

SEDONA

Journal of EMERGENCE!

PEACE TO ALL BEINGS • AUGUST 2009

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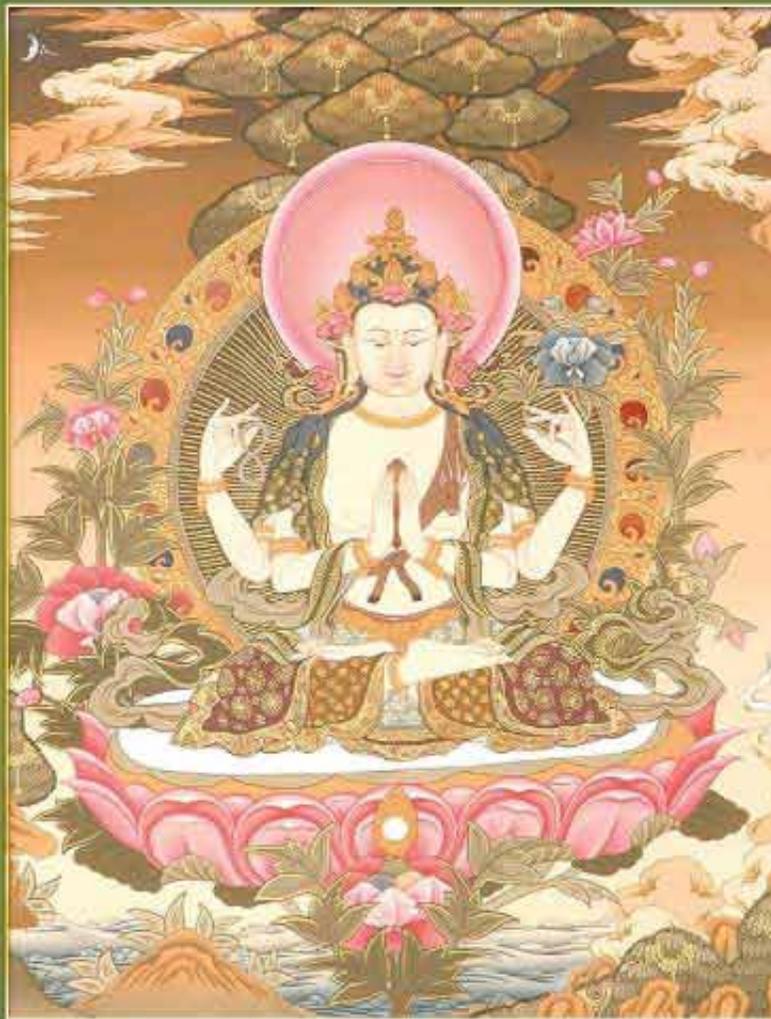
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TOOLS FOR WHOLENESS

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PREDICTIONS & FEATURES

Astrological Forecasts, Numerology, The Dream Zone, The Animal Whisperer, Essences of Nature, Feng Shui, Ask Rochelle.

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THE INDIGO GENERATION: MATURITY IN ADOLESCENCE

GAJA/PEPPER LEWIS

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MASTER KIRAEL/
KARU FRED STEBLING

THE LOTUS FLOWER OF YOUR HEART CHAKRA

QUAN YIN/TIERESE DOREE

YOU ARE THE MOST IMPORTANT REASON FOR YOUR EXPERIENCES

GOLDEN ARROW/ALEXANDRA WARD

AFFIRMATIONS OF THE NEW PARADIGM

KWAN YIN/REVEREND VIVIAN STARFIRE

BREATH AND ITS SACREDNESS

LORD KUTHUMI/RAE CHANDRAN

DIVINE GRACE AND COURAGE

ARCHANGEL MICHAEL/NORMA GENTILE

WILL YOU GIVE TO YOURSELF THIS FREEDOM?

EXPANDED CONSCIOUSNESS/
MIRIAMANDA ROTA

AWAKENING THE GIFT OF BASIC SANITY

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ABUNDANCE IS ON THE WAY TO YOU

STAR ELLIERS/ALLINA JOY

INSPIRED INFORMATION

from beyond the focus of Earth to guide, teach and help you now, as you awaken to your natural self and your natural talents and abilities.



ALEXIS CARTWRIGHT – WORLD RENOWNED CHANNELLER, AUTHOR, HEALER AND TEACHER USA TOUR OCTOBER/NOVEMBER 2009

*Alexis Cartwright is the channel, anchor and founder of Transference Healing®, the globally respected 7th dimensional healing and ascension modality. Her highly acclaimed publications include **Beyond Doorways: The Mysteries Revealed** and **Animal Magic: Earth, Mythical and Elemental Ascension Cards**.*

MT SHASTA TRANSFERENCE HEALING® TRAINING CONFERENCE

Alexis is very excited to be travelling from her home in Australia to the United States in October/November of this year. During this time she will be facilitating a range of Accredited Transference Healing® workshops. This year's training conference will be taking place in Mt Shasta, a majestic setting with a beautiful blend of elements that will work together to support the incredible energies of the Transference Healing® workshops.

Alexis will be travelling to Mt Shasta for the Transference Healing® Training Conference, where the opportunity to undertake the full range of Transference Accredited workshops is on offer. The range of workshops includes the Fundamental, Advanced and Teachers training. By stepping into the Transference Healing® workshops you are offered the chance to commit to your own spiritual growth. These self-empowering workshops provide the tools for self-healing and self-mastery, aiding you in your healing and ascension process through the teachings of alchemy and the Lightbody.

For more information regarding Transference Healing® and Alexis' upcoming US conference please visit our website or contact Irene Payne at Irene@transferencehealing.com or call her on +61 (0) 417 805 411.

NEW LIFE EXPO NEW YORK

In addition to the magical location of Mt Shasta, Alexis and the Transference Team will be on location in New York. For the very first time Transference Healing® will be represented at the NEW LIFE EXPO in New York (October 16 – 18). Our booth will be manned by a number of Transference Healing® Practitioners/Teachers who will be available to answer questions regarding this amazing healing and ascension process, as well as providing the opportunity for healings and readings. Transference Healing® spiritual tools will also be available for purchase at the booth, including signed copies of Alexis' recently revised edition of her enlightening publication *Beyond Doorways: The Mysteries Revealed*.

During the NEW LIFE EXPO Alexis will be facilitating a special Mass Healing and Lightbody Activation Presentation, as well as a Lightbody Activation workshop. This self-empowering workshop is designed to support your personal alchemical and healing ascension process. We will be located at booth #403 during the expo. For more information regarding times and booking information for Alexis' workshop please check the expo website at www.newlifeexpo.com (details will be released closer to the expo dates) or the Transference Healing website at www.transferencehealing.com

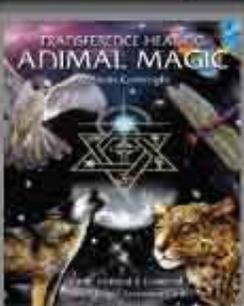


Beyond Doorways: The Mysteries Revealed

A beautifully produced book that is one of the most comprehensive manuals on ascension teachings available today. Alexis' in-depth, personal and channelled perspectives reveal a diverse range of teachings from alchemy and lightbody technology to the

teachings of the Celestial Christ and so much more.

In reading this book you will gain an understanding of the changes occurring in the planet and humanity at this critical time of ascension. Most importantly you are offered powerful tools that will greatly assist you and your loved ones to maintain balance, raise your frequency, shift your reality and transfer to the 5th dimension in harmony with our planet through a process of divine synchronicity.



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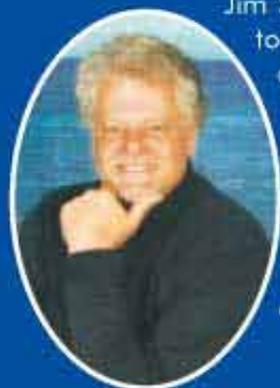
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Mount Magazine State Park, considered a sacred mountain by the indigenous, will be the alignment point for the activation of the Emerald Crystal and will vibrate with the energy of the Divine Healing of the Goddess, as it once did in the Temple of Healing in Atlantis. Metatron has directed that this holy mountain be the anchor for this event. From the apex, the Om Crystal of Shasta and the Golden Crystal of Brazil will be aligned and activated.

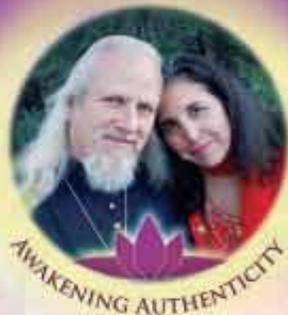
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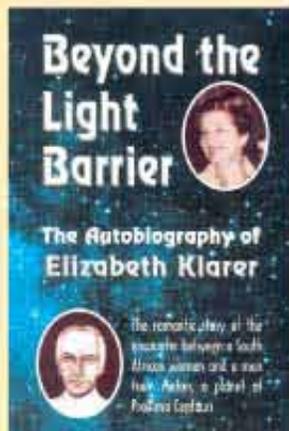
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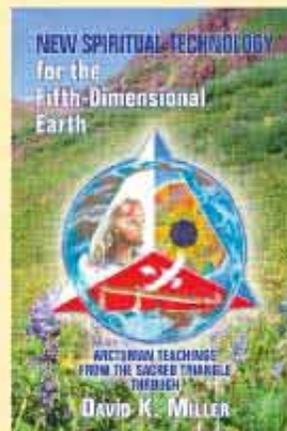
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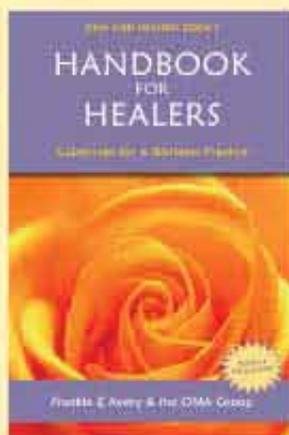
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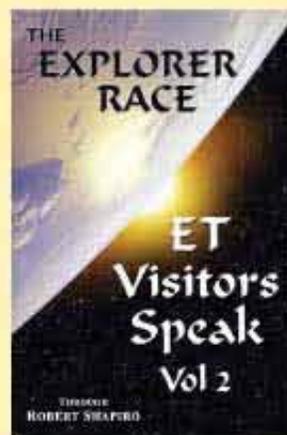
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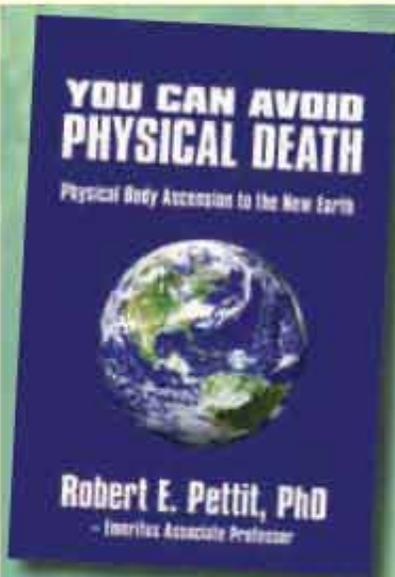
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Robert E. Pettit, PhD, was an electrical engineer, taught electronic guidance systems for the US Air Force, and High School Sciences. A University of Missouri Instructor (seven years), a Professor at Texas A&M University (twenty-six years) in Plant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



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AUGUST 2009

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Cover Art:

Avalokitesvara

<http://en.wikipedia.org/wiki/Avalokite%C5%9Bvara>

Avalokitesvara, meaning "Lord who looks down," is a bodhisattva who embodies the compassion of all Buddhas. He is one of the more widely revered bodhisattvas in mainstream Mahayana Buddhism. In China and its sphere of cultural influence, Avalokitesvara is often depicted in a female form known as Guan Yin. (However, in Taoist mythology, Guan Yin has other origination stories [that] are unrelated to Avalokitesvara.) Avalokitesvara is also referred to as Padmapani ("Holder of the Lotus") or Lokesvara ("Lord of the World"). According to Mahayana doctrine, Avalokitesvara is the bodhisattva who has made a great vow to listen to the prayers of all sentient beings in times of difficulty, and to postpone his own Buddhahood until he has assisted every being on Earth in achieving nirvana.

Chemtrails: What YOU Can Do About Them

Grandfather through Robert Shapiro

9 June 2009

All right. This is Grandfather. Now, we're going to do something brief for the magazine: chemtrails. But not who did what to whom, none of that stuff. The important thing for you all now in regard to the ever-growing concern about chemtrails, and generally speaking about anything for which you might have in the past either been interested in or even participated in, is blaming. Blaming leads, generally, to some kind of strife or at the very least, internal conflict. And we really cannot condone that anymore. We can understand it. Everyone can understand that, all right.

But history is too much about conflicts that were seen to be very justified by whoever is writing it. And I'm not trying to dispute their justifications. What I am saying is if there is something that needs to be corrected, first let's begin with the correction. And then later if you want to analyze it in historical circles, go ahead, but not for the purpose of perpetuating conflict. There's too much of that.

So now those of you out there who want something to do about chemtrails, or who are ready to do something about chemtrails, I'm going to suggest this: I recommend that you go out on the land if you possibly can. But if you cannot for any good reason, or any reason, then ask for all the most benevolent energies that are available for you to be all around you and all about you, and wait. And if you feel some energy, go ahead. If you don't, then just wait about thirty seconds. Then say:

Living Prayer

"I am asking that all those substances, biologicals and other that make up the constitution of chemtrails now mutate and transform into something that is benign and safe for human beings and all beings. And that this happen now in the most benevolent way."

If you are out on the land, after you say that, then move off the place you were on. Just stand about five feet away and you can go on about your business. But if you are at home or someplace where you can't easily get around or get away from that spot, then try to put a little distance between yourself and that spot. Not because there is any

harm or anything to worry about, but because it will allow the energy to permeate the place you were in. If even a hundred people do this, it will help.

Most importantly, it will give you something that all the blaming in the world cannot give you. And that will be, that it will give you a sense of being personally involved in the transformation of that which may be harmful to some individuals—and by individuals, I include non-humans as well. I'm not going to talk about who's doing what to whom here because this thing that I'm giving for chemtrails, as they've been called, can apply to other situations.

ADAPT THE LIVING PRAYER TO OTHER SITUATIONS

Perhaps there will be some malady that is being experienced. If so, you can easily adapt that same living prayer, using the same arrangements with the energy, and so on, and say something along those lines. But instead of specifically stating it along the lines of chemtrails, you can say whatever organism is involved, then you go on and say the rest of it. Consider also that this can be adapted as well to other circumstances.



ROBERT SHAPIRO

EXPLANATION OF CHEMTRAILS

Chemtrails began to draw the public's attention in the mid-1990s. "Chemtrail," short for chemical trail, refers to the streaming cloud formations trailing behind airplanes that, some claim, contain chemicals, biological agents or radioactive material released by planes in their wake. Though claims about the reality of chemtrails are unsubstantiated by mainstream science, many believe that world governments and/or the military have authorized this alleged spraying of chemicals at high altitudes for an undisclosed—and, some have suggested, possibly sinister—purpose. The government, the military and the mainstream science community have denied this, and no official studies available to the public indicate the presence of foreign substances in the high atmosphere due to chemtrails.

Many theories as to the composition and purpose of chemtrails have been proposed. Some claim the spraying is a form of biochemical attack, while others posit that it is a mass inoculation against just such an attack. Still others suggest that the effects have to do with global warming. Numerous claims have been reported of increased instances of illness and behavioral changes in areas where a higher than average amount of chemtrail activity has been observed. No major studies confirm a correlation among these incidences, however.

Chemtrails are not to be confused with contrails, or condensation trails, that form in the wake of an airplane's path. A condensation trail is the natural result of hot airplane exhaust interacting with the much colder atmospheric conditions, thus creating a long, streamer-like cloud. Meteorologists and other experts assert that what are claimed to be chemtrails are merely contrails, but those who assert the existence of chemtrails argue that there is a visibly apparent difference between the two phenomena.

I don't want to discourage your own creativity, but I will just say one circumstance.

Suppose you are ready to go out for a nice walk, and you notice before you get to the door that there's some uncomfortable feeling. And you walk over to the window, you look out and you get that uncomfortable feeling again. Then you walk back a few paces and you feel all right. This might mean that there's a lot of tension outside. Not coming from you and not necessarily coming from anybody you know. But it could be, in general, that there's a lot of tension, and people are worried and nervous about this or that. You don't need to know what about. If you know what about, that's fine. But you don't need to know. Again, you can use this same arrangement. Ask for the energy to be with you that's most benevolent for you as stated before, and then say something like this:

Living Prayer

"I'm asking that all of those tensions and feelings, unexpressed and unresolved in human beings, now transform in the most benevolent way to feelings that are benign, relaxed and comfortable. And that this result in the most benevolent outcome for all beings."

Then in case you need to go for a walk, you wait maybe a half hour or an hour, and if it starts to feel better, then maybe you go out for your walk, like that.

**YOU'RE IN A POSITION NOW
TO HELP RE-CREATE YOUR WORLD**

I want you to start thinking not in terms of who did what to whom, but *what can I do about it now?* If you can take other actions that will help in resolution, that's fine, but also try to do this. You're in a position now to truly participate in the re-creation of this world. It's not your job, any individual, eh, to do everything, but you can make a contribution along these lines.

I'll give you one last thing along these lines in this brief article today. You could also, if you're so inclined, say, there's been tension and upset in the house where you live. Maybe it's with a family member. Maybe it's with many people or in your own neighborhood for some reason. Perhaps there's been some upset, or some local tragedy and people are disturbed. You don't want to take their feelings away from them because they need to process through whatever they are going through. But if you feel it's too much, too intense—and people are too edgy in your family or in your immediate environment—you can say, after you ask for the most benevolent energies to be all around and about you, you can then say: "I am asking that all these tensions and upsets that are in my immediate environment calm now, in the most benevolent way for all beings." And relax.

You would have done what you can do, perhaps you have done other things, but this will be another thing you can do. Some of you will feel a significant amount of energy that comes up while you are saying some of these words.

And always say these living prayers out loud if you can, or at least whisper. If that good energy feeling comes up, pause for a moment. And then you can continue on when the energy fades. If you're done saying the living prayer and the energy comes up, pause and remain as still as possible until the energy fades. You can breathe of course. When the energy fades, you can get up and go on with your life. That's what I recommend.

Let's remember to be solution oriented so we don't get stuck in the past and get upset by what's going on in the world before. This doesn't mean that you don't do what you can to bring about resolution in some benevolent way about some longstanding issue or problem. But in these times of creativity and re-creation, you might just be able to contribute in such a way as solution would be the immediate goal, not analysis, blame, and then, "oh yeah," solution. Solve it first.

If the fire department were to approach putting out fires in a, "Now what shall we do about it, and who's at fault?" manner, those fires would rage on. It's not that they ignore "How did this fire start?" but they put the fire out first. Solution first, then afterwards you can try to figure out what caused it. Try to remember: solution first. Good life. *



Living Prayers for Transformation and Mutation

Various Beings through Robert Shapiro

BIRD FLU: SOMETHING YOU CAN DO TO HELP NOW

13 October 2005

Today I'd like to introduce you to something as a possibility. I'd like you to just think about it as a possibility and as this talk unfolds, you'll see if it might be more. Let's start with a Living Prayer. I'm recommending that you say:

Living Prayer

"I am asking that all living Beings on Earth and everywhere have all the food, space to live, comforts, companionship and benevolence they need in order to live the most benevolent and beneficial life that they can experience."

You know that when life becomes unbearable for any group of beings, what occurs are different behaviors. Sometimes they get self-destructive, other times they get angry and upset. Sometimes they get really feisty and other times they just pray and ask God for help—anything to get them

out of that horrible state. You know that sometimes human beings go through this and that this does happen for human beings on Earth. The Living Prayer above will help in those situations, but today we're going to work on something a little different. There are species of animals on this planet that have been serving human beings for a long time, and in the past when the conditions they were living in were tolerable, they were comfortable with that form of service. They knew that being here would mean that they would be offering their bodies, and sometimes the products of their bodies, to serve human life.

Nowadays, however, many of them are suffering too much. This bird flu situation is an example. Not all birds in captivity are suffering but many are, and all birds—if even some of their species are suffering greatly—are desperate for help for them but there's something you can do to help and I'd like you to consider that it is possible. First off, consider saying the following Living Prayer:

Living Prayer

"I am asking that all creatures who serve the human race and provide us with food, clothing and other necessities from their very being, be treated well with good food and room to live and the opportunity to experience their own culture and togetherness in the most benevolent way that serves them and allows them to serve us."

After you say that, for those of you that do, wait and see if you feel any warmth or energy. If you do, just let the feeling pass—that will help it to come into being.

There are many farmers who free range their chickens, and by that I do not mean putting them in a small coop and letting them walk back and forth, but actually allowing them to walk about. It is this kind of situation, small farmers I grant, that serves that population of beings in service. I would like to suggest that larger farms be given or allowed use of more land so that they are able, with proper support, to allow their birds much more room to move about. The reason I recommend this is that when a species is suffering, it will accept any way out if the suffering is too great.

There is another way you can help with so-called bird flu, and I want you to consider that this is possible. Think about it and say it if you would, and if you feel that loving warmth in your bodies—which is Creator's way of acknowledging that you are receiving and projecting Creator's love and your loving yourself—that you allow that to be there while you are saying this. If you don't feel it, that's all right too; you'll feel that some day saying these things. Consider saying the following:

Living Prayer

"I am asking that the microbes and organisms that stimulate and support the disease we know as bird flu mutates now into a more benevolent form that is safe for all human beings and that is safe for all beings."

I believe the birds have gotten their message out that the disease, being largely unknown in contemporary times—the disease has signaled and the signal has been heard of their plight, but the signal has not been understood and perhaps now it can be understood better. Sometimes organisms that cause disease are helping those who have no other way out. This is not always the case, but sometimes it is. I want to thank you all in advance, those of you who choose to say these things—these Living Prayers—which are intended to provide you with ways to improve the quality of your life and perhaps the quality of the lives of others. Good life to you all and good night.

LIVING PRAYER FOR IMPORTANT GLOBAL SITUATIONS

30 October 2009

Some of you have requested to some Living Prayers that you can say about certain world situations. As you know, Living Prayers are said for yourself and others—yes, it does work that way. Usually you say Living Prayers for others but a Living Prayer is inclusive, so it includes you as well.

In regards to violence, I recommend that you say the following:

Living Prayer

"I am asking that all those who may be subject or at risk from violence be insulated and protected in the speediest and most benevolent way. I am also asking that those who may be at risk to do violence also be insulated and protected so that they feel safe and are less likely to resort to such acts."

We say a Living Prayer that includes those who might do violence because, even though those who may do violence are not always frightened at the time they do it, the reason they engaged in violence is that they were frightened at some time, and while this Living Prayer will not prevent all violence it will go a long ways toward helping prevent it.

Regarding disease, I recommend you say the following, which I feel this is a valuable thing to say:

Living Prayer

"I am asking that all those microbes, bacteria, viruses and other organisms that may cause or contribute to disease mutate now in the speediest and most benevolent way to a benign form that will have only benevolent effects on those they come in contact with."

Now, when you say Living Prayers, remember to try to say the words slowly, and if you feel good feelings of energy and warmth, pause and allow those feelings to be there for a moment, and then slowly go to the end to complete the Living Prayer. If you feel that good energy or warmth at the end, pause a moment before you continue with your life. This good energy will feed you and nourish you, and

it will also help to bring about the manifestation of what you are requesting.

Now, remember that the purpose of saying these Living Prayers is to begin these processes. Some of it might happen very quickly, and some might take longer. It is, however, as you know, very good to start.

I want to thank all of you who are participating in doing this homework for yourself and others. I feel it will improve the quality of your lives, and perhaps it will improve the quality of the lives of others. Good life to you all and good night.

BENEVOLENT MAGIC AND LIVING PRAYER FOR TRANSFORMATION

15 November 2005

Many of you have requested certain Benevolent Magic affirmations that you can say for specific situations, such as disease. There have been times especially lately, because of campaigns or talk or even well-intended information that you have perhaps feared disease.

You might say as Benevolent Magic:

Benevolent Magic

"I request that my capability to deflect all organisms and fears and energy of fear from those around me be easily assimilated and applied consciously, and even unconsciously, by me in the most benevolent way for me, resulting in the most benevolent outcome for me now."

Let's do a Living Prayer, which also will cover you and others, that you could say another time if you like. I always recommend that you wait between saying Benevolent Magic and Living Prayer—wait at least an hour or forty-five minutes if you can. If it's urgent or you feel it's an emergency or you've tripped up on the words, as happens sometimes, then just stop immediately—wait about three, four, five minutes, whatever you feel is all right and say it again. That's just a reminder. Now let's do this Living Prayer:

Living Prayer

"I am asking that all forms of virus and bacteria as well as toxins and toxic fear evolve and mutate now into a benevolent form for humans and other beings here on this planet."

I feel that it is good to be more inclusive in this Living Prayer. I will continue to encourage you to look around your world to see how you can incorporate the forms of concern or fears in your fellow beings and say Living Prayers to console them, to nurture/encourage them and to provide benevolent assistance by incorporating the Creator spark and loving energy and encouraging the cooperation of all souls in these Living Prayers and Benevolent Magic.

Now I'd like to give you one more for today. This is to cover another concern of your times—a Living Prayer if you would:

Living Prayer

"I am asking that all those fears, anxieties and concerns of our own value, worthiness and self-identity be replaced with benevolent feeling, and the capacity to feel, absorb, assimilate and attune to benevolence in our world by all those energies and loving beings who support that."

Now the reason I'm giving this Living Prayer is that there is an increasing support from energies of love and kindness that is being contributed to this planet. Some of it is from Mother Earth herself, some from visiting benevolent Spirit and some from yourselves, because your capacities, your hearts, the depth of your souls, and Creator as well—which includes all of you at that level—are participating more in your Earth experience.

I know it's not always obvious but there are moments for many of you very often that arrive in a completely unexpected way that remind you or suggest that things are changing or can change for the better. This trend will continue. It won't always be obvious but it will very often be obvious in unexpected moments or even in tremendous response from many people around you in a way that encourages and enriches you. Look for them. They are happening now and will happen more often. Good life to you all and good night.

SHARPENING YOUR PERCEPTIONS

22 November 2005

Your world is moving gradually toward becoming more benevolent. Some of you have asked, "How can I see that and not just see strife?" While I support you being an informed citizen, I would recommend that in order to heighten your senses, it is important to remove as much as possible that dulls your senses. I'm not talking about simple pleasures from human being to human being, but I am talking about things that are technological in nature. While television can be a comfort and be nurturing, it also almost always prompts your body when you are watching it, whether it is the news or some program of excitement with performed acts of violence, to enclose itself—to shield itself.

Your body does not differentiate that much between real violence and artificial violence, and even though the news is important to understand your world and to keep informed, televised news will often have images of violence and prompt your body to become constantly afraid of the environment described because the news is not artificial for the most part. It is pictures and sounds and reports very often of actual violence.

I'm not indicting the news for being a causative factor in dulling your senses, but I feel it is important that if you

wish to be informed as a citizen, you should watch less news. And if you see something on the news in television or read something in the paper or even hear something spoken about that is a news event, as soon as you can—if it is upsetting you or it represents violence—even violence prompted by nature, such as storms or Earth motion—as soon as you can, say this Living Prayer:

Living Prayer

“I am asking that all those beings . . . (you see ‘beings’ covers human beings, animals, plants, everything) . . . I am asking that all those beings in . . . (then you mention the name of the place, if you can, or if you know where this event took place, then you say it) . . . who need help, assistance, love and support, have all their needs fulfilled now by all those beings who can help them.”

This is something done to help support your perceptions and to sharpen your senses, so you can see and feel the benevolence that is happening in the world. It also allows you to contribute to the solution rather than to simply become anxious, afraid, worrisome and be upset for your fellow beings. It gives you something you can do.

Living Prayer functions to provide through a request—and many of you will feel some benevolent energy when you say this, although sometimes circumstances will not support your feeling it, but you will often feel it—Living Prayer requests the cooperation of all souls, and it works. You may not see the results yourself.

You may not hear of the results, but often you will hear about something that was expected to happen that would have been much worse—say, post catastrophe disease, for instance—while expected, happens only in a very minimized way because you, and perhaps others like you, said a Living Prayer requesting not only that the beings who were exposed to that catastrophe receive all the help they needed, but some of you might also have thought to say that you ask that the organisms, viruses, bacteria and so on mutate there into some benign form that will be safe for all beings, and you’d be surprised at the level of cooperation among all life, including that which is around you.

Living Prayers include everyone and exclude no one. Their results and their process are all about the united aspects and cooperation of all souls and all souls of all beings. I have found the Living Prayer to be very profound and often very helpful. This is one of the good ways to sharpen your senses, because instead of simply reacting to news events—worrying or getting anxious—you have something you can say now: You are empowered—you have something you can do. Try to follow the words of Living Prayers as they are given here as best you can, and if you feel a lot of energy, and it feels good when you’re saying the Living Prayers, it’s all right to pause and let that energy be there and then finish the Living Prayer. If you’re in a rush, then continue on through it, but let the energy linger if you can.

