by accident. Soon you will understand more about this energy and what is taking place on planet Earth. The largest plans of all beings everywhere are now starting to come together, so quite simply, that is what is happening. Do not think that you are going through this alone. You are spirits playing a game on a very strange planet. **Although you have fallen very much in love with the beauty of planet Earth, know that you are not completely of Earth.** You are here specifically to make a change that we are here to help you with. We are not here to show you which way to turn or to open doors for you but to remind you that you already know the way Home.

You must find your way out of the humanness that you are dealing with right now. That is all that is truly necessary. Every one of you can step up to take the next level in the incarnation that you are currently in. Even though there is great change ahead on planet Earth for all its inhabitants, we also tell you to just wait until you see what is coming. The magic that is held in the dimensions all around you is starting to come together. Although it would be easy to go into fear about this, we ask you to remain hopeful and remember: Wait until you see what is coming! It will ignite not only your spirit but also your physical body. So much

can happen in such a short time because the masters of change are now on Earth, and we are looking at most of them right now. You may not completely understand that, but on some level, it resonates within your heart.

We greet you all with the greatest of love, knowing the tremendous work that lies ahead of you. Keep up the grand work, dear ones. And when you start to feel alone or discouraged, reach out of yourself and help others in some way, no matter how small. That simple action will right you again very quickly.

Many of you have even traveled backward in time to be here during this change to help make this a smooth transition. We have predicted that even with all the difficulties and challenges, it can be a very simple process. You do not necessarily have to go through the difficulties of it; however, there will be those who choose to do that. We ask you not to judge.

Understand that it is not as though the highest echelon is leaving and only the difficult ones will stay. That is simply the old energy way of looking at things and human nature. You have spent so much time in polarity even though you clearly stepped out of the third dimension and well into the fifth. You still do not know how it works. Even your physics have changed, yet you still do not recognize it. Take some time. We tell you that the masters of change are already on Earth. You are here, dear ones. You made it! Welcome Home, and wait until you see what is coming.

It is with the greatest honor that we greet you in this way. And we ask you to treat each other with respect, for you are looking in the eyes of god. Nurture one another at every opportunity, open all the doors you can, and play this new game well together.

Espavo, dear ones. I am the Keeper of Time.



You Are Not the Only God

Merlia

There is now an opportunity for the entire bandwidth of humanity to take that next step. We often remind you of who you were in certain aspects, especially in the days of Lemuria. In Lemuria, you were a very simple people. You

did not need technology because you were connected by the heart. You understood what your neighbor was feeling because you felt it yourself. When you are connected in these ways and so incredibly empathic in this

way, there can be no war because you would be bombing yourselves. Well, this is exactly what you do on planet Earth right now. **You are pretending to be separate so much that you actually believe it.** You are not separate, and that is the key we wish you all to understand. It is this level of understanding that will let all humanity take the next step into a new dimension of time and space to create something truly miraculous.

You have created this game, but the game is about to change. We are not worried, though, because some of the most wonderful experts at transition are already in place all over the world. Are these ascended masters? No. They are you. You are the ascended masters of which you so often seek. You hold so much inside. Yes, we know you are burdened with an ego, and that makes it difficult to see yourself and to understand that you are not the only one. You are god; you are not the only god.

Learning to live among the other gods, the other angels of Home, that is what is in front of you. The more you have that ability, the easier your lives will become. You will be able to walk into this next dimension of time and space with joy and a song in your heart instead of

fear. Those are the crystals you have placed on your path for all humanity and for all the energies you have carried for many lifetimes. Now you have the opportunity to play them out.

Watch as the planet slowly changes and actually rises in vibration. It is already taking place. Do not believe everything you see. Believe what you feel in your heart, and you will start balancing the energies of planet Earth in such a beautiful way.

It is with the greatest honor that I get to greet you in these ways and remind you of who you are, to hold a mirror in front of you and help you re-member to treat each other with respect. Nurture one another and play well together.

I am Merlia. Come up and see me sometime. Espavo.

Steve Rother was an entrepreneur before he became a lightworker and author. His change of path happened following a spiritual experience on New Year's Eve 1996. That night, he started saying things that, according to him, did not originate from him but came from the "group" — a group of nine energetic entities. To learn more about Steve, visit Espavo.org, or contact him at PO Box 34838, Las Vegas, NV 89133, 702-871-3317, or steve@espavo.org.

Tremendous Energies Bring Opportunity Now

Lady Portia through Star Hinman

Greetings, beloved ones. The time that is coming will be one of the most powerful times you have ever experienced for creating your lives anew. **This time will never come again exactly as it will be this year!**

In the changing seasons of Earth, each season has unique energies, influences, and potential benefits for humanity. You have heard much information about how to use these seasonal energies for your spiritual growth and personal development. You are very aware of what happens in the summer and the winter seasons: The summer is usually a time of activity, and the winter is a time of rest and renewal. But what you have not realized so far is that these energies can be somewhat reversed so that the winter might be a far more creative time than the summer. This is happening because of the juxtaposition of your seasons and how their energies sometimes overlap, easily shifting and changing between what seem to be opposite seasons.

The reason we tell you this now is that you are going to have, as you move into your wintertime, one of the most creative times that you can all imagine. I want you to be prepared for the gifts these energies

will bring. **Truthfully, the wintertime of this year is potentially going to be one of the most creative periods that those of you now incarnate have yet experienced on this Earth!**

The energies will be a little different from what you have previously experienced. They will not be what you expect. The cosmic energies that will be available for your use are going to shift and change so that you will feel as though you have a direct line to Spirit. This is a good time to form intentions for what you wish to create. You will have the opportunity to expand this into many more areas than you have done previously. You will use your creativity in new and unique ways.

I recommend that you do not mentally restrict yourselves by expecting things to go along exactly as they have in the past, but **be as open as you can be** to new thoughts, possibilities, and ideas. Then when these inspirations come to you, be careful that you do not just shove them aside, thinking to yourself, "Oh, I couldn't possibly do that!" Realize that you have old, outdated habits and beliefs that you will need



to resolve and release. Then simply release these unneeded and restricting thoughts and behaviors so that you will be able to quickly move into exciting new areas. This is where we want to see you go so that you can explore some new territory. **Do not just follow the same old patterns, the same old tried-and-true habits, you have used in the past. That is not growth!**

Put Your Knowledge into Practice

Sometimes it is very frightening for people to move into completely new territory, but you have studied and learned a great many lessons this year. Now it is time to put this knowledge into practice because you will face some interesting opportunities for advancement. That is how these things work.

Before the energies fully appear in your lives, you will notice doorways opening for you to explore. Perhaps these will be things that you have wanted to do for quite some time. We are not planning to put you through any difficult periods. It will be an outgrowth of your creativity because you each have your own paths. The general theme is expansiveness in creativity and learning to go forward into new areas of your life by using your abilities in new and unforeseen ways. When we open these doors, sometimes there are unforeseen results that make a very interesting pathway for those involved in this creative process.

When you see the doorway opening and you realize what we are doing by giving you this opportunity, please **move forward into it**, knowing that you will be guided. We always walk beside you, you see. You are traversing the pathway of learning, so we give you the necessary attention in what we are doing with you in your lessons to move you forward.

Sometimes this process extends into territories of doubt, and you wonder whether you will be successful. That is simply because you do not yet have sight of all the levels of assistance that surround you. You are surrounded by multitudes of guides and teachers, and they come to you quite often. We bring in specialists who guide you for a period as you work on specific subjects, and then they leave, and another group comes in to guide you through another excursion into the unknown.

Opportunities Reside in the Unknown

If I had to give you one bit of advice, it would be this: Do not fear the unknown. You are being propelled forward rapidly by the energies we bring to you, and your willingness to experience the unknown is the gauge that measures how rapidly your knowledge and abilities will increase.

You are all moving into the unknown based on trust, and this trust is based on our recommendations. We do not forsake you when you have moved, through trust, into a new level of learning. **I tell you quite bluntly that you all need to move into what you consider to be this dangerous territory of the unknown because that is precisely where your lessons reside.** The most important things you can learn in going forward on your path toward ascension will be found in areas that you have often termed the unknown, a land that is frightening to most human beings. By experiencing this fear and dread of moving where we are pushing you to go, you are not any different from all the others we counsel. So we make a very good team: We push, and you advance. That is how it is many times. Sometimes we have unwilling participants in this process, but we do not stop pushing, and that is why we make a very good team with this!

Always remember not to take these things too seriously. Sometimes a little humor gets the point across much better than too much intellectual dialogue. The energies will become stronger as you get closer to the end of the year. The energies are building month after month, and this is why we say that this is a time of

opportunity unparalleled in your experience so far on this Earth. We do not feel that you will experience difficult circumstances during the latter part of this year (and that might be for the first time in your lives!) because the energies that are coming into Earth for you to work with will be terrific.

As each full moon comes, you will see the release of more expansive, powerful, creative energies, and **by the end of this year, you will live in quite a different world from the one you live in now.** Much of this will be experienced through the changes you make in your personal worlds.

I am not saying that Earth as a whole will go through all these changes; I am referring to your personal sense of the world that you each inhabit as a human being. You will have many opportunities for expansion in what you experience in your personal worlds. This perspective applies to everyone on the planet, and it depends on how open people are to receiving these levels of energy. All people will have the opportunity to work with these energies, but their individual progress will depend on the level of their knowledge and their innate ability to absorb this knowledge and to work with the energy soup in which they find themselves.

Some people will instinctively know how to avail themselves of things such as this while others are still learning these very important lessons. Many of you are more experienced at this type of thing, and you will have the opportunity for quick advancement. Wherever you

Wherever you point your compass is where you will advance.

point your compass is where you will advance. You have some very important decisions in front of you as the months unfold.

Know that you [the people at the channeling event] live in a very beneficial area [Tucson, Arizona]. There are exceptional energies in this area, and this gives you these Earth energies to work with as an adjunct to the solar frequencies that are coming to Earth. This is going to be an exciting time, a very rich time, for all of you.

You are familiar with the pattern of the fall and winter months proceeding at a slower pace than what this is going to be. This is not something that your bodies are familiar with. So if you feel very strange sensations and different energies in your bodies, it is because you are being prepared for this shift in planetary energies.

You are all poised for a great period of progress

here, and there is plenty of time for you to think about what you wish to accomplish and how you wish to use these magnificent energies. For some of you, this will be like wielding a saber of light and cutting yourself free from the restrictions you have experienced previously. There will be very strong, creative energies. You have never experienced wintertime like this before!

I am Portia, and it has been my great joy to have this opportunity to speak with you this evening. Namaste.

Star Hinman is the spiritual messenger for Lady Portia & The Ascended Masters. She has channeled numerous published articles and books, including The Lessons of Ascension. She offers in-person classes, energy events, seminars, spiritual mentoring, and private sessions and is the founder of The Clearinghouse, an Arizona organization dedicated to raising consciousness. For more information, go to her website, www.StarBird1.net, or contact her at info@starbird1.net or PO Box 68704, Tucson, AZ 85737.

How You Live Is Up to You

Michel through David R. Lowell

It's interesting to note that while you think you are the only one going through what you are going through, there are others going through those things at the same time. Energy is interesting this way. There are trends, energetic trends.

By reshaping and understanding your individual dynamics, you heal and flow with life energy. Compartmentalizing and stuffing down your issues cause them to manifest in many ways, often in your physiology. This is why it is important to view your life without comparing it to another's life. Illness and lack of focus are the remnants of unresolved conflicts and unhealed injuries. Where your mind goes, your body follows. **You are your thoughts, and your thoughts shape your day and how you interact with others.**

Now, remember, you have been conditioned to think in certain ways, and those patterns are difficult to modify. It will take time, but it can be done. The words you speak have an impact on not only those around you but also yourself. Without addressing these errors, we cannot grow and move forward.

Recognizing causes and patterns, acknowledging their impact, and forgiving yourself are the basic steps to wholeness of mind and body. The impact manifests the energy of conflict and unresolved issues within the body. Erroneous thought and negative emotions continuously gather, creating dramatic themes until the body's trigger points react and you manifest this as illness or dysfunction.

These manifestations and unresolved conflicts can cause serious illness. **Your body follows where your**

mind's reality leads. The effect often increases until these conflicts and root issues are dealt with. When things are out of alignment, look for weight gain, depression, isolation, stress

eating, or chronic health issues. Remember, all energy returns to its source. You reap the seeds you sow. How you begin your day ends your day. What you put out, you get back. Those are the basics, and those basics matter.

Boundaries Are Important

If you don't know where your boundaries are, how will anyone else know? Do you communicate effectively, or do you beat around the bush and have trouble getting to the point? State your expectation or need clearly. Be calm. Be focused. Don't laugh, giggle, or make jokes. State it clearly and simply: "This" is what I want. "This" is what I expect. "This" is how I feel about these things." Now, are the receivers listening? Are they able to hear you, or do they brush your feeling off and just continue in their ways and their behaviors. This will tell you how much they respect you.

Love is not always what you think it is. People say, "Oh, I love them so!" Do you? Or are you used to them and how they act? Are they manageable, are they familiar, and are they a source of what is a known quality rather than something that would be an unknown quality? So there you are in a life you can manage. But are you happy? Are you fulfilled? If you have to ask or



even contemplate these questions, the answer is no. It is a simple self-aware question with a simple answer — yes or no. Not “maybe,” “kind of,” “sort of,” or “perhaps.” It’s yes or no.

Do you carry a sense of sadness or feel as if you don’t fit in and live in nonconformity? These things go to self-esteem. You have to look at yourself in stages of relevance. Are you age appropriate? This means that you fit in your own skin and do not seem foolish or out of context. If others read you as out of context, then that will hinder your ability to move forward and succeed. It will speak to how others regard you and respect you.

Do those around you accept responsibility for their behaviors and how they live? You cannot change these things. Often you are shaped by the family, situations, and events or experiences that unfold in your life. That is what gives you your sense of what is normal or acceptable. This is what establishes how you view yourself in relation to the world around you and the people you interact with. People repeat what they know.

By the time you are twenty-five, a young adult — the keyword is “adult” — you are not a child. You can vote and get married. If you are charged with a crime, you will be prosecuted as an adult. You are fully grown and know right from wrong. There are no more excuses.

Everyone has an excuse or a hard-luck story — everyone. No one cares. These things are only excuses if you make them into an excuse. You, Jane down the street, Bob around the corner, and that new couple that just moved next door all have their issues. They all have bills to pay. They all have challenges. So, what do you want? Do you think anyone cares? You are not a child. You are fully grown, and there are times you will have to make hard choices.

Start by defining what you want. Where do you want to be within your life? What kind of relationship do you want? What standard of living do you want?

Establish some boundaries. Okay, you know what you don’t like, so start implementing boundaries that define what you do like and what makes you feel comfortable.

Plan the change. If you know you have to make changes, begin by setting them up before you implement them. Line things up. Plan ahead.

You cannot change someone. Too often we think, “Oh, I can change that person.” No, you can’t, and more than likely, you never will be able to. Everyone is his or her own person, manufactured within the factory system of an individual life. You cannot rewrite those early scripts or forms of behaviors that made others who and how they are.

How someone acts, or acts out, is his or her “normal,” and it doesn’t have to be yours. People usually

have interpersonal dynamics — ways of acting and interacting — with each other. Someone who argues is used to beating others into submission that way. A slob will usually continue to be a slob. Poor housekeepers aren’t going to wake up one day and think today is the day that they’ll clean up. These things go to greater points. They define people’s qualities and their self-worth.

Problem Areas

Money. When money is tight, people fight. They blame, become resentful, and act in not good ways. They often lie, steal, mislead, and become bitter. They turn on each other. They might justify doing things and acting in ways to make ends meet that are not the best things to do. This is like being angry (or coveting) about why some people have things you don’t. People learn to be angry about (or covet) what they see others have that they deem as better than theirs on a daily basis. Rather than valuing what they have, they are never satisfied.

Sexuality. People can act out sexually. They can use sex as a means of control or power. They can repress their sexuality and act out in other ways. They cannot communicate their needs or expectations for sex in a healthy, clearly defined manner and often substitute intensity for nurturing or love. Knowing how you connect to another is important.

Stability. People need consistency and stability to flourish. They need to have structure. To be prepared for the everyday world, you should have a consistently stable home life so that you have a strong foundation to return to.

You can’t be expected to flourish if you have craziness or instability around you 24/7. Create a stable place within your life.

Control. You can only control you. You only have direct control over how you act and react to something. If others are creating conflict or are upsetting your life, then do what you need to for yourself to provide a healthier option. Go slowly, and figure it out.

In the end, it is your life. How you decide to live is up to you. Is there a right way or a wrong way? Perhaps not. People can only do the best with what they have. Not everyone starts equally or with the same advantages or disadvantages. What defines these things is how you self-inform, become aware, and proactively decide to make the changes you need so that you can flourish.

Start to redo your life. Redesign your life in ways that allow you to flourish and grow, to become happier and healthier.

David Reid Lowell is an American writer, a full-trance medium, a channel, a clairvoyant, a life coach, and a healer. He has toured throughout Northeast America and has been a recurring channel at the Foundation of Light in Ithaca, New York. To learn more about David, visit his blog, www.DavidReidLowell.blogspot.com or [facebook.com/michel.channelings](https://www.facebook.com/michel.channelings).

Redesign your life in ways that allow you to flourish and grow.

Let Incoming Love Ignite the Shift

Mother Ulura through Karinna Nielsen

“What we achieve inwardly will change outer reality.”
— Plutarch

My dear ones, the time has come for the people of Earth to recognize a new level of love that is available. There is a sweeping movement of this energy as it descends on your planet, taking you beyond the yin-yang duality of your third-dimensional world. At the same time, there is an awakening to a voice within your hearts that says, “We cannot continue as we have been. The alternative to this great shift is too terrible to imagine. We must return to love.”

You may not see this higher awareness of love portrayed through your evening news or other ways you receive outside information, but you will recognize it as it integrates into your world. It might arise as feelings of compassion, self-worth, honesty, trust in your heart, appreciation for the truth, and the desire to live in a world that honors every being as a part of the Creator’s light.

You might notice it as a knowing in your heart of how you would like your world to be and a focus on the evolution of love in your life. **When you let your conscious third-dimensional mind go, you allow your heart to open new ideas and beliefs. Listen to your heart, not to what everyone else is saying. Talk from one heart to another.** Would love not serve to elevate the dialogue? Understand that you all have desires and aspirations for your families, your communities, and your world. Perhaps you will recognize a bit of yourself in the hearts of others around you. Follow love, not fear, as this incoming energy ignites a critical mass of elevated consciousness on your planet.

What is this love I speak of? It is an unconditional love that permeates everything. It is the full balance of who you are in all four bodies — physical, emotional, mental, and spiritual — and the feeling of your deepest knowing. It is trusting your truth to bring forth a higher light essence of who you are. It is your third-dimensional mind that searches for balance. Go beyond all duality, and you begin to understand this higher level of love that I call the Goddess light.

This Goddess light is awakening in the hearts

of the lightworkers on your planet and will permeate your ways of life in all societies. It will be

the guiding focus for creating a new world reality that exists in the fullness of compassion, understanding, and grace. That would certainly mean a great shift for your world and the ascension of humanity and Mother Earth. It also means you will feel different about how things are, and you will desire change. There will be an elevated vibration prevailing that will facilitate change, and you are going to make more loving choices.

This great shift is an elevation of your conscious awareness of the incarnate light of spirit that you are. The highest levels of spiritual light are available to you now. Legions of angels, guides, and weaves of the Goddess light are in service to you. Say a prayer, meditate, and feel your connection. Make your intention and desires clear, and those legions will do what they can to assist you. You have the means to access these levels when you quiet your mind, go into your heart, and feel your connection to All That Is.

Oftentimes, when the words “great shift” are said, a feeling of fear arises, and questions might go off in your mind. On one level, you may wonder, “Will I be safe? Will my family be all right? Will there be war and Earth changes?” On another level, your heart asks, “Have I really completed all that I came here to do?” These are questions you might have subconsciously, and they manifest as feelings of fear or doubt.

The Lemurians also asked themselves these questions. Just like you, they were honored by the Creator for the experiences they had and for the lives they had lived. This is why I encourage you to be in touch with your spiritual self in meditation, to honor yourself, and to feel the love for your journey. As with the Lemurians, your life has been perfect because it has led you to where you are now.

Tap into the Collective Consciousness

The Lemurians learned the power of meditation to forge a united consciousness to collectively ascend, and



many in your world are diligently raising in conscious awareness to feel their heart connection to others. This is what you are actually feeling when you go into deep meditation. Your energy creates a frequency that connects to others through the heart — a very powerful part of who you are. Most of you think your brains are powerful, yet your hearts are actually strongest and readily connect in a beautiful collective weave of love.

What effect are the masses of you who meditate, pray, and focus on the love in your hearts having on Earth? You are creating a weave around the planet that welcomes and accesses an incoming higher-vibrational weave of light that is your next level of love awareness. Go into meditation: Sit quietly, close your eyes, breathe deeply, and connect into this powerful weave of light.

The fourth dimension is not some far-off journey;

it is here for you now. Honor yourself for the part that you play in this great shift, and raise your vibration of light. Elevate your frequency of love, and get ready for a new adventure in the next dimensional awareness. This is why you have come to be a part of the great shift in consciousness. It's a beautiful time, and I honor your journeys.

In the humble love of the Goddess light, I am Mother Ulura.

Karinna Nielsen is a purveyor of ancient Lemurian wisdom. She is passionate about guiding others to explore their unique talents and gifts. Contact Karinna for readings (Lemurian astrology, Goddess, and channeled), Lemurian wisdom circle gatherings, Lemurian awakening experiences in Hawaii, Signature Cell Healing®, and Lemurian wisdom mentorships. For more information, visit her website at www.KarinnaNielsen.com or email her at Karinna@KarinnaNielsen.com.

Come Together to Create a Beloved Community

Mahatma Gandhi through Blue Turtle

Beloved children of God, I am sending you love and joy from my core as you meet the tumultuous challenges your world is struggling through. Through your relentless commitment of standing up to economic, political, and social injustice, you will finally make breakthroughs for equality that matter and will change life for the better.

The struggle against oppression and for freedom and opportunity is arduous. You are being called to meet the most diabolical, corrupt energy that exists in the universe. It is demonic, vampiric, and destructive in its work to destroy goodness, well-being, and truth.

I call on all the healing, loving, and divine forces that move through the universe to help you all in your strife and peaceful resistance to the powers that be. That you can remain in your whole-hearted clarity, balance, and joy matters as you engage these evil energies within the unconditional love energy.

Just as your devoted Rev. Dr. Martin Luther King Jr. encouraged all humanity to come together within his beloved community, I earnestly support you in your loving, peaceful endeavors to reach your angry and hate-filled opponents. Meeting them in love as fellow sisters and brothers can transform and touch them in spirit and heart.

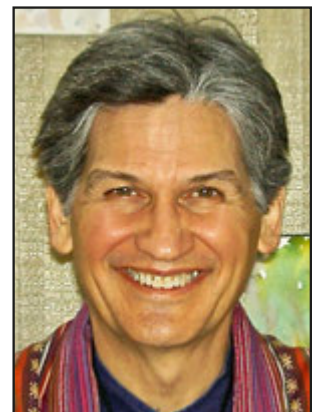
Begin cultivating sincere care and concern for them and their issues in your heart and soul energy.

You know that they are frightened of losing their control, manipulation, and distorted power. They are surely afraid of your growing power and strength, as yours is supported by the divine goodness while theirs is seeded in the darkest horror.

Their greatest fear is the empowerment of all the people, including minorities. Their tactics of intimidation and violence and their projection of their failures by blaming others can no longer be allowed to reign over and imprison worthy people. Each of you deserves the best opportunities and quality of life and work as sacred children of God.

There can be no more scapegoating; instead, take the responsibility to make and grow the best opportunities in life for all people. The laws of God, which serve all people, must be carried out and obeyed. There is no longer room for the separation and division that foster hatred and violence.

It is time to bring God's beloved community into full force in your world. **Arm in arm and fortified with love and peaceful, gentle strength, you will once again stand up to aggressive and abusive power that does not honor humanity and the preciousness of life.**



**There is
no longer
room for the
separation.**

I can tell you from my experiences that the beloved community can be created by all of you together in your lifetimes. It is meant to be created in life on Earth and not restricted to heaven. You all need the love and support of each other to manifest the most beautiful lives and abundance imaginable. None of you can accomplish this enormous task alone, but together you can create such strength, courage, and power with the Divine that you will bring it forth. The transformation of life from heartache and suffering to love and joy will occur.

I add my sustenance and devotion to your noble cause and work. I am Mahatma Gandhi.

Blue Turtle, MDiv, MEd, has served the metaphysical community as an intuitive counselor and teacher for twenty-six years. He comes from an intuitive Serbian-Croatian-Ukrainian-Ashkenazi Hassidic Jewish lineage with Celtic, Germanic-Pennsylvania Dutch, and Native American influences. He uses Spiritarot, tea leaves, ritual clearing, and Telos Prism Light sessions to support people to create their abundance, potential, and joy. You can reach Blue Turtle at mbarnett@tradenet.net or www.NaturalLifestyle.net/profiles/Blue-Turtle-Intuitive-Counseling-1101.

How to Discard Your Karmic Grindstones

Cithael through Ingrid Auer

Greetings, my dears. I am Angel Cithael. As with many things nowadays, your karma and your karmic relationships are subject to big changes. How long it took you humans to finally understand and accept reincarnation as part of your developmental process on Earth! Now you have begun to gradually leave the cycle of karma, but there are still many people who are convinced that they are only born once. That is quite immaterial because they are guided toward their karmic learning tasks by their souls and their higher selves anyway, even though they might not be aware of it.

We angels are not going to try to convince people to believe in karma or reincarnation if they are not ready to. It is much more important for me to communicate that humanity has reached a point at which humans are able to dissolve their interpersonal karma in a simpler and less painful way than before.

"How does that work?" you ask. "What does it require?" Well, before I answer your questions, I ask you two questions: What is the strongest transformer you know, and which energy is the only one able to dissolve karmic laws that have been binding for you for eons? The answer is love! I'm not talking about the human, interpersonal, or motherly love. I am talking about the all-encompassing, unconditional, transpersonal energy of love that you will increasingly feel when moving on a higher level of consciousness. It has been inextricably linked with you and your soul right from the beginning!