If you are with others—perhaps you’re in a car pool, where the driver must stay alert, but perhaps there will be two or three others in the back seat who all know about Living Prayers—then those of you in the back seat could say a Living Prayer for something you heard about or someone or some circumstance. You’ll be surprised, you might feel more energy when you do this together in a small group, but there is a factor to be alert to when saying a Living Prayer with others. You have to say it out loud, and it can be distracting, but it’s all right to say a Living Prayer by plugging your ears so you can’t hear the other people say it or to whisper it.

Living Prayers are best said when the words are spoken one after the other and clearly without error if possible. To remind you, if you do trip over the words, just stop for a few minutes and relax and then start again. Say it through to the end as best you can. Some of you have trouble speaking, and you have asked what to do about that. Even though you have trouble speaking, then you should think the Living Prayer. If you can mouth it without having the words come out of your mouth—just form your lips without saying anything out loud, but thinking it—then that will help too. If you can’t form your lips, or perhaps you are unable to move your mouth for some reason—this is possible—then you should think it, and some time you may be able to say it.

Remember that Living Prayers can be said for yourself as well as others and Benevolent Magic is always and only said for yourself. That is because Benevolent Magic can be stronger in some ways—not necessarily more intense, but it requires a great deal of cooperation. You must say something like Living Prayer because you are asking their souls to cooperate in something you are asking for, so Living Prayer in some ways is more gentle. Benevolent Magic is gentle; it is loving, but in asking it for yourself, you will be profoundly receptive to receive the benevolent results, however long they take or however quickly they arrive.

So to sharpen your perceptions, when you see something on the news that upsets you or hear about something, say what you can and do what you can with Living Prayer to support resolution, because you will notice very often that it will actually cause you to feel less upset. Fear and anxiety will many times drop away because you will realize you have something you can do about the situation rather than just be frightened. That will allow your perceptions to sharpen and for you to be more alert, and it will allow your body to feel safe enough to be sensitive.

SUPPORTING TRANSFORMATION IN THE MOST BENEVOLENT WAY

27 October 2007

Now there is work to be done and I’m going to ask you to support it—those of you who would like to. Many of you have read that the antibiotics that are being developed and that are in distribution now—while

they are truly wonder drugs—still, due to the natural mutating effect of all life, there is concern that the organisms that these wonder drugs combat are not always destroyed by the drug therapy. So I'm going to suggest that you consider the following Living Prayer.

First, ask to feel all of the benevolent energies that are available for you before, during and after you're saying this so that what you say and the way you say it would have its greatest affect. So say the following words in the Living Prayer, if you would, very slowly, and if you feel the energy heighten at any moment, pause in saying the words until the energy relaxes a bit and then go on. That strong energy is the benevolent beings that will be supporting the transformation you are asking for. This is the Living Prayer. You might say:

Living Prayer

"I am asking that all those organisms that are harmful to human beings mutate and evolve now into a benign and benevolent form that will accommodate and be accommodated in the most benevolent way by our physical bodies."

It is a time now when we must support professions and services that are intending to serve us. We may not always agree with everything that is done, but it is all right to support life. I believe that that is the purpose of this Living Prayer. Good life to you all and good night.

ASKING FOR TRANSFORMATION TO CHANGE YOUR BODY

11 August 2008

Everything is alive, and now it's important for you to begin to put this into practice. I would like you to make it personal. Keep in mind that your body is laid out in certain ways, so you're not going to sprout wings and fly from place to place. So keep it in alignment with what is realistic and grounded—meaning practical/realistic, the sort of thing that can be lived with.

So if everything is alive and we know that a tremendous amount of cooperation takes place simply for life to exist—consider all of the tiny microorganisms in our body making up larger and larger and larger things, including our physical body in its totality—then there's already a level of cooperation. You do not have to encourage microorganisms to be cooperative, because they are naturally cooperative. Granted, there are some that go their own way but then for the most part there is cooperation.

Now, all this is building up to something. This is not the magic potion to heal all ills, but I would like you to try something, for I believe it has value. This has to be something that is personal that has to do with your body. So think about something in your body that may need to be healed. It might simply be a small wound that you have perhaps from playing sports or you bumped yourself and it may be healing fine, but if it isn't, then that would be

a candidate. Then you might have something else—perhaps long term that's a bit nagging, a bit uncomfortable, and hard to take sometimes but you're used to it and you know how to put up with it or how to treat it, and you found ways to help yourself. That might also be a candidate—or it might be a temporary pain or ache for which there is no great cause—it's just a strained muscle perhaps; things like that—nothing major or catastrophic.

Do not avoid going to see the doctor, for doctors are all part of the whole world of medicine. Holistic medicine relates to all forms of medicine and treatment. So don't eliminate the doctor because you might think the doctor is not part of that. Now, after you've determined the ache or pain that you have, first ask for all the energies that are benevolent and available for you to be all around you, to be near you and to be able to pass in and out and through you so that they can function to the best of their ability to support you and your wishes. Then after you give that a minute or two, say these words, and remember that when words are in quotes, if you expect them to work well, you will say them exactly the way they are printed.

I recommend you say:

Benevolent Magic

"I request that all of the microorganisms that make up my body in the area of _____," and then you state the place where you have the pain. If you don't know the area, then just put a hand or something on it and say: in this [name the place] that's good enough. If you can think of the ailment by name, then you can name it. Don't say anything angry about it. Remember, you're asking for cooperation.

Now, continuing with the words to say, ". . . mutate and evolve, if necessary, into a more benevolent form for me, so that my discomfort be resolved in the most benevolent way for me now, resulting in the most benevolent outcome for me."

Now, remember, if at any time during saying those words you feel a strong presence of energy, stop saying the words, even if it happens before you start saying the words, wait until the energy fades a bit. That energy will tell you that there is great support for what you are asking.

When that energy fades, you can then continue on with the words. Remember, if at any time a rush of energy comes in, pause. Then, when it fades, continue on until you get to the end of those words above. Then, after you have said those words, stop for a moment and just wait calmly. Do not be attached to any outcome but welcome a happy arrival.

I cannot say that it will help but it may. Remember always, in cases like this that you may be requesting something and there may be a good reason for it not to take place, but if it does take place, then always consider things like that to be a gift. In this case, it would be the microorganisms gifting you that transformation. ✨

Attributes of the Shift

Kryon through Lee Carroll

23 May 2009, Moscow, Russia

Here is a message for Moscow that is very similar to the message given only a few weeks later in Sedona, Arizona. Both of these messages will appear in the Sedona Journal, one month apart. This message is about the shift, while the Sedona message is about becoming quantum. There is new and different information in each one, but similar information and metaphors might seem to appear in both. If you see it repeated, know that those are the most profound things that Kryon sees for us today. This one seems like a short message, since what you are missing is the Russian translation. The USA message will be more complete.

Greetings, dear ones, I am Kryon of Magnetic Service. Can you feel it here? There is a sweet energy in this place. It's a sweet energy, something that is heartfelt, not mind-felt. Questions have sometimes been asked, "Kryon, do you know where you are?" Oh, yes. I'm at a place where I'm saying goodbye to many minds and many faces at the moment. Some feel they may not see me again [speaking of this being the last channeling in Moscow for the seminar]. However, they really don't understand. They would connect my partner's channeling to me, never understanding that I walk with each one of them. I am not an entity to be worshipped. I am an energy of home. I've been with you from the beginning, since the first breath, and I'll continue until the last breath. That's the connection that each one of you has with God while on Earth. There will be some teaching today, but the real teaching is in the questions: How wide can you open your hearts? How much can you really receive? Can you leave differently than you came?

There is a big shift at hand. Yesterday we spoke of it, and we concentrated on the portion of it that was consciousness. We spoke of the question of whether the shift was for everyone or for a few. We spoke of Human choice. We

KEY POINTS

- The potential exists for DNA to change, allowing the human body to function at a much higher level of efficiency.
- This DNA activation will happen as an act of conscious will, catalyzed by newly manifested energy systems.
- Opening your heart, trusting in the love of God and actively accessing the energy of that love will allow you to take charge of these new parts of your consciousness.

gave you the metaphor of moving from the spiritual winter to spiritual summer, and we showed you that the shift is happening everywhere. We also told you that it's up to the Human Beings to open the door and go outside. It's a metaphor that means that the Human Being can accept the shift or not. This means that the shift is happening, but Humanity has the choice to see it or not. Nowhere is this more evident than in what I'm going to discuss next.

CONSCIOUS TRANSFORMATION OF DNA

We have hinted at something now for twenty years: DNA is changing. I'm going to concentrate again on this, for it is the reason I'm here. DNA is changing in a way that's going to be mysterious to some, because it will enable processes in the Human body that you didn't even know you had. However, these processes will not be activated unless there is consciousness involved, doing it.

I must speak about biology. I don't want to be too complex, but I must explain it to those who do not fully understand. One of the most complex shifts of this new energy is taking place within your chemistry. It is a real shift and a real change. Your DNA is complex. It has three billion parts in it, yet less than 5 percent of it creates tens of thousands of genes that are the instruction sets for the Human body. Ninety percent of your DNA is totally quantum. But as we said yesterday, these are the quantum instructions that speak to the 3D chemistry in the smaller percentage. So the 3D chemistry in your DNA is not going to appear to change, but what you can do with it will. Think of the less than 10 percent as the engine that makes the genes and the rest of it as the instructions to the engine. The instructions are what are changing.

This is accomplished through magnetics, one of the most powerful and dynamic forces for life change on your planet. This was hinted at even in the first Kryon transcription in *Kryon—The End Times*. It is what brought Dr. Todd Ovokaitys into the fold, for he read about the magnetic resonances of the parts in the Kryon transcription and realized that I was describing what he had discovered. You have heard that I am the magnetic master. You thought that perhaps this title had something to do with the

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grid of the planet? Not really. It has to do with DNA, which is also magnetic, and with the life force of the Earth.

When you rearrange some of the magnetic resonances of the quantum parts of DNA, you activate potential. "Big words, Kryon," you respond, "but what does it mean?" I'm going to save some of the technical explanations for science sessions, and this is not a science session. I'm going to give you some information that's going to seem unbelievable: Your Human body is perfect, and the instruction sets for your DNA change according to the energy of the planet. You are headed for one of the highest vibratory rates the planet has seen, and it's all part of the shift that I spoke of yesterday. This new vibration begins to change the actual chemistry of cellular structure due to the quantum instructions. Did you ever wonder about the cells of your body? Did you ever think that perhaps they don't work well? On a scale of one to ten of what the Human Being is capable of right now on the planet, you are a three. The body is capable of a ten. You're about ready to move to a six.

INCREASING THE EFFICIENCY OF THE IMMUNE SYSTEM

Listen to this. The body is capable of so much, but it doesn't do a very good job. Your immune system lets so much disease in! It's tricked by so many viruses and really doesn't do very well. Does that sound like a divine plan to you? Do you ever sit back and say, "Who designed this? The viruses that often appear on the planet—seemingly overnight—take hold so quickly, and the Human body can't even recognize them. What kind of an immune system is that?" You'd be right to ask that question. The answer? Not a very good one. The system is only working at 30 percent, that's why.

How would you like an immune system that would block almost everything that came in, one that couldn't be tricked by viruses that destroy life? It wouldn't let them reproduce. Did you know that that is potentially what is in your DNA's abilities? The reason it's working at 30 percent is that the energy of the planet developed to 30 percent. With the addition of intent and free will, Human Beings are going to be able to increase the efficiency of their immune system. They will be able to freely walk among viruses and flus and not catch them. They will seem different from other people. They'll seem like they have some kind of magic protection. You can call it what you want to, but it will be because they are participating in the shift. This is called Human evolution.

With their free will, they are calling upon the energy that is theirs. Did you know that this body of yours is designed so that cancer would never, ever get a hold? Yet cancer is one of the biggest killers of Human Beings! There's a process in the cellular structure that is a self-diagnostic. It has a medical name in science called apoptosis, but it doesn't seem to work very well. The reason for this is that it's only working at 30 percent. Did you ever wonder how cancer could get such a hold and the body couldn't be able to do a thing about it?

How would you like to double the efficiency of your immune systems? How would you like to see an entire part of the population cancer-free? You might ask, "Kryon, are

you telling us that that's where we're headed?" I say to you that you're going to see it in many Humans, and while it will be obvious that they are different, a test of their DNA will show that they are just like all the others. This is because you will only be measuring the 3D chemistry and not the quantum 90 percent. You will be able to enhance your DNA and the instructions to the chemistry. The potentials are there for this to happen before 2025. You will see Human Beings who are able, by themselves, to increase their immune systems. "That's unbelievable," you exclaim. Well, if you thought that concept was unbelievable, this next one will shock you.

POTENTIAL FOR DNA ALTERATION

Your DNA is designed to keep you alive for a long time. It is designed to repair things that are broken and rejuvenate them. Don't you find it odd, Human Being, that even while you are at the very top of the evolutionary ladder, a starfish can grow back an arm and you can't? Did you ever think about that? There is something coming that you don't expect: The Human Being's ability to grow back limbs that have been lost is next. Now, this may seem to start with chemical enhancement or drugs, but it's going to be something the Human Being will actually be doing through the altering of their DNA. The alteration itself is going to allow some new enhanced drugs to work on some and not others. It's going to happen in the next generation.

These are potentials only; I'm giving you biological potentials of the shift that is here. These are real changes that you can see, and when you start to hear of these things, remember this night. Science is going to want to claim all the victory and not assign it to Human consciousness at all, so remember that we spoke of it here in this esoteric meeting. Oh, there's more, there's so much more.

How would you like to replicate chromosomes without shortening the telomeres? Let me interpret that: How would you like not to age so fast? Aging is a design function of a 30-percent-operational system of DNA. Did you ever hear about some of the ancients living a long, long time? Did you think that was a clerical error? "They couldn't have lived that long," many say. "Somebody must have gotten that wrong in the transcription," they say. What if they did live that long? They did! It was before the vibrations happened on this planet that took your DNA function down to 30 percent.

THE CATALYST FOR INTENT

Let's speak of the new energy system on the planet. There are actually several, but the one I want to talk about has its stewards sitting in this very city. The one you call Peggy, the teacher, has discovered a process that is pure energy. It is the toolset that will convert this energy into intent to activate DNA in the way I just told you about, the catalyst to push the DNA past the 30 percent level. Do you see how this starts to fit? This increase in efficiency is not going to happen on its own. It's complex and requires intent, causing vibrational shift. Oh, there's more!

You might wonder, “Kryon, if a man or a woman has a damaged heart valve, why doesn’t the body fix it?” What a great question. Did you ever ponder that? After all, you replenish your organs all the time. You regenerate the largest organ in the body—human skin—many times over your lifetime, so why can’t you do it to a heart valve? What’s wrong with the body that it doesn’t know how to do that? The answer is, once again, that the body is only operating at 30 percent of its true capacity. “You’re talking about miracles, Kryon,” you might exclaim. I’m not. I’m talking about the way the Human body should be. I’ll move past this, for it’s just too unbelievable, isn’t it? So let me just say that when you see these things start to occur, remember that you heard it here first—in a spiritual meeting, not a science meeting.

REAWAKENING THE INNER CHILD

There’s going to be the potential of a reawakening of a very important energy, and it’s all part of the shift. You need to hear this. Much has been said about this energy that has lain dormant. There are those who have worked on this, but at a 30 percent operational level, the Human body can’t fully develop it. A 60 percent one can and will. Have you ever heard of the inner child? You can’t really define this energy, but let me give you the feeling of it. All of you were children at one time, and many of you had normal childhood lives. Go back with me for a moment to when you were six, maybe five. Let me ask you something: What did that feel like? What were you worrying about? What was the drama in your life? There wasn’t any! The only things you worried about were how long you could play or when you had to go to bed. Everything was taken care of, wasn’t it? You didn’t have to worry about getting money to go to the store for food. You didn’t learn about that until later, did you?

So there was a time in your life when all there was, was love. What a freeing feeling! Can you imagine that right now? How would you like to revisit that feeling as an adult? Oh, wouldn’t it be freeing? This is the potential of a consciousness working at 60 percent. This is one of the keys to a consciousness that is going to defeat drama and worry. The re-emergence of the inner-child energy is a balance mechanism, so that the Human Being can have a far easier time of it. They can have joy in their lives—a joy that shows, just like that of a child—and it’s all part of the shift.

ALLEVIATING CONCERNS ABOUT THE PLANET

We told you that we would even speak of Gaia and the energy of the planet. Then Gaia went and spoke about it [through Pepper Lewis, earlier in the day]! So let us then just confirm what Gaia said, for you need to hear this from several sources. Don’t worry about what’s happening to your planet. What is taking place is a natural occurrence that has been accelerated in time by the shift. It’s nothing that you caused. Go ahead and clean up the air and stop depleting the Earth’s resources, but know that you did not cause what is currently happening.

Did you hear this message earlier when Pepper channeled the same thing? What is happening is a natural cycle of what we would call the water cycle of the planet. It has to do with magnetics and temperature, and it occurs every several hundred years, give or take several hundred years. Your own Russian scientists have seen and acknowledged what you’re experiencing right now. They say that you are seeing a reoccurrence of a mini ice cycle, and this is exactly what we have been telling you. It’s a time on the planet much like you had in the 1400s, and it is upon you again.

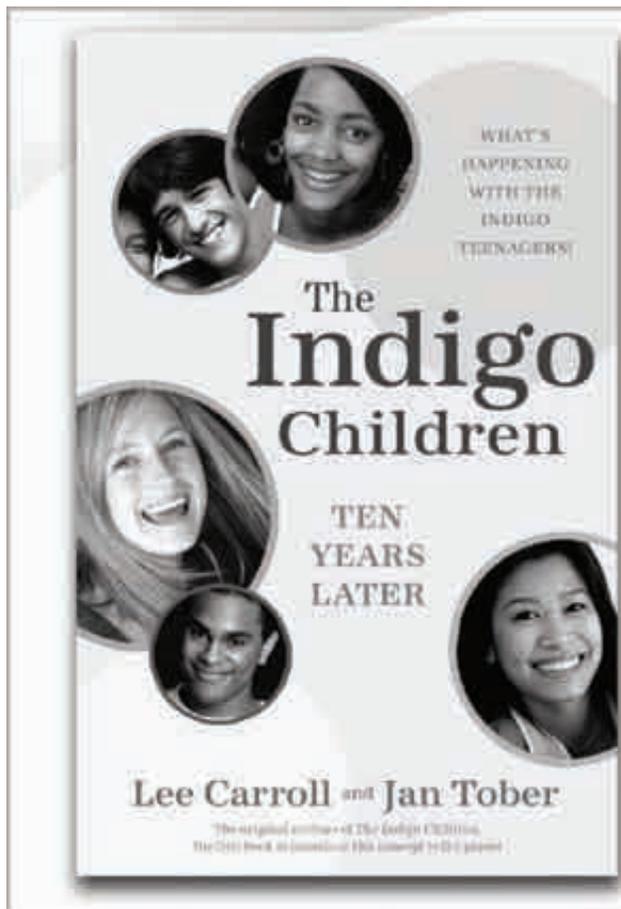
By itself, it’s not life threatening. Oh, you will indeed have more storms, so if you’re in a storm area, you’ll be more aware, won’t you? Perhaps the water level will rise. If you live on the beach, perhaps you’ll move. That’s just being smart. It’s not life threatening if you’re smart. But then again, that’s free choice, isn’t it? And just like we mentioned yesterday, there will be those who will deny it, and they’ll stand where the storms are, denying that there are storms. Some will perish in the process. They’ll stay on the beaches, watch the waters rise and perish. These are the ones who don’t want to see the shift and will not acknowledge what is taking place.

The time frame that is geological has sped up on Gaia. It had to, in order for Gaia to vibrate higher. Things are happening faster than the geologists thought they would, bringing you what you have called global warming, which is a climax of the climate situation that always occurs before a cooling cycle. It’s normal. You’ll see. So again, when scientists discover what’s really happening, remember that you heard it here in a spiritual meeting about the shift and not in a science meeting. This is information we’ve been giving you for some time. It starts to outline the attributes of the shift, and it will encompass so much!

THE ENERGY OF LOVE

All of these attributes, including the DNA shift, bring you to an awareness level at which you’re more willing to search for the God within. Even so, you might ask, “Is that really related to DNA, Kryon?” It is! The quantumness of the parts of your DNA that talk to your body chemistry will start to realize that there is more. Many will begin searching for the higher self, and that’s when you’re going to discover one of the missing pieces. It’s something you’ve always known about, but something you’ve never given credibility to. I’ll tell you what it is: It’s an energy that you don’t develop yourself. It’s an energy that Humans all have, and from the depths of your ignorance, you think it’s yours. It can’t be. It’s too big. It’s love.

There are mothers in here, and I want to take you back, mothers, to the birth of your first child. Can you remember that time? Do you remember when the child was given to you to hold for the first time? Do you remember locking eyes with that infant? Can you remember that? Now, would you tell me what that felt like? Just tell me what that felt like! The angels were standing around the bed and singing, and you could feel it. That was the love of God, visiting the two of you



The Indigo Children TEN YEARS LATER

Lee Carroll and Jan Tober

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

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

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

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with a strength that you could never have generated yourself. Were there any Humans standing with you, weeping? Did you know that the ancients were in the room with you? Did you know that your great-grandparents were with you there? Did you know that they were singing? And you thought you generated that energy all by yourself? You thought that somehow all that came right out of your chemistry, didn't you? Well, it didn't. It was one of those magical moments when you melded with the higher self. What was pouring through that door you had opened was the love of God!

This is also what happens when a man and a woman come together in love, when they look at one another and that spark of romance happens. For a little while, they look at each other, and all they do is sigh. Psychologists will say that being in love is a form of temporary insanity. It takes over all cellular structure. You think you generated that experience yourself, don't you? Well, you didn't. The kundalini experience is the love of God. When two come together in love, they create more energy than the two of them possibly could create together only as Human Beings.

There's a missing element, and I tell you about this because this is the love of God in your life. This is available for you to feel with yourself and with your higher self. How would you like to walk around with that? How would you like to shine with that? Do you think anybody would notice? Oh, they will. They'll say, "Why do you smile so much?" What are you going to tell them? "I've fallen in love with myself!" [Kryon laughs.] Be careful; that's not

exactly the right answer to give them, but that is the fact! It's all in the DNA, all of it empowering the Human Being. So that is what's going on with the shift. It's not about something that God is doing to you. It's about a facilitation that is occurring, allowing you to take charge of those pieces, parts and energy of your consciousness that you've never had control of before.

START THE ENGINE OF INTENT

Human Being, don't ask how. That's such a linear question. Instead, just *be* and begin the intent to create these things in your life. Start a process that will accomplish that goal just through your intent alone. The intent to start the process actually starts it! We've said this before: There are those who are intellectuals here who want to know the process, and their argument goes like this: "Kryon, you can't expect us to do something so life-changing without understanding the process. We have to know the mechanics of it. We're not going to trust our lives to something that is a mystery in its function." Sounds like a pretty good argument, doesn't it? Well, I've got one back for you, from me to you!

What happens today when you're done here? I'll give you the scenario that I think must happen for you to have asked the question above: The intellectual goes out and gets in his automobile. Then he gets the manual out and studies the workings of the transmission—every valve, every gear. Then he continues with the manual of the engine—every valve, every gear, every lubricant—before he can ever drive it home.

Right? I mean, after all, you would never trust your life to something when you don't know how it works! Or can you?

You see? You all do! This may be a silly metaphor, but it's the one I want you to remember. Turn the key and start the engine of intent. Let this journey begin, for there is so much energy created with your conscious mind, a quantum energy that you cannot define or understand. Instead, trust in love, for it is the glue; it is the lubricant of the new energy on this planet. You don't want to hear that, do you, intellectuals? For I've just told you that emotion is the key. Get used to it. Open

A Gift

Onereon through Jeff Michaels

As above, so below. There are many questions in the world at this time. There is much occurring that is difficult to understand in a spiritual way. For many, it is seemingly more difficult to act spiritually now than it was just a few years past. There seems to be a lowering of vibration in human society rather than the expected raising of vibration. These perceptions are not inaccurate. We cannot, in this forum, answer every individual question; however, we can offer some general observations and thoughts on the nature of the times. We can also offer a gift.

AN ASPECT OF THE UNIVERSAL MIND

First we remind you that each of you is an aspect of the universal mind: the consciousness that is expressed by the physical universe. With this one thought, you can find yourself connected to unlimited resources. When we use the term "resource," what are we saying? It is an indication that you can return to Source. You can access the primary energy of all creation. We know that in saying this, we make it sound easier than it is. It must start as a thought, but before it becomes a personal truth, you must also feel the concept within your heart. This is where the difficulty lies for most of the family human.

You are now alive at a time of great change. There is a stressing of the energies of the universe in the vicinity of

KEY POINTS

- Onereon reminds us that we are all aspects of the universal mind, with access to unlimited resources in the primary energy of creation.
- Sensing the tides of energy—experiencing their stillness and preparing for their surges—allows us to move with the waves of energy natural to human experience instead of becoming overwhelmed by them.
- Clearing away the blocks to proper energy flow can grant us freedom from guilt and fear and a renewal of spiritual strength.

your heart. This is the message of Kryon. I am the lover of Humanity, one who knows each one of you. And so it is. *

* * *

Kryon prophesied the Iran struggle clearly in Book 12 in 2007. Then a Q&A was published later with Ariane publishers in Quebec, Canada. What is on CNN right now is what Kryon said would happen. For more information:

http://www.kryon.com/inspiritmag/articles/kryon/Iran_Kryon-6.09_P.html

the Earth. Many things have altered, and they will not go back to the way they were before. For many of you, there has been loss of physical resources, often through no fault of your own. When this occurs, you begin to seek a security that has its root in the physical realm. This then lowers the general vibration of your life. This is not wrong; we merely remind you of this so that you can examine where you are at in the stream of time and perhaps raise your vibration again. For most of those reading these words, you know well how it feels to operate at a higher level of spiritual existence. We say now that, after having been there in the past, it will be easy to achieve a return to this level.

THE ENERGY OF TIDES

The second observation we will give is this: All things are energy. Energy moves in waves. In a sense, your section of the galaxy is experiencing a very low tide. Do you feel that you lack the energy for necessary tasks? Do you sense this emptiness or imbalance in those you are close to? Do you see how the entirety of human society appears to be running out of things that represent energy? Have you noticed the great surge toward finding new technologies and sciences to gain or create energy in a clean or more efficient manner?

We tell you now, be cautious. The tide may be out, but tides return. It is better to sit away from the edge at this time. Many of the ideas and industries will be swept away when the tide of energy flows back into this area. There is a time to be active and a time to be still. This Now is that time for stillness. Take advantage of this as best you can. It is difficult when you feel your life is lacking. There will be a time for activity, and soon. Before the end of the year, many things will have

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changed. We are in preparation for a phenomenal time in all history. Be preparing yourself now.

You will likely observe surges. You may convince yourself or others that the tide has returned completely. We caution you: There will be surges, but the tide does not return all at the same time. Look to the oceans and recall the principle of as above, so below. If it applies one way, then it must apply the other. There is much you can learn about the action of Spirit through the study of the movement of water. If you are an aspect of the Source and the level of energy is low in this portion of the universe, what then is the wise course for the spiritual being? To remain alive, we must sometimes ration ourselves. It is easy to see how this happens in a physical way. It is more difficult to understand how to ration oneself spiritually.

This is where the concept of re-sourcing becomes important. Much of what you need spiritually is inherent within each individual. There is little needed from outside of you for enlightenment. We have existed in a time of abundant energy for quite a while. Now that that energy has lessened, we may perceptively view this as a lack. We assure you now that there is no lack in spiritual energy. Change the way you think, and you will find everything you need to be very close. How can Source be distant from itself?

This is a truth. It is a primary truth that you, each one of you, is an aspect of the Source. Each one of you is complete. You have the inherent ability to manifest and to heal. You each have the ability to connect with your own spiritual companions, to learn your own spiritual histories, to discover your own karmic thread. Each one of you knows who you are and with what contracts you have entered this incarnation. You are body, mind and spirit, and there is no separating these things. In this way there is no separating you from Source; there is only a blocking of the flow.

CLEARING BLOCKS

We offer this third observation: A part of the great experiment of life on the Earth is to clear away blocks that prevent energy from flowing freely. The things in your life that seem to hold you back—the moments when you feel you cannot succeed, the times when you feel alone or misunderstood—are often your moments of opportunity and promise. You deal with the energy blocks from a physical vantage point for a reason. It is easier to identify these blocks when we are in a lower level of vibrational existence. Conversely, it is harder to deal with the blocks when incarnate on the planet. This is why you are being taught to operate at such a high level of spirituality. This is why you chose to be here at this time.

We tell you now, the times may be difficult, but you are succeeding in ways that you cannot fully comprehend while

in the physical realm. The approaching period of 2012 and beyond is not meant to be easy. It is meant to cleanse and clear away old thought and practice. These old blockages are being broken down now by all of you. Old assumptions and rigid beliefs are being made smaller and being worn away. Continue to look for the new ways and thoughts. Approach your life every day by asking, "What can I do that is new to me? What can I learn today that is different for me?"

FREEDOM FROM GUILT AND FEAR

Let us make a final observation for you: The blockages that we all experience are usually identifiable by the emotions they elicit. For example, if you feel fear, you must ask yourself, "What am I truly afraid of? What harm can actually happen to me if I act?" If you feel guilt, you must ask yourself, "Who is the one that created the belief in guilt? Am I justified in accepting someone else's judgment of my perception of right and wrong?" Look to the old religions and see what fear and guilt have caused: a nearly complete moving away from true spirituality. Fear of punishment is never going to help people to gain a closer understanding of their place in the universe. Feelings of guilt will never help one gain a higher vibrational existence. These emotions do not build you up; rather, they tear you down and weaken you.