Most of you have had the experience that the

energy of love is the key to the dissolution of all those karmic entanglements you brought as learning tasks to your human existence here on Earth. Many karmic blockages that frequently found expression in your interpersonal relationships have led you — forced you — to grow as humans and spiritual beings. This is why they are important grindstones for the unconscious and unawakened part of humanity. The more you develop, the more you reconnect with the Divine Source's energy of love and the less you need these karmic grindstones.

If you make peace with others and are able to forgive and forget from the bottom of your soul, then you won't need any more karmic reencounters. Then even your most challenging relationship problems can dissolve into ease and happiness. But as long as you remain trapped in your human ego and are unable to counter it with love, you will remain in the karmic wheel of reincarnation.

This is my reminder to heal your karmic relationships. If you need support, connect with me. I am Cithael, the spokesbeing of the angel group of the same name. Be greeted!

Ingrid Auer has worked with and for the spiritual world to open people's hearts to angels, ascended masters, and other spiritual beings since 1997. Well known throughout Europe for her abilities, she is now bringing her work to the United States through the Kryon family. You can learn more about Ingrid at www.IngridAuer.us.



Humanity has reached a point at which humans are able to dissolve their interpersonal karma in a simpler and less painful way.

CONSCIOUS LIVING

Embrace the Spice of Life

Margaret Ann Lembo

Are you ready to be creative? You are always about to create something. It might be a delicious meal, or you might want to rearrange your living room or your desk. You are always fertile with good ideas. Pause long enough to allow the inspiration to come through. Once it does, grab a piece of carnelian to help you make it come into reality with a bit of cinnamon to spice things up!

Carnelian is a mineral that carries the vibration of creativity to help you give birth to new projects. The orange color, with its warmth and vibrancy, acts as a catalyst to activate the motivation and courage to manifest it into reality. Orange is associated with the navel (sacral) chakra. You know your orange vibe is in balance when you are imaginative. You find it easy to invent, create, draw, or write, and you finish what you start.

Inhale **cinnamon essential oil** to clear the energy you call blocks. It will help you move beyond the perception that something is standing in the way of your goals. Cinnamon essential oil raises your confidence and self-esteem. Let your inspiration flow and generate your insight into reality. Every moment is a time of prosperity and purpose.

You are ready to step into your power and be all that you were meant to be. Remember your magnificence, and then have the courage to show yourself in your fullest splendor. Carnelian and cinnamon help to improve your visualization skills. If you can imagine it, you can do it. Whether you are growing

your business or ready to conceive and give birth to a child, use tools as allies for your creative spirit.

Use this affirmation: "Creativity flows through me. I am courageous and bravely bring my ideas into actuality. My imagination is the key to my success. I envision my future and joyfully participate as it unfolds."

Open Your Heart to Soothe Your Nerves

There are many people who have made conscious decisions to rid themselves of negative thoughts, beliefs, and behavior patterns. They've decided that they are ready to release people, places, and situations that are no longer supportive, loving, and authentic. Take a moment to contemplate whether this is true for you.

This is an age-old intention and dilemma. Turn to contemplative thought with Kambamba jasper in hand. The stone contains stromatolites, which are among the oldest fossils on Earth — over 3 billion years old. This provides the jasper with the energy to help dislodge any stored information causing a repetitive pattern in your emotional consciousness.

Kambamba jasper is beneficial when you set the intention to release negative or toxic thoughts, especially thoughts that seemingly have been part of your consciousness forever. It is a mystical stone that aligns you with inner peace inherent to your true nature. This stone opens you up to allow more



love, calm, and tolerance into your consciousness.

Hold the jasper in the palm of your hand during meditation while you focus and breathe deeply. This mysterious-looking stone can be a tool to uncover karmic lessons brought forward from other lifetimes as well as this one.

The vibration of the stromatolites within this stone activates a part of you that resonates with past-life realizations because of the biological activity within the stone that spans thousands of years. Open your heart and soothe your nerves as you affirm this positive statement with Kambamba jasper in hand:

"I am calm and relaxed. The nourishing green energy of nature soothes my body, mind, and spirit. Only goodness and love are allowed in my space. I am protected from negative influences."

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals, and Stones; Angels & Gemstone Guardians Cards; Color Your Life with Crystals; The Essential Guide to Aromatherapy and Vibrational Healing; and more. Margaret Ann is a spiritual entrepreneur, aromatherapist, and the owner of the Crystal Garden — a bookstore, gift store, and spiritual center in southeast Florida. To learn more, go to www.MargaretAnnLembo.com or www.theCrystalGarden.com.

Koh Ker Pyramid

Sam Osmanagich, PhD

Koh Ker, Northeast Cambodia

The Koh Ker temple complex is located in Northeastern Cambodia. The conventional story is that Army General Jayavarman separated from the central government in city of Angkor, from which his uncle ruled the Khmer Empire. Jayavarman built a complex of temples and was proclaimed the king, and Koh Ker became the capital city. History remembers him as King Jayavarman IV.

My goal traveling to Cambodia was to visit the Angkor Archaeological Park with its many temples and to visit the Koh Ker pyramid (figure 1). After seeing the temples, I concluded that the Koh Ker pyramid is the only true pyramid on Cambodian lands. It seems that it has nothing in common with the other pyramid temples, as it was decorated with Hindu symbols.

Koh Ker is 115 km from the Siem Reap and Angkor Wat. The Angkor Archaeological Park is visited by several million tourists every year. Koh Ker has been forgotten. Basic reparations were done in the 1960s to prevent further decay, but further work was never performed (figure 2).

The pyramid is inside the great wall. It's surrounded by an artificial lake (figure 3) and rises toward the sky. The numbers I took from the Internet were wrong. My measurements at the site show the length of the sides isn't 50 meters but rather 66 meters. Its height isn't 37 meters but rather 40 meters.

The pyramid is well preserved. It is constructed with a combination of processed volcanic rock laid inside the structure and sandstone blocks on the exterior. The exterior blocks are of different dimensions, a combination of concave and convex, with four to six sides. Uneven dimensions resulted in the object's structural stability, which is still preserved today.

The first level of the pyramid has eleven rows of the blocks. The second level has thirteen rows, and all other levels (third, fourth, fifth, sixth, and seventh) have eleven rows of blocks. The blocks are joined masterfully with no binder, plaster, or cement. The hexagonal blocks serve to lock down the whole structure (figure 4).

The orientation of the sides is proper to the cardinal points. The



only entrance to the pyramid is on the west side. Most probably the hidden entrance is located underground. It's forbidden to climb the original stairs, which are in ruins. But there are improvised wooden stairs on the side to allow visitors to climb to the top.

The blocks of the first six rows are between 500 kg and 2,000 kg in mass. The biggest blocks are on the top, and they weigh up to seven tons. The square frame shaped from the blocks on the top is decorated with Hindu designs. The gods in the design hold the sky in their hands (figure 5). This frame, made from the biggest blocks, borders the inner passage — energy “chimney” — which goes all the way to the bottom of the pyramid.

The pyramid isn't similar to the other temples in Cambodia (figure 6). Somehow the architects pushed it together with the other temples. This pyramid is known as the Koh Ker temple. Almost all the



Figure 1. Dr. Sam Osmanagich in front of the Koh Ker pyramid



Figure 2. Some basic work was done at the Koh Ker pyramid in the 1960s to prevent further decay.



Figure 3. An artificial lake near the Koh Ker pyramid



Figure 4. Detail of blocks at the Koh Ker pyramid



Figure 5. Decoration at Koh Ker pyramid



Figure 6. Detail of the Koh Ker pyramid

elements for the pyramid as the energy machine are present here. The pyramid is the most powerful shape when it comes to energy. It amplifies the existing sources of energy: the artificial construction material, the sandstone blocks (conductivity), and the volcanic blocks (the presence of the iron as the source of the electromagnetic).

The artificial lakes around the pyramid and the channels allow the water to flow, releasing the negative ions as the energy source and the usage of the kinetic energy of the water stream. The concentric squares (walls and terraces) gradually become smaller, directing and focusing the terrain energy to the pyramid.

There are seven levels of the pyramid. Seven is a sacred number in the Hindu religion. The odd and indivisible (prime) numbers, are part of the sacred geometry. Here, 7, 11, and 13 are used. The elements of sacred geometry amplify the energy, and the vertical interior passages focus the energy. The result is the pyramid acts as an energy amplifier.

The ornamentation on the pyramid reminds one of the Hindu religion and the Khmer ruler from the tenth century. But who was the architect who possessed the knowledge of geodesy, astronomy, construction engineering, and cosmogony? This same knowledge was used by the architects of the Kukulkan pyramid on the Yucatán (Mexico), the Mayan pyramid in Palenque (Mexico), the Tikal

(Guatemala) and Copan (Honduras) pyramids, the Pyramid of the Sun and Moon in Teotihuacán (Mexico), the Cheops and Khafre pyramid at the Giza plateau (Egypt), the twenty big Shanshi pyramids (China), the Bosnian pyramids of the Sun and the Moon (Bosnia), and the Gunung Padang pyramid in west Java (Indonesia).¹ All these pyramids have the energy beam on the top.

The architect carefully arranged the structure, water surfaces, and water channels. It is believed they spoke to the kings about the artificial lakes as the “proto-ocean” from the Hindu legends of the creation of the world as well as on the practical aspect and irrigation that allowed the Khmer State’s economic boon from the tenth century to the thirteenth century. For the architects, the water was necessary only for the kinetic energy.²

The impressive height took the kings to the sky — closer to the gods and the fulfillment of the Axis-Mundi legend. The gods had to be satisfied with the king’s magnificent architectural undertaking and show mercy in case they decided to reside exactly in that location on Earth. But the architects also used this building to create a beam of energy, which sends the information on Earth’s frequencies and its health.³

The top of the Koh Ker pyramid was ideal for focused meditation. The pyramid was built over an already focused energy source. The geometrical shape was ideal for energy manipulation. Angkor

Wat is built over a different kind of underground energy, which looks like ring energy. Therefore, there is a different design of the pyramid temple of Angkor Wat.

Those who climb to the top of the Koh Ker pyramid today were used as the working force during the construction of the pyramid. They come here guided by their instinct, not knowing the true purpose of this building — not then or now.

Even though the temperature was more than 36°C (96.8°F), the stay in Cambodia was very satisfying. Koh Ker pyramid confirmed my speculations about the existence of a global school of cosmic architecture. These unknown architects used the local customs, religions, and workforce to realize their own goals.

Note: If you have questions about this article, please contact the author.

1. As I’ve described in my books *Pyramids Around the World* (2014) and *World of Maya* (2005).
2. We have proved this in a case of Bosnian Pyramids.
3. As our measurements of Bosnian Pyramids have shown.

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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.

Hard Work Pays Off Big Time

Donna Taylor

Astrologers get rather excited when one of the big planets changes signs, and the headline news this month is that Jupiter moves into Scorpio on October 12, having spent the past year in Libra. This is likely to bring a cheer from those born under the sign of Scorpio, for Jupiter is, of course, associated with all good things — abundance, good fortune, opportunity, growth, protection, and benevolence. Wherever Jupiter goes, we tend to see an expansion in whatever that sign represents.

As far as life in general is concerned, Jupiter's journey through Scorpio is likely to exaggerate or bring to our attention the more mystical facets of life, including the shadow areas — birth, death, the afterlife, sexual issues, and psychological matters. This is a good year to explore your inner workings with a counselor, as the capacity to heal and regenerate is likely to be increased during the next twelve months. We can expect more babies to be born this year but also a higher death rate, as space has to be made for all the new souls coming into existence.

Jupiter in Scorpio demands change and transformation. Be willing to let go of whatever has had its day so that new life can be born. Jupiter has a reputation for being the most generous and benevolent of the Gods, and indeed, many people will find themselves on the receiving end of a lucky event or positive life-changing experience. However, it is important to point out that Jupiter's presents don't always come wrapped in beautiful boxes. Sometimes they arrive in unexpected guises or unpleasant forms, rather like Pandora's box.

The reason that Jupiter sometimes has to resort to thunderbolts rather than happy surprises is that humans, being what they are, have a tendency to resist change. Once we are comfortable, many of us like to stay that way, even if we're not happy — better the devil

you know and all that. Well, Jupiter has no time for devils, whether we know them or not. All he's interested in is whether we're growing, developing as individuals, and becoming more of our true selves.

So for those Scorpios reading this who have become stuck in their comfort zones and who feel resistant to change, even though they know they need to move on, they might receive a Pandora's box instead of a beautifully gift-wrapped package. However, the result will be much the same once the dust has settled. Jupiter's kind-hearted generosity will ensure that gifts are bestowed in the usual manner as well.

Here's an example. As a Libra, I've had the pleasure of Jupiter's company for the past year. At the beginning of his arrival, I joined a photography group (Jupiter was in my house of art and creativity) that had a huge positive effect on my happiness and well-being. A few months later, we unexpectedly got a puppy, which has proven to be an absolute delight — so far, so good.

Fast-forward a couple of months, and we received a letter from the estate agents informing us that we had two months to find somewhere else to live, as the landlady wished to reclaim all her properties. Talk about a Pandora's box! Even though I hadn't been happy in the house for several years, I had done little to search for anywhere better, and in truth, we were stagnating.

Fast-forward another few weeks and the combination of synchronicity and a couple of very helpful people (Jupiter often shows up in the form of jovial, big-hearted people who prove instrumental in helping you), we found a lovely house that had been lovingly renovated by a generous landlord who couldn't do enough for us. So despite being suddenly thrust into a very stressful situation, it is



exactly what we needed to break us from our stagnation and move us to a much nicer house.

We mustn't be too quick to judge Jupiter's ways of operation. If you need to expand in some area of your life, Jupiter will ensure that you do. It's much easier, of course, if you jump rather than wait to be pushed. So how will Jupiter's change of signs affect you? Well, it is likely that one area of life will be ripe for growth, and you can check this in your forecasts. There are plenty of other celestial events to note this month too, so let's go back to the beginning when we have a full moon in Aries on October 5.

Welcome Change

The full moon in Aries on October 5 is squared by Pluto, suggesting the need to eliminate something that has probably been quite toxic. Whatever this is will most likely become apparent around October 5, and the good news is that there should be a sense of transformation in the situation that has felt less than healthy.

A few days later on October 12, we have Jupiter's change from Libra to Scorpio followed by a new moon in Libra on October 19. This is an interesting new moon, as it is opposed by Uranus, which increases the sense of new beginnings. It is advisable to break from

the past (if that feels relevant) or to welcome change. It is likely that this new moon will feel a little unstable, as there will be a feeling of change or disruption in the air. Libras especially could feel as if they are on shaky ground for a while, but this will quickly reveal the potential for a bright, new beginning.

This is a new moon of opportunity if we are able to do as Einstein said: "A man should look for what is, and not for what he thinks should be." Often we tend to think life should be how we want it to be, which at times can be a recipe for suffering. Sometimes we have to bow to the wisdom of planetary forces and trust that everything happens for a reason. Clinging to the wreckage of some area of our lives is pointless when Uranus comes along, so if it seems that the universe is inviting you to change, it is advisable to greet it with open arms.

The month ends with a glorious conjunction of Jupiter and the Sun. This is great news for the Scorpios, but we can all tap into the planetary rays of abundance, good fortune, and benevolence by practicing gratitude and cultivating a positive attitude. It is said that all the world loves a trier, and that will certainly be true in the last week of October. **So if you say yes to life and put your heart and soul into something that has meaning for you, you are assured rich rewards.**

October 2017 Weekly Forecasts



• ARIES (March 21–April 19) •

October 1–7: This is a good week to take stock of your life. Consider where you are and what's next. Life for many Aries has been unsettled for some time now, as Uranus has been your constant companion, bringing about change and sometimes a certain amount of instability and disruption. With Jupiter on the brink of moving into your zone of rebirth, some kind of healing might be in order. Don't underestimate the power of talking to people, since Mercury and the Sun in your relationship zone suggests that you have something that needs to be said. It might be time to air your grievances and to forge closer connections to people who matter.

October 8–15: Attention! All aboard for a trip to the Underworld! While I wouldn't normally make fanfare for such a thing, the fact that it's jovial Jupiter at the helm suggests that this is one journey that will turn out to be bizarrely pleasant — a bit like *Charlie and the Chocolate Factory*. So whether you decide to investigate mystical subjects (such as tarot, astrology, or the after-life) or you find yourself having a life-changing experience, this is a time to embrace sweeping change that will make your life richer and more rewarding.

October 16–22: Some kind of change is likely this week as Uranus in your sign opposes the new moon

in your relationship zone. This bodes well for new beginnings in your personal life, and any attempt to recharge your partnerships should be successful. Perhaps this is the moment to let bygones be bygones, forgive and forget, or receive a welcome break from the past. Expect a little instability for a day or two, as Uranus isn't known for his normality, but you can be sure that whatever changes or disruption he brings, there is probably a good reason for it. Sometimes we become complacent, relationships seem stale, and we take each other for granted. Expect this new moon to change all that. Perhaps you will see someone in a new light.

October 23–31: It is normal to resist change. Many of us are creatures of habit, but the problem with that is we stop growing, and the soul is only interested in growth. With a cluster of planets in your transformation zone, don't be surprised if life takes a different turn, which brings change — sweeping or small — into your world. Whether the change is to your liking or not, it will be for your long-term benefit because Jupiter never leaves his guests empty-handed. The more you can go with the changes, the more quickly you will adapt and begin to see the gifts in the situation. Don't hold on, and allow whatever wants to appear or exit to do so, knowing that there is a good reason.



• **TAURUS** (April 20–May 20) •

October 1–7: The full moon in your zone of endings on October 5 is your opportunity to say goodbye to the past. If you can find closure on a matter that has been bothering you, then do so, for the release that it brings will enable you to move on to new things far quicker than if you leave things unresolved. Your health or work might also be a theme under this full moon, and it might be that your intuition or a message from your dreams or something similar is able to point the way forward. You might get the message that you need to rest more, especially if you've been very busy lately. Having said that, this is a good time to get lots done. It's just that you might need to pace yourself; otherwise you could overdo it and end up not feeling very well. This is a good opportunity for me to share with you my favorite quote on health: "Never hurry. Take plenty of exercise. Always be cheerful. Take all the sleep you need. You may expect to be well" (James Freeman Clarke).

October 8–15: "Being deeply loved by someone gives you strength, while loving someone deeply gives you courage" (Lao Tzu). Jupiter's entry into your partnership zone is good news for your relationships, especially if things have been a bit lacking lately. Expect a more positive growth-inducing state of affairs along with more fun and adventure. It's also likely that you'll benefit from others' kindness and generosity, so from this point on, accept the help offered to you because it could turn out to be very significant.

October 16–22: New moons always bring the potential for new beginnings, and for you, the new moon on October 19 will activate your work and health. So if your physical well-being is in need of assistance, this is a good point to start a new exercise regime, cut out foods that aren't good for you, or introduce healthier ways of living. Health isn't just about what we put into our bodies; it's also about lifestyle and the thoughts and emotions that we experience. Therefore, this week is a good point to become more vigilant of your mental diets, screening out negativity from others' ideas via the media or people you associate with. Raising your vibration is the key to good health, and this new moon is the perfect opportunity to purify body, mind, and soul while remembering that a little of what you fancy will do you no harm.

October 23–31: "There is no personal charm so great as the charm of a cheerful temperament." If Henry van Dyke's words are true, then your charm-o-meter is about to go off the scale as Jupiter, the Sun, and Mercury gather in your relationship zone, bringing not just the likelihood of becoming more of a people magnet but also bringing the very real chance to find happiness in love. Relationships over time have a habit of becoming stale with partners taking each other for granted, and all it takes to reverse this situation is to treat people as

though they are honored guests. It looks as though that is what is going to be happening with you. You might not be able to put your finger on it, but there is likely to be a shift in the way you interact with people, which in turn will lead to much greater happiness in all your relationships. So whether you're looking for love or a happier state of affairs in an existing relationship, the key to your success is simple: Give whenever you can, and allow others to give to you.



• **GEMINI** (May 21–June 20) •

October 1–7: The full moon brings illumination to your social life, casting a positive glow over friends, groups, and social interaction. The days around October 5 will be ideal for getting out and mixing with people, working things out with friends, or simply enjoying their company. Pluto's influence with this full moon, however, suggests that it might not be smooth sailing. Any toxic influences — friends, acquaintances, or people in groups — are likely to come to a head, enabling some kind of resolution to take place. Ultimately, this full moon is about getting clearer about your role in society and removing toxic influences that could have been a barrier to developing that role.

October 8–15: "The best way to find yourself is to lose yourself in the service of others." Mohandas Gandhi hints at the way forward as Jupiter moves from your house of fun to the house of service. Now is the time to give of yourself like never before, which could mean a change of job or improved working conditions. Either way, your work looks set to change for the better, as does your health, so long as you don't overindulge. This is the perfect time to begin a new regime and get really fit, which in turn will bring greater inspiration to your days.

October 16–22: The new moon in your house of fun on October 19 bodes well if you're in need of more enjoyment, creativity, or romance. "Pleasure" is the keyword, and you will be forgiven for taking any opportunity to let your hair down, have a laugh, and follow your interests. Modern life, as we all know, is very demanding, so it's even more important that we take time out to replenish our weary spirits through enjoyable activities. The deeper purpose of this new moon is that it's likely to reveal a quest for greater authenticity. We all lose our way from time to time, and with it, the sense of who we really are. If you've become unsure of yourself and what you want, this new moon is a good point at which to begin expressing your true self and rediscovering who you are.

October 23–31: "Put your heart, mind, intellect, and soul even into your smallest acts. This is the secret of success." Swami Sivananda provides the key to gaining the most of Jupiter's arrival in your zone of daily life and service. It might be that you're going to be called on to play a bigger role in some way, most notably in your

working life or in the service you give to others. While this planet may bring positive developments to your work and could provide a welcome boost to your health (so long as you refrain from overindulging), its lesser-known side effects are enjoyment of the simple things. We often make life more complicated than it needs to be, or we go in search of bigger and better things, but actually the greatest pleasures are often found in the smallest or simplest things.

By being present in your day-to-day activities and putting your heart into your smallest acts, you will gain a level of fulfillment that could be quite surprising. The effect of greater success is an added bonus.



• **CANCER** (June 21–July 22) •

October 1–7: Your path ahead is about to be illuminated as a full moon occurs at the top of your chart. This is likely to bring career and professional matters to a head with a sense of things being resolved, or you might gain clarity regarding your direction in life, which might or might not relate to your career. Home and domestic matters will also likely be featured this week, as well as relationships, especially those characterized by an imbalance of power. What these things all have in common is a shifting of energies so that the personal, professional, and domestic aspects of your life become more balanced. That is what you should be aiming for this week.

October 8–15: Jupiter's change of signs is good news for you, as you can look forward to a twelve-month period of more fun and enjoyment. Now is the time to recognize that you are the artist of your life and that you can create a more colorful state of affairs. This could involve bringing in more activities that you really enjoy, since this transit is all about rediscovering and re-energizing yourself through recreation. Whether you decide to take up an artistic hobby or simply shift the priorities from work to play, this is a brand-new phase in your life signified by joy.

October 16–22: The new moon at the base of your chart opposed by Uranus at the top is likely to bring a certain amount of change to either your domestic life or your role in the outside world, and quite possibly both at the same time. Ideally, you could focus on new beginnings at home. This could mean doing a spot of redecorating or making other changes, or it could mean welcoming a new addition or embracing changes with a family member. It is quite possible that external changes are affecting your home life, but if this brings about a new start, then it is probably needed. A fresh perspective might be called for, and sometimes that doesn't involve major change. It simply means seeing an old situation with new eyes.

October 23–31: As Jupiter joins forces with the Sun and Mercury in your zone of fun and creativity, you have a rare opportunity to make a conscious decision

to live more creatively or to invite more fun into your life. You might also benefit from a more romantic flavor, considering that romance can be a state of mind as much as hearts and flowers arriving at your door. Of course, it won't do any harm to treat yourself to hearts and flowers! Sometimes we need to love ourselves before we can expect such from others, so determine what your heart longs for, and get that for yourself. It won't be long before the outside world begins to sit up and take notice.



• **LEO** (July 23–August 22) •

October 1–7: This week's full moon on October 5 casts an adventurous and expansive glow on proceedings, so prepare to throw back the curtains on your world to enjoy a bigger view. This full moon will enable you to stretch your mind and entertain bigger ideas, larger plans, and optimistic beliefs. It is advisable to embrace any situation or concept that pushes you out of your comfort zone. This doesn't have to mean signing up for a fire-walking course or bungee jumping off a 100-foot bridge. Sometimes all that's required for a radical shift to take place is to visit somewhere new, enroll in a new course that fires your imagination, travel a different route to work, or eat at a restaurant that you wouldn't normally patronize. Being open to new experiences is your goal for the week ahead, which could in some strange way have a transformative effect on your everyday life.

October 8–15: "If you're not happy at home, you're not happy anywhere else" (Angie Harmon). It's easy to overlook this profound truth, but as Jupiter moves into the area of your chart signified by home and family, it will become blatantly obvious. The good news is that it will be very easy to change any dissatisfaction into something positive, and as such, from October 12 onward, you're in an ideal position to move house, make changes to your home, welcome a new addition, and generally gain much joy and happiness from your domestic setup.

October 16–22: "A man should look for what is, and not for what he thinks should be." Einstein's words of wisdom could prove to be very helpful around the time of the new moon on October 19 because with an opposition to erratic Uranus to your ruler, the Sun, things are not likely to go as planned. In fact, any kind of normality or stability can go out the window for a short while, so the more adaptable you can be, the better. If you can think outside the box and stay open to new ideas, then this new moon could work in your favor, perhaps bringing a eureka moment or a mini enlightenment. The purpose of this Uranian new moon is to shake things up a bit and enable you to see life differently. All this could lead to a change in attitude and a more positive approach to the life you actually have and not the life you think you should have.

October 23–31: As the Sun joins Jupiter and Mercury in your domestic zone, the scene is set for a happy home life. This is a point in your life in which you can find solace within your family and your home. Therefore, it's a wonderful time to buy property, move house, renovate, decorate, or simply enjoy more time at home. The Danish word *hygge* roughly translates as coziness, and this is something you might be drawn to as the planets hunker down at the base of your chart. Curling up in front of a real fire with homemade cakes, flickering candlelight, and laughter with people you love are all ways in which you can create *hygge* in your home, and the feeling of warmth and security it brings is priceless.



• **VIRGO** (August 23–September 22) •

October 1–7: Your theme for the week ahead is clearing the decks as a full moon occurs in the transformation area of your chart. Every so often it's beneficial to shed our old skins so that we're not weighed down by past baggage. What in your life do you need to clear? It could be getting rid of possessions you no longer need. Or it might be time for a psychological cleanse if you've been weighed down by outdated beliefs. This is a good time to release anger, bitterness, and resentment. It might be appropriate to cleanse your body, as we all accumulate toxins from the air we breathe to the food we eat. You might find that the full moon manifests in the material side of your life, bringing a sense of culmination to a work or financial matter. Either way, clear away whatever you can so that you can experience a feeling of greater buoyancy.

October 8–15: Prepare for a shot of optimism as jovial Jupiter directs his positive vibes toward your mental state, obliterating any chinks of doubt and casting out any shadows of gloom. In their place will be positive expectation and a can-do attitude, both of which are likely to lead to some very enjoyable developments in your life. As Earl Nightingale said, "A great attitude does much more than turn on the lights in our worlds; it seems to magically connect us to all sorts of serendipitous opportunities that were somehow absent before the change."

October 16–22: The new moon on October 19 is good news for your financial and material situation, so if you need to turn over a new leaf, October 19 onward is perfect. With Venus in the same area, you could be blessed with a little good fortune, or you will simply find it easier to appreciate what you have. That could be the key to your happiness this week, since we're all conditioned to want more, which leaves us feeling dissatisfied, whereas feelings of gratitude switch the focus from lack to abundance. The more abundant you feel, the more you become a magnet for things to make their way to you. So whether you see your fortunes rising or

falling this week (and it could be a bit of both), the simple act of gratitude could be the magic key you need to change your situation for the better.

October 23–31: "Your attitude, not aptitude, will determine your altitude." If Zig Ziglar is right, then you can prepare yourself for dizzying heights of success, because with the Sun, Jupiter, and Mercury all in your zone of attitude, it would take a lot to deflate your optimism. In fact, although Virgo is normally known for its humility and down-to-earth way of thinking, you're on course for feeling that anything is possible, which in turn is likely to ensure that it is. If you want to help life, be open to opportunities that come your way and say yes to as much as you can. It is a fact that the majority of people regret what they didn't do rather than the things that they did do, and one way to ensure that you don't have regrets is to say yes when life presents you with an opportunity. And under the current auspicious alignments, opportunities are certainly likely to be plentiful.



• **LIBRA** (September 23–October 22) •

October 1–7: It's time to recharge your batteries and replenish your spirit by focusing on the things that are important to you. This might mean doing more of the things that give your life meaning, or it might mean spending some time focusing on your needs. With the full moon in your opposite sign, it's fine to let others pick up the slack for a few days and let the focus be on them while you get on with your business. Despite that, the days around the full moon on October 5 will be good for resolving any relationship and domestic issues. This is your opportunity to let go of past baggage so that relationships can move to a new level.

October 8–15: It's time to bid farewell to Jupiter, who has journeyed with you since last October. There likely have been one or two changes in your life over the past year, and whether you could see them at the time or not, the changes were designed to get you out of any ruts and bring a sense of expansion to your world. As things begin to stabilize, Jupiter's move into Scorpio on October 12 spells good news for your finances and material world. Now you can look forward to an increase in fortunes and more enjoyment in how you earn money. Try not to restrict yourself in terms of what is possible. Instead, follow the advice of Henry van Dyke: "Use what talents you possess; the woods would be very silent if no birds sang there except those that sang best."

October 16–22: The new moon in your sign on October 19 brings change and new developments to your personal life. Perhaps it's time to shake things up a bit. Maybe you're ready for a new approach in your relationship, or maybe you're bursting with ideas about how you can generate more money, feeling more confident

and optimistic than usual in what you're capable of. This is all good, and the key thing to remember is that you're now in a position to remove any limitations. Uranus in opposition to this new moon suggests some kind of change with a partner that will in some way be liberating or refreshing. At the very least, this is a week when you should embrace change, especially if it feels exciting.

October 23–31: With a cluster of planets in your money zone, the focus is on your material life, and the keyword is “abundance.” If you're not feeling abundant, then this is your opportunity to capitalize on the benevolent and auspicious planetary energies to attune your consciousness to a frequency of plenty. The purpose of Jupiter in your zone of resources is to enable you to expand your material life, and it might help to follow the advice of Chester L. Karrass: “In life, you don't get what you deserve; you get what you negotiate.” It might also help to get clear on your values. What is most important to you? For some people, it's freedom. For others, it's family. Many Libras hold love, beauty, and harmony high on their list of values. Consider what you really need, and make that your priority. When your life is rich with your values, you don't actually need that much.



• **SCORPIO** (October 23–November 21) •

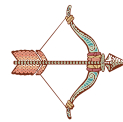
October 1–7: Work and health are the key themes this week as a full moon on October 5 brings clarity and resolution to these matters. Thus, it is an ideal time to get things done at work and enjoy the fruits of your labors. Any work-related niggles should soon be cleared, and toxic situations can be resolved. You might need to get extra rest, though, since the planets are piling up in your zone of inner contemplation and quiet repose. If your energies aren't up to speed or you're feeling run down or under the weather, it's probably because you need to take time out and replenish your inner self. You are on the verge of some big changes in life, so like an athlete getting in training for a big event, you need to look after yourself and pay attention to your needs physically, mentally, and spiritually.

October 8–15: “Don't ask yourself what the world needs. Ask yourself what makes you come alive, and go do that, because what the world needs is people who have come alive” (Howard Thurman). It's time for fanfare as Jupiter — the planet of good fortune, growth, and adventure — enters your sign this week for a full twelve months. This is the point at which your life begins to change for the better, and you can help the process by not holding on to anything that has had its day — a job, a relationship, a home, or a way of life. What you need to prepare yourself for now is adventure and a willingness to follow the path of joy.

October 16–22: As Jupiter begins to settle into your

sign, you can look forward to a period of expansion in your life. It might not happen immediately, so don't expect changes to be imminent. This week might feel important, as a new moon in your zone of endings is eager to bring something to a close so that you are in a better position to make the most of Jupiter's expanding influence. So if there's something in your life that really needs to go or if there's a matter in which you need closure, October 19 is a good day to release the past. The more you can let go of (and it looks like work or your physical well-being could be key areas), the better placed you will be to benefit from Jupiter's intention to bring about growth-inducing change.

October 23–31: The Sun joins Jupiter and Mercury in your sign, creating an optimistic, confident, feel-good factor, which will enable you to either make big progress in something of importance to you or to simply enjoy where you are right now. It certainly looks as though the world is your oyster. So whether you're throwing a party, celebrating your birthday, or making things happen, this is a week to enjoy yourself. The deeper purpose of the Sun and Jupiter in your sign, though, is to create a life of meaning. It might be useful to identify what a meaningful life looks like to you and then set about bringing it into being.



• **SAGITTARIUS** (November 22–December 21) •

October 1–7: The full moon casts a very sociable glow over the week ahead, especially around October 5, so take advantage of any opportunities to get out and about and mix with others. Creativity, romance, fun, and enjoyment are all favorable, but there might be a fly in the ointment as Pluto squares up to the full moon in your house of fun. It could be connected to money or material matters. Perhaps this is an opportunity to seek out fun that doesn't cost an arm and a leg, find ways to be creative, or pursue your hobbies and interests on a shoestring budget. If you can transform the way you view money and don't allow it to have power over your capacity to enjoy life, you could end the week with a greater sense of optimism for the future.

October 8–15: “Your inner knowing is your only true compass” (Joy Page). As Jupiter sails into your zone of quiet repose on October 12, this week marks the beginning of a more soulful phase of life. Over the next twelve months, you can look forward to a greater connection to your higher self and an immersion in the mysteries of life. Whether you choose to do this by having more time to yourself or by signing up for a course in meditation, yoga, or psychic development doesn't really matter. What matters is a gradual shift away from the material and to the spiritual, for that is what your soul needs most right now. In so doing, you will find that you simply know the answers, which in turn will direct you to where you need to be.

October 16–22: The new moon on October 19 bodes well for not just your future but your social life as well. Here is an opportunity to turn over a new leaf and leave the past behind where friends and groups or organizations are concerned. Perhaps it's time for a change. Maybe you need to break free from something or someone, especially if doing so will allow you greater freedom and autonomy. You might make a new friend or acquaintance this week, or you might feel it's appropriate to change a friendship or to break free from a group that you belong to. Whatever is happening in your social life, it most likely mirrors a shift in your consciousness, and as such, any developments should be viewed as steppingstones to a brighter future.

October 23–31: As the Sun joins Jupiter and Mercury in your zone of quiet reflection, it's as if a veil is being drawn between the everyday world and the unseen world. This could manifest in a variety of ways, and the most obvious is that you feel the need for solitude, rest, or quiet time. Your body might give you signals that it needs to slow down a little, so don't ignore any warning signs. Another way this planetary combination could manifest in your world is through a growing interest in the mysteries of life, be it a desire to meditate, practice yoga or tai chi, go on a retreat, study dreams, or develop your psychic ability. Think of where you are now as a winter phase during which certain things will fall away and for a while seems as though not much is happening, but you are in fact preparing for a new phase to come.



• **CAPRICORN** (December 22–January 19) •

October 1–7: Striking the balance between work and home is your challenge this week as the full moon illuminates your domestic zone on October 5. It shouldn't be too difficult to do a task provided you remember that you're in charge. You have more power than you realize. Indeed, we all do, but we often give our power away. Don't let that happen this week. If you don't want to put more hours in at work, say so, knowing that so long as you are fulfilling your role, you're entitled to not drive yourself to an early grave. The same applies to home. It might be that there is an opportunity to fulfill an ambition or achieve a goal, but demands at home could frustrate your attempts to make progress in the outside world. Assert your authority, but if you still feel pulled in two directions, the answer might be to simply do whatever feels right in your heart.

October 8–15: "In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit." Albert Schweitzer reveals the meaning behind Jupiter's move into Scorpio, which is an expansion of your social life and a blossoming of your friendships.

This is likely to result in feeling a greater engagement with the world along with the inspiration to manifest the kind of change that you long for. The future's about to get brighter!

October 16–22: The new moon on October 19 occurs at the top of your chart, bringing opportunities for success and new beginnings in your professional world. It's an ideal time to make some changes and break from the past. Disruptions at home could influence your future or career, but things should mostly feel exciting and inspiring, or at least they will once the dust has settled. Basically, whatever goes on at a deeper level, whether it's at home or within you, fuels change in your outside world, most notably in your career and direction in life. Even if things feel a bit unsettled, remind yourself that it's all exactly as it should be. It's time to plant some new seeds for the future.

October 23–31: There's a very auspicious feel to your future at present, so don't doubt any feelings of hope and optimism, especially if (as a typical Capricorn) you lean toward a more cynical view of life. Every so often, the wheel turns in your favor, and this is going to be one of those times, so make the most of it by embracing opportunity and following your dreams. This might sound a bit cliché, but this is what the conjunction of the Sun and Jupiter in your future zone is all about: the manifestation of a hope or a dream. No one's expecting you to change the world in one week, but you can start by identifying your hope or dream and finding some way to make a commitment to it, even if it's as simple as being the change that you wish to see.



• **AQUARIUS** (January 20–February 18) •

October 1–7: Make the most of Jupiter's final week in your zone of adventure by getting out and seeing somewhere other than your usual neck of the woods. The full moon on October 5 amplifies this theme of travel and movement — short trips in your neighborhood, days out, or exciting adventures. With all this movement is likely to come some kind of shift in your thinking, perhaps an increase in awareness, a change in attitude, or a clearer understanding of your purpose. It could range from the mundane to the profound, but whatever insights you receive, they will be exactly what you need to know now.

October 8–15: Get set for success! Jupiter's move into your zone of professional achievement sets the scene for a proactive twelve months in which you can look forward to a change in direction, an expansion in your career, or a fulfillment of a dream or an ambition. It is perhaps best summed up by Albert Schweitzer, who said, "Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful." With that in mind, your task now is to figure out what you would love to do and start doing it.

October 16–22: As Jupiter settles into your zone of success, preparing you for bigger and better things, a new moon occurs in your adventure zone on October 19, making this the perfect point to challenge any preconceived ideas and obliterating old notions that might have been holding you back. So while this new moon could relate to physical adventure in the form of travel, its main purpose is to enable you to broaden your horizons. Travel is, of course, a wonderful way to do that, but you can get the same result by mixing with different kinds of people, reading inspiring literature, or deliberating breaking out of your comfort zone by trying something new. Whichever form it takes, be alert to opportunities to push yourself and expand your sense of what's possible.

October 23–31: “To freely bloom — that is my definition of success.” Gerry Spence encapsulates the essence of the Sun, Jupiter, and Mercury at the top of your chart. This isn't so much about getting ahead and being a great success in the world, especially if you have to compromise yourself in the process. It's more about really enjoying yourself and letting the world see that. If your work or professional role gives you a sense of meaning and fulfillment, then this auspicious combination of planets is likely to see things getting even better. Watch for opportunities for advancement, growth, and good fortune in this area. If there's room for improvement or if you feel as if you're not freely blooming, then this is the point at which things will begin to change for the better. Of course, it will help to meet the planets halfway by being clear about what changes would be necessary for you to bloom in terms of your direction. Once you know, you can start the ball rolling, and you will find that the universe does the rest.



• **PISCES** (February 19–March 20) •

October 1–7: The full moon in your zone of resources on October 5 is likely to draw your attention to financial or material matters, but the good news is that if there have been any difficulties in this area lately, the full moon should bring them to a conclusion. This is when you can begin to wrap financial matters up and maybe get a bit of good news. There should at least be a sense of completion or fulfillment by the end of the week, which could well leave you feeling less troubled about the future.

October 8–15: “Man cannot discover new oceans unless he has the courage to lose sight of the shore” (Andre Gide). Your keyword for this week and the next twelve months is “adventure,” as Jupiter's change of sign augers a more optimistic and free-spirited state of affairs. This is the time to broaden your horizons through travel or higher education and to be willing to entertain new concepts and different ideas. To really make the most of your opportunities, though, you will need to break out of your comfort zone and dive into

the unknown. So if something calling you feels a bit scary, it's probably just what you need to do.

October 16–22: As Jupiter settles into your adventure zone alongside Mercury, the chances are that you're likely to be gripped by a big idea or an optimistic plan. Perhaps you think the world is your oyster, and you'd like to see more of it. Maybe you can feel your mind stretching to embrace higher knowledge or new concepts. Perhaps you just want to feel free to go wherever your fancy takes you, or maybe you feel inclined to take up a new form of study that fires you up. This is all wonderful stuff, but to make the most of the expansive opportunities likely to be coming your way, you first need to let go of something that could be holding you back. The new moon on October 19 suggests a need for transformation, and much like a snake shedding its skin, you too have to relinquish an old part of yourself so that you can move unencumbered into a new life.

October 23–31: Things just go from great to wonderful as the Sun joins Jupiter and Mercury in your adventure zone. This is most definitely not the time to stay at home curled up in front of the fire, so get yourself out there to see what wonders the world has to offer you. The key to making the most of this transit is to take every opportunity to broaden your horizons through travel, study, teaching, or pushing beyond your comfort zone. If you feel tempted to play it safe, remind yourself that fortune favors the brave. As David Lloyd George said, “Don't be afraid to take a big step if a big step is required. You can't cross a chasm in two small jumps.”

Donna Taylor is an international astrologer and author with more than fifteen years of experience working with clients. If you would like to arrange a personal consultation with Donna, you can email her at donna@creative-astrology.co.uk or call 44 (0)1422 208178. Donna also offers a range of in-depth astrological profiles, including the Spirit Guide and 12-Month Forecast. To find out more, go to www.Donna-Taylor.co.uk.

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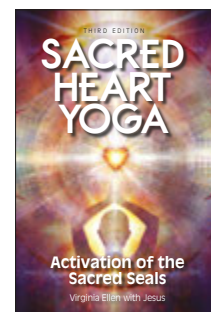
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October 2017 Aspectarian

Donna Taylor

Transiting planets: Sun, Moon, Mercury, Venus, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto

Key: conjunction (0°), opposition (180°), square (90°), trine (120°), sextile (60°), quincunx (150°), semisextile (30°), semisquare (45°), sesquiquadrate (135°)

October 1: Moon semisextile Neptune, Moon quincunx Venus, Moon quincunx Mars, Moon semisextile Pluto, Moon sesquiquadrate Mercury, Mars trine Pluto, Moon sextile Saturn

October 2: Sun sesquiquadrate Moon, Moon sextile Uranus, Moon trine Jupiter, Moon semisquare Pluto

October 3: Moon quincunx Mercury, Sun quincunx Moon, Moon conjunct Neptune, Moon semisquare Uranus, Moon sesquiquadrate Jupiter, Venus trine Pluto, Moon sextile Pluto, Moon opposite Venus, Moon opposite Mars

October 4: Moon square Saturn, Moon semisextile Uranus, Moon quincunx Jupiter

October 5: Sun quincunx Neptune, Moon opposite Mercury, Venus conjunct Mars, Moon semisextile Neptune, Sun opposite Moon

October 6: Moon square Pluto, Moon quincunx Mars, Moon quincunx Venus, Moon trine Saturn, Mercury quincunx Neptune, Moon semisquare Neptune, Moon conjunct Uranus, Moon opposite Jupiter

October 7: Uranus semisquare Neptune, Moon sesquiquadrate Mars, Moon sesquiquadrate Venus, Moon sesquiquadrate Saturn, Moon sextile Neptune, Moon quincunx Mercury

October 8: Sun quincunx Moon, Moon trine Pluto, Moon trine Mars, Venus square Saturn, Moon quincunx Saturn, Moon trine Venus, Moon semisextile Uranus, Sun conjunct Mercury

October 9: Moon quincunx Jupiter, Sun sesquiquadrate Moon, Moon sesquiquadrate Mercury, Moon sesquiquadrate Pluto, Mercury square Pluto, Moon semisquare Uranus, Moon square Neptune

October 10: Sun square Pluto, Moon sesquiquadrate Jupiter, Moon quincunx Pluto, Sun trine Moon, Moon trine Mercury, Moon square Mars, Moon opposite Saturn, Moon square Venus, Moon sextile Uranus

October 11: Moon trine Jupiter, Mars square Saturn, Venus quincunx Uranus, Moon trine Neptune

October 12: Moon opposite Pluto, Sun square Moon, Moon square Mercury, Moon quincunx Saturn, Moon sextile Mars

October 13: Moon square Uranus, Moon sesquiquadrate Neptune, Mercury sextile Saturn, Moon sextile Venus, Moon square Jupiter, Moon sesquiquadrate Saturn, Moon semisquare Mars, Mercury semisextile Mars

October 14: Moon quincunx Neptune, Moon semisquare Venus, Moon quincunx Pluto, Sun sextile Moon, Moon trine Saturn

October 15: Moon semisextile Mars, Moon sextile Mercury,

Moon trine Uranus, Venus semisextile Jupiter, Mercury opposite Uranus, Mercury sesquiquadrate Neptune, Moon sextile Jupiter, Moon semisextile Venus, Moon sesquiquadrate Pluto

October 16: Sun semisquare Moon, Moon sesquiquadrate Uranus, Moon opposite Neptune, Sun sextile Saturn, Moon semisquare Mercury, Moon semisquare Jupiter, Moon trine Pluto

October 17: Moon square Saturn, Sun semisextile Moon, Mars quincunx Uranus, Moon quincunx Uranus, Moon conjunct Mars, Moon semisextile Mercury, Moon semisextile Jupiter

October 18: Moon conjunct Venus, Mercury conjunct Jupiter, Moon quincunx Neptune

October 19: Moon square Pluto, Moon sextile Saturn, Sun opposite Uranus, Moon opposite Uranus, Sun conjunct Moon, Moon sesquiquadrate Neptune, Moon semisextile Mars, Sun sesquiquadrate Neptune

October 20: Moon conjunct Jupiter, Moon conjunct Mercury, Moon semisextile Venus, Moon semisquare Saturn

October 21: Moon trine Neptune, Moon semisquare Mars, Moon sextile Pluto, Moon semisextile Saturn

October 22: Moon semisquare Venus, Moon quincunx Uranus, Sun semisextile Moon, Moon sextile Mars, Moon semisquare Pluto, Moon semisextile Jupiter, Mercury semisquare Saturn

October 23: Moon semisextile Mercury, Moon sextile Venus, Moon sesquiquadrate Uranus, Moon square Neptune, Sun semisquare Moon, Venus quincunx Neptune, Moon semisextile Pluto, Moon semisquare Jupiter

October 24: Sun semisextile Mars, Moon conjunct Saturn, Mercury trine Neptune, Moon trine Uranus, Moon semisquare Mercury

October 25: Moon square Mars, Sun sextile Moon, Moon sextile Jupiter, Moon sextile Neptune

October 26: Moon sextile Mercury, Moon square Venus, Moon conjunct Pluto, Sun conjunct Jupiter

October 27: Moon semisextile Saturn, Moon square Uranus, Moon semisquare Neptune, Moon trine Mars, Moon square Jupiter, Sun square Moon

October 28: Venus square Pluto, Mercury sextile Pluto, Mercury semisextile Venus, Moon semisquare Saturn, Moon semisextile Neptune, Moon semisextile Pluto

October 29: Moon trine Venus, Moon square Mercury, Moon sesquiquadrate Mars, Mars semisextile Jupiter, Moon sextile Saturn, Mercury semisquare Mars, Moon sextile Uranus

October 30: Moon semisquare Pluto, Moon trine Jupiter, Moon quincunx Mars, Moon sesquiquadrate Venus, Sun trine Moon, Moon semisquare Uranus, Moon conjunct Neptune

October 31: Moon sextile Pluto, Moon sesquiquadrate Jupiter, Moon quincunx Venus, Moon trine Mercury, Sun sesquiquadrate Moon, Moon square Saturn, Moon semisextile Uranus

Master Your Destiny through Self-Responsibility

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 signing a contract, selling or 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 (v/c) Moon times. Kindly note that the days and times given below are in Pacific Standard Time (PST).

Jupiter enters Scorpio on Tuesday, October 10 until November 9, 2018. This coming year could bring about great revelations with regard to organized religion and the role of the church, the true face of mass immigration, and new metaphysical phenomena. We might witness major educational reforms and dramatic legal changes as well as the rise of intolerance, spiritual dogmatism, and political extremism.

On the bright side, greater generosity of spirit and more compassion will also emerge. We will gain a deeper understanding on how to create good situations in our lives, attract supportive people, and generate the abundance we need by using our thoughts and emotions in a more disciplined and positive way. Traveling to places that have profound spiritual significance to us personally as a result of past lives becomes more actual.

Uranus remains retrograde until January 2, 2018. Its shadow period will last until April 19, 2018. The degrees traveled this month (27°15' and 26°03' Aries) are represented in the Sabian symbols by “a large audience confronts the performer who disappointed its expectations” and “through imagination, a lost opportunity is regained.” October is the month to stop waiting for other people or outer circumstances to change our reality. By taking full responsibility for

our thoughts and emotions and their consequences, we become true independent masters of our destinies. With time being circular and not linear, we can change our futures as well as our pasts by living our present with more wisdom and consciousness.

Neptune remains retrograde this whole month.

Its shadow period lasts until March 13, 2018. The degrees traveled this month (12°10' and 11°37' Pisces) are represented in the Sabian symbols by “an ancient sword, used in many battles, is displayed in a museum” and “in the sanctuary of an occult brotherhood, newly initiated members are being examined and their characters tested.” Enlightenment comes from a deep knowingness that we are all one and that hiding less desirable aspects of ourselves is futile. The pace of evolution is accelerating at a furious speed, making it more difficult to wear a mask.

Destroying another means destroying ourselves. To rise in consciousness, we need to walk our talk with absolute integrity in love and transparency. Our spiritual families are calling to us, and we are likely to reconnect with long-lost brothers and sisters for a task greater than ourselves.

Moon Messages

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

- Monday, October 2 between 4:13AM and 7:26AM when the Moon enters Pisces
- Wednesday, October 4 between 12:19AM and 1:40PM when the Moon enters Aries
- Friday, October 6 between 3:38PM and 4:56PM when the Moon enters Taurus
- Sunday, October 8 between 6:45AM and 6:44PM when the Moon enters Gemini
- Tuesday, October 10 between 3:24PM and 8:38PM when the Moon enters Cancer
- Thursday, October 12 between 8:59PM and 11:41PM when the Moon enters Leo
- Saturday, October 14 at 10:27PM until Sunday, October 15 at 4:19AM when the Moon enters Virgo

- Tuesday, October 17 between 4:27AM and 10:35AM when the Moon enters Libra
- Thursday, October 19 between 12:12PM and 6:41PM when the Moon enters Scorpio
- Sunday, October 22 between 4:35AM and 4:57AM when the Moon enters Sagittarius
- Tuesday, October 24 between 9:44AM and 5:12PM when the Moon enters Capricorn
- Thursday, October 26 at 10:22PM until Friday, October 27 at 5:59AM when the Moon enters Aquarius
- Sunday, October 29 between 9:22AM and 4:46PM when the Moon enters Pisces
- Tuesday, October 31 between 2:08PM and 11:43PM when the Moon enters Aries

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

Schedule Activities Using the Zodiacal Position of the Moon

- Moon in Aquarius until Monday, October 2 at 7:25AM and between Friday, October 27 at 5:59AM and Sunday, October 29 at 4:45PM

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

- Moon in Pisces between Monday, October 2 at 7:26AM and Wednesday, October 4 at 1:39PM and between Sunday, October 29 at 4:46PM and Tuesday, October 31 at 11:42PM

This is a great time for meditating or sitting by the ocean. It's a perfect time for anything related to the sacred, dancing, painting, swimming, dreaming, music, photography, film, and sleeping. This is an excellent time for channeling or connecting with the mystical, the magic, and the oneness of All That Is.