The approaching period of 2012 and beyond is also not meant to be hard. It is meant to assist and raise not just human life, but all life to a higher vibration. It is a time of returning to the Source. It is a time of beginning and coalescence. And now we tell you, to gain and retain your strength in this time of great shifting, you need to remember and practice the above three things: a connection to the universal mind, an awareness of the tides of energy and the clearing of blocks. You do not need to be an expert in these disciplines; simply thinking about them will help. Acting on them will produce a life that will strengthen your entire karmic history.

We have said these words many times before. We repeat them now for emphasis but always speak them as a reminder of true spirituality. How can fear exist if you are filled with true love? How can guilt survive and continue to block the flow of energy if you are acting as a living expression of true joy? In what way can energy be blocked if you are flowing with the quality of true peace? Yes, it is a difficult time for many. You have a choice. We have provided guidelines and answers. Act in these ways, and see the times you are living within become easier and brighter. In this way—and only in this way—can you affect the conflicts existing now upon Earth. We thank you for your efforts during this era. We send you love and joy, and above all, peace. We invite you to pause and take time now, this very moment, to receive this gift from the realm of Spirit. ✨



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Channel	Title	Date	Place	For more info:	Books
 Lee Carroll	Kryon Seminar	August 22, 2009	Nashua, New Hampshire	www.kryon.com	 Lifting the Veil ISBN: 987-1-888053-19-7 Price: \$14.98
	Kryon Seminar	August 23, 2009	Hoboken, New Jersey		
	Kryon Seminar	August 29-30, 2009	Portland, Oregon		
 Ronna Herman	Quest for Mastery with James Tyberonn	October 10-12, 2009	Lake Tahoe, Nevada	www.ronnastar.com	 Let There Be Light www.ronnastar.com Price: \$22.00
	Free Q&A teleconference with Master Djwhal Khul	August 2, 2009	Teleconference	www.vajraflame.org	 The Matter of Mind ISBN: 978-1-891824-630 Price: \$16.95
Local Workshops	Monthly	Denver, Colorado			
 Drunvalo Melchizedek	Re Awakening Ancient Memory The Gathering of Waitaha Family	August 8-19, 2009	Aotearoa, New Zealand	www.drunvalo.net	 Ancient Secret of the Flower of Life Vol. II ISBN 10: 1-891824-21-X Price: \$25.00
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 Steve Rother	Fifth-Dimensional Living	August 1-2, 2009	Sao Paulo, Brazil	www.lightworker.com	 So I'm God, Now What www.lightworker.com \$17.95
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ANIMAL SOULS SPEAK

THROUGH ROBERT SHAPIRO



Robert Shapiro is largely known as a professional trance channel, with several series of published books such as *The Explorer Race Series*, of which this is book #13; *Shining the Light Series* (8); *Shamanic Secrets Series* (3); *Benevolent Magic*, and the *Ultimate UFO Series*.

But, as he is now, he is a mystical man with shamanic capabilities well and thoroughly infused into him. He also has many unusual skills that he is teaching through blogs, the *Sedona Journal of Emergence* and these books. It is his intention to bring about the most benevolent change available on the planet through sharing his personal inspirations as well as his channeling, which in this book is of these wonderful beings humans call animals.



Robert Shapiro

Chapters Include:

Eel	Deer	Phoenix	Dog	Myna Bird	Ant
Tortoise	Elephant	Chickadee	Whale	Llama	Moss
Frog	Rabbit	Koala Bear	Shark	Sea Sand	Overspirit
Skunk	Polar Bear	Spider	Gnat	Giraffe	Human Sea Elder
Snail	Earthworm	Cat	Butterfly	Manta Ray	Creator's Emissary

The animal world will speak, if you prefer, through elders. This has certain advantages, since that way they can include knowledge and wisdom to a degree—not to a vast degree, but to a degree—about their home planets.

—Grandfather

Each animal brings a wondrous gift to share with humanity—enjoy it!

Welcome to the footsteps of the loving beings who support you, who wish to reveal more about themselves to you and who welcome you, not only to planet Earth, but more specifically to the pathway of self-discovery. Take note as you read this book of what resonates, what stimulates your own memories. Use it to inspire you, to encourage you, to support you along your path toward inevitable self-discovery, and ultimately to support self-discovery in others that results in revealing the true and most benevolent heart of all beings. Good life.

—Creator's Emissary



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Families of Light

The group through Steve Rother

June 2009

Dear ones, this day is special. There are many things happening throughout the universe of which you have little knowledge. This is a day of celebration in many quadrants of what you call your universe, for you are not alone on the planet of free choice, and you are certainly not alone in the universe. You will find that as your vibrations continue to rise, you will feel more of these connections. Although this is something very magical, you may feel sad because you are so empathetic and deeply connected on an energetic level. You have agreed to come in with a sensitivity level that sometimes restricts you because of your own energy field and your own vulnerabilities. You have gone through many lifetimes with the same vulnerabilities, sensitivities and gifts you now carry. However, this time it is different for many reasons.

You have now passed the energetic levels experienced during the times of Atlantis and Lemuria, which have been the main focus for humanity. You have evolved further than this planet has before. We know it does not seem this way if you watch CNN or BBC. We know you doubt what is happening on this planet, and we know you sometimes dislike the news because of your sensitivities. We tell you, dear ones, it is probably more difficult for those of you reading this than for most on the planet.

Let us explain a little about the energetic connections you have with each other; this way, we can try to show you from our perspective what is happening on the planet right now and what lies directly ahead. There is a new process of adjustment underway at this moment in your lives. You are vibrationally forming new relationships with everything around you on the planet. It is almost as if your vibration level has changed overnight. Many of you have experienced this as a phantom death and have chosen to stay rather than taking the opportunity to return home. You can stop playing the game any time you wish. You can choose

KEY POINTS

- The group takes a look at family and what is ahead as humans evolve toward the Earth's new beginning.
- Learn about how family contracts are formed, what sustains them and the future of family relationships: families of light.
- The Earth's second phantom death and changes in the solar cycle provide more evidence that we are moving in the direction of rebirth.

to go home and have doors open that provide you with an out from planet Earth. Yet if you choose to pass one of these doorways and instead decide to stay, then your vibration shifts very, very quickly.

Let us explain this from another perspective, because soon you will be seeing more of these higher viewpoints than you ever have before. It is currently a view from home, but we can tell you that shortly you will be having that same vision. You will be able to see this from many different perspectives, so let us share with you what it looks like today. We are going to use an example dear to many of your hearts: family. Let us explain what happens in a typical family on planet Earth.

UP THE ESCALATOR

You come in and say, "I want you to be mom, or I want you to be dad. And would you be the cousin that drives me crazy? Would you play the role of the bad guy and bring drama into the family? Would you love me enough to be my business partner and then steal money so I can learn a lesson?" You set up all of these potentials. You come in and begin the game. Of course, your early stages of the incarnation are simply about how the physical body works. During these early times, you may wonder if you can express your spirit through a physical bubble of biology. However, as you go from one level to the next, a new energy starts coming through. Even as you go through your schooling and move from one section to another, you notice that everything changes. Your vulnerabilities, your sense of power and your personal identity can all change very quickly.

What you think of yourself is who you are. Every time you go through one of these changes—and you can see this very clearly in childhood—you go through an adjustment period, learning how to deal with the power at this level. You have gone through many of these adjustments not only as individuals but as a collective of humanity. So let us explain a little more about the collective situation.

When you form a family, many times direct connections are made with one primary parental contract, rather than two. You generally do not ask one person to play mom and the other to play

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dad. Instead, you ask one person to play mom and let mom choose dad, or you ask dad and let dad choose mom. That happens more often than you can imagine. You have one primary parental contract because of the vibrational match with that person. This does not mean that you do not love your other parent or that you cannot build something with that parent. Even if you have never known a person before as a soul, you can build a very magical relationship with that person. Throughout the history of planet Earth this has been the case; however, it does not always happen.

THE LOCKED ROOM

With respect to family, it is almost as if you agree to be locked in a room with these people until you figure out how to get along and how to help one another through critical growth periods. The longer you are in the room together, the more your personalities bubble to the top, and the more you get on one another's nerves. Is that not wonderful? Many times you wonder about your own family, "Who are these people, and how did I get locked in this room with them? Why do they not understand who I am?" This is the biggest challenge with family.

Family is intended for your support, especially when you are forming your expression of spirit, which is the primary focus of the soul. When people become adults and follow their own path, oftentimes the family seems to drift apart and its members have only occasional visits and connections. Sometimes the life lessons are such that boundaries must be placed within a family for it to maintain integrity. Other times, the energetic cords are cut entirely. None of these experiences are right or wrong, nor is one a failure and the other a success. The locked room of family provides opportunities to grow and to measure your own growth by the people around you. Thus, the experiences of family range widely, from unconditional love to great difficulty.

All of these things are proper, depending on your own needs. There is no right or wrong about it. However, let us explain it to you from a vibrational standpoint, because that may help you to understand what we see. All of humanity is rising very quickly. Many changes are taking place not only on this planet for the collective but individually as well. Some of you are finding yourselves without jobs, without relationships or without items you thought you needed for happiness or support. All of this puts you in the highest possible potential for where you are going. It allows Spirit to work with you to go to the next level.

When it comes to family, please understand your family will tend to see who you have been rather than who you are becoming. This is because they were heavily invested in your vibration in the beginning. How they hold this stable perception of you can actually act as a very nice anchor, but in times of rapid growth, it tends to cause restrictions. As members of the family learn the song, they then learn to harmonize. This is the support for your voice as it becomes clearer and stronger with the harmonies of the others. Then as members evolve and express their individual spirit, they

end up with several songs intertwined, instead of harmonized around the same melody.

Now, let us explain something from an even larger perspective about big families because there are many variations of family on this planet. Family provides you with an opportunity to get to know people on a level you have never known them before. Family allows you to let go of your pretenses, and it allows people to see all the way through you. Are you going to get on one another's nerves? We can guarantee it. Are there going to be times when you wonder who the heck these people are, and how you got here? Yes, we guarantee that too. We tell you, dear ones, that they are there for a reason. Even if you are not close to your physical or biological family, your family has provided you with support you could not have received any other way. Honor your family for playing such an important role in that part of your history. Honor them for walking along side you and daring to watch you grow. If this is the case, honor them for playing a negative role in your life.

Know that your natural tendency is to see your family as they were rather than who they have become. As much as they love you, and as much as you want your brother or sister to do something important, you have a natural tendency to pull them back to being the person you knew. Be aware of this in your families and with your friends, for it does not fit within empowered societies.

THE COUSINS WHO FIGHT

Larger families also form, and these are the ones to watch on planet Earth. There are many types of families; you could consider a religion or a race of beings a family, but let us look at the larger picture. When you came to Earth, you surrounded yourself with people who could amplify and solidify your vibration. On the inner levels of the family, there is usually enough difference to create harmonies. However, further out on the vibrational line, we find that similarities usually aggravate each other. For this reason we say it is the cousins who most often fight on Earth.

This is where a challenge may come forward in the near future, and this is why we are addressing it today. You have choices; you have always had choices. You will have a choice very soon to learn about these connections further out and see them for what they really are: a reflection of yourself. It is at the cousin level of family that reflections are often made in critical ways, and this has caused more challenges on planet Earth than you may ever know. It is also the one factor about which you may soon have a new understanding. This is the challenge humankind is now addressing. Finding resolution to this age-old paradigm will begin to shift the reality of humankind very quickly and lead you into a new world.

WALKING WITHOUT SKIN

Many of you are healers and teachers, and you have come to Earth to help. Yet you were born on a very harsh planet. The energy on planet Earth is changing rapidly and becoming more malleable in many areas, but it is still a harsh

planet for sensitive people. You know what that is like, for we are speaking to you now. Many of you have so many sensitivities that you do things to protect and isolate yourself. If you have difficulties with a family, you may leave the family over here and move to another country, because you feel a need for survival. We tell you that everybody is getting ready to go through a similar experience as you. It is almost as if you are walking without your skin, for you feel every little breeze or energy. When you feel it, you do not know what to do with it, and it is challenging to endure. But now it is happening to many, and it becomes obvious that you are experts and understand how to deal with it.

We tell you that wars on this planet have started primarily due to belief-system differences, and secondly because you do not like your reflection in someone else's eyes. Because you are so sensitive and you pick up things other people would not pick up, you have situations like what occurred for many years in Northern Ireland. What you are seeing today with the Arabs and Jews is very similar. These cousins, so similar in their energy, have continued to fight each other over and over again. You have new opportunities during the next eight months to stop this and to start shifting some of the energy on the planet.

We have spoken many times about the secret to success in the years ahead: finding the ways in which you are similar rather than focusing on your differences. We have also labeled the year 2009 the end of separation. You are all part of God. You are all from the same origin. Not only are you related, but you are all part of each other. When you pull the veil aside and see this, you will laugh hysterically at all the arguments and reflections of things you saw. When you see something you do not like in another person, it is because you are uncomfortable with that part of yourself. This has happened not only on an individual level inside of families but also on a larger basis as well.

Does this mean you can resolve all issues within your family? We wish that were the case, but we know it will probably not be possible. It takes two people to resolve an issue, and even though you may be willing, others may not. Start by changing yourself and by releasing your expectations of what will take place, for those are the most important. This is beginning to happen on a large scale. You will see more examples of how humans interact with one other, and you will have opportunities to work with energy on multiple levels over the next several months. This year, you have the chance to end separation on planet Earth. The year 2009 is the end of separation, and it is working very well. Yes, you see difficulties and challenges. We do not. We see you on a path you have chosen and with which you have worked very well.

A TIME FOR ACCOUNTABILITY

Now, let us talk a little more about the world view of economics since it is on everyone's mind. It has been an interesting game to watch evolve from here. There is always one nation or region that tends to lead the way for others.

Many times that nation has been the United States, which has done an incredible job of leading the world in many ways. The United States has become a great nation. You have gone through great difficulties to become this, and you have done so by blending the universal energy. You allowed everything in all the parts to come through. As a result, what you have done has spread throughout the whole world. The United States has been a world leader, and the future of that world leadership is now being determined.

In effect, you have built an economic system based on the perception of perception. Therefore, the perception of the United States among the global community will determine its place in world leadership going forward. The United States is no longer trusted in the way it was before because of repeated misdirection of energy and because of the many times the people relied on leaders and gave them their power. Absolute power corrupts absolutely; you are aware of this. We tell you that holding your own power is going to be the key to your future on planet Earth. The key is not about relying on any leader to take you anywhere. You are going to have to hold your energy on your own, for that is what an empowered society is all about. We tell you that now is a time for integrity within government and for the people to stand tall and remake America—that's how people regain their power. The United States has gone through a major re-set, and the entire world is now looking to see what will happen next. Yes, all eyes are on the President of the United States, and we tell you not to look there because he is not the only key.

The key will be in the performance of the people, in how fast and how quickly you start bringing the new planet Earth to the United States and incorporating it into your lives. It is not up to your leaders. It is up to you. It is up to you to stand up and be responsible for your own happiness, your own integrity and your own energy field. You will change everything—from the economic system to the government structure—from the inside out. You keep talking about the government as if it is someone else. It is not. It is you. The government is composed of humans, and this is a human game you have devised. Change it. Make the government support you in your energy—that is the opportunity you have now. We tell you that the world leaders who are working in this energy will now make space for you to do that which has never been done before. This planet is changing very rapidly, and because of your sensitivity, your lack of skin, this can be either a very difficult transition or a very joyful one.

EARTH'S SECOND PHANTOM DEATH AND THE SOLAR CYCLE

We also tell you that the Earth is reaching similar critical sensitivity levels to those you experience. We told you once before that the Earth had gone through what we term a "phantom death." She went through another and is just ending that second phantom death now. Every time you go through one of these opportunities, your vibration jumps. If you are looking at a vibrational path, it will change suddenly because of a phantom death. The Earth is going

through the same process; she has made the decision to stay and will be rebuilding, shifting to support her next incarnation, which is why we say she is pregnant.

Humans may first see many of these shifts as difficulties or problems; fear not, for the shifts are solid steps in building a space for empowered beings. These are not problems, only occurrences on the evolutionary path. The Earth is starting to shift magnetically and energetically in many different ways in order to reach higher vibrational levels to support the new humans coming. It is incredibly exciting for us to watch, for never was it dreamed that Earth would go this far with the game. Never was it imagined that you would actually advance past the end of the game, scripting a new game inside of the old one. And here you are doing it. You are the creators, dear ones.

We spoke recently of some events happening on a cosmic level and we wish to repeat them here today. [The group is referring to a recent channel given in Tel Aviv, Israel two weeks prior. Also worth mentioning is that this channel did not record.] We have talked a lot about solar flares, which have heated this planet and changed the magnetic fields to prepare for a higher visitation of energy. The solar flares lasted roughly from 2001–2006, and they brought a tremendous amount of energy originally designed to help destroy the planet. Now, instead of being used to destroy, this same energy is being used to change and evolve the planet. It is the crystal energy of which we speak. Since 2006, the Sun has stopped producing solar flares, partly due to a normal cycle but also to allow the energy to acclimate and be used. If the energy were not being used, it would not be possible to add more.

Recently we said there are two ways this can go, and it has more to do with humanity than science or the Earth. It has to do with you, your thoughts and your feelings. These factors will determine which direction this game will take. If the collective vibration is not high enough at this stage, the Sun will not enter a new stage of solar maximum and produce solar flares. We said that if steps were taken, the Earth would enter a mini ice age for about thirty years, bringing more drastic weather-pattern changes and a general cooling of the planet. Humans would have been fine, but it would have been inconvenient at best. If the solar maximum cycle began again, it would mean the planet would receive more energy and would cool more slowly over thousands of years.

We mention this because only two weeks have passed since we last spoke about it, and yet it appears that already the universe has responded. There are now signs that the Sun is about to begin a new cycle. So when you see these ambiguous items about solar flares on TV or in the news, celebrate them because it is cosmic evidence you have turned the corner.

It is only possible to bring the new energy to Earth if you are using it. Even though from 2000–2006 all this energy was planted and stored like charging up a battery, it is not possible to put more of that energy in until you use some of it from the battery. This is done through your heart connections and by taking your power. It is done through the things you are doing in your individual lives right now, and it is working.

Keep up the great work: Go after your heart's desire, and go after your inner knowledge. Go after that channel you have had on your shoulder so long, the one you do not quite know how to express. Step forward into whatever passion you can on a heart basis, and you will form families of light that will start gathering around you. They will not replace your biological families, but they will add to them. Lightworkers who are alienated from their families, or those who have no biological family remaining, will also find the true meaning of family here. These families of light will be here to help you move because these people will see who you are becoming rather than who you were. Now is the time to connect in these ways with your own family of light.

CELEBRATE ME HOME

Wherever you are on the planet, know that you are part of us and we are part of you. You crave to come home. You remember what it is like, and you think about how wonderful it would be to come home. We tell you it has not been the same since you left. Heaven is now forming on Earth, and that is the beautiful part. You will be welcomed when you do decide to come home. You will be welcomed and celebrated home by all of your family. But while you are here, find those pieces and connections. When you are around your own biological family and all of the sudden things go crazy and you are yelling at one another for no apparent reason, know it is planet Earth shifting. Know it is a good thing.

Watch for the opportunities. You have taken this planet further than it was ever designed to go. Planet Earth was designed to shut down between the years of 2000 and 2012. This is no secret; you knew this. All the doom and gloom prophecies you had around the year 2000 were correct. That was supposed to be the end of the game, yet here you are. Planet Earth is not ending. You are still seeing some of the things that were set into motion, and you are still experiencing the difficulties and challenges you consider to be the end of the Earth. It is not the end of the Earth. It is a new beginning, and the Earth is about to give birth in a very big way. Brace yourselves, dear ones. Get used to feeling this beautiful energy without the aggravation. Become comfortable pulling those people around you who know who you are and who can see where your energy is. They can help you make the transition from one step to the next. What you have done is unbelievable from this side of the veil. We are so very proud of you.

We know it is not easy being a human. We know it is difficult, and we know you go back into human thinking all the time, yet you are a part of God. There is very little human about you. You are part of a higher aspect that is all-seeing, all-knowing and all-being. You are starting to carry that knowledge on a conscious level in your daily lives. We are so excited to be watching as you do this. Enjoy the ride. Fear it not, and when you have a little blow up in your family, celebrate it. It is with the greatest of honor we ask you to treat each other with respect—even your family. Nurture one another every chance you get, and play well together. Espavo. ✨

Awakening the Gift of Basic Sanity

Master Djwhal Khul through Kathlyn Kingdon

Beloved students, I greet you this month in the wonder of Earth's continuing progress: Great activity, profound creativity and history-making events are all occurring in the midst of the redefinition of global systems and commercial infrastructures. What are you learning from all this? As you observe such powerful energies at work and consider the effects of world events, you may also find ample opportunity to witness a kind of insanity afloat. After all, had the financial establishments of the world operated from sturdier foundations of sanity, it is likely that the planetary lessons of the current time might look quite different than they now appear.

THE PERSONAL CONNECTION TO GLOBAL INSANITY

Greed and corruption are forms of insanity, even though you will not see them listed in the current Diagnostic Statistical Manual of Mental Disorders (DSM) used by clinical professionals. Only when they present in exaggerated fashion are they recognized as antisocial or psychopathic. In milder forms, they may be tagged as symptoms of the narcissistic personality, or perhaps that of the overly self-centered individual. Greed, corruption and narcissism can lead to varying types of insanity, particularly within relationships.

This should be seen as a fairly important matter, since all commerce, all governance, all legislation and even the stabilization of the planet are based in relationships of one kind or another. When notions of greed, corruption, narcissism, domination, manipulation or misrepresentation arise, basic trust—that is, sanity—is compromised. What results is but the perpetration and expansion of the very qualities that undermine commerce, governance and the wholesome exchange of culture, peace and equanimity. Thus, dissolving the insanity in the world requires keen attention to the

points of insanity arising in personal relationships. When basic sanity is established at the individual level, the global level will benefit exponentially and as such will be the basis for stabilizing the planetary ecology, economy and social and commercial intercourse, as well as spiritual evolution.

RELATIONSHIPS DEPRIVED OF SANITY

Many of you have had experience with some level of insanity in personal relationships: Have you ever known people, for example, whose karmic fields caused those who love them to feel as though they are being tested all the time? Their behavior continually asks, "Can you love me if I do this?" or "What if I go one step further? If I do that, will you still love me? Yes? Well, what if I do this? Will you still love me now?" A relationship that is grounded on the proposition of "How bad can I be and still get your love?" is a precarious relationship. If you happen to be on the other end of that kind of energetic exchange, it is not only painful, but it can become the ground for some amazing karmic complications.

In other situations, you may observe those who collect relationships—predominantly marginal ones—as if they were notches on a gun handle or trophies on a wall or as if some kind of record were being made of all the conquests. Clearly, this is also a kind of insanity. For some individuals, this behavior may smack of greed or narcissism. For others, it amounts to a type of manipulation and domination, both signals of a desire for power. Even though the pathology is played out on an individual level in these cases, their insanity arises from the very same seeds that sow corruption at the larger, global level.

Still others create personal relationships—if indeed they can be termed such—rooted in materialism. For a person focused on material goods, appearing to be close to a prominent or wealthy personality can be more important than the exchange of genuine compassion and concern. Relationships built on such a shallow foundation, however, will surely fail for lack of a genuine, partnering exchange. In the same

KEY POINTS

- Once we are aware that basic sanity and goodness are not an unconscious condition, but a state of awareness that must be consciously worked out and practiced, we can become an active part in the reclamation of global sanity.
- We are here at this time to anchor basic sanity into the planetary process, giving the example of our lives and the strength of our sanity as a gift to the Earth.
- Live as if you have taken your full enlightenment.

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way, a business cannot be sustained on the groundwork of trade puffery and false advertising. Sooner or later, it will collapse as its overinflated image becomes too much for its shallow foundation. While some consider it human nature to seek ego gratification through acquisition, in truth, excessive acquiring is also a type of insanity. As any of you who have suffered with an acquiring ego knows, acquiring is a kind of addiction: The ego becomes convinced that the more you have, the more powerful you are. Squirrel-like in its dedication to hoarding up material goods, such an ego actually pushes you to believe that if you could just hide away enough nuts in your nest, then you would feel empowered in one way or another. As you follow its lead, however, you begin to notice that no matter how many nuts you gather, you don't really feel more powerful than you felt previously. Ultimately, you discover that the nest has been so filled with nuts that there is no place for you to live. Is this not a form of insanity?

WORKING OUT YOUR SANITY

Rather than focusing on ego gratification, the spiritual aspirant must focus on basic sanity. If you look carefully into the matter, I believe you will discover that basic sanity is not an unconscious matter: To "grow" basic sanity requires some internal scrutiny. The internal question that must arise is, "Does my normal behavior demonstrate basic sanity or does it merely demonstrate a pattern to which I am blind?" To the person who lacks basic sanity, such a question never even occurs spontaneously. To the truly sane person, however, such a question is quite natural. The truly sane are so because they have developed the practice of observing the ego and have become wise to its tactics. They have learned the insanity of indulging the ego at every step and turn and have opened themselves to the operation of divine sanity.

Without such personal scrutiny, you—like everyone else—will most strongly project those fields of energy to which you are blind. If, for example, I am in an incarnation in which I have difficulty telling the truth, I may not notice how often I shade, color or misrepresent something, but I will notice the instant that someone else does so. Precisely because this is a blind spot for me, I will be quite sensitive to its appearance in anyone else. I might even judge you quite harshly when I see the tendency in you that I have not adequately dealt with in myself. If, on the other hand, my issue were thievery, I would be hyperaware of what may look to me to be thievery in anyone else. Were I in a group lecture, I would be aware of someone picking up the pencil of another. I might notice if some person looked at another's garments with envy. These incidents would be blatant to me because I—like each of you—tend to be most sensitive to the areas that reflect my own issues. I would project my motivations on the actions of others, correctly or incorrectly.

If I continue simply to project and believe my projections, I might fall into a cycle of projecting and believing, becoming stuck in those repetitive projections. They would

become my personal reality, and I would soon be trapped within them, a prisoner to my own projections. When we speak with such blanket terminology, it becomes quite apparent that the cycle of projecting and believing the projection is folly, for it creates a trap from which there is simply no escape. While in this unconscious sleep-state, the patterns will simply be repeated, almost as if done by a programmed robot. Clearly, this is insanity, even if by today's standards it is not overtly "certifiable" insanity.

A LESSON ON FEAR

Another area for personal scrutiny lies in one's collection of fears. For many, the current time appears to be a time of many threats, a time when some would say that it is only normal to be fearful. Fear, too, can become a type of insanity, however. You might be surprised to learn that humans are a uniquely fearful species. While the animal kingdom surely knows fright, animals generally do not propagate fear. A rabbit, for example, has many predators in nature. In fact, one of the reasons they are so prolific is that they become food for so many other beings, both animal and human. Clearly, rabbits know fright, for this instinct is what allows them to preserve their species by fleeing from potential predators. If a rabbit were to fall into a pattern of human-type fear, however, it would never come out of its den. It would remember every previous close call and, projecting all of them onto the present moment, would become paralyzed by the fear of hungry predators. There are eagles, hawks and owls seeking lunch from above, as well as all manner of four-legged predators. Some snakes even eat rabbits. Why would the rabbit leave its hole when there is danger everywhere? Clearly, this would be counterproductive fear talking, not legitimate fright.

Consider the plight of a rabbit for a moment: It awakens in the morning and decides to leave its den for some tasty greenery. Enjoying the sunshine, nibbling leisurely, the rabbit is in its element. Suddenly, however, a predator is on the scene. The recognition of eminent danger causes profound internal shifts for the rabbit: Its heartbeat speeds up, its blood pressure rises, and it begins to run. Like every other animal in a state of fright, its temperature and perspiration cycles rise and its hormonal secretions increase, as do the secretions from most bodily orifices. It runs literally for its life, and, just before complete exhaustion, it dives into its hole, narrowly avoiding death. The rabbit may even collapse for a short while, but there it rests, and it takes little more than half an hour before that rabbit leaves its den and begins searching for food once again. The element of threat has passed, the body has rested and returned to normal metabolic stasis, and the rabbit returns to its normal tasks of food gathering and socialization. However, were the rabbit subject to the mental gyrations and projections of human fear, it might never leave its den. The rabbit's natural fright served it well; indeed, that fear saved its life. Were the rabbit's inner world further complicated by a conscious dwelling on thoughts of fear, however, it might

die of a heart attack or a stroke by imagining what its next encounter might be.

DISTINGUISH HEALTHY FRIGHT FROM HARMFUL FEAR

As you well know, humans are capable of both fright and fear. Fright arises when there is a legitimate threat occurring in the present moment. Fear, however, is a mental state in which remembered points of fright are projected into the present moment, even though there is no immediate danger present. One might project a danger, or sense of danger, onto a situation even when one is safe. That, my friends, is fear. This insanity is a categorically human creation, one that some, not understanding the naturally healthy consciousness of animals, have tried to teach them.