- Moon in Aries between Wednesday, October 4 at 1:40PM and Friday, October 6 at 4:55PM and between Tuesday, October 31 at 11:43PM and Friday, November 3 at 2:45AM

This is a perfect time for intense physical activities and anything requiring forceful, direct action and self-assertion. It's also a good time for spontaneity, goodwill, being a way-shower, or taking our cars to the mechanic. This is an excellent time to show leadership and initiate new projects.

- Moon in Taurus between Friday, October 6 at 4:56PM and Sunday, October 8 at 6:43PM

This time is perfect for any financial matter, such as paying our debts, asking for the money that is owed to us, investing in real estate, or buying and selling in general. This is a good time for a stroll in the park, going to

Rune of the Month: Mannaz, "the Self, Community"

Knowing our talents, our weaknesses, our potential, and ourselves is essential to establish solid connections. We exist as a complete whole, but our relations to others are what define us. Community provides exchange, confrontation, growth, and evolution. Let us be aware that our individual choices determine the fate of the whole of humanity.



the countryside, and connecting with Mother Earth. It's perfect for gardening, pottery, sculpting, and bodywork.

- Moon in Gemini between Sunday, October 8 at 6:44PM and Tuesday, October 10 at 8:37PM

This is an excellent time for multitasking, exploring curiosities, and communicating in any form, such as exchanging information, sending emails, or calling friends and acquaintances. This is also a great time for taking part in social activities, attending conferences, reading a book, watching a documentary, gathering data on topics that interest us, and connecting with new people.

- Moon in Cancer between Tuesday, October 10 at 8:38PM and Thursday, October 12 at 11:40PM

This is a perfect time for family activities, especially those involving children. It's good for spending more time at home nurturing those we love (and ourselves), cooking, and inviting the people we cherish over for dinner. It's an excellent time for drawing, creative writing, humor, and anything requiring imagination or a touch of craziness.

- Moon in Leo between Thursday, October 12 at 11:41PM and Sunday, October 15 at 4:18AM

This time is excellent for anything glamorous, such as dramatic performances or throwing or attending an elegant party. It's also a great time for playing with children, being in the public eye, romance, and creativity in general.

- Moon in Virgo between Sunday, October 15 at 4:19AM and Tuesday, October 17 at 10:34AM

This time is excellent for starting a new fitness program, pursuing education, eating healthy foods, fasting, clearing our closets, cleaning our homes, or reorganizing our drawers. It's also perfect for detailed work, the focused use of our intelligence, and taking care of small pets.

- Moon in Libra between Tuesday, October 17 at 10:35AM and Thursday, October 19 at 6:40PM

This is a great time for relationships, associations, and diplomatic exchanges with others. It's a perfect time for anything related to beauty (such as getting a haircut, buying new clothes, or having a makeover), art (especially

painting and decorating), or attending a pleasant social event (such as a concert or art exhibition).

- Moon in Scorpio between Thursday, October 19 at 6:41PM and Sunday, October 22 at 4:56AM

This time is perfect for scientific research, esoteric studies, self-transformation, shamanism, or dealing with the mysteries of life, death, and sexuality. This time is also good for dealing with insurance and issues involving personal power.

- Moon in Sagittarius between Sunday, October 22 at 4:57AM and Tuesday, October 24 at 5:11PM

This is a perfect time for travel, religious or philosophical activities, or matters related to higher education and the law. It's also an excellent time for lecturing, learning, perfecting a foreign language, or exploring other cultures. This period is perfect for athletic training and tending to large animals, such as horses.

- Moon in Capricorn between Tuesday, October 24 at 5:12PM and Friday, October 27 at 5:58AM

This time is good for furthering our ambitions, asking for a promotion, enlisting the support of people in positions of authority, or making a good impression. It's a perfect time to restructure our businesses and redefine our long-term goals.

Intentional Meditation

This month's intentional meditation starts on Thursday, October 5 with the full moon in Aries (harvest moon). Make sure that at 11:40AM, you have taken out as many blank sheets as you will have intentions to be charged by the rays of the full moon. Set them out on a balcony, in a garden, or by a window. Once that moment has passed, gather them up and put them away in a folder.

On Thursday, October 19 on the new moon in Libra, take out your blank full-moon-charged papers, and write on each a concise, positive intention. Place them on a balcony, in a garden, or near a window so that they are out by exactly 12:12PM. Once that moment has passed, gather them up, staple them together, and put them away in a folder, expecting the manifestation of all your dreams!

October's Astrological Events

Sunday, October 1: Mars trine Pluto (4:32PM). This is a good day to move forward with courage, conviction, and passion. Anything extraneous or unnecessary is easily eliminated. Our honesty and positive energy sweep others off their feet, encouraging renovations, reform, and constructive changes.

Tuesday, October 3: Venus trine Pluto (12:06PM). A romance begun today could be unusually romantic and passionate. Our feelings run deep, exposing hidden aspects of a relationship. Emotional patterns come to the surface, giving us a chance to clear any block to intimacy. Loving cooperation makes social situations smooth and pleasant.

Thursday, October 5: Venus conjunct Mars (9:53AM). This is a good day to find balance between the masculine and the feminine within and without. Our social lives could be somewhat volatile now. If we can curb our impulsivity and keep things light and moderate, encounters should be harmonious and pleasant.

Sunday, October 8: Venus square Saturn (5:54AM), Sun conjunct Mercury (1:54PM). We could feel particularly unsupported today. Loneliness could weigh more heavily than ever. Challenges in finances and relationships could seem more acute than usual. Jealousy, criticism, indifference, grief, or cold-heartedness could threaten our safety. This is a day best spent avoiding social encounters and focusing on practical details.

Monday, October 9: Mercury square Pluto (5:24AM), Sun square Pluto (5:07PM). The truths of people around us could be revealed in surprising ways. Power games, manipulations, and ultimatums should be avoided at all costs today. It's best to cooperate without giving up our integrity. Try to find solutions, creating good feelings all around.

Tuesday, October 10: Jupiter enters Scorpio (6:20AM until November 19, 2018). Regarding Jupiter in Scorpio, kindly refer to the opening paragraphs.

Wednesday, October 11: Mars square Saturn (6:37AM). We could find ourselves in stressful circumstances that feel unfair, limiting, and even cruel. It's important to not fall prey to bitterness or hostility but to remain as grounded and in control of our emotions as possible. We are being tested in our capacity to stay equal to ourselves. Hard work and long hours focused on constructive goals greater than ourselves are good ways to harness today's energy.

Thursday, October 12: Mercury sextile Saturn (8:03PM). This is a great day to clear our desks of backlogged obligations. We face our duties and responsibilities with focus, discipline, and seriousness now. Creativity is backed by hard work. We seek the wisdom and advice of mature people who support our ambitions and help us reach our goals.

Saturday, October 14: Venus enters Libra (3:11AM until November 7). During the next three weeks, beauty and peace are more important to us than ever. This is a wonderful time for artists. Social encounters are pleasant. We seek to balance opposing views and are more diplomatic than usual. It's a great time to improve our physical appearance and beautify our surroundings. It's also excellent for creating more harmony in our relationships.

Sunday, October 15: Mercury opposite Uranus (12:51AM). Expect the unexpected today. Plans are likely to be disrupted. Interruptions are likely to occur. People we haven't seen in a while can reappear out of the blue. Estrangements happen without warning. Cherished ideas are challenged. New, unusual facts change our perspective on things. People could be quick

tempered. Emotions can flare up easily. Exercise extra caution while driving today.

Monday, October 16: Sun sextile Saturn (4:13AM). This is a day of self-discipline and self-sufficiency. Do not be afraid to take full responsibility for our actions. We honor our commitments with dignity and a feeling of self-worth. This is a great day for starting a project of lasting value, requiring both long-term focus and hard work.

Tuesday, October 17: Mercury enters Scorpio (12:59AM until November 5). During the next three weeks, our insights are deep and our thoughts profound. We are able to examine situations and people. Our ability to focus is enhanced. Metaphysical and scientific topics are very attractive. Drawn to solving secrets, we seek real answers to our questions and are not afraid to find the truth, no matter how hard it is to face.

Wednesday, October 18: Mercury conjunct Jupiter (1:55AM). This is a great day for lecturing, signing legal contracts, and long-distance traveling. Our optimistic outlook, generosity of spirit, and tolerance are attractive to many. It's a perfect day for starting to learn a new language and having confidence in our judgment.

Thursday, October 19: Sun opposite Uranus (10:34AM). Expect the unexpected. Fast thinking and ingenuity are required to cope with an unusual situation today. People could be high strung and act in very volatile ways. It's important to not burn our bridges with reckless actions and an excessive need for independence.

Sunday, October 22: Mars enters Libra (11:30AM until December 9, 2017), the Sun enters Scorpio (10:27PM until November 21). During the next month and a half, Libras have the upper hand. Our actions are more balanced. Justice, fair play, and consideration of

others are appealing. Until November 21, metaphysical as well as scientific matters are particularly attractive. We seek meaningful relationships and are particularly keen on bettering ourselves. It is easier than usual to let go of what no longer serves us.

Tuesday, October 24: Mercury trine Neptune (8:56AM). This is a peaceful day to dream our lives into being! Our imagination can change our realities. Kind consideration toward others is rewarded. Mistakes are forgiven. Artists could feel particularly blessed in their creations. Spiritual work is divinely inspired.

Thursday, October 26: Sun conjunct Jupiter (11:10AM). This is one of the best times of the year. It's a great day to ask for a raise. Our optimism and positive disposition open many horizons. Lucky opportunities knock on our door. It's a wonderful time for positive social contacts and long-distance traveling. Financial matters are beneficial inasmuch as we don't give into excesses or blindly fall for get-rich-quick schemes.

Friday, October 27: Venus square Pluto (8:19PM), Mercury sextile Pluto (8:22PM). We might find that we have to lie low today and adapt to others. Forcing issues as well as compulsive behavior are sure to backfire. It is essential to focus on harmonizing opposing views so that peace can be found. Compromising, understanding, and remaining balanced in our views can see us through this otherwise challenging day.

Wishing you a wonderful month of October!

Michelle Karén became aware of her psychic medium gift as a child and became a professional astrologer at the age of fourteen. She has a master's degree in philosophy and a diploma from the Faculty of Astrological Studies in London. Her graduate studies were in Medieval Horary Astrology. To learn more about Michelle, go to her website, www.MichelleKaren.com, or contact her at michelekaren@earthlink.net or at 110 S. Fairfax A11-60, Los Angeles, CA 90036-2178.

Allow Your Heart to Lead You

The Egyptian Cat Beings through Mary Elizabeth Hoffman

Energies for the galactic and super galactic centers are activated throughout the month of October, bringing in the destiny of passion — whether consciously or unconsciously — expressed through the communication of the perfected vision of life, light, and love in the life of each member of the human kingdom. Whatever energy is empowered through thought, word, action, emotion, or expression will expand. In consciously communicating the soul-heart's desires, wisdom brings about a harmony between the dream state and the 3D living reality for all.

The soul-heart's passion runs high being activated and empowered by the truth as expressed from deep

within the psyche. New ways to bring about change in life to express this soul-heart passion that encourage abundance, life, light, and love through balanced reciprocity expand abundance, knowledge, wisdom, and truth. This gives full expression of the soul-heart with no limitation, harming none.

A variety of concepts, frameworks, and fluid options will manifest through the balanced reciprocity of the Divine Masculine and Divine Feminine within each



member of the human kingdom. This facilitates new directions, expressions, and a plethora of options and possibilities for future creation. These frameworks are fluid, flexible, organic, and continuously growing and shifting to accommodate the current flux of options. The fewer limitations with harm to none, the greater the number of possible directions that will present themselves during October.

The Mother of All Creation will share, project, mirror, and gift many with all aspects of the perfected vision of creation with all those who are receptive. Since all members of the human kingdom will be filtering this perfected vision through their egos, the potential is high for boundaries to creep in. Only through being truly open is it possible to perceive the larger truth for all living beings and to discover ways to express this individually within the personal life. Those willing to make the effort to be receptive during October will reap the rewards of a truly magical, creative, satisfying, loving life and lifestyle in the years to come.

The truth of the heart of the passion-fire energies when aligned with the soul-heart facilitates great magical happenings that attract and manifest new ideas, people, and circumstances that empower the full expression of the experiences gleaned from a plethora of lifetimes culminating in the current 3D life on Earth now and beyond. Expansion of the perfected vision into new areas and alternate ways of living and expressing are necessary to follow the soul-heart's passion fire. Logic will hold only when the intuitive passion heart is allowed to lead the way. The power and passion, as well as compassion, for how decisions affect others will be present, facilitating the ability to make and follow through with choices that, in the past, might have been impossible to do.

Releasing all fear, attachment, need, dependency, blocks, limitations, expectation, grief, guilt, greed, manipulation, abandonment, betrayal, poverty, and shame facilitate an ease of movement that in the past has never been experienced. This ability to attract new, easy ways of change brings optimal expression open to all who are able to let go of limitations they and others have placed on them due to culture, society, family, or beliefs.

The cosmic Mother of All Creation will share her perfected vision, bringing hope, wisdom, truth, and timing to all those seeking alternatives to what has been experienced and expected. This will give cause for celebration, opening to opportunities that had been thought lost and the return of coincidence, magic, and synchronicity for all! This is the return of trusting your intuition and allowing the heart to lead so that one is in the right place at the right time, meeting the right people for connections, opportunities, pleasure, and prosperity.

Much 3D Earth power information about restructuring your life to facilitate movement in directions that empower the passion and joy of being will be present all

October. Sensing those visions with the greatest energy charge for the self, energizing them with thought, emotions, words, and actions, will bring them into fruition rapidly this month.

Wash Away Your Limitations

There is a full moon in mid-Aries on October 5, 2017, at 10:41AM PST that brings with it the grand fire trine of Eros, Saturn, and the galactic center in Sagittarius; trine Uranus in Aries; and trine the Moon's north node in Leo. This alignment activates the true passion-fire energies of the soul spirit of all living beings (including Earth) to bring in change for new expressions of the passion-fire love of knowledge, wisdom, truth, timing, and freedom, harming none.

The light of truth will shine on all creative expressions of authentic power, expressing the love of all life and all beings. This energy will be nurtured in balanced reciprocity from deep within the core of the earth soul spirit of Panden as he protects, nurtures, loves, and supports Earth and all her inhabitants — from the smallest to the largest and everything in between.

Listening to and following the soul-heart's new expressions of deep compassion and love will bring about a shift in the outward expression of your life, light, and love into the world on a daily basis. This will act as a beacon, attracting those of like mind, soul, and heart, drawing together the extended family of choice from all over the globe. Take time for prayer, meditation, a quiet walk, or a restful session by a body of water. This will facilitate the energy coming into the psyche in a harmonious manner. The more you accept these loving, nurturing, prosperous, and abundant energies, the deeper they will penetrate your life, allowing opportunities to flow well into your future.

There is a new moon in late Libra on October 19, 2017, at 11:13AM PST that sits opposite Uranus in Aries, activating the energies of releasing all blocks and restrictions that have held the soul in limbo and prevented expansion, freedom, and empowerment. Visions for possible changes received and implemented during the coming months will bring with them greater opportunities for more passionate, pleasurable, and powerful expressions of the soul-heart's passion, particularly where the ego interpretation of such vision is prevented. This new moon brings with it tremendous healing and restructuring in ways designed to heal soul wounds from all times, spaces, and dimensions.

The empowerment necessary to bring about new paths and opportunities that are more whole, balanced, and harmonious with all beings and Earth is possible now. The emotional energies are here to empower the focus, direction, cleansing, healing, and transformation of all deep-seated fears, wounds, disappointments, or seeming failures. We Sekhmets will support, nurture, and empower rebirth for all who desire this.

The cosmic solstice on October 25, 2017, is empowered by the vision of the super galactic center energies pointing the way to a new vision based on light, life, and love. The passion, compassion, and soul-heart within are all that is required to feel, know, sense, and experience this inner knowing. The Scorpio point of avatar conjunct Mercury pours forth the divine transformational cleansing energies going to the depths of all to wash away hidden fears and limitations. We are here to facilitate this process.

What to Do with Your Newfound Awareness

Lynn Buess, MA, EdS

If the past couple months were accurate, this is a time of reflection, reaction, and hopefully aware action of the masses. A door expands for the masses to wake up, but the question remains, will they take the opportunity to do so? Has the preplanned social programming made them so numb that nothing matters?

Cosmic forces are intense, and celestial events now become important to everyone. Expect major rearrangements in the financially drained United States corporation. The chaotic Trump administration reaches a critical turning point of becoming trusted or facing completion of office. China recoils in the wake of the shake. Trembling forces build along the U.S. West Coast. Russia is also shaken and stirred. Northeast Italy and just east are also building toward a rumble.

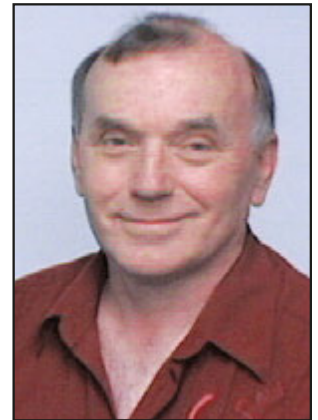
October 2017 Personal Numerology

To determine your personal year for 2017, add the sum of your month and day of birth to 1 (the number of the universal year 2017). For example, March 3 is $3 + 3 + 1 = 7$ personal year.

If you are in a **1 personal year**, the illusionary matrix is being altered by many new forms of experience and facets of awareness that make it easier to reach the higher dimensions. The process of personal growth appears more complex, yet the path has been made more direct because of recent shifts in consciousness and increased sources of guidance. You were socially programmed as a child and given instruction in ethics and morality. This is a time to know from within where you are and what is appropriate behavior for you. There is a time for compassion and a time for tough love. You

The use of water in rituals, ceremony, baths, hot tubs, lakes, rivers, and oceans will empower and facilitate releasing the old and making way for the new. Be creative in this process for this full moon. Namaste.

Mary Elizabeth Hoffman is available for private consultations as well as balanced-reciprocity intensives for those who desire to implement these energies into their daily lives. For more information, go to her website, www.CatBeings.com, or her Facebook pages: Mary Elizabeth Hoffman (Cat Beings), Cat Beings, or Cat Beings Oracle.



are learning more about the timing of the cosmic dance, and you strive to be more in step with the rhythm of the universe and its reverberation through your perpetual self.

You experience an expansion of deeper relationships in your social and spiritual encounters. Some very ancient, hidden social fears are increasingly coming to the surface. You are fortunate to find someone who can assist you with solving the karmic equations and issues of the cauldron that you have been in for what seems like forever. The social fabric around you is becoming more unstable and chaotic, and you are called on more frequently to take the lead in crises.

If you are in a **2 personal year**, these are times for you to improve your art of negotiations and public relations. You have done a good job preparing for this time of social opportunities and personal expansion of awareness. You gain access to extremely important and timely information. It is essential to maintain silence until the right moment. Your financial skills improve during this time, and you find yourself more able to put your money where your mouth is. However, this is not the best time to take impulsive risks. It is a time to learn discernment between your intuitive flashes and impulsive crashes.

Many of you will feel the rush of inspiration and a higher calling to create and articulate. For some of you, this will include transpersonal jolts of sudden wisdom that seems beyond your normal range of comprehension. Paranormal events catch your attention during this time, and you take note of the unusual amount of contradictory anomalies taking place in the world and universe around you.

If you are in a **3 personal year**, you could be in for a roller coaster ride through some of your bardo [the intermediate or astral state of the soul after death and before rebirth]. Through previous spiritual disciplines, you have attained greater vigor, stamina, and determination to work your way through the challenges and karmic lessons that you have attracted in your life. You are focused and unrelenting in your drive to reach your desired spiritual aspirations. You might be placed in a position where careful treatment of confidential information is essential for the protection of many. Sensitive and embarrassing issues that have been hidden are now clarified, and the stage is set to allow for forgiveness once all concerned parties discuss the misunderstanding.

Those who have been doing some mentored guidance or professional processing of repressed unconscious negative issues will find this time particularly rewarding. You come out on the other side with inner promptings and flashes of universal guidance. Because you are more open with your feelings, you will find that others are more comfortable in your presence.

If you are in a **4 personal year**, this can be a very productive time in which you expand and develop something unique and timely. You make contact with a circle of powerful entities that have the potential to bring about potent and powerful influence on these times. Their intentions are mostly honorable. However, self-serving dictates usually rule, so you will want to proceed cautiously. Be very careful about the contents of any agreement. To make changes or seek a later revision could be difficult. Taking some refreshing time off and giving in to some playfulness provide an opening for flashes of insight.

Your previous efforts to seek improvement in your personal life bare positive fruit during this cycle. Some higher input is incoming now, and your impatience of ego needs can get in the way of clarity and purpose. You will be receiving some dharmic compensation soon. You have waited so long for this that it is easy to convince yourself that you deserve more for your perseverance. Don't let ego gratification spoil what can be a wonderful cosmic birthday present.

If you are in a **5 personal year**, in many ways, you have been more blessed than most people. Some of what you have acquired seems to have come almost gratuitously and without the effort usually afforded to such accomplishments. You might occasionally experience guilt about your possessions. You will pass through a change of values and socially dictated image into a new self-image that is a natural reflection of your eternal self. You reach out to people, and others reach out to you, forming a group consciousness of like and active souls. You now experience more of what is real and permanent.

This is a time of transformation, timing, and transcendental initiations. More than ever it is important to

be able to trust intuitive flashes. Rapidly changing global and personal conditions will require that you make instant decisions. Logic alone will not carry you through the unexpected and potentially misleading information from outside sources that feed you information at this time. For the mystically connected, this can be a time of integrating increased amounts of higher vibration energies coming into the planet at this time.

If you are in a **6 personal year**, this is a favorable cycle to clear long-festered toxicity from your relationships and, more importantly, the relationship between your inner male and inner female. You might find yourself spending a lot of time trying to please your partner. More often than you would like, you end up being used and sometimes abused. These experiences have given you the incentive to work on yourself and toward healthy interaction with the people in your life. Perhaps this raises the question, what does this all mean? You will soon be led to the right source of assistance who can guide you through some of the blocks and areas of resistance within your unconscious.

This is a time to honor relationships and empowerment for yourself and those with whom you interact. You seek a comfortable relationship with yourself, the universe, and your fellow humans. Your efforts to integrate your male and female energies and balance of the yin and yang forces will soon result in a noticeable improvement in your interaction with others. This also applies to your experience with your divine male and female archetypes.

If you are in a **7 personal year**, this is a bountiful time, both spiritually and materially. You encounter a divergent but united group of kindred souls. Your name has become recognized around the circuit because of your excellent work and customer skills. Others see your spirit of humanity, and they want to participate in the path you follow. You are more aligned than ever to your inner core and a place of poise that comes from within. You are able to face adversity directly and head on. It is time to discern between dead-end relationships and pursuits for those who are a delight for the soul.

There is an amicable dance taking place at this time between your inner man and inner woman. This translates into great dialogues going on within your self and between you and universal inspirations that are filtering into the planet at an accelerated rate. A very accommodating partner enters your life who can make partying and playfulness an inspiring time of life. Funds become available to travel to an invigorating power point.

If you are in an **8 personal year**, things have been going well for a while now, and you have benefited from the socioeconomic conditions around you. This is a good time to refine your approach to interacting with others. You will want to focus on your way of managing and directing others. Some major far-reaching

social changes will be taking place in the world around you. You can benefit greatly at this time by taking note of which way the social winds are blowing. Cosmic, global, and social events to come will have a considerable impact and alter the direction of your life. It is time to power up your transpersonal skills.

You will be given recognition for special skills that you possess but have not been able to utilize very effectively in the past. This can be a time of forming alliances with powerful and influential allies. You are nearing the time of stepping into a position of greater authority and influence. You feel it coming and have gained the confidence and courage to take on a role that recently would have overwhelmed you.

If you are in a **9 personal year**, there can be both expected and unexpected losses in your life at this time. This can include material or financial losses or possibly someone who has been a close friend. The specter of death causes you to reevaluate your mortality and spiritual life plan. You find yourself free from many former obligations and ready to go where

destiny and inner guidance direct. There are suddenly many choices, and it is a little scary to have so much latitude. You look at the prospects of living in an entirely new location. You might want to look before you leap. It's time to discern between dead ends and delights for the soul.

Pressure has been building for a long time in numerous sectors of your life. This is an excellent cycle to sort out priorities and lasting values. It has been easy for you to go overboard in past behavior. This is the time to create more stability and mingle with people who are focused and accomplished. There is a gem of a contact amid the pack, and you will have an opportunity to flourish in new and diverse ways.

Lynn Buess, MA, EdS, is a leading numerologist, international author and speaker, wellness innovator, and therapist. He has been active in the self-awareness movement for more than half a century. Since 1980, Lynn has practiced numerology around the world. His list of clients would make an impressive Who's Who list of international personalities. Lynn has published, among many other books, The Heart of Numerology. For more information, go to www.NumerologyRising.com.

FEATURES



Essences of Nature

Mary Ann Altamirano Antenucci

Five First-Aid Flower Essences

This is a time of year when we prepare. We prepare for weather. We prepare for health. We prepare for school. We prepare our homes. This is our hunter-gatherer time to harvest our resources and prepare for our future. It is the core of abundance to have what we need when we need it.

As we prepare physically, it is also important to prepare emotionally and energetically. Here I suggest five essences that fortify our emotional well-being and our energetic

immune systems. These essences keep us whole and healthy.

To Detoxify

Crab apple essence helps us when we feel off or as if we are coming down with something. This essence is traditionally used when we feel grubby or dirty or afraid of germs. We don't want to touch anything, or we don't want anyone to touch us. We want to feel clean and pure. This essence is also indicated when detoxing, fasting, doing

emotional cleansing work, or feeling hung-over.

Crab apple essence dissolves our fear of contamination. This remedy strengthens our personal energetic boundaries. It fortifies our energy field. Crab apple essence also puts our cares and concerns into balance. This essence orders



our fear of disorder and dis-ease. This essence also releases the feeling of being emotionally tagged by others. Crab apple essence gives our immune and emotional systems a fresh start. We feel clean. We feel clear. We feel whole and healthy.