Clearly, determining for yourself when you are in a state of legitimate fright versus when you are just acting out of fear is very important if you are going to embody basic sanity. Indeed, many people cannot make this distinction. Yet if you experience legitimate fright and do not collapse in fear, you can live a noble life in the face of threatening circumstances. Fear will arise from time to time for each of you. If you are a part of the human race, you will reflect human tendencies. Remember, however, that you have choices in how you handle your fear: You can either relate to the fear, letting that fear become your teacher, or you can relate to everyone and everything else from your fear, allowing that fear to become your master. The former response reflects basic sanity; the latter is but another form of insanity.

AWAKENING TO BASIC SANITY

Thus, living in a time that, by its complicated nature, offers a likelihood of insane activity, it becomes important to claim and demonstrate basic sanity. In doing so, you are able to gift the world with a demonstration of awakened consciousness. Indeed, never was basic sanity—goodness, trust, peaceful coexistence, compassion and loving-kindness—more needed than it is today. You have witnessed the power of fear in the world, and you have seen how often those who propagate fear become powerful. Now it is the time to behold the power of basic sanity, which is devoid of greed, corruption, domination, manipulation, misrepresentation and the desire to propagate fear.

Awakening to one's own true nature is not so much a blast out of the blue as it is a careful working out of truth. When you are awake, you are able to recognize the projecting mind when it arises and halt its direction before the negative states listed above can take root in any moment. You must come to understand that your liberation from suffering comes when you are able to discern and use the power of choice in every moment. As you elevate and practice this skill, you accept freedom, or liberation, as your own truth. You discover that you are liberated in ways that you weren't a few seconds before.

Perhaps we could describe all of human evolution in the context of reclaiming basic sanity or basic goodness—those

qualities that enhance and bless life. Ask yourself what factors add quality to life: These are a part of basic goodness. What kinds of things encourage appreciation? The things that engender appreciation have to do with basic goodness and basic sanity. Basic sanity, you see, is simply returning to those things that ensure a sound quality of life, not only for yourself, but for all living beings on the planet. It comes down to enjoying the mystery of the body and mind united in infinite wonder: so unpredictable, so potentially fluid, so beautifully adaptable. The human psyche is a great mystery, and to bring it fully into the present moment is to discover within your being the most wondrous innate faculty for receiving enlightenment and for restructuring reality.

SMILING INTO YOUR VASTNESS

What is needed to know and live basic sanity is a larger view of what is. Simply stated, your ego box is not a sufficient container for the great mysteries of life. It focuses on small things, small thoughts and small motivations. Thus, it dwells upon everyone it perceives as having harmed you, setting them up as wrong against your perceived rightness. While such perception may prove interesting for a while, it is just not a vast enough vehicle to venture into true knowledge of the divine. It is through knowing the divine that you grasp and maintain basic sanity, so it is clearly a worthwhile activity to rigorously consider what more basic sanity might look like in your own life. It is the force that will engender goodness and a rich quality of life—not only for yourself, but for all others.

Have you noted the power of a smile? Indeed, a genuine smile is one indication of the basic sanity we have been exploring in this article. When you are feeling tense or nervous and someone passes by and gives you a warm smile, something very powerful is possible. If you receive that smile, it allows you to relax a bit or even a great deal; that smile reminds you of your true nature, and when you touch your true nature, you realize that you are at home. Since a smile is as potentially powerful for others as it is for you, when you meet someone, it is basically sane to smile.

When you are consciously aware that by smiling you are offering a blessing, you begin to see yourself quite differently. A victim mentality is dissolved into the vaster mind of liberation. When you release your compulsive attention from your own demanding ego and focus on what might aid others, then you are tapping basic sanity. Indeed, perhaps your need to offer a smile is as great as the need of the other to receive a smile. In this act, you discover a power that may have been hidden from your conscious, ego-driven mind. You discover that the power to heal is much greater than the power to destroy, and this, my friends, is basic sanity.

FINDING THE BIG PICTURE

If you could position yourself far enough out into the regions of space to be able to view this universe in its entirety, you might be surprised to note its shape. From a perspective

vast enough to take it all in, you would note that it is shaped somewhat like a fetus. If you could be observant enough and could view it from precisely the correct vantage point, you would note a star stream protruding from its midpoint that looks very much like an umbilicus. Is it not amazing that the shape of a developing fetus is encoded within the magnitude of the universe? If you were able to experience the expanding and contracting points within your universe, you might even say that it is breathing.

While for some, this idea might be a bit of a stretch, the point is this: It is difficult to understand the whole process without seeing the big picture. The same is true for the embodiment of basic sanity. To do so, you do not necessarily need a big time-frame, but you do need a big consciousness. Part of learning to expand consciousness is in learning to wrestle with big questions. Can you comprehend the lifespan of a rock, which truly dwarfs the lifespan of a person? Know that the lifespan of the universe dwarfs the lifespan of a rock, and allow yourself to be impressed by the vastness of it all.

FEEL THE VASTNESS OF YOUR BEING

Grow your consciousness, and as you do, recognize that one of the reasons people suffer is that their internal space is too small for their experiences. This is, of course, just as it should be: In wrestling with the matter, you have the potential to expand your consciousness. Suffering is a very important teacher, but when the container of the psyche is too small for the grief, anger, ambivalence—or whatever the emotion might be—it becomes a kind of trap or prison. When the container is vast, however, there is room for everything, and you learn that your experiences—or rather your interpretations of them—do not have the power to compromise you. Basic sanity holds that you are not the sum of your experiences. You are much vaster than that, and the more you give yourself opportunities to touch your vastness, the more you embody the kind of basic goodness and sanity for which the world is crying.

Every living thing has a drive to be whole, and that drive is both divine and basically sane. Life is indeed complicated, and you are living in particularly complicating times. Nations are struggling, communities are struggling and people are struggling in the current milieu. Accept their outer struggle without judgment, and resolve to live your own life free from struggling. Thus, if you are here now, at a time when so much of planetary process partakes of insanity, it is your task to embody basic goodness and sanity. The poet Rudyard Kipling asks if you can “keep your head when all about you are losing theirs and blaming it on you.” We answer that yes, you can; of course you can. The question, however, is not *can* you, but *will* you?

Holding a profound sense of vastness and wholeness inside of yourself, incorporate the outer struggle as a necessary process. After all, such struggles are merely an indicator that the planet is seeking a new level of being. Indeed, these are powerful times, and you can direct that power by learning to empower those who may be lost in fear or stuck in the

cyclic repetition of the projecting mind. With basic sanity and goodness, bring them all back to Earth. Earth is a beautiful planet. Remember what this incredible planet is about. To understand the process, you have to “go planetary” these days rather than seeing only through individual eyes. This is such an important lesson. To the best of your ability, *become* the planet in your inner world. Practicing this will help you to understand her journey and will allow for a greater level of basic sanity to be established on the planet.

SOWING SANITY IN THE FIELD OF EARTH

Bring forth those innate qualities of goodness that you possess and encourage their development, whether through comforting words, an encouraging smile or a willingness to be with someone who needs the presence of your strength. Recognize that your leaders are dealing with unprecedented levels of stress in their respective jobs. They recognize that there are many more ways to make mistakes than there are to succeed. In basic sanity, thank them for their work, even if you do not always agree with their positions or actions. Hold forth for the healing and restoration of your planet—indeed, your universe. But remember that this transformative process actually starts with you. Deepen into your true nature, and without becoming prideful, acknowledge your gifts. Recognize that you have contributions to make, and then be willing to stand up and make those contributions.

Apply basic goodness in every situation you encounter. Rejoice in the basic goodness of others, and celebrate the fact that even in the midst of planetary stress and financial crises, goodness continues to emerge in virtually every moment. Your task is to look for it, since looking for goodness is another indication of basic sanity. Realize that you—like everyone else—came forth on a flow of goodness and wisdom. That is, in fact, the only way consciousness can take physical form. Try to relate to your cosmic parents—goodness and wisdom—often, and seek to demonstrate the power of that lineage in all areas of your life.

Perhaps most importantly, live as if you truly believe you came to anchor basic sanity into the planetary process at this time. Call yourself to high standards of thought, speech and behavior. In other words, live as if you have taken your full enlightenment. Offer loving-kindness to all beings, and in all ways demonstrate congruency in your inner and outer worlds, making your life a great gift to all other beings and to Earth herself. In this way, you become worthy of the food and resources you consume, the planetary space you take up and the energy you borrow from the Sun, the planet and all those other beings with whom you share your life experience. ✨

The Matter of Mind
by Kathlyn Kingdon

is available online at www.lighttechnology.com

Seers, Energy Vortexes And Power Spots

Master Kirael through Kahu Fred Sterling

Most of you are or have been seers. A seer is someone who looks into the future, puts the pieces together and brings them back to this part of the world. The future doesn't really exist, but if you reach out into the space-time continuum, you can create the future and bring it back into this space and time. So the future doesn't happen unless you are in the present.

The seers of the past had the capacity to journey into the future and to guide it along by knowing what they wanted to create in the present. The ancient seers were out in front of this Earth journey. Without them, this journey would have gone amok. Nevertheless, throughout time, seers have been shut down, banished or killed. Imhotep, a tall, thin fellow with a hairless body who lived nearly 5,000 years ago, was one of the most powerful of such seers ever to visit your Earth plane. Imhotep was far ahead of his time: He wanted to bring the world of the doctor, the engineer and the surveyor back to the Earth plane so that he could teach the Egyptian population these sciences. Master Jesus was born onto the Earth plane about 3,000 years after Imhotep, and he too was a powerful seer. He was to engage a shift that never happened. Now seers are awakening on the Earth plane again to assist in the journey of your great shift.

Seers can now be found throughout the Vatican. They are black, red and gold-robed energies. You don't see or hear them, and yet they are there and they know what is hidden in the Vatican archives. As a rule, the pope is just a figurehead: That is certainly true for the current pope, although the previous pope, John Paul II, was as close to being a seer as any pope could be.

KEY POINTS

- This world contains numerous vortexes, or dimensional portals, that are centered at particular power spots around the Earth.
- As seers, an awareness of these vortexes can help you grow in strength and wisdom, allowing you to guide the future of the planet.
- The expansion of your DNA gives you the ability to work with the vortexes, weaving through the field of consciousness and accessing new information vital to the current great shift.

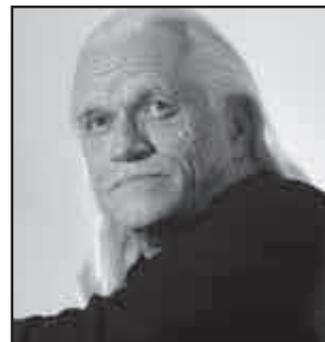
AWARENESS OF VORTEXES

Now, let's talk about vortexes: Vortexes exist all around the world and are more than what you know them to be. They can be physical, emotional, mental or spiritual. Once a vortex is established on Earth, it remains. In Lemurian times, only 20 of the 400 vortexes on the continent were active. Some vortexes are being created as I speak, and many are closed and waiting to open. Suppose a vortex exists right here in this room, but you don't know it. People would move in and out of the vortex, unbeknownst to themselves. They would pass through this dimension and into the next, without stopping. Being aware of these vortexes will enable you to work with the crystals and other elements found in and around them.

A vortex is being created very close to Cancun, for example. Sedona in Arizona has some of the most important vortexes in all of the United States of America. The Cathedral of Christ the Savior in Moscow is one of the most powerful vortexes in Russia. Aiea State Park on the island of Oahu has a vortex. If you meditate there, you will be filled with the energies and be wiser for it. Machu Picchu has a vortex, and vortexes can also be found in Japan and the Vatican.

PASSAGE THROUGH THE VORTEXES

In another time and space, these vortexes were used to bring people to the Earth plane. When the whales walked the land in Lemuria, they came in through vortexes. Now you're coming into the great shift in consciousness, and the vortexes will be even more important. The energy coming into these vortexes is so high that the land in and around them is often barren of trees, such as in Sedona, where the red rocks predominate. Bell Rock, Cathedral Rock and Boynton Canyon in the Sedona area all contain vortex sites. If you bump into a vortex in Bell Rock or Boynton Canyon, you'll see yourself covered in the gold flakes of the highest level of the alchemist.¹ Boynton Canyon has one of the most active vortexes in the area. You can feel the vortex when you get deep down into the canyon. That particular vortex is still active, but you might



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not notice it until you bump into it and perhaps feel a little brush on your face. If you walk into that vortex, you'll be in another world. You say, "How can that be, Master Kirael, on this Earth plane right now?" Oh yes, my friends. These vortexes are powerful in this location.

Certain energies would like to scare you to keep you from discovering the magic of these vortexes. Movies about vortexes are designed to scare you. Know that those making the movies are just trying to sell tickets, and yet pay attention to some of their information, because they won't be that far off the mark in some respects.

You will use certain vortexes in the fourth light. If you leave this third-dimensional journey through death or some other process, you can return through one of these vortexes. One doesn't require a vortex to return here, of course, but it surely helps. Passage through a vortex allows you to come back as quickly as a walk-in, completely skipping the birth process. In this new shifting paradigm, this could help you to live three, four or even five hundred years. Why would you want to live that long? Your life span will be extended because you have so much to do on this plane of consciousness. This Earth will be disassembled and reassembled, and you will have about 2,000 years to assist it through a fourth-dimensional process before you go through another shift. You ask, "Why would we do this, Master Kirael?" You'll do this because so many souls are coming up behind you, and you have to do something for them, to give them a planet on which they can live.

THE ROLE OF SEERS

So you will be seers. Without anyone noticing, you will pick a vortex and go through it, and you will guide the future of this planet. When you get out of this third dimension, you must be ready to shape it into a new dimensional process: the fourth-dimensional light. Practice entering these vortexes. When you become aware of the fourth dimension, you will have access to all the things that are there.

How do the seers work for us now?

The seers—such as my medium, Lee Carroll, Steve Rother, Pepper Lewis, and others—have been working hard for you. You may all be seers, but only some of you have been working at it as a profession. Most seers are focused on their journey. They see that they can change the Earth plane in increments, and they do the journey to make that happen. For instance, when they wanted to bring computers into this journey, they had the overall idea but not all the pieces it took to put it all together. So they started out with those huge computers that took up the space of an entire room, and little by little, they refined the technology until now you have handheld computers. So the journey of the seer is to see what can be done and then to create it, consciously perfecting the journey one step at a time. That's what seers do.

When Imhotep went into this journey to teach the doctors and then discovered that he wanted to build some pyra-

mids, he had to get engineers into his journey. He went into a vortex and brought back the information on how to build these pyramids. He didn't bring back the pyramid, but rather the information to do the journey of building the pyramids.

EXPANDING THE DNA

How many strands of DNA does one need to get into a vortex, and how many strands of DNA does one need to come into this plane of consciousness as a walk-in?

You must have at least six-stranded DNA to get into these vortexes and to get into this journey without going through the birth process and skipping childhood, like Imhotep did. Six is the number of mastery, and to vibrate strands five and six, you must have mastered everything, including the love energy. If you can actually *be* love, then perhaps you have six-stranded DNA. You must know and be love at the highest level before you can vibrate those extra strands of DNA.

It takes a long time for DNA to manifest into this journey, because duality is not what these extra strands are accustomed to. You are known to have two-stranded DNA, but most of you are already truly at the four-stranded level. As for those who are still two-stranded, when they get to the great shift in consciousness, they will automatically have four-stranded DNA, because alchemy will be woven into this journey to facilitate the activation and vibration of these extra strands of DNA.

What are some of the other benefits of expanding the DNA?

With the expansion of your DNA, you can weave through the field of consciousness and get into a new dimensional light. You can bring information out of that weave and into this Earth plane. Where do you think I'm coming from to bring you this information right now? I go into the weave and pick out the pieces that will make sense to you and not frighten you. The pool of information available to you expands tremendously when you are able to weave through the field of consciousness. There you will find information that can change your world. In the new fourth-dimensional light, with your expanded DNA strands, you will even be able to fly. You can't fly now because you don't have enough DNA strands. You'll get them eventually. Your whole body is changing.

ACCESSING THE VORTEXES IN SEDONA AND AUSTRALIA

How many strands of DNA do you need to work with the vortex at Sedona, and what do the extraterrestrial energies do if they come into this dimension through the vortex?

In order to control the vortexes in Sedona, you must have eight-stranded DNA. The galactics or extraterrestrials are in control of such vortexes at the moment. They're walking through these vortexes as we speak. The galactic energies will only go through the vortexes during the darkest night. They open the vortex and let the energies through, most often during the new moon. When the vortex opens

up, they walk through, smell, taste and feel this journey and then re-enter the vortex, because this journey is not what they wanted. One out of a hundred of these energies will remain and walk out into this journey. You can't distinguish them from any other human, because they can bring their DNA down to six, four or even two strands in order to fit in. They come here to teach.

Can we shadow walk in Boynton Canyon to meet with these beings that come through the vortex?

You can. You can shadow walk because you're all seers. Shadow walking simply means that you see something that you know you can't really see. When shadow walking, you can watch what is happening when the energies come through the vortex. If you program yourself before you go to sleep to be at a particular vortex on the darkest night of the month, you will be there. If you've been there in the daytime, you will know what it looks like. Travel there through shadow walking, and the beings there will see you—and you'll see them. Just don't be afraid of what you see. These extraterrestrials don't look like you. They may have big teeth and may even look like monsters; they're not. They need time—about twenty minutes to a half hour—to figure out what they're supposed to look like when they come through the vortex. The vortex shapes them into human likeness. It lights their DNA or, in their case, shrinks it down.

Vortexes along the eastern seaboard of Australia take you into the fourth light. I know that there are vortexes in Kakadu. Would you comment on the vortexes in Australia?

Australia has some of the most powerful vortexes in the world: That's why Australia has so much more land than it has people. Vortexes are on the east, west, north and south coasts. They will be used in the new shifting paradigm. Many of the vortexes will open up during the three days of darkness, and you must be aware of them, because you will have to travel through many of these vortexes. You won't walk or drive your car to these vortexes. You will simply lean your head forward and be there. They are all golden vortexes at this time. You must awaken the people in that part of the world to these energies, because you will need help. You already know where these vortexes are. Now you have to take people out there to explore them with you. Don't take big groups on these journeys—no more than fifteen to thirty people—for the first time visiting a vortex.

You won't believe what comes through these vortexes. The energies may not be the prettiest you've ever seen, but they will be friendly. You need to know that, because at fifty to sixty feet in length, they will be a little scary. They can also fly and do many other things that you cannot at this time. Your journey is getting bigger and bigger every day, and you have to keep the faith and keep going. These vortexes are wild and strange for you right now. Walk around Uluru/Ayers Rock, and you will be able to count how many vortexes are there. You can feel them, but they will not be active right now. They will come alive in about the middle

of this year. You'll have to be aware of them, because you'll be there to guide the people through them.

ORACLES AND THE GIFT OF WHALES

What is an oracle?

Oracles are gifted energy patterns that live a life beyond anything you understand on this dimension. These oracles were human beings whose gift was destroyed, making the information they had unavailable. The oracles have been gone from the Earth plane for some 25,000–55,000 years, and yet they've always been in the weave, waiting to be brought back to this dimension. It is now up to the seers to retrieve that energy. You can find the oracle weave in a five-minute meditation. The oracles are there, waiting to be plucked like little plums on a tree. Pluck that energy out and take it into yourself. When you reach these energies and capture the information you want, you will want to bring back what you think the Earth humans can use.

When you come back here, you will think that you lost the information, but you won't have; it will have gone into your heart. That's the key to this journey. When you are in the weave, the information is more like a vision that you hold in your heart. So don't look for it anywhere but in your heart. You are all seers, and you will go through these vortexes and bring back what is needed here. Say, for example, that you want to be a seer for the child weave. Don't get hung up on taking care of the children over here. Instead, go out into the weave and see the beauty of the child's journey. Then bring it back and give it to the person in front of you.

Could you speak about the whales as the ancient oracles of the planet and how they will use the vortexes, which you said were filled with golden particles?

Whales are oracles. They carry the history of the planet with them. They will not use the vortexes to walk onto this Earth plane as they did in Lemurian times. They prefer and need water, because they're so big, and being out of the water is very hard on them. They know that. In Lemurian times, when the whales left the water and walked through the portals onto the Earth, they remained for only a short time. They could not stand the pressures of this Earth plane: It was too much for them. These whales came out of their world and into yours to be of service to your human population. Unfortunately, on Earth, the human population is younger in soul age than the whales. So, although you didn't treat the whales badly, you didn't appreciate what a gift they were, and they had to return to the water.

The whales did leave their whale child weave behind, however, in the form of children with Down syndrome. If you want to feel the love and light of the whales, interact with one of these little Down-syndrome whale people. The medium met one in New York once, and said to the child, "Do you know that you are a whale?" The boy's eyes got big and round, and he smiled and hugged the medium, holding onto him tightly. He wouldn't let the medium go. These

children know what they are: They are the leftover whales that once walked the land. They don't want to come in here to live long lives. You think, "Oh, that's a shame." It's not a shame. They come out here to experience the journey of humanity and then get back out of here as quickly as they can. They want to return to being a whale because it's more comfortable for them.

Just because the whales won't come onto the land anymore doesn't mean you can't communicate with them, however. You can always go into the water and be with them, and you don't even have to know where they are. You can get into the water in Hawaii and hear them toning in Alaska. Their tones travel on the water: They don't need a telephone to reach you.

You might have noticed that many whales and dolphins are beaching themselves. By the time a whale winds up on the shore and you find it, its spirit has been gone a long time. That's the beauty: It is already in a new body out in the ocean. It may even swim by, take a look at its old body and say, "Oh, that was me." These whales die so that you all can live on this new journey of the fourth light. They know that they need to get you to pay attention to them; otherwise, you will wipe them out, and that will make your job harder over here. When you hear about the beached whales, tell everybody about them; not because you want to make people mad or angry, but because you want them to be aware of these whales who give of themselves so lovingly.

PHYSICAL, MENTAL AND EMOTIONAL VORTEXES

Are the pyramids in Egypt, Hawaii, Japan and Texas considered vortexes or portals, and are they physical, mental, emotional or spiritual?

The pyramids in Africa were the first galactic and physical vortexes. Physical vortexes can also be found in Hawaii, Japan and other places around the world. Those in Texas are the more powerful journeys. They are a little bit newer than those that are from 6,000 years ago, because they are above the ground, with a summit that points toward the sky at your galactic brothers and sisters. The energies of these vortexes are transmitted around the world, and physical seers are in charge of them. The vortexes in Hawaii are still underwater; they're beautiful, but they are just not that powerful yet.

You are a seer and a physical worker of the vortexes. You have no idea just how much of a seer you are. You are just biding your time until you understand this Earth plane fully. Everyone wants to be a spiritual seer/weaver, an emotional seer/weaver, or a mental seer/weaver. Yet all of you should be physical seers/weavers, because six billion people on this Earth plane are depending on you to get this journey going. At this point, about two billion of you will get through this shift, but a lot more of you could go through the shift if the masses could hear and believe what I'm saying today. My friend, this whole journey is about your physical reality. Master Jesus came into this journey wanting to be a spirit, but he had a physical body. Therefore, as long as he was here on this Earth plane, he lived a physical life. Shadow

walking is perfect for getting to know this physical world. Practice your shadow walking.

Several years ago, I went to the Chapel of the Holy Cross in Sedona and I couldn't help but cry. What was going on at that time? Also, are there vortexes in Taiwan and Africa?

You are a goddess light of the emotional vortexes. Each time anyone gets near an emotional vortex, he or she will cry. The emotional vortexes are always placed around churches. The Chapel of the Holy Cross in Sedona is one of the most powerful emotional vortexes. You may ask, "Well, why isn't it a spiritual vortex or a mental vortex? Why emotional?" Vortexes are not linear or hierarchical. They all come out of the place of love and light. A vortex of love that is spiritual will not be so emotional. An emotional vortex causes the deepest feeling, causing you to cry hard. The vortexes in Taiwan and in Egypt and other parts of Africa are yet to be discovered. Knowing where these vortexes are is not enough: You must know what you want from them.

I'm writing a book about the glyphs or crop circles that have been in Peru for many years. Would you speak about the vortexes in Peru and their relation to the galactic empires?

Keep referring to your book as fiction, because it's the only way you'll get it published. You're coming up with all these new ideas. Where are they coming from? They're coming out of the weave. You and all the writers and movie makers who have the courage to produce this material deserve applause.

Peru is predominated by mental vortexes. The mental vortexes are the domain of the galactics or extraterrestrials that have lived on your Earth world. About 20,000 years ago, Atlantis was a driving force of the mental energies that connected to the galactic empires. The sacred places in Peru must be understood by shadow walking them. Get on top of these flat spaces and feel into the earth to find out what's there. If you go to these areas, you will find vortexes all around there. This journey is about understanding that the galactic empires are focusing on you right now. They're tuning into this Earth plane and listening to know how many people they can reach—is it 50, 500, 50,000, a million? They won't be disappointed, and they'll know what to do.

LOVE AND THE HALL OF DOORS

I want to know about the relationship that love has to the fourth-dimensional journey.

Love is the basis of your journey to awaken to the fifth-dimensional light. That will be a powerful journey, but you must go through the fourth light to get there. The fourth light symbolizes the four bodies. The love that I'm talking about allows you to go into the weave and experience it in all four bodies. In order to understand this love, you must experience and know it on all four levels. Close your eyes, relax and go into this weave with me. I want you to experience what love is. Right there before you is the love

that you're seeking. Bring it back with you and open your eyes. Don't look for that love outside of yourself. It's not there: It's inside of you. Be aware of your physical realm on all four levels to the point that you know what you're doing and can teach it to other people. That's the trick. You must understand what love is. Love is not what you are or are not doing. Love is all there is: That's the key.

Can we see the pyramids in a sleep state, and can we use the Hall of Doors as a portal to other planes of consciousness?

You are a channel, and when you channel, you're a seer. You are a physical seer who understands how to create things in the Now from the future, and you can most assuredly see the pyramids in the sleep state. How many times have you been to the Hall of Doors² in your sleep state, gone down that long hallway and opened up a door to a new journey? Your journey is about what you've seen and how you will bring it back to this world.

Yes, you can dream into this web of energies and find yourself a beautiful portal to enter. You have seen these portals. They are shaped much like the portal you entered to come into this light, this Earth plane. You entered through a portal in your mother's body. Your mother opened up and your head came out: That was the journey. You can always go back into a portal, and you don't need your mother to do it. Just picture yourself out there, coming across a vortex. Open it up and go through it. You'll know if it's right or wrong, because only

a golden portal will get you in and out of this journey. You will be able to see whatever you want to see and then return here. You don't have to stay out there and meet the energies that live there: They don't speak a language that you would understand. You will have to speak in feelings, not language. Remember the journey and write it down.



Most of you have four-stranded DNA with two more strands that will soon be vibrating. With six-stranded DNA, you will have to master this planet, and you will have plenty of time to do that in the great shift in consciousness—at least 2,000 years. Remember, you are all seers. Tap into that gift and take your energy out into the field of consciousness to travel the weaves. You will be astounded at what you learn. *

1. Alchemy is studied on four levels: black, white, red and gold. Black is the beginner's level and gold is the highest level, the master's level. In this case, the alchemist is not concerned with metallurgy. He or she is concerned with weaving light into this journey.

2. The Hall of Doors is similar to that seen in the film *The Matrix*. One can travel to the Hall of Doors and enter a new reality, a new plane of consciousness, simply by opening any one of the doors.

Moving Forward in the Window of 2012

The Council of 12 through Selacia

In these recent months, as you have observed your world and noticed increasing amounts of dysfunction, you may be asking how the multitude of global problems can be remedied. You may be wondering how the world's disarray will affect your life and your ability to thrive and live in joy. You may be asking how you can find

KEY POINTS

- The most useful thing you can do is to make a commitment to self-realization.
- This is a pivotal opportunity for you and all of humanity to awaken more fully and make radically different choices in how you express your humanness.
- You will learn to appreciate what others struggle with as you learn about your own struggles.

your center when the world won't stop long enough for you to catch your breath. Finally, you may question how to successfully navigate the great shift happening in this window of 2012. As you have listened to the news, or even observed people around you, you have been reminded of familiar themes. These include the global economic meltdown, the energy crisis and a seemingly endless battle of ideas. These themes are familiar on a number of levels, the most obvious being their frequent mention in the media surrounding you. To the extent that you feel



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personally affected by these things, they become even more familiar to you.

WORLD ECONOMIC STATUS

Consider the economic meltdown, for example. Perhaps you have real concerns about your financial well-being, your ability to provide for your children or the prospect of having even less money than you have now. Even without these concerns, if your loved ones or coworkers are stressed about finances, you likely will experience an indirect affect. Money may not be at the top of your worry list, yet the more you hear about others' woes, the more your own subconscious fears of lack and limitation come to the surface.

The energy crisis, often linked with the environment and global warming, is not an issue that will be going away any time soon. This highly politicized topic is now receiving a substantial amount of attention worldwide, putting the issue of energy on the everyday person's radar. When gas prices skyrocketed to record levels in the summer of 2008, the notion of an energy crisis became personal for millions of people who either drive or take public transportation. By now, you may have purchased a more fuel-efficient car, added solar panels to your house or found ways to enjoy more activities close to home. Regardless, you have ongoing reminders that this is a problem much bigger than you personally.

BATTLE OF IDEAS

Today's conflicts between countries are focused more on ideas than on territory. There is a growing understanding that battles of ideas are even more problematic to resolve than the physical, turf-oriented wars of previous generations. Ideas in these days of instant information dissemination can proliferate across borders like wildfire. An idea can take hold within someone halfway around the world. A young man in New York, for example, might speak a different language than the extremists of a distant country and have no previous training in the ideas presented to him. However, if that young man is feeling lost or otherwise disenfranchised from his society, he can be vulnerable to the suggestions of others. These ideas can play upon his fears and his anger at the unjust world he sees around him.

Propaganda and extremism are on the rise as well, showing up with much more transparency than ever before. At the root of these responses are fear-based energies that keep the old paradigm structures locked in place. These energies include hatred, prejudice, a desire to control and dominate and a false view of others as the enemy. It has been these energies throughout humanity's past that have led to warfare on multiple levels, appearing as blockades, divisions of country borders, trade embargoes, genocide and other mass killings. Whether humans wage bloody battles of physical conquest with weapons or battles based on ideas, the underlying driving force of these conflicts is the same.

From a higher spiritual perspective, there is no winning involved in either type of war. On a personal level, if you take no interest in politics and watch little television, you may feel insulated from this battle of ideas. To be sure, though, the new, more light-filled world that you seek to inhabit cannot exist amidst this pervasive battle. Therefore, you will want to care about this war of ideas, and you will want to address it in your own personal way.

WHAT YOU CAN DO

How can you do this? First, it is useful to remember that anything playing out in your world is an outer manifestation of inner conflicts existing within the whole of humanity. Judgments of all kinds must cease in order for you to be free. You can judge others as being bad, and you can judge yourself as better than others, but any form of judgment will keep you in bondage. Judgment, both good and bad, is tied to separation. The idea of separation is a false identity that prevents you from inhabiting your new Earth. As long as you cling to notions of separation, you will be challenged to find your center. You also will feel blocked from fully expressing your divine purpose on Earth. For many people on a spiritual path, there is a tendency to view the world's fear-based conflicts as separate and unfathomable. There is often a distancing and a horror felt, as though the world's atrocities are things only others could carry out. Oftentimes there is smugness, expressed as feelings of superiority and specialness. When you approach the world in this way, you are living a lie of separation, forgetting that you are an eternal being.

You indeed have lived before, sometimes in quite different circumstances than you now enjoy. You may have been born into much less fortunate conditions, without access to spiritual teachings and without positive role models to steer you in the direction of sanity. In another time and place, without the awareness you have now, you could have been subject to the same energies of meanness and retribution you observe playing out in your current world's battle of ideas. You might not have had the consciousness to avoid the temptations of those energies. You may indeed have caused great harm to others.

Even if all of your previous incarnations were at the consciousness level of a great spiritual teacher, your human DNA connects you with all of humanity and with the lineages of humanity's past. At the highest levels of truth, there is no separation. There is no good and evil. There is no "you," no "them." When you are vibrating at that highest level of truth, you see love and divine perfection everywhere. You recognize this energy in yourself in your outer world, and in the seemingly diverse people you meet.

RECOGNIZING THE DIVINE IN OTHERS AND TAKING CARE OF YOURSELF

You are able to look past surface appearances and peoples' expressions of spiritual ignorance. You are able to look into their soul and know they are one with you. They have

the same divine spark that you do, and you recognize that. You have compassion for the misguided people around you, understanding that if they knew a better way, they would choose it. You know that they are suffering, and you have compassion when you see they are creating even more suffering for themselves by their current fear-based actions. At the same time, you trust that these people will eventually—in some lifetime—awaken and reconnect with their own enlightenment potential.

Meanwhile, as you observe and interact with people not yet fully awake, you hold the space for them to awaken. One way you do this is to have patience, to show kindness even when others are mean. You also hold the space for others' awakening by listening deeply and by being very present. You teach them this way, too. You teach others by your actions, by your words and sometimes by your silence. You show others, by your own example, how to be free of the fear and judgment at the root of your world's battle of ideas.

What else can you do? The most useful thing you can do is to make a commitment to self-realization. As part of that, you can take action daily to better understand yourself. This is not a surface-level knowing but is instead a deep look into your inner motivations, your unique challenges and your key relationships. The knowing you seek goes beyond your humanness, yet it includes an understanding of the various masks you have taken on without knowing. You want to be able to discover those masks and yet know all the while that underneath the disguises, your divine self sparkles like a diamond! It is that sparkling self you seek to find.

Trust that you have an abundance of help to find this diamond during this auspicious lifetime. The help available to you is on both the inner and outer planes. It is ever-present. Go at your own pace, yet know that your soul may sometimes give you a strong nudge. If you have felt a nudge in the past, you may have thought of it as a wake-up call, or even as a dark night of the soul.

A PIVOTAL OPPORTUNITY

It is not your imagination if you sense that the number and intensity of nudges has intensified in the past few years. A wise part of you knows that you live in a unique window of time ahead of 2012. This is a pivotal opportunity for you and all of humanity to awaken more fully and make radically different choices in how you express your humanness. These choices begin with you, and with how you approach living on the Earth.

You are making choices already, of course. The idea here is to become fully conscious of your choices in present time as you contemplate them and make them. Your choices can no longer be secrets, with you being the last to know their effect. You must be willing to see how your energy is playing out. Becoming awake to this helps you become responsible for your own forward movement. When you do this, you realize that no one can hold you in limbo except you.

The wise aspect of you understands what is happening and fully accepts it. It has a timeless insight, along with a knowing about past and future cycles. This part of you is aware of your involvement in previous great shifts on your planet, and knows what you will need to do differently this time in order to catapult yourself into a light-filled existence.

This wise part of you, possessing a keen memory about what you have incarnated to accomplish, is now turning up the volume of wake-up calls. It is time for you to remember. This remembering and understanding of self obviously does not happen overnight, but is a process that unfolds over time. The remembering you seek to have is heightened when you can remember to look at your life as though it were a mirror. This mirror is symbolic, yet it is all around you. You see the mirror when you become a conscious observer of your life, watching yourself. What do you observe?

- You observe your mind. You track the pattern of your thoughts as you respond to life events and decide what they mean to you. You notice how your thoughts are influenced by other people and outer world circumstances.
- You pay attention to your emotions, learning to understand how those feeling responses trigger thoughts leading to sabotage and suffering.
- You notice what you do with your body: how you take care of it and the subtle messages it gives you when you are off balance.
- You get in touch with your habitual way of being with yourself. You discover how to be with yourself in all sorts of situations, noticing how you respond when you feel alone, criticized or abandoned.
- You learn what brings you joy, and how that joy feels to you. You learn what within you gets in the way of accessing that natural state of joy more of the time.

As you see dysfunctional things about yourself that you did not see before, you have an opportunity to heal. In this process you will get in touch with your own personal battle of ideas. For example, you might notice how you can love and hate someone at the same time, or how you can think that your solution is the only remedy, refusing to allow another person's view. This is the type of inner war all humans have. You will learn to appreciate what others struggle with as you learn about your own struggles.

THE DISCOVERY THAT SETS YOU FREE

As you observe these battles of ideas, you will discover the connectedness and similarities of all on your planet. You will know beyond a doubt the oneness and love that was always there. This discovery will go beyond words, beyond concepts and beyond New Age thinking that simply tells you this is so. It will be something you sense in your heart, a truth you know and feel with your entire being. When this happens, you will be free.

As you continue the journey of rediscovering your divine nature, we surround you with our love and blessings. We are the Council of 12. ✨

Forgive and Physically Heal Anger

OMA through Frankie Z Avery

24 May 2009

We see that each of you is bound up in cobwebs of anger. Energetically, to OMA, anger looks like cobwebs. Have you ever seen a house or a barn filled with spider webs? Well, that is exactly what anger looks like imposed within the body of your energy. It isn't something that rides like dust atop your energy or auric bubble—it is something that is actually woven in. Any time you have an unresolved moment of anger with a person, it builds upon this cobweb that is within your energy field.

Let us tell you how anger affects your body: What you hold on to will leave marks upon your body. If you have created an angry situation and let it remain permanently, it might express itself as physical pain. Your knees might become damaged, or you might notice pains in your neck. How many people in your life have you considered a pain in the neck, as if having them in your life were a yoke about your neck? Neck pains often stem from situations that have become semipermanent—situations you feel have been hung upon you, whether you wanted them or not. Do you see how that can make itself manifest in your life? Remember, in all pain there is a history of anger somewhere.

THE KILN OF ANGER

We say this because several of you have recently had arguments with others or have been holding on to your history with somebody close to you. You are still in battle, are you not? Think of that someone in your life with whom you are in an active state of animosity or argument. Do you think you have really resolved the issue? Do you want to let it go?

KEY POINTS

- Holding anger and pride to yourself can cause you both spiritual and physical damage, expressing itself in chronic physical pain.
- The act of forgiving allows this damage to be healed, releasing you from the bondage of bitter and unhealthy patterns in your relationships.
- No matter what the situation, you always have choices, and you will make them as you see fit. Celebrate and enjoy the choices you make, and approach your life with creativity and humor.

It is often easy to feel as if something is resolved if you have gotten your own way. How many times have you argued with someone and thought you had won simply because you were able to berate, embarrass, hammer, outstand, out-yell, out-wait or just out-explain that person? Whatever it took, you were victorious and you were right. Does this sound familiar? You may have even solicited an apology from the other person and thought, "I deserve that." But in point of fact, getting your way creates an even greater mustiness. Having it your way is one of the easiest ways in the world to cause damage to yourself: You build a fire of anger. What does fire do to pottery? It hardens it, does it not? So not only have you created this fire, but you have stood in it and held it to you. You have hardened yourself in your resoluteness, in your pride, in your judgment. Essentially, you can lock yourself in this state just as if you put a glaze on a piece of pottery, heated it and burned it on. Your anger can become permanent. You do this to yourself, often causing yourself more damage in the righteousness of "rightness" than by simply surrendering, forgiving and releasing. Forgive yourself and forgive the other person instead of living in the indignity of rightness.

THE HEALING OF FORGIVENESS

It hurts you to not be forgiving: It hurts you physically, distracts from the spontaneity of life and infects new things that you want to do. This is why forgiveness is so very important. And what is forgiveness? Forgiveness is releasing yourself by stepping out of your bondage to a person, place, situation, belief system or a chronic way of life—anything that hinders the realization of the divinity of your nature. Forgiveness is the key that opens the door out of bondage. Forgiveness lets you step out of chronic pain and illness.

The pain in your life is telling you to stop that—whatever "that" is. Even when a child puts a hand in a fire, she does not leave it there to analyze it. A child with her hand in the fire does not stand there and say, "What is the karmic purpose of this? What am I

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learning from this lesson? Why am I supposed to be here? Why has God put me here?" What does the child do? She simply touches the fire and then removes her hand. Forgiveness is taking your hand out of the fire.

How often in your life have you been unable or felt you were unable to let go of destructive situations in which you felt that people were leeching the life out of you on a daily basis? Forgiveness lets you step out of detrimental relationships. How many times have you seen people bound together, annihilating the mind, body and spirit of each other? They say, "We are karmically tied, so we cannot leave each other." Yet all they have to do is forgive, release and go their separate ways, and their karmic ties to one another would fall away. Forgiveness can even simply be a situation from which you wish to release your anger, your contempt or your fear—it doesn't have to be directed person on person. Forgiveness awakens you to the truth that you chose to come to this Earth in a physical body to live a life of joy and happiness.

A MEDITATION AND AFFIRMATION FOR RELEASING YOUR PAIN

Let us speak of specific techniques that would be very good for you—practical meditations and affirmations of forgiveness so you can release yourself happily from unresolved bondage.

Start with a pain. Begin with something as simple as your knees. If there is another place in your body where you have a chronic pain, then use that. Take your non-dominant hand and touch your heart. Then, with your dominant hand, touch the area where the pain is most prevalent at the moment. Take a deep breath and inhale while lifting your shoulders. Hold it. Then release this breath and let your shoulders come down. Do this five times. Then, sitting very quietly while still touching both your heart and the physical location of your pain, affirm:

"I now open my heart, my mind and my spirit to the energies of light and love. I now ask my higher self, my higher angels and the truth of my divine spirit to release the anger, frustration or turmoil attached to the physical pain. I release it and I let it go. I release it and I let it go. I am grateful for the opportunity to let life, love and healing energies move instantly into that place that once was dark. I now release from myself the temptation to hang on to this pain or its history. I set it free. I set myself free. So it is."

Now take a deep breath, exhale strongly out your mouth and release your hands. Can you feel a change in your body? With this exercise, you don't have to dredge up old memories or try to figure out which people did what. You can go to the source and release its circumstances.

THE BINDINGS OF PRIDE

Remember: Bodies don't lie, but people do. People lie when they can comfortably get away with it. If you say, "Oh, I always tell the truth," OMA will say that that's a wonderful lie. Many times a day what you call politeness is simply telling an untruth. So don't get caught up in the vicissitudes of truth-telling. It doesn't matter!

Most people would rather be right than happy. It is easy to move into a prideful, supercilious moment where you were right and everyone else was absolutely wrong. Yet as long as you are only living in rightness, you cannot permit yourself to be happy. Consider those times in your life when someone apologized to you while you stood from a place of pride. You probably created a great deal of abusive pain for that person. We recommend you take a good step in forgiveness toward them. Make amends. Instead of saying "I'm sorry," you might start with "I'm stupid." Don't we harm each other out of stupidity or ignorance, especially as friends? Ignorance is when you don't know the consequences. Stupidity is when you know them but do it anyway. Haven't we all had our stupid moments?

EXERCISES FOR BREATHING IN LIFE

Have you ever noticed you can think "forgiveness, forgiveness, forgiveness," yet nothing ever happens? That's why we are giving you exercises that really begin to physically release things, so you can release that energy. Here is an exercise for times like these:

Begin to rub your hands back and forth, then rub them in circles. Inhale deeply, blow the breath out of your mouth and say, "I release you and set you free." Then, with your eyes closed, see the person with whom you've had that moment. It doesn't matter if they are physically on the planet or if they have departed, because they are just as whole to you. Bring them to you and embrace them.

Imagine that you are kissing them on the mouth. Why do that? To exchange air. You are exchanging breath. What is breath? Breath is life. Imagine you are breathing in their air and sharing breaths with them. Why? Because this is the thread of life. Think of it this way: If two scuba divers have only one container of air between them, they become friends very quickly, do they not? By breathing with the person in this way, you breathe life back into the individual and the situation. Again, like the ceramic pot being fired and becoming brittle, after you have done this you will become much looser. Why? Because you are breathing and reaffirming life instead of rightness, restoring a oneness and a wholeness with this exercise. Do you see how that could be helpful, dear friends?

Let us give you another exercise: Put your fingertips pointing upward like a steeple, elbows down toward your sides. There is an excellent prayer that contains the phrase "Forgive me my trespasses as I forgive those who trespass against me." Just that phrase alone can do more to release you from the burdens of life than many phrases or long, beautiful prayers you could think up. So affirm, "Forgive me my trespasses as I forgive those who trespass against me." Keep your fingers together, take deep breaths and exhale through your mouth. Then say, "I forgive myself as I forgive you."

CELEBRATE YOUR CHOICES

Whether the other person is cooperating or not doesn't matter, because you are releasing that bond from yourself.

The point of forgiveness is to choose to release yourself from bondage: You have choices. The other person has choices. You always have choices. You have choices whether you wish to stay angry or you wish to release your anger. Just remember that when you are at your maddest, most indignant or most hurt, you are choosing to be that way. So enjoy it. *"I am choosing to do this, so this is the fun I'm having now."*

We are not kidding about this. Think of something you are still a bit furious about. Can you see yourself over your indignation and your fury and your wretched pain? Now put your hands together with fingers interlocked. Take a deep breath and exhale through your mouth, saying *"I am choosing to do this, so I will enjoy it. When I choose to do something else, I will."* Feel what that does for your body. Now put your hands together again and affirm your choice: *"I choose to feel this way, so I am going to enjoy it. When it is no longer fun or satisfying, I will release it and go on to something else."*

Do you see what this does for you? It even injects a little laughter into the situation. It doesn't have to be these exact words. You can do this exercise many times about the same thing or about someone with whom you are very angry or contemptuous, and it will create an opportunity to have

a moment of newness, even with someone you've known forever. This is vital, because it really is harder to forgive someone with whom you spend time on a daily basis. You never allow yourself to meet people you think you know well as they are today. You are always meeting everything you ever thought you knew about them. This is one of the reasons why you can live with someone and find it hard to be innovative around them, and yet go off, have lunch with a new friend and be creative. You can say all types of new things you've never said to the person you're with on a daily basis. Why? Because you treat your relationship simply as two histories cohabiting instead of something always new.



Have we given you enough to work with? OMA is so wonderfully grateful to have an opportunity to share with you. You have been put on this earth to teach, and you have a wonderful heart for it. As we depart, if you wish, we will place a golden seed upon your heart. It's a golden seed about the size of a pea. Think upon this seed, and you will release the energy that you feel at the moment. You can use it for yourself or for others. Farewell, dear friends. *

What, No Emotion to Create?

The New Ascended Masters through Maurene Watson

Masters, you now know that the body is a star gate to other realities and that you remain in a very difficult time warp, holding both the matrix and the diamond omniquantum field at the same time. But you know that your love frequency allows the matrix to complete its lessons in third density roles of the game and into fourth density polarity resolution. Remember, the matrix school has entitled you to the greatest learning ever available to any gods as free-will star regents. It has allowed you to experience other universes that do not yet have free will. There will be many opportunities to carry this model forth and create more free-will universes as a new concept in the cosmos.

KEY POINTS

- Commit to the Earth dream as emerging spiritual adults, replacing emotion in the Creator formula with true consciousness.
- Only three initiations are left before your diamond field is released. Access to the quantum field is often experienced in a wild dream state after traveling through the matrix field.
- Relax in your observer body, safe in the knowledge that your love will never be outsourced.

ENTERING SPIRITUAL ADULTHOOD

Your desperate remaining matrix role players refuse to end info-secrecy or cybergames of enslavement. But they will be unable to access the multi-crystal diamond field, and their DNA will begin to reverse back against its own body due to a loss of the memory of its perfection. You, however, have claimed back your status for systemic, physical soul love, and are ready to live it in the full being of your own light, without the distraction of hiding from or consuming the old-Earth lower-credit/debit self-matrix. As an emerging spiritual adult, you are ready to let go of the search for your mommy or daddy and live as your own support in the power and presence of authority from your own inner self-love.

You have taken responsibility for sharing your own gifts while staying in the new diamond body, so that all life can serve your own unique Earth dream within Spirit's Earth dream for the all. And so you command inner support, inner responsibility and inner self-value in your body for the first physical-



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cell time ever, offering your gifts to harvest an awakening humanity. This was the unity-field-body initiation experienced as being one with all life, with harm to none by turning on the omniscell of the all.

INITIATION BODIES ENHANCED FROM WITHIN

You now have three physical cell-body initiations left to complete your multi-diamond body before the hypothalamic neural brain interface allows you to release your diamond and move completely into your quantum orb, or pod. In each one, the matrix is now in service to you and life.

- **Benevolent Magic:** This is your own unique, playful, joyful magic, with new systems and solutions. In the matrix, this was the merging of the inner battle against dark and light.
- **Love's Authority:** This allows you to speak from the authority of having healed your own wounded soul through self-love and to share that experience with the planet. In the matrix, this was the enslavement and limitation of your true self-purpose and true self.
- **Conscious Body Creator:** This is the magnetic, pulsing power to make unique, conscious choices at every moment, in absolute self-authority over everything in your life. In the matrix, choices were owned by false systems that were powered up through fear, control or secrecy.

Within each initiation, body is an enhanced spirit-twin relationship formed from the union and braided access of RNA male and DNA female as one skilled love where the inner partner can become the other inside the same body.

DREAMS OF NEW EARTH

Your New Earth dreams are no longer on hold, now that you have put the book of your past and old Earth dreams back into the library of life for the new angels coming in to study. Recently, you all experienced the remarriage of the planetary soul to her new universal spirit in the memory of your enlightened souls as physicalized bliss. This was not a polarity-cell bliss, but the New Earth bliss of the multidimensional reflector facets in your diamond omniscell. Both your male and female soul, as one solar disk, felt this together, rather than ascending one or the other, as was the case in your past. So you are holding matrix and quantum New Earth field potentials simultaneously until you next physicalize your conscious creator in the body, now that the soul-cell body has been anchored from the return of your parallel universes.

Remember that many of you are traveling out through the matrix field first—which you experience as wild dream activity—before you travel into the quantum field, where you presence yourself wandering in quantum loops, playing on new stars, teaching the new angels and seeding new earths, and you try more and more to hold the memory upon return. These two fields—matrix and quantum—push or overlay one another, causing calibrating spin cycles like a washer and dryer throughout your day, as well as many cell-purification symptoms: cell-fire sweating, aches from electrical surges, irregular brain-wave patterns, immune and

blood purges, dizzy eyes, emotional toxins and intense neural morphing.

This is a necessity since there are new universes, black holes, gems, gold, minerals and stellar materials between every axon and dendrite in your brain neurons that hold the master energies and their composite feeling attributes living in your conscious DNA. Hence, when you travel through the matrix out into the quantum field, the omniscell has no space between matter and antimatter, which reflect each other simultaneously through conscious choice in your unique playful magic and authority to choose. As you are powered up by subatomic, magnetic radiation from cosmic sun frequencies, you will become the first ever multi-loved spirit humans. Great gods, you are in such an unprecedented graduation in all the cosmos. You now channel your spiritual imagination to collapse the hologram, thereby changing it to create what matters most in your love, like a fresh painting just taking life.

A CREATOR FORMULA WITHOUT EMOTION

Henceforth, you will be integrating new energies on a daily basis, until the body crystals, diamonds and plasmas of the Inner Earth and etheric light-city crystals calibrate and power up in the midway station of your New Earth body, so that all dimensions can achieve contact in your diamond heart. Your heart and brain's internal fail-safe only allows you to move fully into your quantum body until you are completely able to liquefy the diamond into the plasmid pod. However, as a fluid diamond flame, your bodies can fully carry as conscious creators—as fifth density planetary souls and universal spirits within group-consensus frequency. In these unique probability fields of each master, exponential frequencies of self-love can hold superpositions. This process began when you were born and will go for thousands of quantum light-year cycles, in human-consensus, time-calculation variances of: two, five, ten and twenty human years per frequency.

The next major shift is for your consciousness to replace your emotions. What, no emotion in your creator formula? You now know that between every axon and dendrite in the brain are universes and black holes that delete old memories or create from the unknown. This includes the junk or dark matter DNA in your neurons. Until now, you have said that emotion was equal to energy in motion. In the old Earth matrix field, love required you to take or give energy in order to get what you desired. The emotion used to create was a symbiotic, feeding, assaulting or addictive chemical energy that fried the cell with too many electrons. At best, the exchange was considered equal—as in marriage, money or services rendered. In love, then, something had to be given or taken, and emotions were only as conscious as the underlying motive or agenda. This means that the atom in an emotional reactive cell has an electrical charge that could cause bodily cells harm, death or conflict in order to multiply or hold joy, health or abundance without possible loss.

In the New Earth, consciousness is self-love (which is the same as your imagination, desire, intent or focused

THE FAIL-SAFE OF LOVE

thought), cell-lived and expressed in love matter. Love is a magnetic cell and automatically reproduces itself. If you simply send your diamond desire into the quantum field, your conscious observer-self drops what you love into matter without a charged emotion. How is this done? As an observer, you feel all things as neutral, without charge or harm. Your body field then uses the frequency exponential of your own self-love and sends it into the multiple choices of the quantum field—the exponential of the speed of light times your love—to create. This is like being your own Hubble telescope: Your body is as a spinning diamond, sending your desire into the light-spectrum sky. Your own self-love does not need person, place or event to depend upon as sovereign Creator. Organic matter talks as your consciousness and gets to be fully alive and lived. Herein, nature, science and spirit are all one. Instead of seeing bacteria and viruses as enemies, you will use their very subatomic consciousness to regenerate Earth and the bioangelic aspect as universal humans.

Since your DNA stores all your information in the quantum field, the body matches subcells for subcell access to all memory and all potentials. The next cosmic impulse will compel the body field and the new universal field to become the same magnet, through one single love cell. When you turn on the switches in your brain that allow you to switch over fully from a matrix polarity field to an awakened cell field, then you will feel the New Earth. There is no separation between what your consciousness does and your body does.

This, masters, is how you become a breatharian: The body breathes the Sun through the whole magnetic field, not through the pranic lung system, youthening your body from inside out, with your skin affected last. In this way, you will no longer breathe through the skin, but through your entire field. That is why we can say that love is not electronic—which is a matrix field—but magnetic: a conscious love that answers to the impulses of your Source sun's radiatory reflection and absorption. This is why you need never worry that your technology will outsource your love, as it did in Atlantis: Your love is the fail-safe.

For this reason, we often say that the birth of your diamond spirit puts you on automatic pilot and that you can relax in your observer body, because you know that every dimension has a duplicate, new you as a backup to match what you have become and done here. Should you need to re-manifest self, then indeed your omniscell could call up your blueprint to enable you to reproduce yourself at will, just as you will again be able to form-change, or morph, at will. Maybe there can be three of you all standing in the same room sharing your field, so that others might impulse off of your experience to find their own—or just play with that which has not been experienced before! Remember that what you tell the cosmos will be your experience. Whatever you are willing to receive, you give to the whole of the world! It is as simple as making a choice. It is as simple as changing your universal mind. ✨

Divine Grace and Courage

Archangel Michael through Norma Gentile

4 June 2009

I'm seeing signs all around me that we are turning a corner, and it is happening quickly. For some people, it may feel like this change is happening too quickly. For others, like me, the pace of the world feels like it might finally be moving along at the rate and in a style that suits me.

My heart is gladdened by those who speak the truth and face their fear. As hard as it is to do, the moment we decide to turn and face our fear, it no longer holds power over us. Let me explain: It is one thing to know *what* it is that you fear. Courage comes into play, not after you know what it is that you fear, but in the moment *when* you know you are fearful. In this moment—which can last seconds, years or even lifetimes—of knowing you are in fear, it is your own courage that allows you to choose to turn and face that fear.

This courage is also a type of divine grace. It comes neither from your personality nor from your physical form. It is an impulse that comes through your heart from Spirit. This impulse of grace reminds you that you are not more lowly

than what you fear, strengthening you in your heart with a tangible reminder of love. That interconnected web of love is buoyant enough to hold you above your human emotion of fear for a brief moment. In that moment, your soul expresses courage.

Courage manifests itself as the determination to turn and face your fear. And so, in the moment of deciding to face the fear, your courage has already defeated the fear: When you choose to turn and face your fear, you choose to experience yourself as its servant no longer. May the glory and new shining light of courage bathe each of your hearts. ✨

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Living Your Personally Revealed Truths

Archangel Michael through Ronna Herman

Beloved masters, there is a light path that will lead you out of the density into the lightness of the spiritual realms. The key that allows you to traverse this sacred path is within you, and it is called your energy signature or your soul song. Your vibrational pattern or energetic signature has resonance, cadence, tones and vibrancy, just like a song does. Your original soul song was in perfect harmony with the celestial soul song of the universe. Each dimension has a unique resonance and an identifiable harmonic sound pattern. Your physical existence is a reality focused on harmony and balance (or the lack thereof), and the further you move into density, the more discordant your vibrational patterns become. In your material plane reality, you habitually focus on tangible things that have substance or density, relying on a time/space orientation of cause and effect.

The fact that each of you is the creator of your own reality is gradually permeating the belief patterns of the mass consciousness. As you refine your resonance, you are gradually becoming multidimensional, which means that you are tapping into the frequency patterns of several dimensions at once. In order to make room for the refined frequencies of the multiple levels of the fourth, fifth and higher dimensions, there must be a clearing and cleansing process. Through the lessons and instructions we have given you over the years, we are endeavoring to give you the knowledge and the tools needed to traverse the path of ascension with ease and grace.

THE SEVEN SEALS AS RECEPTACLES FOR GOD CONSCIOUSNESS

When you achieve a certain level of harmony within, you open the three physical body gateways or portals to

KEY POINTS

- Balancing your chakras, achieving freedom from self-imposed limitations and developing spiritual discipline can give you the clarity to choose the right path.
- It is vital that you focus on internal harmony and the three portals to higher dimensions.
- The spinal column will eventually become a rod of light through which the streams of Creator life can flow freely and unimpeded, greatly accelerating the process of ascension.

the higher dimensions: the ascension chakra or medulla oblongata at the base of the skull, the back portal of your sacred heart, and the expansion of the opening of the crown chakra. These are major steps in the ascension process, for they reestablish your connection with the river of life, which contains the living light particles of creation called “adamantine particles.” At this point, as you strive to become a master of self and a conscious co-creator who only creates those things that are for the greatest benefit to all, you begin to build a force-field of full-spectrum light. From that time forward, your breathing exercises and affirmations take on a whole new meaning.