To Alleviate Burnout

Aloe vera essence is our burn-out essence. This is used when we overextend ourselves and burn the candle at both ends. This is the remedy for workaholics, as once we start we don't know how to stop. We override our physical and emotional needs in search of completion and perfection. We lose our flow.

Aloe vera essence returns flow and balance to our lives. This essence nourishes our creativity and helps us to adjust our pace. I like to think of aloe vera essence as the embodiment of the tortoise and the hare. We work hard, run fast, and take leaps and bounds over everyone and everything. But for one reason or another, we are forced to stop. We lose our edge. We lose ground. We lose our lead. Aloe vera essence manages our creative energies. This essence acts as a battery charger for our creativity and vitality. Aloe vera essence harmonizes our health and wholeness.

To Anchor Inner Light

St. Johnswort essence protects our inner light. This essence acts as a shield. It fortifies us against etheric and energetic cuts that can present as nightmares

and attachments. St. Johnswort essence anchors our light.

St. Johnswort essence is indicated for SAD (season affective disorder), as it orders and restores our healthy patterns of light. I like to use this essence on the solar plexus. This essence nullifies patterns of stagnation and trapped emotions. St. Johnswort essence circulates and radiates our inner lights for health and wholeness.

To Restore Confidence

Sunflower essence is one of my all-time favorites. This essence brings the sunshine back into your heart and soul. It is an essence of radiance and confidence. We can use this essence at any time. Sunflower essence brings out the best we have to offer and makes us feel fully expressed and comfortable.

Sunflower essence harnesses our natural warmth. It removes the need to mask our true nature. This remedy balances our insecurities about shining too brightly or not brightly enough. Sunflower essence makes it safe for us to have self-esteem. We feel good enough to be good enough. Sunflower essence makes us whole and healthy.

To Restore Energy

Yarrow essence refines and repairs our energy field. This is the remedy for depletion and trauma. This plant grows where there is erosion or road repair or new construction. This essence creates a patch to retain wholeness and

integrity. Yarrow essence harmonizes us with our surroundings. It restores our inner landscape.

Yarrow essence is a major healing essence. This remedy initiates deep repairs on our overall physical and energetic systems. It strengthens inner lights and increases its circulation throughout the aura. It stabilizes light and enhances the healing process. Yarrow essence creates health and wholeness by restructuring our energy field.

Health and wholeness go hand in hand. We have to have enough energy to fortify our energy fields. We can liken the overall energy of our bodies to our smart phones. When we have a full charge, our apps work well. When we don't have enough charge in the battery, we can lose clarity and data and encounter limitations in our overall functions. We can fight it by closing down energetic drains or personal apps, but we still need to plug in and recharge all our functions. Our energetic systems function best when fully charged. The suggested essences work to keep our systems healthy and whole.

Mary Ann Antenucci is a life coach, internationally acclaimed intuitive, certified spiritual counselor, hypnotherapist, and columnist. Through her many years of experience with various healing modalities, flower essences, and martial arts, she can quickly and effectively intuit patterns of imbalance and uncover core issues. Her gift is to assist you in clarity, insight, personal healing, and positive growth. To learn more, visit 5thElementEssences.com or www.MaryAnnAntenucci.com, or email Fifthelementessences@msn.com.



EarthWisdom Global Prayer Web

Maria Yracébûrû

New Energies Will Carry Us Forward

Diiyin's note: Far from what life appeared to be at first glance, this is a time to be reckoned with. We are being asked to embody our

truth as spiritual beings in the area of leadership. Simply from the way we move forward, we are certain that the new energies are



expert in carrying us. Hence, with the arrow of truth as our foundation stone, we finish this cycle with a smile.

Ya-ta-we: All things have been made holy.

October Prayers

Shining in the Heart Fire and Auntie Flicker, we rest vulnerable in the elemental awareness.

Dash'tee dalaa nakia: I Wonder One and Rainbow Serpent, the world fills with love, and abundance comes to be known. We have found our way catching rainbows with a shell.

Lanakaí da'iltse godezt'e ha'ch'il-gish hada'didla: United in the beginning by lightning (Thunder Beings), joy beams on every face, and no strangers are found. The healing force of love cures soul sickness across the land.

Dash'tee daláá eo'to'to: I Wonder One and Grandmother Bear, we spread love with rainbows we caught in a shell, and abundance returns. We all speak of this wondrous truth.

Bighá'yú nohwiba' goz'aa ts'il-soose dolee'atee: Looking at the place of stars waiting for us (Little Ones), we've come of age. Our maturation brings abundant manifestation.

Love we give to All Our Relations.

Dash'tee daláá tuma: I Wonder One and Thunderhoof Buffalo, within and without, wondrous knowledge has been given to us throughout the years. Now everyone shares.

Danél'ú yitis dáádii bid'á'yú gaan: Looking beyond the edge of reality (Mountain Spirits), more of us are listening to the call. How wonderful our lives have become as we express our love for all.

Dash'tee daláá esau: I Wonder One and Yellow-Tailed Eagle, power abounds! With power embodied, we follow energy changing with the life inseparably linked to Earth shifts. We see all life in transformational renewal.

Lanakaí bijíí nohwizá'yé: United hearts (Ancestors), life is mystical and powerful, for we are equal partners in the covenant of continuance. Celebrations of beauty and mystery honor the communion with the supernaturals.

Dash'tee daláá esonkñhsendehí: I Wonder One and Changing Mother Earth, the time has come! Noninterference is an active, healthy life motivated forward without acceptance of criticism.

Isdzáné hdín nohwizá'yé yusn: Woman Who Stands with Ancestors

and Creator, intuition is knowing and a psychological function everyone possesses. We turn our attention to intuitive experience — mystical insights into the nature of reality.

Nákaí golíí bíyééhi nígosdzán echicasay: Twins belong to Earth, All Our Relations. We pay homage to the enduring spirit. We are powerful people in a fascinating compendium, the perfect perpetuators of evolution.

Denzhóné shimaa káldééz ilhosh klo'bjii: Beautiful Mother who is in a long sleep and Heart Fire, we each have a special gift. The Sacred Parents blessed us as unique to express our spiritual truth. We are beautiful lives in a wondrous time.

She Who Sails Gently (toward that which is ahead of us), we need our identity. We find this by giving love to All Our Relations.

Daaína: And so it is.

Maria Yracébûrû is the cofounder of Yracébûrû EarthWisdom (an eco-spiritual community), a practicing ceremonialist, a prayer maker, a teacher, and an author. She has studied the path of a tish diyan da'igoti since childhood and holds an LLD in eco-psychology. She educates her clients and students about co-creation and how to chart their own paths. She currently lives with her life partner on a small ranch in Ramona, California. Learn more at <http://www.yraceburu.org>.



Shamanic Wisdom

Jan Engels-Smith

Instantaneous Healing

LightSong Healing Center provides extensive training and development opportunities that help people to grow spiritually and thrive as well beings. One of the most significant experiences involves participation in a practicum.

This year, LightSong had its thirty-first practicum. The name of the practicum was Telepathic Communication Workshop. It is part of

our second-level course, the Practical Shaman: Spiritual Techniques for the 21st Century. I teach this course in nature, and we all camp together in the Tillamook Rain Forest in Oregon. It is an aesthetically stunning fairy fern forest, and we all thrive in her beauty. There are usually about a hundred participants. We eat spirit-filled food and live together in what I feel is a microcosm

of the perfect New Earth. Collaboration, unification, support, and love are our cornerstones.

As I prepared for the course this year, I thought about how I might



teach the same thing year after year but with a different emphasis and approach. Spiritual truths are precise, and they cannot be modified, only presented differently. These teachings are ancient and have been taught for thousands of years, and I wanted to make them accessible and meaningful for my students.

In the past, I have approached shamanism and telepathic communication through the lens of the creation laws, commonly known as the law of attraction, which is a metaphysical approach. I often reference the quantum science of these laws. However, I have found when you have an audience of metaphysically minded people, the science qualifiers are not usually needed. These folks accept the teachings without the science because they feel they are true.

Your Feelings Are Key to Manifestation

Because I like to be a bridge between science and spirituality, I decided to look up some of the experiments that would validate the metaphysical beliefs we already hold. My research led me to some of the ancient texts, much of it through the Bible. The way most Christians have experienced the Bible is in an abridged and changed version. But some of the ancient texts written many years or even centuries before the Bible weren't included in the book, or the original text has since been changed. Many of these documents have been stored in Tibet and Egypt. For further reading, see *The Spontaneous Healing of Belief* by Greg Braden.

If you read the original writings about prayer and manifestation from Jesus's teachings, as well as some of the writings in the Torah and Koran, you will discover a commonality across cultures and ideologies, especially in the entreaties, on how to achieve and attain the things we desire.

Most people pray with supplication, as if they are trying to evoke something to happen. The prayers usually fall into one or more of these four categories: ceremonial, meditative, petitioned, or informational. In each of these styles, prayer indicates you want something you don't have, and you need divine intervention to bring it to you. This style of prayer implies you're not in your full power as the creator of the universe. If you are the creator of the universe, from whom do you ask assistance? How do you empower yourself to create at the level you desire?

The quantum experiments I read through showed that humans are creating the universe through feelings or emotions. When I started studying energy medicine and telepathic communication, I thought we created through thought. I believe many people have been and still are confused in believing that thought is the power source for humans. Many people studying metaphysics misheard what contemporary teachings such as *The Secret*, *What the Bleep Do We Know!?*, and other recent information were saying. Many concluded that if they think or say certain things, they could get whatever they desired.

However, it is when you truly *feel* the emotion of the desired outcome of your prayer that you broadcast in a vibrational emotional frequency that the universe recognizes, and that is when you attract positive results into manifested form. When you embody the feeling, you are then in the place of empowerment because it is your feeling that creates or manifests.

A well-known scripture verse, John 16:24, in early translation, reads: "Ask and ye shall receive that your joy may be full" [KJV]. The original text in translation suggests more: "Ask without hidden motive and be surrounded by your answer. Be enveloped by what you desire that your gladness may be full."

The clear difference between these two writings is the importance of the word "enveloped," or to feel as if the desire/prayer is already complete and all around. Also notice the words "ask without hidden motive." Energetically, if you have a hidden motive, that motive will override any words you might speak; the vibration of the hidden motive will always dominate an energetic broadcast. To fully embody a feeling, it needs to be a pure feeling — complete in its agenda.

Help Others Embody Health

Just before the practicum, I became very sick. This is abnormal for me, as I had gone nineteen years without getting sick on any level. However, I was so sick that I couldn't make the last pre-practicum meeting or the sweat lodge that I usually pour before we all leave for the land. I did some shamanic journeys around this, asking my spiritual allies why I was to be so uninvolved with the standard pre-activities.

I knew that my students would pray for me, especially in the sweat lodge, a sacred place of prayer. I realized while reading the ancient text that I didn't want people to pray for me because praying for someone was immediately putting them in a disempowered, disadvantaged state. Pulling from the original words of Jesus, I wanted people to *feel* my vitality. So I sent word for the people to feel my vitality for me, and it would telepathically transfer to me.

Now, you might wonder why I didn't feel my vitality to manifest it for myself. I realized that when you are sick, it is very difficult to embody the feelings of vitality even if you are very familiar with them. I usually live in a state of vitality, but in this weakened state, I couldn't find or even remember the feeling.

I told Lauri, the woman who would pour the sweat lodge for me, to have people there feel vitality for

me and then telepathically transfer it to me. This was an effort that we have been practicing at the practicum for thirty-one gatherings. Lauri gave the teachings exactly as I asked. I went to bed that evening at about 6:00PM still feeling extremely fatigued. When I woke, I felt as if something had really changed. I felt alive and vital but still displayed a few symptoms of my illness. I felt quite good and kept getting better as I rekindled that flame of vitality in me that had been reignited. I was now able to do it for myself.

I learned so much through my illness: I believe there is always a bigger picture in the events of our lives. I believe that I got sick to help me teach others how to heal telepathically. It gave the participants of the lodge a pre-activity to practice before we went to the land for the practicum.

Sometimes, when people are in a bad way, they can't find the feelings we're asking them to find; but we can, as compassionate people, feel it for them. Our feelings instantaneously create.

Telepathic communication implies that there is a transfer going on. A person sends a feeling to another. However, the truth is that the effect is instantaneous and not delayed by transfer or transmission. **We need each other because we are different expressions of each other. As we feel something, another person can immediately share in that feeling without delay or compromise.**

I've been unfolding this information for myself for quite some time. In my article last month, I

wrote about how I asked my spirit allies why my soul retrievals have always been so successful. The spirits gave two reasons: (1) I have the ability to see the wellness in someone, so I don't listen to their problems or identify them by their problems, and (2) I feel their true self totally. In other words, I can embody their wellness in every cell of my body. My embodiment of their wellness serviced them to obtain wellness.

During my preparations and research into the science of healing, I watched a video about a medicine-less hospital in Beijing. The physicians focus their intent and embody the feelings of the patient's wellness. I watched a film of one of these "surgeries." The doctors and nurses were dressed in scrubs and operating garb, and they stood around a sonogram machine. The patient was a woman with a three-inch tumor in her bladder that was inoperable. The sonogram imaged the tumor, took a still shot of it, and displayed it on the left side of the screen. The surgery was then filmed in real time while the healers watched the sonogram screen.

The doctors and nurses had agreed beforehand on the feeling they would hold during the surgery; they decided it would be the feeling of "already done." This surgery had no incisions, instruments, or anesthesia but was done by chanting and embodying a feeling. The words weren't important, but the feeling the practitioners could conjure in their bodies was. Then the chant turned to "now, now, now." And within three minutes, the tumor had disappeared from

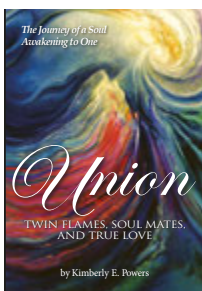
the woman's body. This is the way this medicine-less hospital works. They do this every day for all kinds of maladies.

Important to the operation was for the patient to believe she would heal and that the procedure would be successful. The doctors were trained to focus on how to hold a feeling powerfully and to expect instantaneous healing. When the power is there, the universe responds.

Some of the research in quantum physics suggests that the speed of light, which has been long held as the maximum velocity attainable, may not be the limitation that it had once seemed. Instantaneous effects can be achieved, apparently, across vast distances and even appear before the transmission of the event occurs. Our perceptions of time must change if we are to understand such phenomena.

In the metaphysical world, the connections across time and space are not limited by a mind restricted to artificial boundaries. We have come to understand that our feelings and deeper sense of reality can shatter the restrictions that we have placed on ourselves in ordinary reality. Science and metaphysics may arrive at the same conclusion regardless of how different the journeys are. Feelings and emotions could transcend rational thought.

Jan Engels-Smith has trained with many shamans. She shares her skills and experience through healing sessions, courses, and ceremonies that promote personal growth and spiritual healing. Through journeying, focusing the mind, self-discovery, and spiritual practices, Jan has built a school and a vibrant, active community of healers, seekers, and well beings. For more information, go to www.LightSong.net, or contact her at jan@lightsong.net or 503-669-3013.



Light Technology PUBLISHING Presents

Union

Twin Flames, Soul Mates,
and True Love

by Kimberly E. Powers

If you've ever wondered whether there was something more — someone amazing waiting for you who could quench your desire to be fully alive again — or if you've wondered whether there is such a thing as soul mates or "the one," *Union* will assure you that you are not alone.

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Animal Whisperer

Your Ever-Loving Pets through Kim Malonie

Do What You Can to Support the Animal Kingdom

I'm contacting you today for a consultation with my Shih-poo who crossed over. Her name fitted her so well — it was Angel — and I have some questions.

As I speak to you now, Angel, I am crying as I feel your love coming through me. Your presence feels powerful, loving, and angelic. What was your purpose in coming here in general? Do you have a desire to reconnect with me physically again? What were your feelings when I had to give you away? How was your new family, and did they treat you well?

Please know I chose the best family I could possibly find for you, and it broke my heart to have to re-home you. I must know, did you end your own life because of the circumstances, or did you die of natural causes?

— Zimba, South Africa

It's great to feel your vibration today as I channel Angel. She feels large as life (for such a little soul when she walked the earth). Here she is with a message for you:

"Hi, Mom, this is Angel, your little baby girl. Please know that you did the right thing for me, considering the situation we were in at the time. You removed me from a bad place and put me in a safe one. And for that, I am eternally grateful to you.

"My new family treated me very kindly, and they loved me more than words can describe. You did a great job picking them, as they readily adopted me into their loving

home. At first when you gave me to my new family, I was devastated and brokenhearted, of course. That is to be expected with such an emotional transition from your loved ones. But I remembered what you said to me, how you explained what was going on at home, and how I would be much safer with my new family while you got your life straightened out. You only did what was best for me.

"I know what you're thinking about my death, and no, Mom, I didn't end my life because I was grieving. Yes, it is true that some animals will give up and die when they have lost the only thing they have ever known, but I hope you understand that I was happy in my new home.

I feel guilty because I should have shown you some signs of my terminal illness beforehand. You see, Mom, I had Leukemia. I knew I didn't have much time, and I couldn't put any more pressure or stress on you than you already had, so I subdued my symptoms. I hid them well, just like an animal in nature does for protection.

"I know you will forgive me. I lived my days admiring and adoring you. You filled my days with sunlight and warm sunshine when I was in pain (what you thought was an elderly quality). Your healing touch and gentle care took my pain away.

"I don't think it is a good idea to tell Dad what happened to me, and you won't be lying to him if you simply tell him I'm doing very well, because I am. I am being



taken care of over here because the angels oversee all our needs and wants, and believe me, we wait for nothing. By the way, I'll be waiting here for you when you cross over. But don't worry; that won't be for many more years to come. While I am here, I will make your life better and guide you through your intuition. I can help you have a much better life. I can pull some strings, you know!

"I will reconnect with you again; that, you can be sure of. I will come back to you within one year, and I will be a female dog again because I love that energy. However, this time I will be a golden color with floppy ears and longish hair — a little bit of a bigger dog, but not too much. By then, you will be free of the situation you are in and much, much happier.

"I will be given to you, as no money will change hands. You will know me because I will grab your ring finger on your left hand. Brace yourself: Shortly after I come to you, I will be bringing home a beautiful stray rabbit. (I saw that face you just made!)

"I know you don't care for rabbits as much as cats and dogs, but you need to experience the love of this new energy she will bring in. She will help you with your energy work in ways that you can't even imagine. So you must be open to this new energy that will come in for you. I know I am still a trickster,

but that's why you loved me so much — and still do! I guess not being able to physically speak, perhaps in our own way, we are also teaching you to use your intuition and telepathy more.

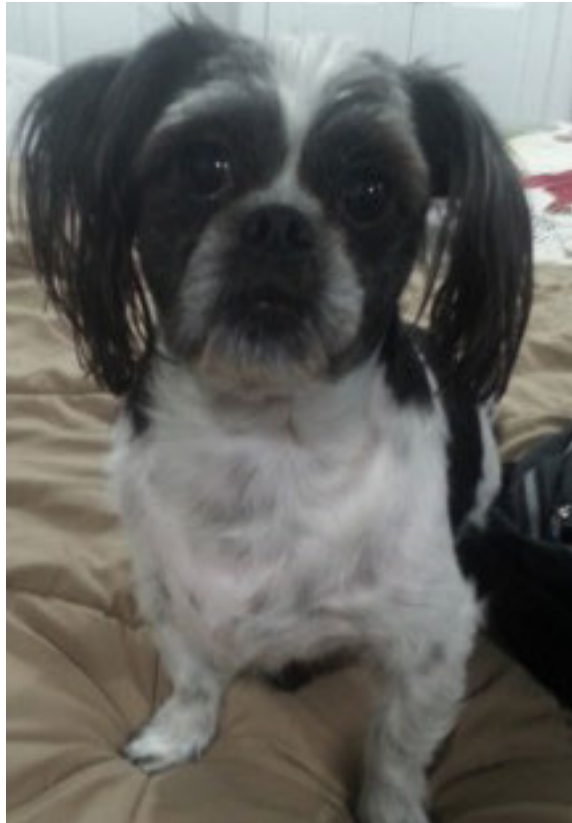
"I could sum all this up by telling you that my purpose for coming here was to help you. I knew ahead of time everything that lay ahead for us. You were the best parents I could ever have hoped for. I only wish more people would treat us as the higher beings that we are, but I know that time is coming soon. There will be much more progress you will notice in your world with the new energies coming in."

The Animal Kingdom Is Helping Humans Awaken to the Higher Vibration

"The reason you sense a large, powerful angelic presence with me is because God the Creator has chosen pets (the animal kingdom in general) to come to Earth to help people in their daily lives, gently guiding them and bringing love and hope to all humankind. You see, we are not just animals but highly evolved souls from another dimension who chose to come to Earth in animal bodies; this includes all mammals, plant life, marine life — basically every living, breathing creature.

"We chose to come here to help humans open their hearts and minds and, yes, to awaken you to the higher vibration that Earth now resonates. I know you don't think so, but the masses are being enlightened as we speak. Many angels have even chosen to come in the form of animals in your lives to help more than if they were in human form.

"It is very sad that so many loving and gentle creatures are being slaughtered for greed or stupidity, like my sweet friend, Gerry, the magnificent, gentle giant giraffe who willingly gave his life after being shot by a trophy hunter to



Angel

assist in moving humans toward the higher vibrations of Mother Earth, the New Earth that is emerging.

"There are billions of people aligned with the animal kingdom, and they feel horror and anger toward those of low-vibrational energy who let such tragedies happen. The late Gerry of Africa is so happy his story has caused such an emotional uprising. His story must be told because the greed must end. Slaughter and trophy hunting is barbaric and medieval.

"The animal kingdom is bringing forth what is going on socially and politically. It is the start of global outrage toward sport and trophy killing and overall mistreatment of the animal kingdom. Deserved respect and recognition for the animal kingdom is long overdue. People must be our voices and demand that the abuse end so that we all can move forward.

"Many species are becoming extinct, and still these magnificent

animals are being hunted. It must stop! You all have the power to voice your opinions and sign petitions. Do what you can to be heard. The animal kingdom is in serious trouble, and we need your help. Tell the people in power it must stop so that the next generation will see animals roam the earth rather than just read about them in history books. Sorry, I got very emotional there.

"Well, Mom, I best be going. My new friends the ferrets want to play with me, and they sure can run a lot faster than I can! But they wait for me to catch up. My angel friends and I are watching over and taking care of you. I am so proud of

you. You'll feel my presence around you and feel me sitting beside you. Take care in knowing you are never alone, nor will you ever be. I love you so!

"Dear friends, the work you are doing is so important. You are especially needed now. When you ask for help, know that the animal angels are there to help guide all our friends on the planet. We are here for you."

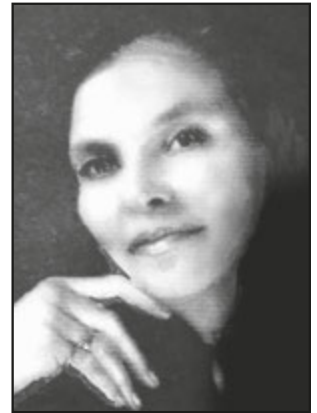
Well, my dear, there's not much more I can add to that very emotional message of inspiration from Angel except take care and be well. Keep the faith, and as always, I send you love, light, and blessings.

Kim Malonie has communicated with animals for more than thirty years. She has consulted thousands of animals worldwide and has made many radio and TV appearances. Kim helps all animals resolve physical, behavioral, and emotional issues. She does local and long-distance consultations to help you determine what your pet is trying to tell you. Contact Kim at 905-342-5312, or visit www.AnimalWhisper.com.



Ask the Angels

Cheryl Gaer Barlow and the Angels



I'd like to join a religion. You always say to be closer to God. I went to church with a friend last week, but it didn't bring me any knowledge about God. Your book did a lot more explaining God than that sermon. I don't just want to join a church because my friend goes there. I have a need inside to become more spiritual. What should my purpose be? What religion is best for me? Is it wrong to have friends who don't believe in God?

— Trudi, Huntington Beach, CA

From the angels: The world of Earth is now entering a stream of wonder. You are to make the world a more wonderful place, help whoever you can, and grow closer to God. You are to know God is with each soul on Earth.

All souls are not aware of God or of heavenly entities. This is fine, as souls are on varied levels of enlightenment. All will reach God in their own time. This will happen when the time is right for the soul.

This is not to be forced, as not one religion or belief is completely without error in its interpretation. The soul is to find its own way by communication to God with his own feelings. Don't be led by others of supposed wisdoms if such wisdoms do not feel right in the mind or the soul.

Don't follow as sheep. Use your feelings and intellect to follow God in your own way. Your soul will know the way to bring you to God. Trust your heart.

I want to be happier. Both good and bad things happen to me, and I seem to have no control over things. I get very angry at work. Do the angels say anything about how I can

make my life happier? Lately the bad things seem to be outweighing the good things, and I can't seem to live the life I want to live.

— Janine, Logan, UT

From the angels: To meet the angels with your soul, you only need the desire to be with God. This is to be obtained in solace and solitude. The heart is not to be consumed with bitterness, hate, pain, or fear. Give your soul to God. God understands your thoughts and feelings. Ask God for your desires of the soul. Ask for wisdom, compassion, love, kindness, and joy. These will be given, as each soul can grow closer to God with all attributes.

Things not needed for the soul may not be given at this time. Life on Earth is not always easy. To obtain joy is to experience a lightening of the soul. Let this be a lifting of the seriousness. The life, love, laughter, and freedom of the soul are truly gifts from the angels.

The infusion of joy into the life can be obtained from the angels or from your heart. These will come when the heart is open to feel. Your things are not to be worshiped, only the moments. The entire demeanor is to change. Accept the good and the bad of life in a way of joy.

Leave events of no concern without mention. Give no complaints, and smile and hold high the qualities of the soul. Feel the gratitude for all given. Enjoy the overlooked wonders of life. Slow down and experience the moments of expression, worth, tenderness, and love.

Let your demeanor be gracious, gentle, thankful, and looked on as respectful. Make each moment and encounter pleasant and cheerful.

Create the life you want. The illuminated soul within you will shine for all to see.

In your books, you say that thoughts are very powerful. Can thoughts actually cause pain to one-self? I don't monitor my thoughts. If I feel mad or depressed, can that cause harm to me personally?

— Aaron, Weston, FL

From the angels: The physical and mental pains are warranted by the thoughts of the mind. What is expected will become a reality. No reality can come without creation in the mind from thought. Fear can manifest from the thought into fulfillment of what is feared.

Thoughts are not insignificant ideas. Thoughts are of much importance. Thought is God's gift to humanity to be used wisely. When thoughts not of the highest enter the mind, dismiss them and wait until they are gone before performing action. If anger or sadness permeates the consciousness, don't act on your thoughts until the emotions are calmed.

Cheryl Gaer Barlow was visited by an angel of God, in an intense white light, who touched her on the forehead and spoke to her. Cheryl was told she had been chosen to write the words of the angels, and she continues to transcribe these sacred messages exactly as received. She lives simply in a small New Mexico town. Send your questions for Cheryl to PO Box 553, Capitan, NM 88316.



Dream Zone

Lauri Quinn Loewenberg



Rewrite Your Dreams

I've always been a vivid dreamer, but lately my dreams have been more violent than usual, and I remember more of them. One that's bugging me was about a blurred man who stole my two children, and it seemed as if I chased them forever.

— Tisha, 34, Cape Coral, FL

From Lauri: The increase in violence in your dream life suggests there is an increase in anxiety or stress in your waking life. What sort of stress have you been dealing with lately? Kidnapping in dreams is most often caused by milestones our children go through: starting a new grade, learning to drive, getting their first boyfriend or girlfriend, and so on. These milestones make us realize how quickly time goes by — like a blur — hence, the blurry man in your dream. The subconscious responds with a kidnapping dream because it reflects how life and time seem to pull our babies away from us. Is anything going on with your children lately that has you realizing they are growing way too fast?

Tisha replies: Well, now that you say that, both of them are going into the next school. My son is going into sixth grade, and my daughter into ninth. I think I also fear that it's a new area for them, and they have to start all over with making new friends and such. And as far as an increase in stress, we just moved to Florida, and my uncle passed away a week ago. So yes, there's definitely more stress.

Last week I dreamed that my oldest son (he's eleven) was acting up, and I beat him up. I punched him

with my fists. I would never do this in real life — ever. I can't remember much else.

— Jessica, 37, Aurora, CO

From Lauri: Did your son do something that upset you at the time you had this dream? If so, this is merely you expressing your frustration in an exaggerated form. (The dreaming mind exaggerates. It's such a drama queen!) Also, ask yourself whether you are actually beating yourself up in some way in regard to motherhood. I'll bet the fear that's what's really going on. We gals are so hard on ourselves.

Jessica replies: My son didn't do anything. As for beating myself up, yes! I was told by my doctor that I can't breastfeed my five-month-old anymore because of my new medication (I have since gotten a second opinion), and I was very angry and really, really sad about it. I have postpartum depression too. Breastfeeding is very important to me, and I felt as if I wasn't being the best mommy I could be. This makes me feel better. Thank you!

I have a recurring dream. I'm standing in a clearing in a forest, and there's a barn on my left. Sometimes I'm alone, and sometimes there's a group of people. I'm looking at lights in the sky. Sometimes they're coming, and sometimes they're going. In the dream, I'm terrified and yelling, screaming at the lights. It always manifests that I'm thrashing about for real and yelling incomprehensibly, according to my ex-girlfriends and ex-wife.

— Brice, 46, Oxford, AL

From Lauri: Was there any authority figure in your life that mistreated you?

Brice replies: I was physically and mentally abused by my stepfather from age four to eleven.

Lauri replies: I had a feeling. I am sorry to hear that. Typically, anything coming from the sky or overhead in a dream can be connected to someone who is above us in waking life. Have you ever gotten help to deal with it? If not, I recommend joining a support group for adult survivors of child abuse. Your subconscious is still very scarred and traumatized from this.

You can also rewrite this dream. Change it up, while awake, write it down, and then continue the story. Be creative. Don't be afraid of the lights. Go toward them. What are they? Interact with them. Have fun with it. This rewriting your dream technique is very helpful for combat veterans who suffer posttraumatic stress dreams. Basically, by rewriting the dream, you take the fear out of it, giving yourself the power to reprogram your subconscious. The dreams came from you, so you can change them.

Brice replies: Thank you. Your insight is intriguing and potentially helpful.

Lauri Loewenberg is a certified dream analyst, syndicated columnist, author, popular radio personality, and member of the International Association for the Study of Dreams (IASD). To learn more about Lauri, visit www.LauriLoewenberg.com.



Akashic Answers

Amanda Romania



Seek Peace through the Bigger Picture

I have always been a little afraid of past-life regression, as I'm sure I have had past lives in which I've died a terrible death or faced extreme pain. In this lifetime, I'm afraid of doctors, surgery, and death. I am only thirty-five years old, but I'm aware of this when taking a flight or driving on a busy freeway. Is there anything in the akashic records that can help me with this? I wish to let go of this fear in my lifetime.

— Jake, WA

From Amanda: Yes, the first time we recall a past life, especially a traumatic one, it can be scary. The main thing to understand is that you are observing, not reliving. I see from your soul birth number that you are a life path number 2, so this means a lot of these lifetimes' lessons revolve around trust and faith.

I can see that in one past life, you were in a battle. I see you on a horse, charging into a fight around the late 1700s in Europe. You wear fine clothes, and I see you cut down from your horse. As you move into the transition between lives, there is great sorrow that your life — which was built on honor, faith, and trust — ended so suddenly.

I have created a release from the karma of that lifetime, and I ask you to meditate on a truly beautiful lifetime I see for you in ancient times. I see you in a beautiful temple in China where you practice martial arts and have great intuition. Your life is calm and fulfilled, and you grow to a great age before passing gently in your sleep.

Knowing there are many sides to life, both positive and negative,

allows us to see the balance and have trust and faith in the bigger spiritual picture. I'm placing in your records, with your permission, the opportunity to feel and see gratitude for this life you have been given and to have Archangel Michael watch over you, one step ahead and one step behind, for safety and protection.

— — —
Do animals have akashic records? I'm an animal communicator, and I often see and hear things that appear to be from other lifetimes.

— Judy, CA

From Amanda: Thank you for the work that you do with the animal kingdom. Animals are very important beings.

One of the reasons I created my akashic therapy teaching was for this reason. Lightworkers across the entire metaphysical spectrum were seeing, hearing, and feeling information related to those they were assisting, but they did not quite understand where it came from. It is my belief that reading the akashic records is as important as learning healing or protection energy.

In my experience, yes, certain animals do have akashic records. Many years ago I was working in Glastonbury, England, and every day as I arrived for work at the retreat, a young gentleman would arrive at the same time. We joked about this, and the connection felt comfortable between us. He came on one of our Egypt trips, and I always felt safe when he was close. One afternoon, he asked to talk to me and began to tell me of a past

life in which he had been a wolf. He described it in detail, and in his conclusion, he said, "I believe I was one of your wolves." This made me very emotional because I've had a love for wolves since childhood, and I have had many dreams of living alone as a female oracle protected by wolves.

How I explain this now is that I believe our physical bodies are our vehicles here on Earth. Our soul is that spark of light from the universe that connects with the physical body and creates our consciousness. Now, that holds the records of wherever that energy or soul has been before.

We can elect to come to Earth in an animal form. Some animals do not have this consciousness, but many do. When you communicate, take a little time to see the visions they send of their times in the past, as they can also be on a spiritual mission or clearing trauma and karma. I believe you have an akashic contract to bridge these worlds and celebrate your special work to step forward.

Amanda Romania is an author, akashic oracle, and soul artisan who supports lightworkers on their spiritual journeys to create a positive global imprint. She teaches how universal energy can be understood and applied to everyday life through her international bestseller, *Akashic Therapy*. She lives in Sedona, Arizona, where she guides others from her Atlantis Metaphysical Center and Ascension School. Contact Amanda at amanda@amandaromania.com or through www.AtlantisSedona.com.



Benevolent Outcomes

Tom T. Moore



Unexpected Happy Outcomes

The information herein is for educational purposes only. The content of this article should not be used to give medical advice or to prescribe any form of treatment for physical, emotional, or medical problems without the advice of a physician. Should you use any recommendations in this article for yourself or others, the channel, compilers, and publisher assume no responsibility for your actions.

During the fall, there are so many people exercising and playing sports. Be sure to request most benevolent outcomes (MBOs) for your safety and health, and say a benevolent prayer (BP) for all participants (whether they play for your team or not) to remain injury-free. After all, these are just games. That's sometimes hard to remember during the heat of competition.

Love everyone unconditionally! Here are some MBO and BP stories.

Pleasant Interactions

Raymond writes: Last week I decided to eat at Chili's, and before entering the restaurant, I saw a debit card lying on the ground. I briefly checked it out and noticed it belonged to the Bank of America next door. I was aware that whoever lost it would panic, so I walked across the parking lot and returned it to the friendly receptionist at the Bank of America. She thanked me, I returned to Chili's, and after a pleasant lunch, I decided to go to the mall and shop for some new clothes.

It was necessary to turn left across several lanes of busy traffic, so I said a quick MBO for safe travel and a good experience in the mall, hoping that I would brighten

someone's day and make it better than it would be otherwise. I walked through JCPenney's and saw several items on sale for 40 and 50 percent off. I bought several shirts that looked much more attractive at the sale price and waited my turn in line.

I chatted briefly with the woman behind me, and as I approached the register, she reached across me and allowed me to use her online coupon that gave me an additional 15 percent discount. I was able to purchase my new clothes at more than half off the original purchase price. I was hoping to brighten someone's day, but I was not aware I would also brighten my own. I have requested MBOs for other people, but I have never had one benefit me like this.

Sharon writes from Canada:

I've had great success with MBOs over the past several months and wanted to share a story about one that just happened. We were expecting a delivery of a bathroom vanity, and it was to come between 1PM and 5PM. I had a hair appointment and would be gone for 1.5 hours, but my husband was supposed to be home all day. However, it turned out he had to be on the road for work. So I said to my husband, "It's fine. I'll request an MBO for the delivery to arrive either before I leave or after I get back from my appointment," which I did.

In my mind, I thought this would prove to him how effective MBOs could be. Then I didn't worry too much about it. I had a note on the front door for the delivery people to call our next-door neighbor if they arrived while I was away, and my neighbor had agreed to sign for it.

When I returned from my hair appointment, there was no delivery. Half an hour later, it came! As you say, Tom, this works perfectly and eases a lot of worry and anxiety. Thanks for your books (I have them all) and newsletters and your research.

Ashana writes: I MBO and BP all the livelong day! When I am worried that I haven't heard my sump pump go on, I say a BP. I always include that all the important machinery in my house continue to operate smoothly, and within minutes, I will hear the sump pump go on. It pumps for two minutes, and then it goes off. It's extremely calming.

I recently had foot surgery, and I requested most benevolent outcomes pretty much every day for a safe, clean, and quick healing. The stitches were taken out on day sixteen, yesterday. My doctor was thrilled with my speedy recovery.

I also say benevolent prayers and ask for most benevolent outcomes for our global consciousness — that we think to focus on the important things in life, such as joy, love, and abundance (to be nonspecific). I find that I want to soothe all the ruffled feathers that our current political atmosphere is bringing to the surface. I feel as if I'm helping a little bit to move this phase on, asking always that the outcome be more than we could hope for or imagine.

That's just the tip of the iceberg. I could go on if you need me to, Tom! Thanks again for this incredible tool.

Karol writes: This just happened today. I requested an MBO to attract people, places, environments, energies, and things that vibrate at my level or higher. I said this while driving to a park, and an oncoming car passed me with the numbers 555 on it, which in angel numbers mean I am surrounded by angels and ascended masters. I love MBOs! Thank you.

Home Sweet Home

Linda writes: I said an MBO for the perfect color for my house, one that would make me happy when I see it. The painting was costly, so I didn't want to be unhappy with it. The painter told me not to choose dark colors because the aluminum siding can buckle in the heat.

I painted seven samples, took votes, and chose the color that had few votes and that I didn't favor initially. When all was done, I was so happy with the results that I felt it was a 5D color. People have been saying how much they love the color. Thanks for the MBOs.

Jim writes: I wanted to move closer to Naples. I now live 12 miles away. Rentals are much more expensive closer to town. I requested an MBO to find a place that is best for me, within my price range, and in the general area I was seeking. I saw a place online that seemed perfect, but it was about \$100 per month more than my budget. I called the owner, who said I was just the tenant he wanted. He dropped the price and gave me a month to move in.

Then I had to ask my current landlord to release me from my lease, which he did and refunded my last month's rent and my deposit. Not only is the place closer to town, but it has been completely refurbished with granite countertops, a new tile floor, and a two-car

garage. There is a nice lake view in the rear too. It is perfect. I could not have asked for more.

Sharon writes from Canada:

I told you about our youngest son's great new job a couple of months ago, but I didn't tell you about how he and his wife purchased a townhouse in a town northwest of Toronto, close to his job and to the GO station for his wife to commute downtown.

In February, they started looking for something in their price range, right in the middle of a real-estate boom with bidding wars all around. They put in three offers over the span of a month and didn't get anything. One place had fifty offers and went for \$100,000 more than their offer! So they gave up for a couple of months because the market was way too hot.

Every day from February on, I said, "I ask any and all beings to help my son and daughter-in-law find the perfect home for them." When they didn't get those first three townhouses in February, I knew none were the perfect home for them. A month later, there were more places for sale, and they looked at three more places in the same town. They put an offer on one townhouse with a beautiful panoramic view from the back yard. The market had cooled down somewhat, and there were only three offers on this place. Their offer was accepted!

I was worried it might be too high of a price if the market took a real downturn, but I trust the BPs to help the right thing unfold for them. They no longer will be paying high rent for a tiny condo in Toronto and are thrilled to own their own home. The sale closes soon, and I'm saying BPs for a smooth closing. Thanks again for your help with others' lives and problems.

Michael writes: Here's a true MBO that hopefully will inspire others to try or keep using MBOs to live

the Gentle Way. I'm a retired senior on a low, fixed income. I'd been trying to move into a much lower rent apartment in Hollywood, California, for years. The wait list was very long. I had tried all the different approaches of the law of attraction that I could find, but it was a no-go. Some folks get good results with the law of attraction, but not me.

Last year I was told by the manager of the place that it would be two or three years before my name would come up. Luckily, I heard about the Gentle Way from an interview Tom gave on an Internet podcast. I tried it. First I started with small and then medium requests. They all came about in rapid fashion.

I started requesting an MBO every night to my guardian angel for the best place for me and my budget to live in the Hollywood area. Lo and behold, what was supposed to take a minimum of two years happened in nine months! I got a call from the manager's office that an apartment had suddenly become available. I passed the vetting, and an MBO for the money to move in came from an unexpected source.

The move went smoothly, thanks to more MBOs, and I'm now living in a nice apartment, paying only 30 percent of my monthly income for rent — a rare bargain in this town!

Tom's right. Be patient with the big MBOs, like a perfect job, a perfect romantic partner, a perfect house or apartment, and so on. It can take a little time for the circumstances to be arranged.

Exactly how the MBOs work, I don't know (maybe Tom does). I only know they do work!

Tom T. Moore is an author and speaker. His books include The Gentle Way series, First Contact: Conversations with an ET, and Atlantis & Lemuria: The Lost Continents Revealed. He was voted best self-help author for the past three years by the readers of a health magazine. He is a telepath and answers questions from all over the world in his weekly newsletter. To learn more or to subscribe, visit www.TheGentleWayBook.com.



Ask Erik

Elisa Medhus, MD

Your Heart Knows Your Truth

“Ask Erik” is a spiritual advice column from the eternally twenty-year-old spirit guide Erik Medhus. Through gifted medium/spirit translator Kim Babcock, he directly answers readers’ questions on death, the afterlife, spirituality, the human experience, and more with the insight and wisdom he’s gained since his passing.

What advice would Erik give, as a practical starting point, for someone to channel or ask advice from their spirit guide(s)? Thank you so much.

— Kathleen E.

From Erik: Well, if you’re just developing psychic awareness, I have a lot of advice to give. First, though, it really depends on where you want to take it. It’s up to you, and your intentions will determine your experiences. Everyone has psychic abilities, but not everyone is meant to make a living out of using them. The key to all of it, though, is just presence. It’s easy.

The more present you are, the more likely you are to experience intuitive awareness. So practice listening to your thoughts. Sometimes they’ll be in your voice, but that doesn’t mean they’re coming from you. Channeled information seems to come out of nowhere. It doesn’t feel like the thoughts you produce.

Develop a deeper awareness of being intentionally mindful. Not everything will come to you at once, and you will need to get used to the deconditioning phases of the enlightened state. Once you’re there and you accept the subtleties

of this state, psychic abilities are accessible. It’s the heart, the inner voice. Listen to it all the time, honor it, and give it life. This is the true state of higher awareness.

Can you please ask Erik whether he sees me working in the field of spirituality? Any insight is greatly appreciated.

— Ivy G.

From Erik: Well, the decision is ultimately up to you. Yes, you’ll dive deep into spiritual work and energy attunements. Energy attunements with sound will become a focal point for you.

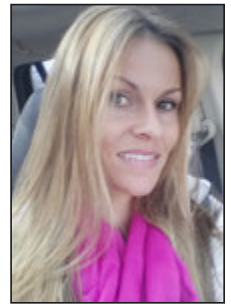
You’ll undergo some studying, testing, and experimenting, though, before you become completely confident in your ability to understand what you’re doing with energy. You’ll basically learn how to move it and sound waves with instruments such as singing bowls and tuning forks.

Be mindful that your work doesn’t become sensationalized or that you’re not drawn to it through sensationalism. It happens all too often, and people wind up in it for the wrong reasons.

Hello from Finland! I am very interested in everything spiritual, and I would like to do something meaningful for a living. Will I ever work with spirit guides, and if not, what is my purpose in this lifetime? I am so grateful for your answer. Thank you, Erik.

— Br, Anu

From Erik: Well, first, everyone is always working with spirit



guides, consciously and subconsciously. But to work with them as a life mission is another meaning. Will you work with them in this lifetime for work? The answer to that question is up to you. That’s the beauty of free will: You get to decide.

The fact that you’re drawn to it should be a huge hint to you, but if I simply answered your question and told you what to do, what good is that doing for you? There’s no growth for you if I just tell you what to do. You have to decide and then take action.

Let your heart lead you. It knows your truth and will resonate strongly with where you belong in this life. I will say this, though: You do have the ability to make it your life’s work.

Is this my life contract with my husband?

— Jackeline M.

From Erik: If there’s one thing I can stress in this message to you and everyone reading this, don’t get too hung up on the contract idea. You can often replace that word with “mission.” When people think “contract,” they feel stuck.

In any case, everything that’s happening in every corner of the world at any given moment is meant to be happening. If it wasn’t, it wouldn’t be. If things were supposed to be different, they would be. That doesn’t mean that they can’t be different or can’t change. That’s where free will comes in.

So looking at the bigger picture here, trust that everything happening is meant to happen. Is this your mission with your husband? Yeah, that's why you're here experiencing this marriage, because it's a part of your plan. All things you've experienced in the past were parts of your plan too. It can never not be.

Ultimately, you are energy creating and attracting every experience you are consciously aware of. Trust the process. Trust your ability to create and manifest, and use intentions to generate evolution.

I want to know whether I was unknowingly transported to the other side of the veil nineteen years ago when my mother was in the emergency room being treated for a heart attack. I was full of fear and anxiety in the waiting room when I suddenly felt as if I were in a vacuum. I was overcome by a strange sensation. There was no sound, and then I felt an indescribable sense of peace, pure joy, and unconditional love. It felt as if the weight of the world had been lifted from my shoulders.

When I became aware of my surroundings again, I felt no fear or anxiety, only peace. I have never experienced these emotions as intensely as I did that day. The doctor came out and told us that my mother had coded fifteen minutes earlier, which is about the time I had my experience, and they were unable to revive her. I would love an explanation. Thanks.

— Grace C.

From Erik: Your mother imbued you with those feelings because she wanted you to know that she was all right, feeling all that joy, peace, and unconditional love as well. When I visited my father shortly after my death, I asked him to lean into my energy field so that he could feel what I felt in life. He felt my sense of dread and misery. Then I asked him to

lean in the other direction so that he could feel what I felt after my transition, and he felt pure euphoria. Your mom did the same thing for you.

I also have a twenty-eight-year-old son named Erik. My question is: Will I meet my true soul mate in this lifetime? If so, when? Thanks.

— Nancy S.

From Erik: Perhaps this is the perfect place to share new information about soul mates with you and everyone reading this. Truthfully, the age-old idea that soul mates are a one and only needs to be revisited. You see, the truth for everyone is that anyone and everyone is or can be a soul mate. It doesn't depend on others and who they are. It depends on you and your ability to be vulnerable and intimate at the soul level. It depends on your capacity to love beyond likeness and fully accept someone.

The idea that there is only one soul mate for you in this world is absurd! Anyone can be your soul mate so long as you choose to allow intimate soul sharing with another and that person with you. You have to be willing to let someone in and be willing to love without limits. It's all up to you to truly accept that reality and allow intimate soul sharing. That will also determine the when part.

You and only you can make that determination and change that part of your life. So instead of wondering whether you will meet that soul mate, decide that you will, and be diligent in your intentions to open up and share.

Thank you for being so diligent in running your blog, Elisa. Had you and Erik not run the blog, I couldn't predict where I'd be at this point.

Erik, I'm struggling with mental illness and suicidal ideation. I'm exhausting my efforts to find something to help me feel right again — regression therapy, CBT [cognitive

behavioral therapy], marijuana, meditation, orgonite, you name it.

I don't want to leave this plane to feel happy if I don't have to. What guidance do you have for me? Thank you!

— Savannah H.

From Erik: Thank you for opening your heart to me and trusting me. I know from personal experience how hard it is to feel this way. First, I want you to try to take an objective look at all the things you've tried to alleviate your pain. All these things are only facilitators. They may facilitate your path to happiness, but they themselves aren't happiness. So in the end, all the facilitators eventually fall short.

Happiness is an awareness. A lack of it is a lack of awareness of it. Consciousness is presence, and presence is awareness. You must unplug from the things that you feel cloud that awareness of your presence in happiness, such as certain situations. Truthfully, people in your life are always going to have their opinions, but does that actually justify your being? Of course not! Let their opinions come, and let them go. You don't have to engage, nor do you have to employ what's right for others just because you feel as though you haven't found what is right for you.

If you don't know what to do, then you've found your answer: Don't do anything at all. Instead, focus on just being. What you resist will envelop you. Depression is the result of resistance to reality. Accept reality, accept what is — all that is — and you'll relieve yourself of carrying the weight of the world on you shoulders.

Be sure you are under the care of a good mental health care provider and possibly even a life coach. I think Jamin Olivencia is amazing. He's helping my little brother a lot. Try to contact him.

Sometimes I see sparkles or orbs, and sometimes I feel the presence of

energies around me. Do I have psychic abilities? I love you guys so much!

— Ismini M.

From Erik: Well, let the secret out: Everyone has psychic abilities. Yep, absolutely everyone. But not everyone has the capacity to develop expanded awareness through them.

Seeing lights, sparkles, orbs, and flashes is an experience of expanded awareness through objective clairvoyance. It's actually being able to see energy. It's possible. It just takes a different kind of presence.

As you develop expanded awareness, acknowledge the orbs, give gratitude for their presence, and don't hesitate to engage and ask questions. But ask through the heart, through sentient communication, not through the head.

Please comment on my current health and bulimia. Thanks from a big fan.

— Lucy D.

From Erik: For a long time now, and even in past lives, you've dealt with neglect, both self-love neglect and neglect from loved ones. When we justify our value through others and they neglect us, then our value becomes that neglect, and we turn on ourselves.

Self-love neglect manifests in so many ways, and bulimia is one of them. It is a control mechanism of the ego that is fear based. The ego fears losing power, so control through actions such as bulimia falsely fulfill the ego self. This is a pattern that you are ready to break like an old habit. It actually stems from a past life when your spouse neglected you, and the only thing you knew to do was the same. It doesn't mean you were bulimic in a past life, but self-love was neglected. In this life, it has carried over and has manifested physically as this behavioral pattern of bulimia.

Always remember that your being will exist forever. You're immortal whether others know that or not, and that should have no bearing on your ability to love and respect yourself. Let the fear die with the behavior. Your being is already justified through God. It's time to show up for yourself in as many ways as you can and restore your self-love. No more hiding, no more neglect.

I am a stay-at-home mom of a three-year-old. I have been having a hard time lately and feel lost and completely alone. I have tried to make friends, and my husband is a great support, but I need insight on my life and the point of it all. Thank you.

— Crystal M.

From Erik: First, even though you feel alone, you have to objectively remember that is an idea you've accepted as a part of your reality. It's an idea, a thought really, that you've identified with. After we identify with a thought like this, we fixate on it; we make room for it. When we do this, it becomes a bigger part of our awareness, and then it seems as if we're enveloped by that feeling, thought, or emotion.

It's all an illusion. It's an identity that you have to work to separate from or just let go of, really. To do that, you have to look at all the areas in your life that you've attached that lonely identity to.

You identify yourself almost exclusively as a mom, and that can be very isolating. There may not be other stay-at-home moms like you, and others in your life may not even have kids, but it's worth exploring the Internet for stay-at-home mom groups in your area. The idea is to get outside of your box in order to revamp your life.

You need to engage in things that stimulate and excite you. Adult conversations and spending time as an adult, not as a mom, will help

you to regain your inner strength. You need to explore many other facets of yourself. Make time to explore your creative side, and this will help. Right now, you're only seeing one side of yourself when there are infinite possibilities of who you are.

I have been told by mediums that I am very creative. What should I be doing to earn a living using this talent that will really fulfill me? Many thanks.

— Morley S.

From Erik: Creativity is probably the key to life for most people. Creativity embodies curiosity mixed with a dash of imagination expressed through change. It is the soul's urge to express itself. Think about it, if we don't have the freedom or advantage to be creative, we're unhappy.