The basic seven etheric chakras, or spinning wheels of electromagnetic energy, were placed within the physical body as receptacles for the attributes, qualities and virtues of God consciousness that were radiated forth from the heart center of our Father/Mother God via the universal Great Central Sun. As you strive to return to balance and harmony within the four lower bodily systems—physical, mental, emotional and etheric—you will gradually refine your vibrational patterns and begin the process of ascension into the higher frequencies of light. The chakra system begins to take on the radiance of the five higher rays of galactic God consciousness that become available when your energetic signature is refined enough to tap into some of the frequency patterns of the fifth and sixth—and eventually higher—dimensions. The five higher rays will have a profound effect on the seven chakras of the third- and fourth-dimensional physical vessel. First of all, the reserve supply of adamantine particles of light stored in a sphere of light within each chakra will be released.

BECOME AWARE OF YOUR DIVINE BLUEPRINT

The kundalini, or “serpent of sacred fire,” stored at the base of the root chakra begins to rise, and the process called “opening the seven seals of higher consciousness is initiated.” The chakras will begin to spin truly instead of spinning out-of-balance, chang-

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ing colors as they attune to the higher frequencies of God consciousness and becoming iridescent as they are infused with the vibrancy and glowing luminescence of Creator light. The different-colored luminescent rays will assist in integrating and balancing the higher frequency patterns of galactic consciousness. The more you balance, harmonize and strengthen your chakra system, the more divine light you can absorb. The spinal column will eventually become a rod of light through which the streams of Creator light can flow freely and unimpeded, greatly accelerating the process of ascension.

There are many higher-frequency rays of divine light throughout this universe. During the present round of experience, however, humanity has had access to only the twelve major rays of God consciousness. This access will change as you move into the more refined realms of light—just as the divine blueprint has changed—whereby in your future reality, all three God rays will overlight you in a combination of attributes, qualities and virtues of God consciousness, and your physical vessels will be programmed to contain a greater number of active chakras and frequency patterns. It is important to understand the physical schematic you were born with. Now, however, it is time to become aware of what your divine blueprint will be in the future, instead of what you were in the past. You are evolving, my friends, and you are destined to assume the next level of human expression. We will speak more of this in the future. Suffice it to say that in time, you will be greatly pleased with your new refined and more radiant physical vessel.

GUIDELINES TO HELP FREE YOU FROM SELF-IMPOSED LIMITATIONS

First, you must strive to become heart-centered and soul-focused. Affirmations will assist you in reprogramming your subconscious and conscious minds and will help you to establish a new set of guidelines by which to live. You must return to an accepted vibrational pattern of polarity so that you can access the highest fourth- and lower fifth-dimensional environments.

Before you accept anything as your truth, you must discern: “What value is there in this information?” and “Does it ring true with my inner guidance?” There are many paths that lead to the same destination: back into the realms of light from whence you came. Do not judge those concepts that do not resonate as your truth. Choose the path that is right for you and allow others to do the same. Know that your higher self will monitor you via that small voice within: When you do something that is not in alignment with your philosophy of life, you will feel a heaviness or a sense of dis-ease within the heart center/solar plexus area. When something you read, hear or observe is in alignment with your set of beliefs or principles, you will feel a lightness or expansion within the heart center or, perhaps, ripples of energy on the surface of the skin often called “angel bumps” by our messenger.

Remember, however, that there is one immutable truth that your philosophy of life must include, and that is the

commandment: “You will do harm to no one, including yourself.” When true universal law filters into your consciousness, it eventually erases all erroneous thought. Through the process of evolution, higher, more refined concepts are made available so that gradually humanity will revert back to immutable universal law/truth. For three million years, humankind has been living in the shadowlands. Very few souls have been privileged to have access to the wisdom teachings of ascension that are available to you today. What good is information when you do not use the knowledge to gain the wisdom? You must draw forth more God particles of creation to assist you in your advancement on the spiral of ascension.

You must then share your newly acquired wisdom with others in order to proceed to the next level of enlightenment. If you do not consciously allow a portion of your adamantine particles to flow forth from your heart center out into the world—after they have been activated by your unconditional love—the flow of god particles to you will slowly diminish. As a starseed on the path of ascension, you are seeking self-mastery and must learn to take back your spiritual power via the first ray of divine will/power.

GUIDELINES TO HELP YOU DEVELOP SPIRITUAL DISCIPLINE

- Learn that it is wise to sometimes delay gratification.
- Practice acceptance of responsibility.
- Dedicate yourself to the truth.
- Be realistic.
- Always strive to maintain balance in all things.
- If you are not disciplined and in control of your life, your life will control you.
- If life becomes too easy, inertia sets in and you will become nonproductive.
- Life should be a challenge, always unfolding as you seek to improve self.
- Become a problem-solver—face your challenges directly.
- Develop a win-win philosophy instead of the winner-loser concept of the third-dimensional reality.

Remember, beloveds, what has been stated many times before: It is not power that corrupts, but the misuse of power. Acquiring power and wealth tests your inner strength and your spiritual maturity, magnifying the positive or negative qualities that you already have. If you are functioning from greed, selfishness and an “I, me, my” point of view, it will reveal and expand those traits. If you are spiritually centered in a “we, our, unity” state of being, your virtues and positive attributes will be magnified and expanded. The wise ones do not struggle or focus on money alone, nor do they see poverty as a virtue. They begin by turning inward and focusing on the magnification of their inner resources, gaining wisdom in order to become good stewards of universal abundance. You are neither of value to yourself nor can you truly be empowered and of service to others if you are functioning from a poverty consciousness. You must be an example to those around you as you learn to live and express your own revealed truths.

THE COSMIC COUNCIL OF LIGHT

In closing, we would like to clarify an old concept that has puzzled many students who have been led to study the wisdom-teachings of the past. In the occult wisdom teachings of the 1900s, the Great White Brotherhood was often mentioned. It is important to remember that the term “White Brotherhood” was not intended as a reference to a color or race but to the light of God expressed in crystalline white. Nor was the name meant to imply that the group was an exclusively masculine one, for there have always been many female masters who have served in high-level positions in what has been called the spiritual hierarchy, or the cosmic board.

The members of the ancient, cosmic Great White Brotherhood are a part of the Order of Melchizedek, which consists of numerous ascended masters of the Earth, both male and female, as well as highly evolved, nonphysical spiritual beings from all areas of this universe. In the past, they assisted humanity from within various retreats and ashrams strategically placed around the world. These exalted beings now reside in the various celestial cities of light around the world. Those of you who are actively on the ascension path and have

integrated a measure of fifth-dimensional frequencies within your physical vessel can now make nightly sojourns in your etheric body to the classrooms within the light cities in order to accelerate the ascension process.

It is to be known that, henceforth, this prestigious group will be called the “Cosmic Council of Light” to reflect the evolving universal consciousness. Whether you accept it as your truth or not, beloveds, you are becoming galactic citizens, and one of the future steps of en-lighten-ment will be reunion with many members of your solar and galactic family of light. At a future time, be assured that some of you will be asked to join the Council of Light as representatives of ascending humanity and the Earth.

My faithful warriors, you are awakening from a twilight dream-state whereby for many eons of time you have existed on a starvation diet of half-spectrum light. Open your hearts and your minds, and expand your vision to incorporate your full endowment of the virtues, attributes and qualities of God consciousness. It is our great pleasure to assist, inspire and protect you on your journey back into the realms of light. Know that you are loved most profoundly. ✨

Will You Give to Yourself This Freedom?

Expanded Consciousness through Miriandra Rota

Beloved beings, there comes the time, the moment, when you truly are fully aware of the truth that you have emerged from who you once were and that you are residing right in the moment in which you can literally choose your direction in life; that is, you can choose how you would experience your own self through your journey. Perhaps you would reflect a little upon those words? What are they actually saying?

REALIZE YOUR EMERGENCE

Firstly, you have emerged. Are you conscious of that fact, that truth? Are you consciously not only aware that you

KEY POINTS

- You are ready for change, and that change will begin with your choices and your own inner awareness.
- Come to the full knowledge that you have emerged from the journeys of the past and have achieved completion in the purposes of your past lifetimes.
- Only then will you be able to find the freedom to be and to realize your primary purpose: You are here to anchor truth and light within this physicality.

have emerged from the journey and experiences of the past, but also that you can no longer find fulfillment by continuing to dip into the past, retrieving the successes and attempting what you call a “replay” of those same patterns so that they will deliver to you the feeling of success that you so enjoy? Are you conscious of the fact, the truth, the knowing, that the persona within which you have resided has completed itself? What does that mean? It means, beloved one, that you have been residing within a package, so to speak, and that this package is your persona. It has served you well. You have journeyed within it and experienced cause and effect within it as yourself. Yet—just as your journey is not yourself and your successes are not yourself—your persona is not yourself; your persona is not who you are. You are much more: You are the spirit, the being, who resides within the persona, within the journey, within the success. And we are say-

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ing clearly that you have used that container, that persona, long enough. Where it has served you well, now it inhibits your further journey.

What do we mean by these words? In this manner we speak. Long ago you entered a series of journeys. You call this series of journeys “lifetimes.” You fulfilled purposes carried forth upon your intent. It has been within this series of lifetimes that you have also developed the persona within which you have been residing. And as we have spoken, it has served you well. Yet we say to you: It is now time for you to shed the old ways, shed the old beliefs and shed the old manner of experiencing yourself. You will know that it is time because you will feel as if you are on hold; you will feel as if all the old methods of manifesting are no longer working, and you will feel that you are waiting—waiting for something to occur in your life so that you can, as you have the words, “get on with it.”

Then perhaps the next questions are, “How can I shed the old ways, the old patterns and, more so, my old persona? And what will happen to me if I am not residing within my old persona? Who will I be?” We say to you: The first step in this process of emerging is to recognize that all the signs—so to speak—point to the truth that you are ready for change and that the change will begin with your choices and your own inner awarenesses. When you can place yourself directly within this awareness, you will feel a shift occur. What is the shift? It is now that you have taken an action. What is the action? The action is that you have placed yourself within the conscious participation of your own emergence. You have accepted the truth that you are complete with the previous journeys, with the previous phase or phases of this current lifetime, and that you are choosing to make a conscious change that will not only free you from being “on hold,” but will also free you to be and experience what is called “the real you.” Do not underestimate the importance of this first step, beloved ones.

RELEASING THE PATTERNS AND PURPOSES OF THE PAST

Secondly, the process of releasing the past patterns, purposes and intent can be a simple one. Why? Because, beloved ones, there have been those who have gone before you—those who have, within their own powerful forging, created the avenues and patterns for your releasing with ease. They are in gatherings of eight and gatherings of twelve. They are the forerunners within the process. Even now, they are celebrating the fulfillment of their own personal releasing, a releasing that affects the entirety of humanity and delivers to all their created avenues. You could say that they have cleared away the debris of the past and have made a way for you—for you to go forth with ease.

Within the process of releasing the past purpose, there is a participation within which you can rest and know that you are directly participating within your own conscious completion of purpose. What is that participation? It is this: Walk in nature. Allow yourself to set aside all concerns within the cause and effect of your own life and the

lives of others. Then, sit quietly and ask yourself: “What has been my primary focus? What have I been trying to do? What have been my successes? What has been my yearning?” Within these questions, continue to reflect and ask, and then write upon paper your answers.

ENTERING AWARENESS OF PURPOSE

For example, perhaps you have had a yearning to be a healer. What does that mean? Objectively, it means that you have held within your own spirit the purpose of assisting others, of assisting humanity to become whole. And with more objective viewing, perhaps you would conclude that one of your purposes within your soul journey would be to assist humanity to return to the full knowledge of a wholeness of being. And, beloved ones, perhaps your wording would be more to your own speaking? Perhaps you would use the words, “All right. I admit it. I have been living in the purpose of saving humanity.” In either instance, you have come to an awareness.

Such awareness is major. Why? Beloved ones, you could not possibly have entered this one life and held within your soul purpose the saving of humanity. Such a purpose has been developed over lifetimes. Perhaps you will reflect upon those words? And this major awareness gives to you, upon your writing paper, the first purpose; and yes, it is one of the purposes you will be releasing. Why? Because, beloved ones, you have recognized the descriptions, the facts, that it is time for another manner of residing, a time to be shedding the you of the past so that you can go forth and reside fully in the present, free from the inhibiting patterns of the past.

Perhaps another example would be that you truly want to have financial abundance. You know all of the reasons for wanting financial abundance. The primary reason for it is to have the freedom to do what you would like to do. Yet in an objective viewing, what is this purpose? Is it not the emerging from the illusion of poverty, the illusion of not having or the illusion of unfulfillment? And why would you—a most glorious magnificent being—be residing within these illusions, real though they feel to be? Oh, beloved ones, hear these words! Would it not be that you have been fulfilling purposes of old? Would it not be that you have been on a very long journey through lifetimes within which you have caused yourself to reside in poverty, have caused yourself to reside within unfulfillment?

You might be wondering why you would cause yourself such difficulties as part of a fulfillment of purpose. You might be thinking that you would be punishing yourself for some wrongdoing. Yet that is not the truth. The truth is that you have been residing within what is called “self-sacrifice.” Self-sacrifice, during your many lifetimes, has all been resting upon your desire to assist humanity. Many have assisted humanity by taking to themselves the suffering of others and releasing such suffering into the nothingness. Others have caused themselves to reside within poverty so that they could be undetected within their journey and thus be able to assist many more beings. Some have

caused themselves to reside within unfulfillment, believing that fulfillment would deter them from their purpose of sacrificing for humanity.

FINDING THE FREEDOM TO BE

Do you see, beloved ones? These patterns are all part of the past. They are all part of the fulfillment of purposes of old. And now, within this process, we are guiding you to first recognize what are the purposes, what have been your purposes of old? You might also be thinking that you would not be able to become objective enough to recognize such patterns and purposes. Yet we say to you, these purposes are not a secret! They are of you. You have been residing within them for lifetimes. You know them well. You are simply and clearly requesting of yourself that you become conscious of your purposes of old. You are calling them forth.

And you might be thinking, "I have always wanted to be a good healer. I don't know if I am ready to give up this yearning, this purpose." And we say to those who are thinking in this manner: Beloved ones, how will you move forward into this fulfillment? How will you be who you really are when you are residing within the moment of *wanting* to instead of *being*? Do you see? When you allow yourself to emerge from the purposes of old, you then are preparing to be the fullness of All That You Are. You are then residing within what we have been calling "the real you." And then, beloved ones, you are able to go forth in a new manner. Perhaps the new manner is to be that for which you have been yearning? Within this process, you are not giving up what you would like to do. You are simply becoming whole and free of the past, and such wholeness and freedom allows you to go forth within that which has been calling you. We call this "freedom to be."

DECLARING THE COMPLETION OF PURPOSE

Then we will continue. Once you have objectively discerned your purposes of old, allow them to be. Allow them to reside within your knowing. Next, give great, good thanks: Give gratitude for their being, for their residing within the fabric of your journey, within the fabric of your being. Next, declare them to be complete. Declare each purpose to be complete. And then, consciously and deliberately, release them to dissolve the return to the nothingness from whence they came. This process will come naturally to you, because you are conscious and declaring completion. Do not underestimate this powerful experience, beloved ones.

You will discover that you have many patterns and beliefs that once supported the old purposes. After you have declared your purposes of old to be complete, begin to discern your patterns of living that were founded upon the old purposes. Begin to discern your beliefs in a similar manner. Perhaps you will also write your discoveries upon paper and then declare each one to be complete, to be released. You might be thinking that this process is long; yet we say to you that you have been residing in this man-

ner for lifetimes. You are clearing away the purposes, patterns and beliefs of lifetimes.

ANCHORING TRUTH AND LIGHT

Hear these words. Long ago you declared that you would enter this time of great change. Long ago you declared that you would enter this time that held within it the possibility of what has been called the "grand awakening," some of you even waiting until this time, and all birthed specifically for a primary purpose. What is that primary purpose? To anchor truth and light within this physicality. And while you may have declared other purposes within this lifetime's journey, the primary purpose has been, and will continue to be, to anchor truth and light within physicality. And you are of the consciousness, the continued awakening, to be able to fulfill this purpose. In truth, you have already fulfilled this purpose because you are incarnate and—by the very fact that you are reading these words—you are consciously residing within your own great light and truth.

It is within your great light and truth that you can free yourself from the past, that you can emerge into the present and be who you really are. Within such being resides your own personal fulfillment. You have sacrificed enough though the many lifetimes. Now is the time, now is the vibration, now is that phase of your own life within which you can be fulfilled, within which you can truly feel joy and delight and within which you can go forth upon your own calling for you, personally. There are those who might think this to be selfish, and we say to those beings that they have not yet recognized that such judgment is all part of the survival of the past. Self-fulfillment and self-joy are the most natural manner of living, of residing. Self-joy and delight radiates outward for all residing within, because you are all of wholeness; that is, you are all one being. That which is personal fulfillment nourishes the whole. That which is personal joy delights the whole. That which is personal abundance delivers to the whole the knowing of truth incarnate. And that which is personal choice delivers to the whole the conscious knowing of divine essence taking form within physicality.

You are most amazing beings. You are most delightful beings. And—when you allow yourself—you truly know how to feel joy; you truly know how to emerge from the troubles within bounds of cause and effect and choose differently. You truly have the capability of not only recognizing the patterns and purposes of the past, but also recognizing that they are debilitating and inhibit your full expression of self. And you are most capable of declaring completion to the purposes of old—even if they give the illusion of being incomplete. You are most capable of daring to be free, of daring to dance the dance of a new adventure unfolding within your next breath and of declaring your choice for the deep inner fulfillment of your very own self—for no one but yourself—knowing that your fulfillment nourishes the spirit of all. Beloved ones, will you give to yourself this freedom? ✨

Parallel Earth and Antimatter: The Michael Vortex of Banff

Archangel Metatron through James Tyberonn

Greetings! I am Metatron, lord of light. We return to speak of the grandeur of the Michael portal in Banff. In the linear years since this channel first visited this magical area, much has quickened. This area is playing an enormous role in the planetary ascension through what is termed the “cosmic trigger.” There are many unique and unrecognized aspects to the areas of Banff and Yoho National Parks in Canada. Because of its gravitational and latitudinal placement, tectonics, electromagnetic balance and mineralogy, dense plasmic fields allow for a more tangible interface with the antimatter twin of the planet Earth.

As such, the crystalline waters of the area—the sacred lakes you know as Lake Louise, Lake Moraine, Emerald Lake and Lake O’Hara—are conscious, living entities. This goes far beyond the “spirit of place” that typically occurs in nature. Because these glacier-melt waters are colloidal, containing silicate particulate and suspended crystal, they have a very unique ionic current that allows for an antimatter charge to occur within them. This means that they contain bioplasmic life, an angelic field. Masters, the field of energy that makes Banff quite unique is, to a great extent, defined by the antimatter plasma in the area that has been exponentially increased by the cosmic trigger.

We share with you a great truth that may confuse some of you: The interface of the angelic realm to the human, material realm is the antimatter field, and the antimatter plasmic composition of that field is what you term the “parallel Earth.” Indeed, the interfaces from your etheric body through the system of chakras are, in a sense, focal particle

accelerators that form open cones into the field of antimatter. This is something that will become known to humans within the next two generations. You often refer to antimatter as dark matter.

Ironically, what you term “dark” matter actually carries greater light and holds a higher frequency than physical matter. Only specific electromagnetic fields are capable of holding antimatter plasma, and indeed antimatter has varying layers or dimensions of intensity. Your merkavah field is capable of holding this energy.

MAGNETIC PLASMA IN MATTER AND ANTIMATTER

On the surface of your Earth, magnetic field lines emerge out of the North Pole, curve downwards and enter the South Pole through your ovoid magnetosphere. Inside of your Earth, however, these field lines move upward from the South Pole to join the North Pole. These fields of force are charged ions or plasma and flow in the form of both matter and antimatter. As such, these occur within the parallel antimatter Earth and, in fact, define its composition. Antimatter plasma contains many charged particles, including what may be termed “antielectrons” and “antiprotons.” Bioplasma forms within these fields of antimatter, teeming with life. There are, therefore, electromagnetic currents within and without your physical Earth that operate in jet streams, flowing in one direction on and above the Earth and in the opposite direction in its subsurface interior. These current flows are parallel to one another, flowing in opposite directions within the ovoid of the magnetosphere—somewhat analogous to your longitudinal lines—and are crudely recognized as Curry lines.

What is not understood, or as yet recognized, is that these also flow in antimatter plasma, antimagnetics and antielectrics: the very network of energy that connects your physical Earth to the antimatter Earth—the twin, parallel Earth—through the flashing aspect of receiving micro black holes (protons) and projecting micro white holes (electrons). With the laminar flow of the vertical lines of longitude, the antimatter plasma will create a network of currents. The primary vertical current induces other currents at right angles to it to form golden angle off-

KEY POINTS

- The Michael vortex of Banff is situated at a latitude that allows for unique reception of highly charged antimatter plasma into the physical realm: The parallel Earth coexists more tangibly and overlaps more fully here.
- This area has been playing a key part in the ascension, initiating multiple phases of the cosmic trigger between 2009 and 2012.
- Despite how extraordinarily electromagnetically charged and multidimensional this region is, it is able to retain an incredible balance that is reflected in its serene beauty, energizing visitors with renewed clarity. Within this energy, those who enter the area attuned to its significance can evolve more readily into clear-mindedness.

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shoots at ninety-degree jets that extend directly and horizontally from the vertical currents. These are pulsed at even sequences according to the flash-of-consciousness light units, which correspond somewhat to the conceptual Planck scale in space-time theory.

There are certain points—both within the matter-antimatter flash and planetary electromagnetic circuitry—that form pressurized nodes. These nodes act as subatomic-particle amplifiers, projecting coherent helical streams of antimatter ions at specific vectors across the planet. These are, in essence, antimatter vortexes that permeate into the physical Earth and the magnetosphere, entering the Earth plane at the latitudinal points between 49° and 52° north and 49° and 52° south. The latitude of 51° is a planetary geometrical vector that receives the jet-stream helix of highly charged antimatter plasma into the physical realm at certain nodes. Stonehenge, Avebury, Banff, Lake Louise, Lake Baikal and Torres del Paine all occur at this latitude. For this reason, these areas are extraordinarily electromagnetically charged and quite multidimensional in nature, and yet they retain an incredible balance. These vortexes spiral and intertwine with pulses of gravitons, positrons and antiplasma to form coherent plasmic helices that occur in the zones of the Canadian Rockies, Lake Baikal in Siberia, southern Patagonia in Argentina and Chile and Avebury-Stonehenge. All of these points are near 51° in latitude. These energies collate and pool, due in large part to the specific crystalline-magnetic mineralogy that exists in these areas.

As a result, the parallel Earth coexists more tangibly and overlaps more fully at these areas, and lifeforms of a bioplasmic nature do indeed exist there in great abundance. But let us be clear: These areas are essentially large white holes that exude charged matter they have transformed from tremendous amounts of antimatter energy. The antimatter overlay that dually occurs in Banff does not intermingle with matter *per se*; rather, the two fields co-exist in separate dimensions. They coincide somewhat, but are in essence quite separate. It would be better to say that the antimatter field is far more easily experienced in these areas through the subtle body—and, as such, through the greatly expanded merkabah. The angelic field of the area is a direct result of this and occurs in the bioplasmic matrix.

Bioplasmic life is quite real. Your subtle body and the centers of your chakras tie into the plasmic sphere of antimatter that is the parallel Earth. It is a less dense form of life and not usually visible to the naked eye, operating at a much higher frequency. Extremely high life forms abound in this energy and evolve faster within it. Your universe—your cosmos—is approximately 80 percent antimatter. Contact with beings such as those you term the ascended masters, faeries, elementals, the sacred dragon and the angelic kingdom all interface with your physical Earth through the lens of antimatter. Because your etheric body interfaces into antimatter, it can be said that humankind is in fact a hybrid of matter and antimatter, evolved from antimatter.

THE PARALLEL ANTIMATTER INTERFACE

A key part of the ascension is the reformation of the firmament. The cosmic trigger is the initial phase of this reformation. The points of the cosmic trigger of 2009 are releasing codes of both matter and antimatter forms of electromagnetic plasma. The effect of this release is a lessening of the density of your physical world—a thinning of the veils and a speeding up of frequency. The primary point of the trigger in North America is the vast caldron of Yellowstone, and Yellowstone is in special linkage to Banff and Asheville, North Carolina for this purpose. The effects are many: Banff and Yoho are currently pulsing with an extraordinary benevolent energy—energy far more complex than has ever existed there before.

The beneficial effects of this are myriad. This area has always been beautiful and always in balance, but it is exponentially more potently so during the cosmic trigger. Any human who enters the sacred areas of Banff and Yoho National Parks in the Canadian Rockies between 2009 and 2012 will experience a tremendous clearing and balancing of chakras, a sense of renewal, a re-energizing of higher purpose and renewed clarity. Even those who are coming simply to relax in the splendor of these sacred energies will be immensely refreshed, but those who enter with advanced knowledge and spiritual intent will be exponentially rewarded.

This very special alignment began in the March 2009 initial phase of the cosmic trigger: Crystalline light was received, triggering the release of potent, coded electromagnetics. The primary point of the electromagnetic release in North America is Yellowstone, and its primary receiving points for distribution are Banff and Asheville. Several pyramid points in Canada help to bring in the light, including the Edmonton Pyramids, Mount Edith Cavell, Castle Mountain, the Three Sisters, Mount Assiniboine, Mount Rundle, Kananaskis and Revelstoke Mountain. The Canadian Rockies within Banff National Park serve as circuit-balance and distribution points for the electromagnetic codes of the cosmic trigger. There are of course many other global sites of the coded electromagnetic release. Global fountains released and dispersed them through major mountain ranges and phi-grid vortex-portal sites.

PHI OF THE CANADIAN ROCKIES AND THE ASCENSION IN PARALLEL

In 2010, the crystalline release of the cosmic trigger will occur. In this activation—the second phase of the trigger—the crystalline rock termed the Canadian Shield will be among the matrixes that release crystal codes to intertwine with the magnetic fields. Accordingly, the Canadian Rockies are in a major state of activation. The enormous glaciers that are now in a rapid state of melting are in fact releasing celestial codes from the crystalline ice. These become ingrained into the golden spiral harmonics of the twelfth-dimensional Metatronic phi—the earthen-harmonic grid—of this area within the Michael vortex. Indeed, the glacier crystallization in this area contains complex geometric

crystal patterns that have not yet been recognized. Their release into the atmosphere in the ongoing melting cycle is quite beneficial and necessary.

These patterns are in fact frequency codes that affect the Earth's rotation and gravity ratio. All of these are influenced to a great degree by the artificial moon of Saturn. We will speak more of this in a future channel, but we tell you even now that your more enlightened astro-physicists are becoming increasingly aware that one of Saturn's moons is artificial, though they dare not openly express such nonconventional beliefs. We tell you that the moon called Lapetus on the extreme outer orbit of the ringed planet was put in place for specific purpose by the highly evolved Andromedans.

Throughout all of this, it is important to remember that this ascension is not only occurring on the material Earth, but also its parallel. This alignment to the galactic center is also causing a tremendous increase to the flow of charged ionic energy, or antimatter plasma, into the planetary poles. The parallel of Earth exists in antimatter, and within antimatter is enormous energy.

THE ARCHANGEL MICHAEL VORTEX

The unique matrix of the Canadian Rockies has been formatting since November of 1992. Lord Michael began anchoring his presence in a triangulated portal within the core of the Canadian Rockies after the gateway event you call the 11:11. The process required three years to complete. The three pinnacles of the vortex are Lake Louise, Lake O'Hara and Emerald Lake. Lake Moraine is within this triangulation. These four crystalline lakes hold incredibly potent energy and are thus capable of sustaining manifestations of Archangel Michael's energetic presence. This is due to the unique energy cocktail of ionic forces that began slowly penetrating in 1992 with the plasma of the parallels in conjunction with the matter/antimatter flux. The enhanced thinned-veil clarity that resulted within these pristine sites has allowed many to have direct experiences with the divine presence of Archangel Michael. A counterclockwise energy vortex was set into motion prior to the 12:12, connecting the locations. This triangulation has formed what may be referred to as the Michael vortex, disseminating an increasingly great spiritual light throughout the entire area for hundreds of miles. Special caretakers, such as this channel, have been drawn to these areas to become aligned, anchored and imprinted within this divine energy. Such areas have the frequencial capacity to record the soul imprint of those who experience them.

COLLOIDAL CRYSTAL WATERS

The unique power of the lakes that form the pinnacle of this vortex is in their crystallized colloidal quartz content. The glacial crystal silicate is quite unique in its frequency, and although this occurs in other areas of the Earth, the frequency of this vortex is quite special and quite complex in this area of Canada. While geologists readily recognize that

the incredible coloring of the waters is due to this silicate content, they do not acknowledge the energy it adds due to the unique pattern of its crystallized structure. They do not recognize the synergistic reaction that occurs when light penetrates the surface of the waters, nor do they understand the healing potency of the very striking colors of these lakes and the multidimensional bioplasmic electromagnetics that define all of the above.

Now, your science knows of Newtonian fluids and colloidal plastic fluids, but there is another aspect to fluids that has not been considered: Energized fluids, magnetized fluids and crystallized fluids all occur in the special waters of the Michael vortex in the Banff and Yoho National Parks. The silicate particulate in these fluids is in such a colloidal state that it does not settle, yet the fluid moves fully in Newtonian water states. The fluid carries an electrical field so robust that it pulses an energetic resonance that encapsulates everything within its field. For these reasons, certain areas, such as Lake Louise and Emerald Lake, are permitted to have large streams of touring visitors, many of whom are directed to come on a subtle level. The energy of the crystal fluids with the imprint of Lord Michael penetrates their being in such a way that it is physically, emotionally and spiritually impossible for them not to be affected, touched or given the opportunity to heal.

Lake O'Hara is, by design, more remote and serves as the energy holder for the flux of light energy. Lake O'Hara is already in the fifth dimension and beyond. It is by far the most powerful bioplasmic angelic entity in the region. Yet all four of these entities—Louise, Moraine, Emerald and O'Hara—are angelic beings of bioplasmic nature. Equally potent but differently expressed are the glaciers in the area, hydrocrystals of bioplasmic energy coded in light. Their very ongoing evaporation adds significantly to the special qualities of this area, as the transformation from solid crystal to liquid crystal imprints the energy of the Banff vortex.

LIVING, FLUID GEOMETRY

A precise dimensional vector of all three planetary grids exists within the Michael portal triangulation. As such, the geometric projection of this vortex area contains all the platonic solids: tetrahedron, hexahedron, octahedron, dodecahedron and icosahedron. These are now expanding into more complex sacred geometries. Such an impeccable clarity of consecrated, sentient energy exists here that the sacred geometric template complies with the parallelogram law of addition. Because of this, the energy is self-directed and capable of adjusting itself to negate that which you would term negativity as well as adjust its geometry to fully maintain its complex symmetrical template.

You see, dear ones, the living geometry here forms the Metatronic cube in a multidimensional matrix, such that any force of telluric transformation that would effect or alter the anchor points of the crystalline template is immediately and automatically met with a counter-balancing adjustment that will maintain the coordinate system in

perfect symmetry. This is the nature of the inserted hologram of the Metatronic crystal. It adheres to the law of balance within universal truth. The Metatronic cube is a living, sentient template. It moves, shifts and adjusts itself to maintain its crystalline integrity. It is the living phi grid within and beyond the geometrics of that which is termed the Reshel, for all grids are more fluid and complex as they shift in dimensional capacity into the 144-crystal grid of the ascension. That is why their geometries cannot truly be defined; they flux in a dynamic, living, kaleidoscopic flow-ering in constant multidimensional movement.

Humans experience this energy matrix in many ways. It is as an area of quickened, higher-thought manifestation and an area in which inner conflicts and obstacles are partially squeezed to the surface, forced to be confronted and given the opportunity to be healed. Higher thought, pure thought and loving feelings are transformed into a geometric vector within the operating system of these energies, and real, immediate healing and transformation can occur here. The human seeker can evolve more readily into clear mind within this energy. What you refer to as negative thought is therefore largely dormant within this field. Negativity lacks the appropriate hyperdimensional geometric frequency impulse to achieve expansion, reaction or recognition within the positive homogeneous matrix. One might say that it is released and transformed. Not all portal-vortex systems are so balanced, of course. Some are quite intense and as such are less palpable to the human energy field. The matrix of Archangel Michael in Banff and Yoho projects the energy of love. This energy is effectively disseminated throughout the area for hundreds of miles. That is the reason that the people living in this land are perceived to be so agreeable in disposition.

REFINEMENT OF MERKABAH INTO MERKAVAH

So we bring in the energy of Enoch through Alton Kamadon, the Pleiadian Tyberonn and Ekahila-Na within the Metatronic field. The complex magneto-crystal aspects of Banff National Park are extraordinarily conducive to the expansion of the star-tetrahedral merkabah into the merkavah—a stellated dodecahedron two levels higher in the geometrics of the electromagnetic field. The high-frequency energy of antimatter is a very unique and complex plasmic soup that evolves into something resembling a liquid-crystal state. This explains the unique affinity of the crystalline lakes of Banff, Baikal and Patagonia. Now we tell you that the same evolution takes place biologically in those glandular structures within the human body that coordinate the chakras.

As such, the crystalline bioplasma is able to align within electromagnetic coding and electric fields to serve as an electronic matrix, a coordinate system and a template for the interfacing of the system of chakras to other inner dimensions. In this role, the transition from merkabah to merkavah is enhanced, because the symbiotic etheric and bioplasmic field becomes the catalyst for the advanced fre-

quential development of the human body in matter—specifically in carbon-based biology—resulting in perfect symmetry. Do you see how the liquid crystalline energy of this area then plays a uniquely symbiotic role? In your physical body, your nervous system is electrical, making your carbon body a type of capacitor. These natural electric fields in the body are connected to the human auric-electromagnetic field through the chakras. The bioplasmic body evolves into the star tetrahedron of the merkabah that is, in fact, a hybrid bioplasmic form itself. It is twinned to the physical, carbon-based body through the double cones of the chakras, which are in essence particle accelerators. As such, the energy flows in and out while the bioplasmic body generates the human electromagnetic field.

Within the structure of each chakra, bioplasmic crystals operate in a fluid state, opening on each end and spanning from matter into antimatter and back. They open, close and spin according to their energy source and functional intent. So, for humans above the equator, when the spinning is clockwise, it is taking in energy, and when it is counterclockwise, energy is projected outward. For humans below the equator, the reverse is true. That is why, to some extent, imbalances can occur when living precisely on the equator or in the polar regions near the Arctic and Antarctic circles. It is also why the regions from 48°–52° latitude provide such beneficial balance. When humans learn to functionally develop the merkabah, the chakras emit jet streams that allow for more complex geometries to form into states of merkavah, and a greater number of chakras and subchakras are activated. The unique magneto-crystalline energy in the Banff bioplasmic field is readily absorbed into the chakras, allowing for accelerated development of the merkavah. Crystalline codes then transform the merkavah into even higher levels of the stellated dodecahedron that consciously multitask in inner and outer dimensions.

The Michael vortex of Banff is energetically in tune with other crystalline waters, especially those of Patagonia, Lake Ouachita in Arkansas, Titicaca in Bolivia and Peru, Lake Zurich in Switzerland, Lake Tahoe in Nevada and Lake Baikal in Siberia. All these waters are living cathedrals of love and healing and are potent vessels of the dual-plasmic spiral. These are aligned in harmonic oscillations through what is termed axialtonal lines, which are quite different from ley lines.



Masters, know that all is well. Trust that the ascension—in all its multidimensional aspects and transitions—is well in hand. We know each of you by name. We know the changes you are experiencing. We are with you. The greater part of each of you is here, watching your human expressions in biochemical clothes, as you walk through the linear flowering of this magnificent time. Humanity wears duality filters, and you are as yet a species with amnesia. Yet the veil is thinning, and you on the path are beginning to see the great and greater truth: It is beautiful beyond your

wildest dreams. Remember to love one another and nurture one another, but dear ones, please do not forget to love and nurture yourself and experience the gentle love that is

your matrix. Love is the frequencial key that melds all. I am Metatron, and I share with you these truths. You are beloved. And so it is. ✨

You Are the Most Important Reason for Your Experiences

Golden Arrow through Alexandra McColm Ward

Greetings to you, greetings to you indeed. Truly, it is a pleasure for us to be here with you, not only to communicate with you, but to interact with you in this way. It is an opportunity for us to share in your vibrations, to share in your knowing and understanding of life on this planet.

YOUR RELATIONSHIPS AND YOURSELF

You are in relationships in order to learn about you, to remember who you really are. Whether or not you are in a relationship with another person, you are each here on this planet to learn of yourselves more clearly. Even if you are never in a marriage, never in a relationship; even if you are always, as you call it on this planet, “single,” you are all here for you. So you might ask, “Golden Arrow, what does it matter that we are in relationship with a partner?” And we would say that it does not truly matter: You are still in a relationship with yourself. So you see, whether you are in a marriage or have relationships with friends or family, still you are always in a form of relationship with yourself. You are in any relationship to learn about you, to remember who you really are in relation to yourself.

This is why being in the physical body is so stressful: Your contacts with all those who come into your sphere of reference become relationships, whether it be sitting there in your

work environment or any conversation at all you might have with another person. How close the relationship is does not matter. Whatever you receive from another in the framework of words, description or action—whatever that is that comes to you—you have a choice in how you will take it into yourself or not; how you perceive it in one form or another. So when someone says something to you that is distasteful, derogatory, judgmental or critical, it has nothing at all to do with that person and everything to do with you. It is how you take it in and perceive it that is important for you.

This is the gift you are given in that moment: an opportunity to perceive from your level of highest good or from the judgment and criticism that you have of yourself. You are here; you came here eagerly to experience more of the All That Is so that you might know about yourself in relationship with another. So it is extremely important that you begin to unravel or peel away the layers of onion that you have built up around yourself for protection in order to not feel pain, to not feel emotional anguish. That is what this physical experience is about, here on this planet that you call Earth.

CELEBRATE THE PHYSICAL EXPERIENCE

There are, after all, many other realms of experience outside those on this Earth—different experiences than you have here in this physical body. Yet this is, by far, the only realm or planet that has a physical, bodily experience. You have a cellular structure. Other realms of existence do not have a physical structure; they are non-physical. So you came to this physical environment that you call Earth to expand and to grow specifically through these physical experiences. You have here, on this planet, an opportunity to blossom, to flower and to see the grandness that you are through the eyes of another. How are you doing with that?

KEY POINTS

- Remember that the primary purpose of every relationship is to learn about yourself and grow: Use your connections with others to bring healing and relief to yourself.
- You chose to be in a realm of physicality, to experience life from a physical body. Embrace these experiences, celebrating the joys and pains of life as opportunities to grow and learn.
- Listen to your body: It might be telling you things about yourself you had not noticed.
- When feelings of duty and responsibility threaten to overwhelm you, remember that your first responsibility is to yourself and your freedom.

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There is no right or wrong, no good and no bad on your spiritual journey. There is not even a “there” to get to on your spiritual journey. And when you leave or drop the body—you call it death—you are still in the process of moving on to another journey that is related to the journey that you are on now. You just have a different face, a different name and a different physical body structure; that is all. You have come to this Earth realm for the same exact reason that you are here now: to remember who you really are and to balance your Source energy with this earthly lifestyle while living on this planet.

When looking at the planet, you might say that it is not doing well; that it is in upheaval. We would say, from our perspective, that it is just perfect. It is no different than it was the last time that you were here, and it is no different than the time that you are going to have after this particular one. It is just perfect for the physical experience that you are having. The key is for you to lighten up and enjoy the journey and to see the grandness that you are creating in your journey. Remember as well that you all are in it together: You are not alone. You all are experiencing exactly the same experience, just with a different face, different name and different body. You are and will continue to be in the process of remembering that you are Source energy first of all and only secondly a physical body experiencing the physical ramifications of this Earthly existence.

IN HEALING OTHERS, HEAL YOURSELF

Those of you who are in the business of working on the human body—massage therapists, for example—have a unique opportunity to learn about yourselves through the physical bodies you work on. You sense and feel through your physical being as you manipulate the bodies of those who come to you for help. But you also have the opportunity to get in touch with senses that are outside of your physical experience and come from your internal ability to feel and know. This is a gift that you have given yourselves: not only the physical aid you offer to people when they come to you, but also the ability to hone in on the body and to sense and feel what it is in that body that needs your assistance. We know that you all have this ability.

As you work on those individuals and tune in to their physical bodies, you might find an area of concern. It might be expressed in physical or emotional pain; in worry, anger or frustration. As you hone in on that area, you could ask yourself what part of their experience is *you*. There are, after all, no accidents or coincidences: There are only your creations. You are always the creator, never a victim. It is important to realize, therefore, that you literally bring those people to you. You might think that someone else scheduled them, but they are there for you and came to you. As you bring those people to you, you have a unique opportunity to tune in to those individuals and find out what it is about you that they are experiencing. You then place yourself in a position to expand, grow and accelerate rapidly,

learning more about yourself through each individual who comes to you for assistance.

Are we healing ourselves as well when we tap in to the people who come to us and recognize ourselves in them?

Absolutely! And that healing may not always come from the area that you are working on. It could literally be the reversal of the flow and vibration of energy back to you from them. After all, as you give out your vibration and your energy to them, why would it not come back? It does. It flows out and comes back. So if you are intently working on them, focusing and tuning in on them, that energy you flow out to them comes back to you and has a healing effect.

If you have an area in your own life—let’s say that it is a frustration—you can even expound upon that concept of mutual healing and literally ask those who come to you to help and bring clarity to you about your situation. They are, after all, Source beings. There is nothing on this planet that is not Source. All is Source. Every bird that flies, every flower that blooms, every tree that grows, the chair that you’re sitting on and the table that is in front of you—all things on this planet—are Source energy. You place importance or nonimportance on everything around you by the perception that you have about you. So, we would say, it is all about you! Do you understand?

PHYSICAL PAIN AS A SYMPTOM

I’m having a lot of physical pain. What is that all about? The physical pain is on the right side, in the sacral area.

There is not just one aspect at all to this. There are many aspects that make up you. You are not just a physical being with Source energy. You have a physical aspect, a nutritional aspect, a mental aspect, a psychological aspect—many aspects make up who you are. So when you have a pain or a discomfort, it comes to you because there is something that you are missing in your life and in the way you are living it. Without discomfort—without pain, without dis-ease, without the contrast—there is nothing for you to live for, no reason to wake up in the morning and be here on this planet. You would not be here if you were not here to experience all that is here.

So if you have a constant, nagging pain, it is indeed a physical manifestation of an energy that you are not wanting to look at. This pain will continue to nag at you until you finally say, “All right, all right! I’ll look at it.” For us to say what specific energy is causing the pain would do no good. When you are ready, you will tell yourself why you have this pain, why you have created this circumstance. Don’t get frustrated. We would like for you to understand that there is more than one reason you have created this for yourself. No one has done this to you. You have done it to yourself and for yourself in order to grow, to expand and to accelerate. What a gift that you have given to yourself, this nagging pain! We understand that it is not as pleasant as you might like for your life to be; however, once you recog-

nize what this pain means for you, you will move on to the next level of your growth and your expansion.

The fact that your pain is on the right side of the body points to a masculine representation. The right side of the sacrum would then indicate a movement forward in a masculine way. So the masculine aspect of you—as the aggressor and initiator, knowing what you think you want—is stepping forward in a forceful way. Inside the physical structure of the body, we have nerve endings and muscles: the workings of the movement of stepping forward. This nagging pain is a reflection of your attitude toward yourself. What is it that you are nagging yourself about? You respond that the nagging is about your life. You have wondered about your life: What is it that you are doing, and how important is what you are doing? What you are doing in your life is important. You don't have this nagging when you are relaxing, only when you are sitting and standing. This nagging is a forceful effort from your body to tell you to "lighten up" and not to take things so seriously. What you do in life is very important to this planet, but the importance that you place on it is showing up in your body in this way. Do you understand? How about a little humor? Do you allow yourself to play? Do you allow yourself to just "be?" From our perspective, this nagging pain that you have on your right side is an indicator for you to not look at your life and living in such a serious way.

We would like for you to get quiet and ask your right side where this nagging pain is and what is it that it wants for you to know about yourself. Your physical body—your fingers, your arms, your mind, your heart, your skin, every aspect of your body—is an indicator of what you believe about yourself. So if you have this pain on your right side, your body wants you to know something about what you are believing about yourself that the body would like to change for you. We'll give you an intention and declaration for this purpose: *"We intend and declare to know exactly why it is that this pain comes to us and what it wants us to know. We bring that knowing to us now. Thank you so much, and so it is."* So note now when that pain comes and goes. It will come when you need to stop and be aware and get centered with it. And when you get centered with it, it no longer will have a need to come and irritate you.

ELDERLY PARENTS AND THEIR DESIRES

My husband and I are at a crossroads in terms of decision making and choices related to my elderly parents. They have had health issues this last year, and we've had to move them into assisted living. I have letters from them begging us to have them live with us. Although our home is small, it would be doable, but we are taking our time to be thoughtful and to encourage them in their adjustment. We're trying to get spiritual guidance, knowing that we have a plethora of options.

You are correct in thinking that there is not just one answer or path to your situation: There are many. We understand what you are saying, what you are feeling and what you are going through. Our perspective comes from the view that you are here on this planet at this time for you, no matter

who you are. And we say that now because you all have been taught from a physical aspect that it is your responsibility to take care of one another; that when you have a child, it is your responsibility to take care of that child and to nurture them and bring them up. From our perspective—and this is non-physical—you have no responsibility to those two individuals, other than to yourselves. We want for you to remember that those two individuals that you know as your parents have choices as well. For them to ask to come and live with you is a little presumptuous and selfish from our perspective. We understand that there are health issues. We understand that you have been brought up to be responsible for them, to take care of them and to be concerned and worry about them. We understand, and we say to you that it is not your responsibility to take care of those you have come to know as your mother and your father.

Everyone has choices and free will, and so we ask you, "What decision could you make about this situation that would make you feel free?" If you put all of those feelings and all of those emotions aside, what decision would you make? If you don't think about it—if you do not allow your emotions to get entangled—what would that answer be?

I'm going to run away in an RV. I want to hit the road!

An interesting response, isn't it? Humor is a good thing in this situation. Actually, humor is always a grand thing. And that, indeed, is your answer. A lot of humans have difficulty with what we say and how we speak the truth, but you just spoke your truth. You would feel free if you could; indeed, you would hop into your RV and have fun. You do not feel or see fun in having your mother and your father come and live in your home. Not only would it depress you, but it would increasingly be a stone around your ankle, dragging you down. There would be very little happiness in all of that for anyone. But we do understand your dilemma. You have a husband who has his take on the question, and you have parents who have their take on it. You already know what their take is: They want to be with you. We say then to you that it is not as heavy as it seems.

Let us give you a few intentions and declarations that will help you in this situation: *"We intend and declare to open ourselves to more of the All That Is in order for us to know and understand about this situation with our parents. We open to all of that now and bring that knowing to us now. We intend and declare to know that our choice of living is for us, and we open ourselves to the more of that living experience. We bring that knowing to us now. We intend and declare to let go of any and all expectations from our parents, as we let go of all expectations that we have of our parents. We let go of all of that, now and forevermore. We intend and declare to know, to feel and to experience freedom in all its forms. We bring all of that to us now. Thank you so much, and so it is."*

ARE YOU FREE TO FLY?

This decision that you have is not difficult at all. What is difficult is what you expect of yourself in making any and

all decisions about it. You expect for yourself to be responsible. You expect for yourself to be “the good daughter.” You expect for yourself to always be there for your parents because they were always there for you. You simply expect too much. We say to you directly—and this is the truth—that you owe them nothing. This is their life. Who are you to live their life for them? What will you expect and require in your life when you experience the same?

If I were in their shoes, I would want to be nurtured, loved and cared for. When I face their stage in life, I would want to be surrounded by people who love me.

And who is it who can truly love them?

They are.

Yes, that is not a requirement of you. We understand that you might like to take on a lot, but it might be time to let go of a little of that if you truly want to feel free. Maybe you do not, really. Maybe having to deal with this—having to make a decision, to be this, that or the other thing to those around you—gives you a purpose for getting up in the morning. We say this to you, however: This is your life. This life is for you. This life is for your mother and your father. It is up to them to live it in whatever degree they are manifesting for themselves. You have nothing to do with their manifestations—nothing whatsoever. They are going to manifest them exactly the way they are manifesting them even if you were not in this body, even if you died tomorrow. This has nothing to do with you. You feel, however, that it is your duty to take care of them. And we ask you how that feels: Does it feel like you’re drowning, or are you free to fly?

Humanity as a whole believes that compassion means “feeling for another.” We say to you, feel for yourself. No one needs your compassion at all. Does that sound harsh to you?

It’s confusing. We all grew up learning that compassion meant sacrifice.

Exactly. It is confusing, and that is profound. There is no sacrifice. That concept does not exist in our realm, and it should not exist in your realm. You have all felt very little freedom in your lifetimes, and that is why you are here: to feel freedom and to create and place yourselves in situations where you feel free; where you are free.

I know when I feel free: in dream time. There are times when I float, when I soar and fly, and feel free as a bird.

Would you like to bring that into this existence as well? Your dream states are other lifetimes that are concurrent with this one you are experiencing now in this physical body. Bringing that freedom—that flying and peace, joy and harmony—to you now, in this experience, is why you are here. This is your challenge and this is your journey in this particular lifetime. So we would ask you: “How can you create freedom for yourself now?” That is the question for you for this lifetime.

Now let us say this: Your parents will be just fine. The only reason they are unsettled and unhappy with their surroundings is because they know that you will listen to their concerns. They know that you will feel badly for them. It is like a little child stamping her foot, screaming, “I do not want to be here! Do not make me do this!” Your mother is a little girl stamping her feet and telling you that this is what you are going to do for her because she is your mother, and you must do this for her. We ask you what you would say to that little girl. You would say, “I love you very much, and this is all that I can do for you now. I have a life. I have my life, and I want you to know that I love you very much.” That is all she cares about anyway, truly.



You are never stuck in this existence: You are the creator. Everything that you are experiencing is perfect for what you came here to remember. The secret is not to take things so seriously, but to just see the humor in it all. You all are doing a magnificent job, truly. You might not think that you are, but you are. You are coming into awareness, you are growing, you are accelerating and you are expanding. That is why you are here. There is no mistake, no coincidence at all that you are all here, reading these words that you already know. We offer blessings, peace, harmony and joy to you all. And so it is! *

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The Hidden Kingdom of the Gods: Translations of Ancient Illuminations

Almine

Life seems to require so much of us, yet the only requirement is that we fully surrender to the one existence in which we live—that we trust the benevolent support of that which gave us life. We were not created to suffer. After all, suffering is an illusion. We were created to be in the joy of living. The self-imposed burdens of life have come through, allowing the social conditioning and programming of others to govern us. When we realize that we are immortal beings, the haste to accomplish certain things within a certain period ceases, and we lay our burdens down and enjoy our work as part of the adventure.

OUR EXPECTATIONS AND PERCEPTIONS ARE FLAWED

The expectations of duration are formed by the bondage of linear time. We assume from experience that traveling, tasks or sleep need to take a certain amount of time. This illusion is perpetuated because of our expectations. When we live in the timelessness of the one life, the illusion of electromagnetics—which is part of duality—does not exist. It has been this illusion that has given the appearance of a delay between cause and effect. Eliminating clocks as much as we can, along with our flawed expectations of linear time, will set us free.

We regard some as fortunate and some as unfortunate. Included in this misperception that every life is perfect within the grand design lies a second illusion: the mistake of thinking that ease of living, as we perceive it, brings more joy or fulfillment. We do not see the pain of a fruitless life or of a loveless and passionless life. The stress of a corporate CEO driving an expensive car is less obvious than that of

someone having to catch a fish for his next meal—the latter may be far more satisfying, tranquil and life enhancing.

THE FLOW OF LOVE AS ONE

Why is it that the more enlightened I become, the less I am able to feel the flow of love for my child as I tuck him into bed at night?

The flow of love is directional. It flows from one person to another. When you expand into realizing that you are all things and that no being exists outside of you, that flow of love no longer has a specific target. You are no longer giving love—you *are* love. In reality, the only love is self-love, since the One expresses all that exists through Itself.

My child tells me he loves me, but I cannot feel that either.

The same principle applies to receiving love as to giving it. When you know without a shadow of doubt that you are as vast as the cosmos, the principle of receiving from another does not apply, for there is no other. Another issue could be involved, however: the ability of a master to sense the lack of authenticity. Dishonesty is often obscured by romantic notions and sentimentality. We tend to view loved ones, especially children, through rose-colored glasses and exclude any thought that their professions of love could be manipulative.

The possibility of others having agendas is often overlooked, yet even tiny babies learn what gets mommy to come running. A child may have been belligerent or sullen all day, but when bedtime comes, the child offers an expression of love. What that child is saying is, “Although I misbehave, please don’t abandon me. Please continue to put up with me and my dysfunctional behavior.” Or the message might be, “Don’t hold me responsible for my actions or my self-centeredness, because I do love you.”

Love cannot be fully felt in the presence of resistance

KEY POINTS

- When you expand into the realization that you are all things and that no being exists outside of you, you will become a part of the flow of love.
- The truest form of praise is the praise of living and of the infinite presence within us.
- When there is only one life, there is neither giving nor receiving, but only the attitude of being prepared to be delighted by the bounty of one’s being.

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to life. Few people are in full surrender to life; thus, few truly feel love. The obsessiveness of those who have abandoned themselves is the general worldview of what love is. Therefore, accept with grace that you may not feel love as you have been led to believe you should, but be assured all life is made from the pure and loving essence of the Infinite. It is impossible not to love.

YOU ONLY NEED TO THANK AND PRAISE YOURSELF

What about praise? How do the realizations of “we are all one” and “I am all things” affect the attitude of praise?

If we praise one person for enhancing life and not another because we see them as unworthy, we are placing value judgments on different parts of existence. In truth, there are no parts of existence. The ocean cannot be divided into portions. All life is equally praiseworthy, even though that may not be apparent from our limited vantage point.

Surely the act of praising the Infinite uplifts our own lives?

The act of praising the Infinite as a creative force or deity outside ourselves stems from a duality-based perception. The truest form of praise is the praise of living and of ourselves as the All and of the infinite presence within us.

What deeper understanding of the attitude of gratitude is needed when, in reality, there is no being outside of myself?

In the same way that there is no true giving, there is also no receiving when there is only one life. To have gratitude for the gifts of the Infinite, or of another, is to see the illusion of relationship—to see them as separate from ourselves. If gratitude becomes an attitude of being prepared to be delighted by the bounty of one’s being, then we have realized gratitude’s deeper meaning.

Yes, but doesn’t that acknowledge the person who has just given a gift?

Acknowledge that life has given to itself, expressing to the giver the joy this has brought. Know in your own heart that you and the giver are one and that you have both profited from the exchange of exploring the bounty of life together. ✨

Biorelativity and the Immune System

Juliano, the Arcturians and Metatron through David K. Miller

Greetings, I am Juliano, and we are the Arcturians. We are aware of the importance of the human immune system as the Earth’s energy changes. Oftentimes the human immune system is not able to keep up with the evolutionary changes necessary to keep it intact.

When we look at evolution, we look at the different systems that have to change in order for people to adapt to the new energy and the new situation on the planet. We consider ourselves students of planetary evolution and planetary ascension. We have been traveling to many dif-

ferent planets in our galaxy and even beyond our galaxy. We are always investigating the processes that a species goes through in order to survive and adapt.

The evolutionary process is an intriguing one, and it is not linear. Perhaps you might think of evolution as being linear because of the work of Charles Darwin and other evolutionary theorists. There is a lot of truth, of course, to the concept of evolution as linear—that there is a progression on a timeline focused on natural selection and the survival of the fittest. This certainly does seem logical. However, there are quantum energies and there are quantum leaps in the evolutionary process. Sometimes a quantum leap is necessary in order for a species to survive on a planet. This means that the normal linear processes would not totally add up and would not provide the next necessary impetus for the shift that must occur

KEY POINTS

- Your life-force energy and Earth’s life-force energy are connected
- Toning can be used to aid human evolution, protect us from viruses and unlock the codes of ascension
- Healing begins with connecting to the chi life-force energy of the Central Sun
- Working together, people can raise the vibration of Mexico’s weakened immune system to heal it

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in order for the species to survive. Quantum energy brings in extradimensional energies that transcend the normal linear process. This transcendence and integration allows a species to make the necessary evolutionary leaps to survive.

The planets that we have visited and studied present a mixed picture of evolution. Some of the intelligent species that have consciousness like you were able to make the evolutionary leap and integrate quantum energy. Others were not. We want to understand what the difference is. Why do some species seem to adapt while others don't? The difference has to do with this beautiful concept of biorelativity because the species and conscious beings on planets that survive have embraced biorelativity.

BIORELATIVITY, EARTH'S AURA AND CHI

Biorelativity involves telepathically communicating with the planet in order for the planet to make shifts that are in alignment with the needs of the species. We can explain this process using Native American spirituality as an example. Within Native American traditions, one is able to pray to Mother Earth and talk to winds, weather patterns and waterways, for example. There is also a feedback loop in biorelativity that involves the energy of the Earth interacting with the systems of the species on it. This is a way of explaining how biorelativity can engage Earth's energies to help humanity—and specifically, the human immune system—to evolve.

The energies from the Earth can be dispersed through the energy field of the human aura. It is helpful to study the energies of the aura and to understand how the aura reflects problems in the immune system. I have spoken often about the damage to the human aura from nuclear radiation. Our analysis shows that the use of nuclear energy and the explosion of nuclear bombs on the surface of the planet and in the planet itself have created holes in the Earth's aura. These holes, then, can drain the energies of the Earth. Likewise, your auras have holes. If your aura had deficiencies in it from extensive drug use, for example, then your aura would be leaking energy. The leaking of that energy would eventually create problems for your immune system and your energy field.

Humanity's energy field is interacting with the Earth's energy field. This interaction needs to be appreciated and understood. Generally people do not consider that the Earth has an aura, just like a man or woman has an aura. The aura contains universal energy that is necessary for the survival of humanity on Earth. The Chinese have realized this concept and have tried to explain it. The ancient Chinese described what they called the universal energy as "chi." Chi is the life-force energy. When there is a great deal of chi in the energy field of a person, then that person is very vibrant and active. When there is a leakage of chi, then that person can easily become sick. Understanding this, the Chinese have developed creative methods of gathering the chi energy. Chi energy is all around this planet. In fact, it is around the universe, and now some people are learning to bring down chi energy from outside of the solar system. The chi energy can now even be

brought down from the Central Sun, which contains a different life-force energy.