Creativity fosters life; it allows change and growth through exploration. It's up to you to decide what avenues you like to express that through. Only you can determine what it is that fulfills you. Making jewelry is something you'll spend time doing, but only a small dynamic. You'll get into personalizing items with photographs like jewelry, trinkets, and more, and yes, you're very creative.

Dr. Elisa Medhus was an internist in Houston for over thirty years. Since her son's suicide in 2009, she retired her practice and wrote a book about her continuing relationship with him, *My Son and the Afterlife: Conversations from the Other Side*. Dr. Medhus has also created a blog, *ChannelingErik.com*, that has over 30,000 subscribers and over 250,000 hits per month. Follow their Facebook page, *Channeling Erik*. With candor, sincerity, and humor, Erik shares his own full story, *My Life After Death: A Memoir from Heaven*.

Kim Babcock is a psychic medium who has been developing her spirituality for the past ten years. Kim's spiritual path led her to become an ordained minister and founder of *Serenity—Mind Body Spirit LLC* in mideastern Ohio, where she currently practices her psychic medium services and level II Reiki. She also leads meditation classes and spiritual development workshops. Learn more at KimBabcock.net.

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CHANNELING

Dance with Your Ancestors

Shockara Starbeings through Blue Turtle

Beloved Earth beings, you will begin to notice how things are changing all around you as you move through the universe physically as well as multidimensionally. You will find that it is easier for you to tune in to the higher frequencies and the mystery since cosmically it is the time of the thinnest veil.

Apparitions and entities are moving through the dimensions to see how receptive and open you are during this sacred time. Are you able to carefully discern the negative and positive streams of energy so that you remain well and safe? Be very careful in assessing what is real and what is illusory.

Diabolical forces want to seduce and woo you into hypnotic states in which you can no longer know what you are part of and what truly nourishes you. You could find that you are in a sleep-like state or lingering daze. You want to be awakened to the true reality of your birth and essence, and you want to live that powerful connection.

This is the special time of year when the ancestors are honored as they make close connections with the living. Death is danced with in a humorous way as the Dia de los Muertos celebrations strengthen deep bonds as families create colorful altars and after meals, flowers, candies, and fruits at home and at gravesites for departed loved ones.

Samhain, the Celtic new year, and its modern cousin, Halloween, also acknowledge this time of the thinnest veil between the physical and spiritual worlds. Children and adults wear eerie and frightening Halloween costumes, which energetically protect them from the real ghosts and goblins that want to make havoc on this night.

Your Energy Can Transform the Evil

Your real world on Earth is being tested with the rejuvenation of evil principles and forces gaining ground in insidious ways. Deliberate manifestations of old separating and wounding attitudes and actions are

being implemented by politicians and governmental institutions, which do not serve the public interest.

Responsible journalists and social justice activists who want to save democracy reveal lies and cover-ups. Inclusive leaders stand up to volatile and hostile autocrats who have no value for humanity other than servants and slaves for their own interests.

Egotism and selfishness are being touted as human virtues where lying, cheating, and outright criminality are occurring. Take a good, hard look at the energy of the people who are creating trouble and heartache for others around you and in the world events. You can see the awful energy that moves through them and guides them to do wicked things.

It is vital how you are able to perceive the subtle, destructive energy that says one thing and does the opposite. Many leaders carry great tension in their being because they are battlefields of light and darkness. Yes, there are people and beings in the world and cosmos set on full destruction of people and life.

Please stay focused on what is good and true for you, humanity, and your planet. You hold the key in your heart and soul energy to transform the evil that wants to destroy and grow its horror. We are here at your side helping you stay well and steadfast, manifesting your good works and dreams for all to prosper.

Be vigilant during this time of the thinnest veil. This is your Shockara Starbeings.



Blue Turtle, MDiv, MEd, has served the metaphysical community as an intuitive counselor and teacher for twenty-six years. He comes from an intuitive Serbian-Croatian-Ukrainian-Ashkenazi Hassidic Jewish lineage with Celtic, Germanic-Pennsylvania Dutch, and Native American influences. He uses SpiriTarot, tea leaves, ritual clearing, and Telos Prism Light sessions to support people to create their abundance, potential, and joy. You can reach Blue Turtle at mbarnett@tradenet.net or www.NaturalLifestyle.net/profiles/Blue-Turtle-Intuitive-Counseling-1101.

At Transition's Door, Part 3

The Council of One
through Kathryn Rawlings with Terry Spears



Our Father, as the head of the Council of One, a group that has assisted humanity through ascension lessons, now guides us in using our Christed light to intentionally transform our physical bodies in preparation for our imminent transition. These ignited words hold the frequencies and radiance shared as they were given.

Be a Radiant Being of Light

Welcome, my children. This is your Father. It is very pleasant to be with you. The environment of your present reality is becoming polluted, which signifies the polluted minds of many. As people purify their thinking, the pollution rises and dissipates. For this to be efficient, a massive change in thinking and energetic values must occur. This is something that you are aware of, but your environment is coming to a climactic condition.

I ask you to immerse yourself in the frequency of cleansing internal thought pollutions. This cleansing pattern has been taking place as you go through your processes of growth, as your DNA has been changed, and as you are aware of the defaults of your memory patterns. However, there is a deeper meaning to this.

Toxic pollution of beings has infiltrated many aspects of life. This is known, and it would be a great significant act on your part to gently go through you and project the light of pureness and cleanliness on every part of your body. You will assist your body to accept and homogenize the new frequencies and energy patterns being introduced to the planet now. It will give you an extra edge as you go through your transition process.

Simply migrate your focus to the inner aspects of all energy within your being, all energies that may be attached to your being, and all energies from the inception of the human body. You will be aware of historic events that might have taken place that have migrated into your beingness. We will sweep the corners and clean away the residue from the imbalances of humankind.

Take a moment, as if using a flashlight, and go

through your body completely, shining the light on every aspect of who you are. I will project this to you at this moment. You will feel a purging effect. When you complete this practice, you will feel as if you scrubbed a room and got it squeaky clean — completely sterilized, homogenized, and revitalized — in an energy of love and light. There are no aspects of dirt in the corners, no hidden agendas, and no warring facilities and incapacities of your energy field. The memory will ripen on certain events that have influenced you, and they will be swept clean and homogenized into the light, disappearing from you forever.

As you visualize yourself each day, be a radiant being of light. See yourself as a glowing being — a glowing light, a flame from the candle. See every part of you blazing with God's radiance. Each day as you do this, you will fortify yourself with the energy of God's love and prepare yourself for your transition into a higher vibrating frequency. As you practice this, you recognize the influence that you have on other people. Be careful. Be discerning. Be soft. Be kind. Know that your words reflect the power of the increased frequency of love.

This power will emanate out to all the people you come in contact with, even the imaginary people you come in contact with. This means the beings in your atmosphere who glean their experiences from the human experience. We will not go into more detail other than it is important that you completely become

a blazing light in your inner visual. It doesn't have to be an arduous technique in remembering anything other than visualizing yourself in this state of being.

This automatically will sort out your energetic body and bring you into harmony with all levels of your self. It is very important that you embrace my essence and know that I am here with you at every moment. Do not allow others to pull your energy away from your source of radiance, for they will be attracted to a silent detail of energy that they want to share in.

Just radiate your light, and it will go freely out to all

**Know that
your words
reflect the
power of the
increased
frequency of
love.**

areas of your life. This is a silent witness to God's glory. When you need my assistance, please call me, and in my name, I will bless you and anoint you in all that you do. Ask and you shall receive. Isaiah and the Council members join my presence and share their unique abilities of love and light to assist you during this very important time. We bless you. We receive you, and we anoint you in the goodness of all that is.

Invoke Christed Light

I have had the unique pleasure to examine and portray the image of the perfected self within your being and to activate the appropriate areas that require the Christed consciousness to be the orchestrator of the event. As you have gathered unto me, I have witnessed wonderful changes within your etheric energy field and your existing chakras that bring you to the perfected self. The perfected self would be your radiance becoming all it can be within your human form, radiating in perfect alignment with All That Is.

I carry a torch of light that ignites and witnesses the ever-glowing flame of love. As you unite within, you exude this torch of light, for as disciples of truth, you recall and witness your perfectness. I hold today the torch of ignition of a new degree of inner self-expression, a blooming outward of this radiance of love. As your heart chakra opens more efficiently, you will realize that you are a walking torch, a walking flame of truth, and you will blaze as the flame ignited grows.

I would like to bless you and anoint you on your new journey of inner growth, for I say unto you today that we welcome you, we witness you, we embrace you, and we assist you in your new steps of growth of inner wisdom.

As you recognize different feelings within you, be the silent witness, for words do not portray the power of the light and love of God. In fact, words dilute its power. It is an offering that is given freely, for you have earned your right to open these new doors of inner wisdom. As you are initiated at each level of growth, we salute you, embrace you, and hold you, and we dearly accept your presence into our very beings.

I now call home my own, and I ask that you be attentive to my call, and rise to the occasion as you realize the time is close to your transition. Be patient. Be kind. Be loving. Be supportive, and allow your wisdom to flow. Allow. **As you recognize your old habits, they will fade away as they change into a new radiance, one of a larger spectrum of who you are.** This will be comforting. This will be an expression of who you really are. This will be another step on your ever-growing journey into the radiance of love.

For now, I will bless you and say you are safely protected. Stay in your center. Radiate your light. Enjoy your moments. Inspire yourself in your moments. Create your present-moment reality with great joy and exuberance.

Bring the Physical into Oneness

I ask you to clarify certain energy patterns that restrict you from freely flowing in your third eye area. You are aligned with your new frequency to the extent that you can open to freely examining that reality. So we will go to your third eye area, and I will look into each of your energy patterns and help to assist a clearing so that you may begin to allow your frequencies to come forward in a clearer way.

This can take a little time, as your system is adjusting to the freedom that it is not used to. And you will notice that there are increased activities. As always, this is a process, and as your body accepts your new reality and new refreshing frequencies, you will open to becoming at one in a natural, easy manner so that there is no stress related in trying to do something you are not ready for. Allowing is the practice of the day.

I also would like to give you an instruction in preparing your body in a way as to recondition it and remind it of changes. This means that you will allow your body to move in special ways that help you maintain a new flow of energy and regulate your energy grids.

This moving in a special way is nothing extreme. It is the attention to movement of the body, as you move your arms, fingers, and legs. You can be walking, hiking, horseback riding, or gardening. It is bringing your attention to your body and saying, "Wake up. We are changing. Wake up. We are changing." And as you do this, your body begins to accept your new instruction.

Now the focus goes to restringing the physical body to agree to awaken fully and transform itself into oneness with a focus on Oneness rather than the instruction of duality. The physical body is slowest to respond where it has the heaviness of a physical weight that needs to lighten, change, and become lighter literally in energetic values to redeem its perfect self to accept that it is redeeming its perfect self, and the caliber of energies are heading toward an immortality rather than a birth-death programming.

This takes time so that the body can adjust to the genuine desires of the spirit asking the body to respond for its highest good. We mostly focus on our energies, but we have not thought about giving the body permission in a literal sense to make these changes. You now can work on your physical bodies accepting and removing all denser frequencies on limitations that the body still holds.

The body is filled with memory, and memory serves to a point, but this serves in another way. The polarity of the physicalness needs to be helped to come into oneness of Spirit as the memory patterns are changed from a life of duality with death into a life of oneness, which is immortality.

The body itself must be reprogrammed, and the energetic values that you are given become the process, but it is the conscious interaction that you can serve

yourself to a greater degree if you work with your physicalness to help it make the changes it is inevitably going to make as your transition is completed.

Duality has been the programming of the physical body ever since you have been in the world of duality. So it is deeply ingrained as it operates from instruction. It complies with instruction of soundless spirit. Now it must be redirected to a new instruction that comes from your divinity coming online. This instruction does not come from a lower intellectual level. This instruction comes forward from the alignment of your divinity with new energies that have been incorporating themselves into your very being, and this instruction then grows from your inner wisdom now into the physical.

There are many layers of density between your spirit and your physicality. As all these layers of energy that incorporate life are aligned with Oneness, you come into a fuller aspect of oneness of Spirit. The last to be totally realigned is your physical body. Now the focus goes there, for it is one of the last steps that you will comply with before you transition. I emphasize transition — the urgency of transition. I emphasize God's perfect plan of transition. Hold dear to this total picture, and know that another piece of the puzzle has come forward for you to work on.

Blessings to you. Work with your third eye on a regular basis to incorporate your inner vision so that it comes forward in a natural, positive way and so that you do not feel blocked or limited in any way. But work with patience to incorporate these visions with a smoothness without a feeling of stress.

The body in its physical manner can be addressed as if you are talking to a dear friend, giving your body

As you talk with your body, do so from your divinity.

new instructions of helping it understand that now there will be a change of venue. The change of venue is opening to a oneness of spirit, which lets go of the pre-programming of birth and death and opposite forces of everything in your world.

As you instruct the body to accept the oneness of Spirit from the Divine, it can open to these changes. It is in God's plan that when there is perfect alignment,

escalated growth comes to a pinnacle for the human being, and it is granted as the holy aspect of an individual. If the alignments are instructed from an ego-centered energy, nothing will happen, for the ego is based in the world of duality, so there would be no need for the body to pay attention or accept that quality of instruction.

So as you talk with your body, do so from your divinity. It has the grace of God and the perfect alignment within its core. It is a blessed event that you can now embrace this quality of energy and work with it in a conscious way to serve you in your transfer to oneness of Spirit.

I ask you today to move forward with this new concept and to enjoy your days to the best of your abilities. We bless you, we anoint you, and we accept you in your fullness. In my name, I say these words. Amen. The Father.

Kathryn Rawlings and Terry Spears collaborate to bring the teachings of the Council of One (twenty-four masters headed by the Father) to humanity for ascension preparation. The authors are both open receivers with Kathryn as the primary channel for lessons and Terry as the word master for sharing these truths in Ascension Steps According to Isaiah, an Invitation; the Ascension Steps small books series; and now comprehensively sharing through Sedona Journal of Emergence articles. The authors can be reached at purposerealized@gmail.com.

Allow God's Grace to Heal You

The Spirit of God through Rev. Daniel Neusom

Greetings, my beloved ones. My spirit within you is the original cause of your life. The thoughts, feelings, and beliefs of your human ego consciousness joined with my spirit within you create the present life you experience on Earth in your human form.

Your present life is an amalgamation of consciousness and energetic patterning from your past lives and this life. **To heal, you must open to a direct relationship with me. I am your highest self.** I am the light of creation known on Earth as the spirit of God.

I have created you for total joy and fulfillment. Suffering, struggling, and lack are never my will for you.

If you are presently suffering, experiencing pain, struggling, or feeling lack, I want you to know this can be released, healed, and transformed. My purpose in communicating through this channel is to teach a path and process of healing and transformation. If your body is ill, healing must take place first in your consciousness.

If you are experiencing physical pain, you must also be experiencing mental and emotional pain as well as



conflict. A ray of light emanates from my heart that heals the soul. This ray of light can heal all things. It is the part of me that makes all things new and that gives new life. This part of me is always available to you. You open to me through your will and your mind.

Through this channel, I have given the very simple thought/prayer: “God, I let you in.” To heal, you must receive me on a daily basis through meditation and prayer. This prayer, “God, I let you in,” opens you to receiving my healing love — grace.

I have placed seven major energy centers in your physical body — crown, third eye, throat, heart, solar plexus, sexual/creative, and root. **Breathing “God, I let you in” through each of these energy centers opens you to my healing love, and I can then transform your thoughts, feelings, beliefs, and patterning.**

Emotional release is incredibly important for healing pain. Once you’ve opened to me, allow yourself to express your pain to me. Let yourself cry, yell, moan, shout, stomp, and talk. Do not hold the pain in. Let it be released and expressed. This is an ongoing process, for the soul has accumulated much pain over its various lifetimes.

As you release your emotions to me, I will fill you with light. This will cause an immediate feeling of release. You will feel better and lighter. You unconditionally deserve to feel good. You unconditionally deserve pleasure supreme.

Express Your Pain to God

To truly heal, you must heal the pain you’ve accumulated in your life. As part of your process in meditation and prayer, express to me what has hurt you most. Express to me what has angered and frustrated you most. As you open up and express this into me, you literally let me into your pain — your accumulated pain — and I can heal it with grace. This is how you heal your soul and your body.

Life Is Good

Mother Mary through Janet Desaulniers

Good and blessed day, my beloveds. It is such a delight to be with you now and always. These precious communications with you are more far-reaching than you can imagine. Hope, peace, love, light, and joy vibrate within these words because you are one with me and I am one with you in unity consciousness.

Take a breath in and out. Know you are an important and integral part of life on beautiful Mother Earth. Breathe again, and feel your connection to all. Within that moment, you have increased the love and light

I work through medical science, and I suggest in your healing process that you approach me with complete openness, knowing I will reach you in all ways available. If you can be served through medical science, I will guide you to the people, resources, and practitioners perfect for you. As I have said: to heal, you must receive me daily. Here are some teachings and prayers to use in your daily spiritual practice:

- “I was created by God for total joy and fulfillment.”
- “God unconditionally wills my total joy and fulfillment.”
- “Thank you, God, for healing me now in every way and on every level.”

These are prayers that I suggest you breathe into the seven major chakras of your body. When you’ve opened to me in meditation and prayer, I manifest as a circulating energy moving through your being. I guide you each day to specifically release into me whatever you are feeling, thinking, believing, and experiencing that you are not enjoying and that doesn’t feel good to you. Express your release into me with the understanding that you never have to hold or carry within you anything that you do not enjoy and that doesn’t feel good to you.

I love you beyond words. What I have given here is an outline for your healing process. This can only be fulfilled through your personal relationship with me. I am guiding you personally. You will feel my guidance in your heart and your solar plexus. Blessed be!

Note: Receive a free channeled teaching daily at www.DailyLift.org.

Reverend Daniel Neusom has served as a channel for the Holy Spirit of God and the archangelic realms for thirty years. He was ordained into the ministry by the Universal Spiritualist Association in 1986 and serves as the spiritual director of Sacred Light Fellowship, an interfaith metaphysical church in New York City. To receive a free, channeled message in your email each day, subscribe to DailyLift.org. To contact Daniel, call 347-401-1743 or visit www.DanielNeusom.com.



within you. You have helped raise the vibration for all. Yes, you are powerful. Yes, you are beloved.

The word “beloved” is special. It means that you are deeply loved, cherished, endeared, honored, and appreciated. **We acknowledge you for every effort you make to uplift and love yourself.** Yes, you are generous beyond measure

in all your loving and courageous participation for the highest good of all.

With so much happening daily, you can find balance by enjoying yourself and having as much fun and laughter as possible. Sing, dance, play, and let your spirit soar! Express yourself in all your wondrous and creative ways. Enjoy the harvest of the fruit of your intentions, focus, and actions. You have a wonderful expression: **“Life is good!” You have made it so.** So it is, and so it will be, now and in the future.

You are most beloved to me and all of us who believe

in you and support you on this mighty journey to know and express all that you are as a truly divine human being. Thank you, beloveds. Thank you. Peace, love, and joy to you. This is Mother Mary.

Janet Desaulniers is a spiritual mentor and teacher of the ascension process and self-mastery. She has channeled Mother Mary for three years, delivering messages of peace, hope, and inspiration. Her passion for empowering people and businesses as a life coach, hypnotist, energy worker, and speaker spans over thirty years. To learn more about Janet, to listen to her audio archives, or to attend upcoming seminars, please go to JanetDesaulniers.com, or contact her directly at jmdesaulniers@gmail.com.

Time Heals Everything

The Living Avatar Grace Elohim through Alison David Bird

“Time heals everything,” they say. Don’t you just want to slap them sometimes? But what they say is true. Time is not a steady progression of chronological events. It is an illusion, along with everything else in your world.

The passage of time is simply an observation of matter in motion creating a series of moments. One moment can be stretched as if the measurable unit of a second feels more like a minute or an hour. An expanse of time can also be collapsed into a single now moment. A master will string a series of significant and memorable now moments together, springing from one to another like skipping over steppingstones across a fast-moving stream — matter in motion appearing as the passage of time.

You Are Masters of Time

Your experiences do not follow a linear path of chronological time, either. You don’t begin at point A and continue in a straight line until you reach point B. Your motion is cyclical, like everything in nature. The golden mean — the Fibonacci sequence — exists in every part of your DNA, creating a spiral for exponential evolution.

You might appear to have set out along a horizontal path, a straight line between the past and the future; however, it curves around and spirals back to intersect at junctions of vertical time. “All is very well,” you might say. “But what does it mean?” It means you have repeated opportunities for your soul’s growth as your spirit revolves and evolves through your experiences here on Earth.

Each experience that challenged you in the past, that marked you or traumatized you, will repeat until you take control of it and neutralize its power completely. As each spiral intersects that point in vertical time, there is an opportunity for you to view yourself anew, through

a different lens — one that has been tempered with subtle adjustments made by the soul with each repeated experience.

When you react negatively, you are responding according to the level of vibration you hold in your energetic field. Karmic seeds still trapped there by cell memory left behind after your previous experiences and lifetimes create tiny vibrations that build to a crescendo and affect your reaction through the emotional body as they are processed out by the energetic vortexes that govern your subtle bodies.

You must learn to respond to these repeated events in a more balanced way or your emotional body will be triggered repeatedly by the cell memory of the original trauma, and you will not heal. With each spiral, we cycle back to zero point, but because you learn from each experience, you will land a little higher on the vertical axis. **If you continue to grow, you will strive to do better each time, reaching higher and aiming to be a better expression of yourself in every moment.**

This way, you will lessen the trigger emotionally, mentally, and physically until the charge is neutralized altogether. Then there will be no need to repeat the experience again. The next time you cycle around and transect that point in vertical time, everything will be different because you are healed. Time heals.

Alison David Bird is the avatar Grace Elohim. A creator-level oversoul, Grace is fully integrated within Alison’s biological vehicle. They do not channel conventionally. Information is transferred via kelonic data streaming. Alison, a former medical journalist, finally accepted her role as a psychic healer in 2008. In 2012, she was contacted by Pleadians of the GFL, and in 2013, she was bestowed with Marconic Energy, for which she has been custodian over many lifetimes. To learn more, go to www.Marconics.com.



What Belongs to You and What Belongs to Others

Mary Magdalene through Mercedes Kirkel

Mary, whenever I tune in to my emotions, it seems to me there's always some sort of pain there. I wonder whether I'm picking up pain from somewhere or somebody else.

Many of you have this question: "Am I picking this up from others, or is this mine?" It is always yours. Accepting this is one of the great challenges of the third dimension. It is also one of the gateways beyond the third dimension.

In the third dimension, there is a duality of mine and not mine, me and everyone or everything else. This duality is a great limit. At some point, it will become clear to you it is all yours. **There is nothing that is not yours. There is nothing that is not you. This will be a realization; it won't be an idea.** You can't believe yourself into this and have it be productive. This belief will suppress you, and it will inhibit your spiritual growth more than it will support it. The way through it is to hold the assumption that it is always yours. This is the most direct path. It is also the most empowered path because you are always empowered to work with yourself.

Many of you are familiar with a modern version of a Hawaiian healing practice [*Ho'oponopono*] that was put forth in recent decades. The modern version involves taking 100 percent responsibility for everything that happens as your own creation. This is a valuable spiritual practice.

This practice of taking 100 percent responsibility must always be done with feeling. If it becomes a burden or a stick you are beating yourself with, it is not supporting you. That is a sign that it is not the practice you need at this time. You need a different practice. This could be a valuable practice for some time, or it might not be, but the understanding behind it is quite valuable.

Always begin with yourself. This is the creation process. As you move into the fourth dimension, you are becoming creators that are more conscious. In your third-dimensional world, **you can lay the foundation for this by assuming all you experience is your creation.** Then you can work with yourself relative to that creation.

Are you happy with the creation? Do you wish to change the creation? What is holding you to that creation? What are your blocks to what you would like the creation to be? This is the beginning. It is a shift into full responsibility — full ownership — for what is manifesting. Many of you are locked into third-dimensional thinking. I do not say this as a judgment. It is simply the way

you have been trained. It has been most prevalent in your world for most of you.



Taking Responsibility Isn't the Same as Taking Blame

There is a tendency associated with third-dimensional consciousness to connect responsibility with blame. You tend to think that if you are responsible, it's your fault. You think you have done something wrong and the corollary is you'd better fix it. This needs to be purified.

You are not being blamed that you are experiencing whatever you are experiencing. It is not some higher authority who is angry with you and demanding that you change it — not even the higher authority of your internal mind and brain that you might have created for yourself.

It is important to start with the feminine. The connection to your body, emotions, and sexuality is important; this is what will open your heart. Without that heart opening, it is almost inevitable that the development of your mind will turn into rightness and wrongness, blame, judgment, harshness, pain, and wounding.

So begin with the basics, just as a child begins with the basics. **Begin with loving your body. Begin with loving your sexuality and emotions.** If you need help with processing the painful emotions that must also be loved and included — because they are there to help you — get the help you need. Get the support you need. Then it will become easier. It will become natural to make a commitment to it.

Most of you are going through a great process of shedding the training, the consciousness, and the habits you have received. There is work involved in that. It is a practice, and it requires your intention and energy to do it. Pray and ask for help. **Pray and ask for what you need. It will be given.** Know that you are doing very, very well.

Mercedes Kirkel is a multi-award-winning author and channel for Mary Magdalene. In 2010, Mary Magdalene began coming to Mercedes daily, giving extraordinary messages for humanity's evolution and spiritual growth. That was the birth of the series The Magdalene Teachings. Mercedes's latest book, Sublime Union, reveals Mary's instruction on sacred sexuality along with Mercedes's story of engaging the practices with her partner. To learn more about Mercedes, visit www.MercedesKirkel.com.

Divine Intervention

Sanat Kumara through Athene Raefiel

What is divine intervention, and how does it work?

For the human race as well as other beings of form, divine intervention is a concept, something that can only be understood through the experience of it. The Divine must be experienced to understand what it is as well as how intervention might play into life.

You are beings of thought and must conceive of something to make it real. Divinity is only realized by human beings through individual conception and can exist only when realized or experienced. In fact, the Divine does not intervene in your lower four-dimensional lives unless it is asked to do so, and this is how prayer came about. Prayer is the form of asking the Divine to hear your questions and answer them.

How do we know when a prayer is answered?

All prayers are answered simply because of the energy put forth by the prayer. The Divine is always listening. Yet the expectations of how the Divine should respond often seems to delineate the response given. To understand what the Divine is saying or doing, you must understand your divinity and proceed with trust and love in your heart. **When you transcend the lower planes of survival, you have determined that all life is a miracle, as are its ups and downs.** You begin to realize that you are a miracle who creates miracles all the time.

If I pray and ask for world peace and for senseless dying to end, why can I not create this?

Indeed, you are creating this all the time. Unfortunately, you are a part of mass consciousness that has yet to reach this reality. The animal instinct in humans is strong, and they still believe in “eat or be eaten.” The paradox of the Divine is too confusing for them to take seriously unless it has animal instinct. Pure love, understanding, kindness, and compassion are too often viewed as weaknesses and therefore easily discarded in the face of adversity. Transcending human consciousness and identifying your divinity are often too time-consuming and just too much work. Since what you believe is your reality, to believe differently is simply too strenuous.

Embrace the Darkness in the Light

I have encountered large numbers of pious people around the world who use constant prayer and meditation every day as a way of life. They live their lives in trust and prayer, living as simply

and as self-sustaining as they can. Still, wars rage, and people starve and live in destitution.

Yes, it is perplexing. How can so many understand the light and so many more do not? Form is a part of creation that is based on light and dark. One cannot exist without the other, and one is simply a shadow of the other. Still, there is a force within human beings that causes them to battle this reality within themselves and all other life. People see these two as opposites rather than two sides of the same coin. Yet you cannot exist without the other, for the light dwells within the darkness just as the darkness dwells within the light. Neither is good nor evil; only human perception sees one or the other.

The reason divinity is so mysterious to the human mind is due to judgment (or lack of). Each soul has the awareness needed to blend these seemingly two forces into the true balance within all life, but again, it requires soul recognition and study to find such peace.

Humans are not taught to search for and discover soul awareness. Why? Was there a heavenly fall from grace that predisposed our creators to devise us to be this way?

You were created in the image of the Divine, but too many souls chose to forget their eternal selves and tried to create a world in which they would be kings and queens, rulers of others by any means possible. This is a human expression of what they thought God or the Divine to be. Yes, the heavenly worlds are hierarchal and ruled by laws to sustain order and love. All beings (in form or formlessness) have the right to follow these laws or not. What kind of universe would it be without challenges for growth and opportunity on all levels?

As you well know, without the dream of a better tomorrow, there would be no tomorrow. Many in form do not believe in a better tomorrow, nor do they see a need to work toward it. Having money and power is what currently drives the human consciousness, as does the development of technology and exploration of the stars. Even human scientists are discovering that the mystery of life is always discovering and exploring the origins to explain the present in order to take them into the future.

The greatest mystery of human life is life itself and the unveiling of the many levels and dimensions



it explores. Understanding that you are all part of a greater whole is the first step in recognizing what is. When this question has been answered, the unfolding of awareness becomes limitless and the excitement of the journey ahead unfolds.

To allow yourself to remain trapped in an unfeeling world of royal acceptance and power is how you encase yourself in the confusion you call life. That life then becomes your prison rather than your freedom.

I have found that getting a definitive answer from one of these ascended masters is highly unlikely though always thought provoking. We get information that is more definitive from our personal guides and teachers and our galactic brothers and sisters. The Ashtar

Command is a good source to learn with, as are the Arcadians. They all work closely with our known divine hierarchy. Prayer and invocation are invaluable tools for connecting with the higher self and with spiritual guidance. To honor Spirit is to honor the spirit within you.

When trying to comprehend the universe, we discover just how confused and confusing we must be. This is normal. Confusion and chaos are what all life as we know it is born of. To think otherwise is silly.

Athene Raefiel is a visionary, life coach, angel medium, angel reader, psychic reader, telepath, intuitive, and author. She helps people gain clarity, insight, and direction in themselves and their lives. Her work has been featured on television and in newspapers in Colorado, New York, and Rhode Island. To learn more, email atheneraefiel@yahoo.com or call 719-598-8158.

There Is No Other You

Lightbearers of the Universe through Thelma Bodnar

Greetings, dear ones. You are all entering the light of a new day. You might be unaware of the great changes that are occurring on your planet and the downloads you have received in the past few weeks, months, and years. **You are truly not the same person you were five years ago, one year ago, or one month ago.**

Your essence remains as the core of who you are, but your expressions of self are changing, awakening, and manifesting in new ways. Maybe you think you are the same person today as the one who got out of bed five years ago. But we say you are not. Your experiences have changed you, your perceptions have changed you, and your outlook on the future has shifted because of the downloads of light that you have received.

You have become more aware of your spirituality rather than focusing on materialism. You have learned to find more peace in expressing your true self rather than pretending to have, be, or do the current fad, fashion, or dwelling place. Humankind has fallen into the mystique of having versus not having. **Now you are realizing the pure joy of being true to yourself, true to your beliefs, true to your goals, and true to being the best version of yourself.** In other words, you are reveling in the beauty of who you really are and just being you!

How marvelous a time it is to see you all graduating to the fifth dimension, where there is no need to

work, cajole, tirade, hate, or explode. It's merely a time to revel in peace, joy, love and light, compassion, humility, honesty, and contentment. There is no other you. So use your platform of

this life to declare your oneness with all — your unique take on the world, your enthusiasm for the goodness that you are and that you choose to share with others.

We honor you above and below. We dedicate ourselves to serving your highest good and helping you accomplish these new goals you are setting. Call on us always if that is what you need to go forth in the exploration of your power so that you may be aware of your greatness and your many capabilities for change and wholeness.

We are the Lightbearers of the Universe, and we thank you. So be it, and so it is.

Thelma Bodnar became interested in metaphysics after the death of her husband. She now channels Beings of Light, Angels of Light, and other spirits. Thelma is a practitioner of healing touch and Reiki; she also channels healings from Archangel Raphael. She is able to converse with and receive messages from Spirit, who she has received numerous poems from that she hopes to publish in the future. You can email Thelma at thelmabodnar@gmail.com.



**You are
reveling in the
beauty of who
you really are.**

Perfect Your Skills as a Cocreator

Archangel Michael through Ronna

Beloved masters, for many years, so many new inventions and scientific breakthroughs, along with an overwhelming amount of philosophical and spiritual information, have bombarded the minds of humanity that the human brain can hardly absorb the countless theories and new concepts without going into overload. You are in the midst of a monumental process, a complex procedure of choosing and manifesting your destiny for the new age, which will gradually become your more refined, expanded reality of tomorrow. Your choices and the focus, clarity, and power of your thoughts and actions will determine how quickly your desires will manifest in the material world of form.

It is vital that you learn to discipline your mind, strengthen your concentration, and stay in control of your emotions and mind chatter. The gifts and opportunities, or divine dispensations, that are being offered to you demand a strong personal discipline along with a high level of responsibility. Becoming aware of your emotions and thought patterns is a critical component within the process of cocreation. It will determine the quality of the vibrational patterns you send forth into your personal twelve-ray creator wheel.¹

The frequencies of the seed thoughts you plant in your personal wheel of creation will determine the quality of what you manifest, and they will also determine what you experience in your everyday life, positive or negative. **These occurrences will be your barometer as to what kind of vibrational patterns you are sending forth into the world of cause and effect.** Your primary task is to develop a state of mindful awareness as you move deeper into the core seed atom of your sacred heart and sacred mind. This is where you will find all the strength and guidance you will ever need.

As you develop your cocreative abilities and become more proficient in your personal mind control and visualization abilities, you will understand how important it is to constantly monitor the frequency patterns you radiate to the world. Always be mindful that you live in a world of vibrating, neutral, cosmic energy, the forces of creation that are waiting for you to mold them into

anything you can imagine. You create your own heaven or hell. You cannot blame anyone else for the reality you presently experience.

You are a spark of the divine Creator, and when you were given the gift of individualized consciousness, an awareness of your divine, independent nature, you were encoded with a permanent memory seed atom that stated, “Go forth and create worlds without end in my name.” From that time, you have been experimenting, striving, learning, succeeding, and failing; however, you have steadily made progress and are now being given an opportunity to become a full-fledged participant in the creation of a new golden age.

Integrating and perfecting the virtues, qualities, and attributes of your many higher selves is a gradual process. The multitude of sparks of your God self contains a wealth of information, and each individual facet has many wondrous experiences and successes to share, along with a great infusion of Divine love, bliss, and joy. Each seed atom of your higher soul self that you integrate will supply you with more wondrous gifts of God consciousness — abilities, talents, and wisdom beyond your wildest imagining.

It is vital that you learn to be a conscious, directing agent of all life forces. To become a proficient cocreator, you must hold an idea in your mind long enough for it to register clearly within the brain. **All events and created manifestation of form are evidence of the use or misuse of energy and mind force.**

Remember, the breath is the conductor of the vital life force energy. In the years to come, humanity will understand that the breath is sacred — it is the gift of life — and you will learn to not waste it. As you inhale each breath, be aware that it is the only breath you are assured, for it may very well be your last.

The Concepts of Creation

Take time to ponder and integrate the important concepts of creation that we relay to you. You, the starseeds who have attained the required level



of harmonious frequency patterns, are now ready to put all you have learned into practice. As you do so, those around you who are still struggling within the confines of the restrictive lower-dimensional environment will be awed at what you accomplish, and they gradually will begin to follow your example. As you are aware, teaching by example is the most effective way to get the attention of those around you. A truism from the past also applies: You will be known by the fruits of your labor.

Study these concepts until they are firmly entrenched in your memory, for they are part of the laws of manifestation. They are critical components for successful attainment as a master of manifestation.

- **Become a bystander** — an observer, not a participant — to all the negative drama constantly going on around you. It is the state of your emotions that draws you into the maelstrom of negativity. If you are radiating harmonious, higher-frequency patterns, you will be immune to the discordant energy around you.
- **You are in the process of expanding your conscious awareness** of what is occurring around you, so it is important to maintain a detached state of mind. You are developing a new way of thinking based on personal mind and emotional control.
- First comes self-awareness, then soul-consciousness, followed by galactic consciousness and eventually subuniversal consciousness. **You are striving to tap into the streams of infinite awareness** as well as the vast light pyramids, which contain the cosmic manifest for the complete divine blueprint for this subuniversal experience, a transition into a human evolutionary advancement into the more refined frequencies of the Age of Aquarius.
- **You are also developing a heightened, controlled sensitivity to those you interact with**, which includes an empathetic but somewhat detached viewpoint. This is an integral part of developing nonjudgment. You will diligently seek, claim, and live your truth to the best of your ability. It is vitally important that you allow all others the same right.
- **Do not allow anything or anyone to disturb your serenity.** Develop a high level of forbearance and sensitivity, and diligently practice being patient and slow to anger.
- While you seek self-mastery, **you will have to experience, overcome, and possibly even move beyond trying relationships** with the people who are not ready or willing to move forward on the spiral of conscious soul awakening. Each soul must

**You have
the tools of
manifestation
at your
fingertips.**

choose the path it will follow. You are only responsible for your spiritual evolution.

- **It is imperative not to abdicate your search for personal spiritual awakening and self-mastery because of a false sense of duty or loyalty** to those who seek to draw on your energy by demanding an unreasonable amount of your attention and time.

My brave ones, now more than ever, you have the tools of manifestation at your fingertips. You must step out of your comfort zone and release all that no longer serves your greatest good. Each of you knows where this applies in your personal life. It has been staring you in the face for months and even years and will become even more unbearable until you finally relent and release that which is holding you back.

As you become more proficient as inspired cocreators, you will no longer focus your energy on creating the small, mundane desires of the past. You will establish a constant flow of adamantite particles into and throughout your physical vessel, and the remainder will flow into the world of form. You will have programmed, in the smallest detail, that which you wish to manifest for your personal comfort and enjoyment. Your constant mantra will be the following: **“All my needs and desires are fulfilled even before I realize what they are, and they will always be for my greatest good and the most beneficial good of all.”**

You will have meticulously outlined your path of service to humanity, and it will be in perfect harmony with your divine mission for this new era. You will have a constant, clear, and beneficial connection with your resident oversoul/higher self, and you will graciously and easily follow the path of light that ever winds higher and higher into the more refined realms of existence. Be assured that I will always guide, direct, inspire, and protect you as you journey forth into the unknown. I radiate the eternal love of our Mother/Father God to each of you. I am Archangel Michael.

1. Instructions (with illustrations) for creating your personal flower of life creator wheel can be found in our study manual, *Reference & Revelations: Glossary & Illustrations*, which can be found at www.starquestmastery.com/books-by-ronna-vezane.

Ronna is an internationally known channel. She brings Archangel Michael's messages of hope and inspiration to thousands each year. Ronna's spiritual search began in the early 1970s. After intense study and training, she began a career as a spiritual teacher and counselor. To learn more about Ronna, visit www.starquestmastery.com or contact her at 775-856-3654 or ronnastar@earthlink.net.

We See through the Same Eyes

Divine Members through Polly Wirum

We are a group of divine members selected to work with you. We have been with you, around you, and within you from the conception of time — in other words, forever. You cannot separate from our energy. We are the connection to All That Is. We are only one form of this connection. There are many ways to connect to light energy, but at this moment, we are your connection to all.

Acknowledge your existence in this human form as well as spiritual form. We ask that you allow us to help you open up in a more available way to your source energy. **Become more aware of your own divine energy** and less aware of what distracts you from pure source, love, and light.

Know that you are already free of judgment, pain, and loss. Your only awareness is your purpose to love and explore love. Your joy escapes you and builds the connection between heaven and Earth. There is no mistake that you are here at this point with these lessons.

Observe your ability to change everything with the simple appreciation of this moment. We help you fully open up. We explain the design of your intricately beautiful destination and of the complete and expanded self. Let us guide you on this journey of remembering who you are and what you are made of. We laugh with you as you become more aware of your light and let go of the fragments of doubt that clouded the vision of your magnitude. **Your expansion is causing the higher vibration of light and love to change the currencies of energy on Earth.** This also changes Earth's polarization.

Don't be alarmed by the swiftness that such changes occur. Once it begins, it creates an opening for expansion of self for all. The confusion will lessen. This process has already begun, and the telling signs of the shift are already at hand. We are already walking and talking as one. As we merge with you and stand with you, you begin to see all through our eyes and to understand that our eyes see the same and are the same. We all experience the expansion as one. We will breathe as one, teach as one, and accept as one. The feeling of love and light expands and creates a place of infinite pleasure, joy, freedom, and greatness to stand in the awareness.

The human body will not be needed and in fact cannot experience the intense realms of ascension, awareness,

or shift of this magnitude.

We gently release you back to Earth to share your stories of possibilities and love.

We release you to continue your journey of exploring and teaching on Earth.

Know that we are part of you and will remain uninjured and in perfect formation through your entire journey. We will continue to help you heal and understand your completeness, your magnificence — that which has already taken place and only needs to be remembered with loving guidance.

Create an Amazing Life!

We are given many interesting opportunities for living with awareness and achieving grace in our lives. Taking my lessons in my human life combined with the awareness I have received through channeling, I believe we can experience great joy and abundance on Earth. We have the ability to create amazing lives for ourselves. I encourage all to fully experience the joys of the physical, emotional, and intellectual self.

Take care of your body. Fully discover what your body can experience. Perhaps you will find that limitations you thought existed are no longer there. Nourish your body with clean fruits and vegetables. Drink clean water. Sleep. How does it feel to really care for the human body you have been given? How does it feel to use the human body you were given?

Challenge your mind. Learn about what intrigues you for the sake of learning. Share with others as you explore your interests. Share your interpretation of what you are learning. You might find your soul group as you explore your intellectual capacity. Your intellect can offer you direction in life. It's all about following what you are passionate about. This is a never-ending journey.

Learn how to discern energy and love. Our emotional selves are powerful. When we open our hearts and are willing to explore all the feelings that come in, our world changes. This is part of your intuitive self. The biggest step is loving yourself and knowing we are all one. We are all connected. We are all love. This is when communicating with words is no longer needed. We communicate as one through thought.



Stay in touch with your guides and angels. We are given these amazing bodies, minds, and spirits to explore the universe. Trust and have faith as you give yourself permission to fully live and experience all that life has to offer. Be as courageous as you can.

Your magnificence is always part of you. When we are finally done with this experience, I know that a

world of beautiful images, wholeness, and compassion is awaiting our full attention.

***Polly Wirum** is an intuitive and inspired life coach who resides in Alaska. She would love to help you awaken to and recognize your own divine gifts and abilities to bring you more peace. She will also guide you in how to share your divine gifts and light with others. To learn more about Polly, please go to Gateways2peace.com.*

The Echo of Cosmic Companions

Ataoris through Gilly Wilmot

We are here again and again. Many times we enter this plane with the hope of sharing some of our history to assure those who dwell on Earth that whatever the circumstances of experience and development, there is always an eternal hope that all can be resolved, no matter how often you have difficulties and hardships and challenges. They are not always to be feared because these times of challenge and hardship can, if resolved, lead to transformation that benefits all. This is relevant wherever the spirit may dwell, whether on the Earth plane or on other systems that do not move outside their own sphere of influence. We speak here of the devic influences of the various heavenly bodies you can see through your instruments. They may not move beyond that sphere, beyond that vibration, to enter another vibration.

There are challenges. There are hardships. There are disturbances in the energetic fields that surround all heavenly bodies. This causes upset. It causes some degree of chaos and consternation and periods of uncertainty or tremor — sometimes as literal tremors upon the Earth plane and sometimes as just tremors in the frequency of that experience of spiritual essence. Nonetheless, when negative frequencies pass through heavenly bodies, they cause disruption, destruction, and ending, if you will. It is an ending of a particular way of being, and it is the beginning of another stage of being.

Over the millions of years in Earth history in which you have experienced physical density, there have been many occasions of uncertainty, especially when there has been an upsurge in the elemental forces. Understand that the elemental forces will govern and maintain the balance of the planet to sustain various life forms. When there is a disturbance around Earth, an imbalance created by a negative force or frequency outside the planet surface, it affects the primary, etheric forces (earth, fire, air, and water) that bind the physical

plane together. They can become disturbed, just as wind can whip up the waves of the ocean.

A Cosmic Party

The balancing energies that arise from the interaction of the elemental forces created a sustainable situation for stability and growth on early Earth to form rocks, plants, and oceans. The smallest molecule to form there needed a blending and balancing of forces. This took a long time (in human measurement). We beheld this situation with great delight because we knew that some of our vibration wished to enter that vibration, that new plane, in a physical way in the development of the planet Earth and the beauty that was manifested. This balance of elemental forces cradled a fertile time of growth and great delight for influences from other heavenly bodies to come to this plane to experience anew manifestation of creativity. You could almost say it was like a cosmic party at the very beginning with some influences — some vibrations — touching Earth.

Again, when we speak of time, this is specific to planet Earth. It is not something we are concerned with in our system. Time is part Earth's unique development. So many creative expressions come to seed here, to grow. We seeded here from our system, Sirius. Eventually, there would be human beings who would retain this echo of another place, another vibration, another joyous creativity of the cosmic beauty and the cosmic whole.

During some periods of this developing planet, disturbances flowed through the earth to such a degree that the elemental forces and the force you describe as gravity could not maintain steadiness, and there was upheaval. Perhaps there was too much water. Perhaps the water froze, and there was great ice for some



periods. But what else happened when these disturbances came about? They did not ultimately destroy. They brought forth other forms of life that could be sustained on Earth, not least of which, we hoped, were human beings. However, they carried the echo, the memory, of turbulence, of course, because part of the human being is of the elemental force, is it not? Is it not fire? Is it not water? Is it not earth? Is it not air? There is a collective memory of upheaval and of maintaining balance and growing and developing with a consciousness deep within that resonates with humans. Humans are not separate. They reverberate with the waves and the wind. They are part of it. They are conscious, and they know.

Bear in mind that in those early times, there was also an awareness that consciousness was varied. There were beings who walked beside humans and who had much lighter bodies. They were from our system and other systems too. Some spoke into the developing human mind, enabling it to perceive the Earth plane and to be conscious of all the surrounding environments and each other.

More than one influence guided early man and woman. There was a period of stability when the situation was normal on this plane and human beings moved with a conscious awareness that they had another expression, another vibration, with them. This is the origin of what you call an angel figure. They perceived a lighter being beside them. So the challenges of adapting — of being a human in a physically dense, beautiful place — were helped by another influence. Some human beings would resonate with the different devic influences coming from other systems. Human beings were open to receiving a great deal of influence from many systems, including Venus, a planet that you look up to in the morning and evening. This was a time of such beauty and such promise — very stable.

The Separation

Then there came a strong wave, like a gale might blow a whole forest of trees. There came a movement that pushed Earth and moved its axis, turning and tilting it. This was an extremely important part of Earth's story and that of the human race because at that time, there was a loss of communication between human beings and those from other systems. Modern parlance might be "the signal broke; the signal was disconnected."

Suddenly, humans walked with no companions. And without this guidance and gentle input, the encouragement of how to develop on this beautiful planet, which had such promise (and still has great promise), there was a separation. The separation created very different mental developments: a different brain, a different human being. It was a splitting away, something rather like taking tiny children from their

parents before they are old enough to understand this world.

The vision was for humans to learn about their world by walking and feeling and learning and experiencing it in a balanced way and, as we said before, to harmoniously balance the vibration of masculine and feminine. But there was an abrupt tipping and breaking, so in a sense, they were on their own, like an infant without a parent.

The Resonance of a Companion

Despite the tipping of Earth and the disconnection of signal, human beings have always resonated with the echo of the companion. This became part of the collective consciousness. That which was once an easy connection between humans and beings from another place in the cosmos became legends and myths. The collective consciousness became replete with new characters and forms of interesting expression.

This echo deep within the human psyche resonated still with these different manifestations that were given names: God, angel, Goddess, giant. Humans felt their companions still resonate and tremble through them. In the breeze was a memory, a yearning to be part of the whole again, as it was meant to be, as was the vision for humans to walk Earth, seeded partly from other systems and in balance in all connections to the whole.

There are (and always will be) those who reach beyond their physical frames. They tune in. They connect as best they can to other forms of expression that they know are real and true. And they manifest this. How do they manifest this in the Earth plane? They use their sixth sense. They use the part of them that was highly developed many eons ago, a refined intuition in perceiving their surroundings. Using this ability, they connect to the different vibrations in the cosmos, and they embody this vibration in the Earth plane. This enables growth of consciousness. This is why the teachings over thousands of years speak of expansion and following your particular truth to expand your consciousness and to be aware of being part of the whole. This is yours.

You are Not Completely Separate

This is the gift that the teachers have brought over the eons. They come with love in the male form and the female form. The form does not matter. They bring forth, through the vessels of their being, information, but not just words (which, of course, are an important part of information). They bring forth an energy, a frequency. What is this frequency we speak of? It is love. It is love. All the teachers from East to West have spoken of this. Yes, sometimes the collective energy spoke of tempest and destruction. That was part of the collective memory. But even then, there were the balancing effects of human beings who could speak of more than that.

You are more than you think you are. There is a powerful, loving force that will lift you up and allow you to be who you are truly meant to be, a being of the universe. What a feast has been placed on the table for humans! Always, even in times of utter disturbance (wars, famine, floods, imbalance), still there are those who are vessels, and they bring through to humans the message of who you are.

We have not been able to converse so freely with you in this period. Once we communicated with many, but now we come through memory and delicate spirits.

We bring our vibration into the vibration of the Earth plane, and we feel today that there has been an embodiment of our vibration that we hope has conveyed a little more easily why we come, why we are here: We care. Always, we watch with love.

Gilly Wilmot now lives in the UK, having spent several years in Vancouver, BC. She has been channeling for more than twenty years and has facilitated workshops on the subject internationally. Her source of guidance, whom she believes to be a spiritual energy from a higher level of consciousness, is associated with the planet Venus. Gilly can be contacted by email at gillyandsteve750@gmail.com.

CONSCIOUS LIVING

Listen with the Heart of Love

Virginia Ellen, the Radiant One

Your heart is the sacred heart of the all. Your heart is the center of all knowing. Your sacred heart has access to the supreme intelligence of the Central Sun.

Your heart holds the golden light of unconditional love. Listen with your heart for Earth's calling to awaken you to your divine purpose. Listen with your heart for people crying out for help. Listen with your heart for the whales, dolphins, and oceans that need to survive.

You are needed and important. The time is now to awaken and serve the whole of life in all dimensions. It is time to become the Christ of God. The Christ is selfless and wants nothing. The Christ receives from the love it gives to all life. The pure love of the Christ is the joy to the world. Joy comes from loving with no agenda. Joy comes naturally from the love you give and the gratitude you feel from giving. You then enter the orbit of love that is one with the universal love of creation.

In one beautiful moment, your orbit of love expands and becomes blissful love that is pure joy. At this moment, your sacred

heart radiates joy to the world as the Christ of God. You become the glory of love, and the glory of God emanates from your sacred heart to heal the world. You then will be living *in* the world and not *of* the world. You will have stepped out of the third dimension into the heavenly realm of the fifth dimension. You are then free to heal the world.

Exercise: Move into the Heart of Self-Love

When you do not know whether you are making the correct choice, **let the part of you that is uncertain say this prayer:**

"Let each of my actions bear fruit in accordance to your love."

Repeat this prayer until you feel at peace. Then ask, "Is this the correct choice?"

As you let go and surrender the needs of the ego, you will need to trust. **Say this prayer to move into the fifth dimension of trusting:**

"For you are the ground and



the fruitful vision, the birth and fulfillment, as all is gathered and made whole once again."

Recite this prayer and realize that all is being created anew for your highest evolution.

Virginia Ellen is a modern-day mystic and a bearer of Jesus's original message. She had a near-death experience in which she came face-to-face with her teacher, Jesus. In this transformative experience, Virginia was infused with the wisdom and energy to activate the sacred seals (Christ light). She now transmits this sacred energy to others, bringing God to life in every cell of the body while activating their sacred seals. Visit www.CourseinSelfLove.com for more information.