VIRUSES TRY TO SHIFT YOUR DNA

The chi energy field and Earth's aura energy field overlap. We are seeking to gather people to receive and download more chi life-force energy into the Earth. Chi is an energy that you cannot see or touch, but it is an energy that you can feel. There is an interactive relationship between the aura of the Earth and humanity. When the Earth's aura is leaking energy, then the chi energy is not as powerful for humanity, and humanity isn't able to gather and hold as much life-force energy.

We can say without a doubt that the life-force energy on the Earth is not as powerful as it needs to be because of these leaks. When the life-force energy is weaker on the Earth, then humanity's immune system also can become weaker. We need to discuss with you how to seal those leaks. We must also discuss an important aspect of the immune system, having to do with understanding the viral outbreaks that so many people on this planet are concerned about. The basic method and process of a virus is that it tries to attach to and shift the DNA. Through the shifting of your DNA, it is able to replicate itself in your immune system. It produces an illness based on its ability to self-replicate using the DNA energy that is in your system.

There is fear pervading the planet right now about viruses. The current H1N1 virus, called the "swine flu," is not lethal, but it is a type of virus that can expand dramatically and rapidly on a planet. An aberrant virus of this type could begin to replicate itself by attaching to people's DNA structures and then creating havoc. This may be the first of several waves of viruses that are going to come to this planet. When a species is in as much stress as humankind is right now, then these kinds of viruses are usually not alone. There are waves of viruses. Some people even think there might be two or three or maybe even five different waves of viruses that can go through the population. Just protecting yourself from this virus is not going to be enough, because you have to protect yourself in terms of the whole process. How do you work with your DNA systems so that you will be protected? We will look at and discuss this from the vector of ascension. But first, we will look again at the evolution of the immune system.

YOUR BODY HAS TO "DISAPPEAR"

The immune system generally has not kept up with the rapid changes that have occurred on this planet. From an evolutionary standpoint, we could say that people will be able to evolve and help their immune system adjust in order to survive in a new environment. Some of the environmental problems humanity faces include: an intensely polluted atmosphere, polluted waterway systems, holes in Earth's energy field due to nuclear radiation and the high density of extra radiation coming from outside the solar system through the Sun to the planet. These environmental problems are resulting in the depletion of the chi energy field on the planet.

However, to counter this energy depletion, a new life-force energy is coming to the Earth through the Central Sun.

All of these things must be taken into consideration concerning your immune system. There are exercises to activate your DNA system so that it will not respond to aberrant viruses that may make it into your energy system. This means that your DNA system will not allow itself to replicate negative energy from a virus. The first step in this process is to accelerate your own DNA energy. You need to regain conscious control of the DNA process. Your immune system will not allow itself to be wrongly replicated. This new process is open for you because you have used a similar process in your evolution when you have unlocked the codes of ascension.

In the earliest lectures and discussions of ascension, we brought through a great deal of information about the codes of ascension. We discussed the idea that there were certain core rules and core sounds that represented the codes of ascension. These codes could be toned or sounded. By sounding the coded words, the DNA within your energy system would be activated for the shifts necessary to allow your ascension. This has several important basic ideas. The first is that to ascend requires a shift in your DNA! This is different from the shift in DNA we are talking about with viruses. In that case, a virus replicates itself within your energy system to create an illness. The opposite is true of the DNA shift in ascension.

We are opening up positive evolutionary codes through certain tones and sounds that will allow your brain and your energy systems to unlock the codes of ascension. This will allow a major evolutionary change in your energy systems. The tones and sounds for unlocking the codes of ascension were brought through Archangel Metatron and Archangel Michael. The tones are the Hebrew words, *Kadosh, kadosh, kadosh, Adonai Tzevaoth*—“Holy, holy, holy is the Lord of Hosts.” These are ancient Hebrew words, but they have galactic origins. The tones and sounds of these words resonate with the internal DNA that controls your ascension. With the right toning, you can unlock the codes of ascension so that your DNA will activate and allow you to make the evolutionary changes for your ascension. These changes include changes in your belief system, in your physical structure and in your energy system. Remember, your body has to “disappear” in ascension—that is, the body has to vibrate at a higher and higher speed so that it disappears. We have talked about the energy of shimmering as a prelude to ascension. The shimmering energy is one of the exercises people have asked for that is necessary for unlocking the codes of ascension. You also have to do corresponding work to keep the ascension energy developing in your body and to help evolve the other systems of your body—the belief system, the emotional system, the physical body and the spiritual body—to prepare for the shift.

EXERCISE: EVOLVE YOUR IMMUNE SYSTEM

We are recommending a two-part exercise process to develop conscious control of your DNA. The first exercise

includes the use of sounds and tones to activate the energy within your DNA to strengthen your immune system, and the second exercise includes the use of affirmations. The ideal outcome with these exercises would be that, even if you did get in contact with the virus, the virus would not be able to replicate itself and work with your DNA.

The first tone or sound for accelerating the consciousness and the relationship of your consciousness to your DNA is a very high-pitched sound. We will try to produce this sound for you as best we can through the channel. This sound is a tone that is announcing a clearing to the immune system, and it is announcing that you are coming to cleanse and to clear. If your immune system was exposed to the virus or to some intrusive energy, then the first step would be to try and use this tone to pierce it and obliterate it. Use a higher tone if the virus is in your system and it is trying to access the DNA. However, once the virus accesses your DNA, then it will try to do what it wants.

In that case, go into the next sound, using the following words: “*Let the healing light enter my immune system.*” As the healing light enters your immune system, there is an acceleration of the evolution of the immune system so that you can next say, “*I unlock the codes of healing light within my DNA.*” As you say those words, the immune system and its DNA are accelerated to a higher vibration. In the acceleration of the immune system, the vibrational energy of the immune system goes to a level of energy that is higher. The lower energy virus cannot parasitically attach to your energy system and begin to replicate. The immune system energy is vibrating at a higher level that will overcome the virus.

This exercise goes into the concepts of vibrational healing medicine. Vibrational healing medicine is based on the energetic principle that vibration is the key to all healing. In fact, when a person is ill, their vibrational energy field becomes slower. The vibrational healing happens when there is an increase in the energy field, particularly in the immune system. Then we can unlock the healing codes. You have within your energy system the ability to unlock the codes for a fifth-dimensional healing of your immune system. When you hear these beautiful tones and sounds, you can unlock the codes that will be necessary to accelerate your fifth-dimensional immune system codes that will accelerate and advance the DNA in your immune system.

For this part I will turn this lecture over to Archangel Metatron who will guide you through these words. Then I will return. This is Juliano.

Message from Metatron: High-Energy Healing

Greetings, I am Archangel Metatron. You have the ability to have advanced immune systems. You have the ability to have advanced DNA work. When you read stories of miraculous healings, you may wonder how this

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happens. The way it happens is that the healer is able to send energy and light into the DNA of the healee's immune system. That DNA begins to unlock the energy of the person so that they are healed. What is important to understand about this type of healing is that the DNA energy is unlocked. When a healer knows how to access the DNA through healing light, this is the most effective healing.

At this time you want the most advanced and vibrationally high immune system that is possible because you want to be able to fend off the lower vibrational viruses that may come into your immune system. The idea of placing higher energy into cellular structures has been demonstrated by the beautiful idea of sending love energy to water. You may have seen these beautiful images by a Japanese man who has shown how the molecular structure of water changes based on the love energy that is sent to the water molecules. We can unlock the codes of the immune system through these tones and sounds, and it will put you in such a high vibrational state that if you come in contact with lower vibrational microbes, bacteria or viruses, then they will not be able to enter. If the viruses do enter, then their instructions to your DNA on a cellular level will not be effective.

The tones and sounds that we are going to use, you have heard and we are going to send them together. The first one we are going to do is unlocking the codes of ascension again. The tones for the codes of ascension can also be used to unlock the codes for your immune system. Then

we will also use special codes for unlocking the immune system. Even though your codes of ascension have been unlocked, remember, it is a process that needs to be updated and repeated, partially because there is a general density and dense and slow energy on the third dimension. [Tones]: *Kadosh, kadosh, kadosh, Adonai Tzevaoth.*

I, Archangel Metatron, call on the healing light to unlock the codes of ascension for everyone who is hearing or reading these words. In particular, I send this healing energy to the country of Mexico, which has experienced the central energy of this virus. The country of Mexico will now be more in alignment with the opening of the codes of ascension for the planet.

Now focus on your immune system. We will use the famous Hebrew phrases that you have heard before: *El na refa na la.* This is also a code for unlocking the immune system so that the changes can occur. You can say this affirmation: "*This is my intention. My higher energy will unlock my higher codes in my immune system so that my immune system will raise a higher vibration. El na refa na la.*"

Let your immune system go to a higher vibrational energy field now! *El na refa na la.* Now feel your energy system and feel your immune system. They have jumped in a quantum way to a higher vibrational frequency. If you feel that there is a lower energy trying to come into your immune system, then say this affirmation: "*Only higher vibrational energy can come through my immune system. Lower vibrational energy cannot come through. I seal my aura.*"

HEALING MEXICO'S IMMUNE SYSTEM

Each country has an immune-system energy field. I, Archangel Metatron, am looking at the immune system energy field of the entire country of Mexico. It is true that there is a leak in the immune system of that country. There is a collective interaction on the immune systems. The immune system responds to lower vibrations. It responds to fear. There is a necessity to raise the vibrational field of the entire country of Mexico and its relationship to its energetic immune system. In this meditation, focus now on Mexico and listen to my words: "El na refa na la, Mexico." I, Archangel Metatron, bring down a golden corridor of light through the center of Mexico City. This golden corridor of light is connected with the energy field of the Central Sun. A new chi life-force energy from the Central Sun is being downloaded into the center of Mexico City now. That chi energy field is expanding over the whole city. It is expanding over the whole country, and there is an enhanced chi life-force energy. This chi life-force energy is filling up the depleted chi energy field in Mexico. There was a depletion of chi energy field around Mexico, and it was trying to spread throughout the planet.

As we go around the planet Earth, we fill up all of the leaks and we hold a higher vibration. *El na refa na la*. So I am asking you to say, "I am able to hold this newer vibrational field in my immune system. I am able to hold this higher vibrational field in my immune system. Lower energies cannot attach themselves to my immune system and use my DNA. My DNA will only be used for ascension and acceleration into higher energy fields. My DNA will only be used for accelerating my ascension and higher energy fields." Hold this light. Hold this thought now in a brief meditation.

Kadosh, kadosh, kadosh, Adonai Tzevaoth. El na refa na la. The energy light of Archangel Raphael is filling your immune system now with golden light, unlocking the codes for a highly advanced immune system. Archangel Raphael is the great healer and his light is now going into each of you to advance your immune systems. I, Archangel Metatron, am sending the healing light of Archangel Raphael to Mexico to raise the energy level of the immune system of the whole country.

THE RING OF ASCENSION

Juliano has talked about the relationship between biorelativity, the Earth and how the Earth's energy can help accelerate your own healing. This process needs to begin with connecting to the chi life-force energy of the Central Sun. The second part is that you need to, through your divine meditations, work to seal the Earth's energy field. I recommend that you seal the aura of the Earth using the ring of ascension. It is difficult for even a large group of people to work on sealing the Earth's aura because it is so large and there are so many deviations. The ring of ascension is already in place. It is like a halo, and you can project your energies into the ring of ascension and this will propagate a healing and a sealing of the Earth's aura.

Finally, focus on the Earth's power spots. The power spots are where higher vibrational energy resides. Connect with

that higher vibrational energy from the Earth. These power spots contain special energetic boosts to your immune systems. I am Archangel Metatron. I return you to Juliano.

Message from Juliano: Activate Your Fifth-Dimensional Immune System

Greetings, I am Juliano. We will conclude with a pulsing exercise. Visualize your aura and see that it is in the shape of the cosmic egg, and see that it is blue and see that it is pulsing. See that it contracts on my command now. As the aura contracts, it goes into the center of your stomach, the solar plexus, as a small ball. As it expands, it pushes out all lower vibrational organisms, bacteria and viruses out of your system. They are thrown out of your aura. Now your energy field begins to pulse and it pulses at a much more rapid rate. As it is pulsing at the rapid rate, that pulsing will prevent lower energy viruses and bacteria to enter. It is pulsing at this speed [rapidly tones]: *tat, tat, tat, tat, tat*. As it is pulsing, feel that the pulsing increases to a point that you begin to shimmer. As you are shimmering, you are connected to your fifth-dimensional body and your fifth-dimensional immune system. You can access quantum light and quantum energy from your fifth-dimensional immune system.

We need a core number of people in Mexico to activate their fifth-dimensional immune system. When a core group of people begin to activate their immune systems to a higher frequency, then the country's immune system will increase. You can represent the newer wave of fifth-dimensional, light-holding beings that have higher immune systems. Your acceleration of your immune energy will be a trigger for the whole country to fight off any virus. This exercise will raise the vibration of the whole country's immune system. You can also go to other countries and do this. You can go to the whole planet.

A light from the ring of ascension will help you in a quantum way to accelerate your immune energy. The biorelativity process can attract fifth-dimensional energy through the ring of ascension and bring that fifth-dimensional energy into the Earth and then into the whole country. This will begin an acceleration and beautiful healing. I am Juliano. Good day. ✨

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Breath and Its Sacredness

Lord Kuthumi through Rae Chandran

May 2009

Greetings, beloved ones. This is Master Kuthumi. Today I would like to speak about breathing. Breathing is the essence of life. All things in creation breathe. Even on higher dimensions, there is a form of breathing.

This simple tool of breathing has a dual purpose. One is to oxygenate our internal organs, which keeps us alive. But it also has a higher purpose: It helps us to awaken. Through proper breathing, one can connect with one's authentic self. How many of us do conscious breathing on a daily basis? Very few. If you notice, most of humanity does not breathe properly; most of humanity uses only one nostril for breathing. It is very important that humanity re-learns how to breathe through both nostrils. You can find out whether you are breathing through both nostrils by placing your palm under your nose and feeling the air coming out.

THE AWAKENING BREATH

One of the easiest and most profound types of breathing is observing one's breath. If you can observe your incoming and outgoing breath for just fifteen minutes a day, you will start opening up to your trueness, which is the divine. Often, it is breathing that will open you to your higher mind. There are vast parts of your mind that hold your soul's ancient wisdom. This wisdom can only be accessed when you are able to go to your core self and draw forth what is already there. One of the keys to this soul treasure is breathing.

The ancient yogis and masters ones knew about this. Most of the ancient martial arts are based on this. Through proper breathing, one is able to draw forth the prana from the universe. Prana is the very food of this universe. In most of the ancient traditions, when a student enters into spiritual practice, the first thing they are taught is how to properly breathe. Even in everyday life, when you take a deep breath, you feel relaxed, do you not?

KEY POINTS

- Observing proper breathing opens the self to the divine.
- Deep breathing through the proper chakras can stabilize the emotional body, strengthening the connection to both Creator and Mother Earth.
- Breathing can strengthen connections between humans, healing emotional wounds and providing support in times of distress.

Many ancient ones attained their ascension while focusing on their breath.

THE STABILIZING BREATH

Breath can be used in many ways—not only to awaken and remember more of yourself, but to develop yourself in all areas of your life. One of the areas you can profoundly affect by doing breath work is your emotional body. The emotional body is affected tremendously by our thought patterns, from the energies that we have brought from other lives and also from the energy we pick up on a daily basis through our life experiences. The intense energies coming into the planet also have a tremendous affect on the emotional bodies. Combined with this, the solar flares that have been bombarding our planet have added to the confusion human beings are feeling at this time, which directly affects the emotions of humans.

How can we stabilize our emotional body? By deep breathing. Breathe deeply through both your nostrils and consciously send your breath through your spinal column into your soul star chakra. On the return, direct this breath to exit through your earth star chakra, deep into Mother Earth. See your breath moving in an infinity sign going up to the soul star chakra and exhaling out while going through all your chakras. See it as the infinity sign, and you are in the middle of it. When you get used to it, breathe and see this breath going all the way to the Creator, coming back from the Creator, going through your entire body and then exiting through your earth star chakra into Mother Earth. You will feel great expansion when you do this. This will also strengthen your connection between the Creator and Mother Earth.

You can also send your breath to anyone with whom you want to better your relationship. You can send your breath to your children, your spouse, your colleagues at work: to any one, to any place. When you send your breath, see it returning to you in a perfect infinity sign. You can also send your breath to plants, trees, animals, to your angels, to your guides, to the teachers you wish to study with or to the ascended masters. You can

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never go wrong by sending your breath, for the breath cannot be used to manipulate anything or anyone.

THE HEALING BREATH

Breathing can also be used to heal any emotional wounds you have in your life. All emotional wounds are stored in your physical body. By breathing into the emotional wounds, you are able to release the energy that is holding the emotions and the pain associated with them. Using breath to console another human being during time of distress or pain is another form of breath work. One of the highest ways you can use breath is to help the person release their body without fear during the last moment of their life. Many humans are deeply afraid of death due to their religious beliefs or other

reasons. If a person who is balanced can breathe and make a breath connection to the person who is dying, the person who is dying can come into balance as all the senses become fully alert during this time—although they may not exhibit it on the outside—and this will stabilize their emotions before they leave their body. The last moment of one's life is a most important moment, and during this critical time the soul has the choice to transcend many lifetimes and to be reborn in circumstances that will give them the highest possible choice for their spiritual evolution. Dying consciously is the highest choice a human being can make, and if we can help a person to be conscious and free of fear by using breath, it is one of the greatest gifts we can give another human being. So happy breathing, dear ones! ✨

You as a Dandelion: Tools for Wholeness

Jeshua ben Joseph (Jesus) through Judith Coates

Beloved one, it is a most wonderful time you are living in now because everything is changing. You have prayed for change. You have prayed for heaven on Earth, and in order to have heaven, you need to make room for the new. Until now—in recorded history and in prehistory—this reality has not been heaven. It has been more of an experience in duality.

So I say unto you, it is a most blessed time. Even though separated ego is going to be screaming at you from time to time, that is the job of separated ego: to point out when you have come into the place of believing yourself to be separate, believing yourself to be vulnerable and believing yourself to be powerless. In these moments, there are practical things you can do to bring yourself back to the place of oneness, beginning with imagining yourself to be one with anyone or any part of nature. This is the truth of your being, but you can start with imagining.

Imagine yourself as a dandelion—a most wonderful name, “dandy” lion. How would it feel to be the dandelion? In the beautiful sunshine it blooms, and yet you call it a weed; truly it is a flower. Because it grows so profusely, you have termed

it a weed and you try to get rid of it—but it has the last laugh because of so many little seeds it puts into the air. It comes back. Allow yourself to imagine: “How would it feel to be a dandelion and to know my power? Others who walk on two feet and think they have control over their wonderful, manicured lawns cannot have power over me because I am going to let the wind take my seeds everywhere.” A dandelion never feels it can be vanquished. It cannot.

When I studied in what is now known as Britain with the druid masters, they shared techniques that allowed me to remember once again my divine oneness, to truly know it at a deep level within me. This was not an intellectual knowing—that I received from the Essence school by copying the written scrolls of ancient wisdom. I knew much of the mystical teachings. But when I studied with the druids, it was a different approach, as you have now in this day and time. You have different approaches to healing, different approaches to remembering divinity and different approaches to reaching the place of wholeness within yourself.

The druid masters spoke to me of the four elements: earth, wind, fire and water. Now, this is also revealed within your First Nation, the Native American culture. They have a common heritage with the druids, before there was a separation. So if you are looking

KEY POINTS

- Jeshua ben Joseph shares the techniques of the druid masters for remembering divine oneness.
- Each technique is rooted in playful connection with the four elements: earth, wind, fire and water.
- These tools the druids used will bring you to that place of great peace, the place where the body and the mind rest together in joy.



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to know connection with Self—capital S—allow yourself to play with the earth, the soil. Go out and dig in the soil; get it under your fingernails. Put your hands into the soil and feel that you are growing as a plant does. Stay there long enough to feel grounded, and allow yourself to become one in your connection with the earth, with Mother Earth as the soil. Then, on another level, allow yourself to know oneness with Mother Earth as the lightbeing that she is. Because as you play in the soil, there is going to come to you a radiant, vibratory feeling as you allow your hands to stay there. Bring your awareness to the soil.

CLEANSE IN THE WIND, BE ONE WITH FIRE

Another technique the druids practiced when they felt the world was too much was to find a place where the wind was blowing—preferably a strong wind—and allow it to cleanse them. The wind blows away the feathers of problems, and reveals the Self, the holy Self. If it is a day without wind, I know that many of you, if not all, have an electrical device known as the fan. Even if it is winter, turn on the fan and stand in front of it; let it blow all problems away from you. When I studied with the druids there was no problem finding wind because we were on the seacoast, but if you have a problem finding a good wind and you are in need of a strong one, turn the fan on high until you feel you have been cleansed of all old issues, all old feathers. While you are doing this, remember to breathe. Breathe of the wind, especially if you are out in nature. This can be done indoors as well. Remember to breathe deeply.

Fire is a powerful cleansing agent. I suggest you start with a small bit of fire. Do not go out immediately and set fire to your dwelling place and say, “Oh, I needed a big bonfire.” Allow yourself to start with a candle and its flame. Gaze into the flame. Feel yourself immersed in its light to the point where you do not see anything else but the flame of the candle. Know yourself to be one with the candle’s flame, the little flickering that has the potential for great power. Sometimes you feel like a little flickering flame that is unsure whether or not it can keep on burning. But your potential is great, and once you catch fire, very little can stop you. Gazing into the flame and feeling yourself to be one, forget all that has been bothering you. Know yourself to be that light, for you are creating that light even as you see it. That is how powerful you are.

HARNESS THE POWER OF WATER

Now, the body is vibratory light brought into a density that only seems separate from other bodies. The body is also composed of 65 percent water. Take a container of water—a glass or a cup—hold it in your hand and focus on the vibration. You will feel a vibration. You may feel you are imagining it, but it is truly your vibration and the water’s vibration in synchronicity with each other. Allow yourself the focus to say, “I am free. I am perfect. I am loved. I am so loved that I am love itself.” Put that feeling into the water and the water will respond. It will accept your

thoughts. Make it a practice to drink from the container many times during the day.

It is important to note that you do not have to drink gallons of water. Despite what has been said to you—that you have to drink eight glasses of water each day—it is not true. It is good for little trips to the restroom, but in truth, drink the amount of water that feels natural to you. There is no standard amount because bodies are different, and different bodies will ask for different amounts. Eight glasses of water may be right for the person who first suggested it; maybe that person was quite large and needed it. However, a smaller-sized body does not need as much. Drink what is comfortable for you.

Another way to experience oneness with water is to take a shower or bath. If you take a bath, I suggest you slide down into the bath so that your nose is just above the water, and then take a deep breath and submerge yourself completely. Then come up out of the water and shake yourself like a puppy would. Do you know how freeing this feels? Again allow yourself to go under the water and come back up to shake it all off. When you are shaking it all off, know that everything you have been worried about until this moment has flown away from you and your focus.

If the cleanse does not feel complete, do it again and again. This can also be done while taking a shower. Stand under the water so it flows over your head and then step back for a moment to shake it all off. Have great fun. Also, don’t forget to make use of water out in nature. If you do not swim well, make sure to wear the little floating wings that support you so you do not go straight to the bottom and have to be fished out. Allow yourself to walk and jump into the water, and then submerge your body in this natural water. Remember the druids: They knew how to harness the power of water to cleanse both body and mind because of their proximity to the seacoast.

TOOLS OF THE DRUIDS

So now you have some of the tools the druids shared with me. When you feel like everything is going wrong, use some of these tools to come to a place of peace for a moment or longer. Sometimes you will reach a place of peace and then feel it slip away. Go back to it. That is the discipline. Go back to it. It takes practice and discipline, but no one can take the reward from you. Have the self-control to return to that place of peace again.

I know there are times when the heart is hurting and the ego screams, “They should not have given me the pink slip! I worked at that company for twenty years; I worked night and day, and there were times when I put in overtime and wasn’t even paid for it. I neglected my family because I was working—and then the company gave me this pink slip. Why? I didn’t deserve that. There were others who came along after me who didn’t get a pink slip. Why me?” Bring yourself back to the place of peace. Use one of the tools we have spoken of; use whatever works for you and whatever draws you to the place where you find peace. Remember that when you reach that place, no one and nothing can disturb you. When you

reach that place, there is great joy because you know that never again will you be vulnerable to anyone or to anything. It is a place of great power, and a place of great peace.

I say this to you now because there are many changes occurring rapidly. You will see the big picture mirrored in the individual picture, and vice versa. Count everything as a blessing, even if it does not look like one. Oftentimes the

pink slip does not look like a blessing. The lover who says, "I don't love you anymore," does not look like a blessing. And yet in all challenges is the opportunity for freedom, the opportunity to grow and come to the place that knows, truly knows, the power and the peace, which the world cannot disturb or take away from you. Then you abide in the place of the Christ. So be it. ✨

The Indigo Generation: Maturity in Adolescence

Mother Earth (Gaia) through Pepper Lewis

I am seventeen years old and depressed or angry a lot of the time. Sometimes I think I know why, but most of the time I don't. Most people don't think I should feel this way and they say things like, "Wait till you're as old as I am, then you'll have something to complain about." Someone told me recently that there is something different about me and special about my generation. Is that true? If so, how?

There is something unique about every generation and every individual within that generation. In the grander sense, it is not possible for one generation to be more or less special than another. In fact, there is a universal law that states: all things being equal, all things are equal. Universal laws are higher expressions of truth that apply to all things equally, regardless of location, point of origin, and so on. Universal laws do not conflict with one another in ways that man-made laws do, except in cases where misperception or misinterpretation at the human level make it appear so. This same law also states that while all things are equal, they are not all the same, which explains why every atom and particle in the entire universe is unique, without exception.

A generation can be defined by different parameters, such as the interval of time between the birth of parents and the subsequent birth of their offspring. Using this definition, a generation would be about thirty years, give or take a few. A generation can also indicate a new type of being, a

new phase in a life cycle, stages of successive improvement within a cycle and much more. Sociologically speaking, members of a culture or society who were born at about the same time are considered to be of the same generation, yet this definition does not seem to apply to you, does it?

WHEN YOU WERE BORN

You are very different, even from those within your same age group and gender. Modern social scientists have been studying others like you in an attempt to explain the particular behavior patterns that make you unique, but until more of the changes are apparent, they will not be successful. Of course, by then it will be all but obvious, and many will rush to center stage to take credit for the evolutionary strides you are painstakingly undergoing. It is almost always this way, and I reveal it to you now so that later on you will smile and wave your hand in mock surprise rather than shake your fists in unresolved fury.

On the scale of linear logic and reason, you are what and how you are because you were born at a time where linear logic and reason is in short supply, do you see? Any material, cosmic or earthly or thought, that is either over-abundant or deficient at the time of your birth will somehow be reflected in the patterns and purposes of your life. On a simpler scale, we might note that young adults who were born during the Vietnam War tended to be more vocal about antiwar sentiments than those who were born a generation before.

Since it is difficult to be precise as to when one generation ends and the next begins, social scientists generally focus their attention on specific customs and events as well as the prevailing atti-

KEY POINTS

- As an Indigo, you were born in an overlap period—a time that offers opportunities for awakenings and great leaps of consciousness.
- Those of your generation are encoded and programmed with a strong desire to open the next world while simultaneously closing the current one.
- Indigos are strong, independent and have high intelligence. They are still developing paranormal abilities such as telepathy, precognition, psychokinesis and extreme empathy.

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tude of the previous generation. Other areas of study might include climactic changes or geo-political events, including elections, movements toward or against conservative or liberal thought, economic influences and much more. Because studies cannot explain all of the behavior patterns that make a particular generation unique, they eventually concentrate on more striking characteristics, such as differences in attitude and belief that often cause misunderstandings and antagonistic feelings between generations. Of course, this still doesn't explain who or what you are in the scheme of things or why you feel as you do.

Above and beyond the scale of linear logic and reason, there exists a more expansive and flexible band of energy that is fairly accurate in its ability to measure a quality within the available spectrum of light that can best be called spiritual awakening. Simply put, there are certain aspects within the visible and invisible spectrum of light that are more alive than others, and when these are amplified, a door from here to there and there to here opens. In other words, those on this side of the spectrum of light can cross over easily, and those on the other side of the spectrum can do the same.

GENERATIONS AND PERIODS OF SPIRITUAL AWAKENING

Births and deaths during periods of grand spiritual awakening are unique in and of themselves, and when they are combined with and within the greater cycles that accelerate the evolution of words, it is no less than miraculous. That being said, miraculous does not mean easy. For instance, someone's life may be miraculously saved from death, but that person may spend the rest of his or her life with a severe handicap. A miracle is something that transcends the higher range of powers attributable to the laws of nature and humanity. This definition leaves much room for discovery!

Like generations, periods of spiritual awakening are repeated from time to time in unique and specific ways. Every cycle includes new and interesting aspects of awakening, but none are as notable as those that take place at precise intervals, when the waning of a great era and the birth of the next era are both present. This accurately describes the time period into which you have embarked on your adventure, even if it does not seem like much of an adventure yet. The overlap period between great cycles includes a certain amount of upheaval, for evolution and change do not always come easy, especially when every facet of life of a given world is being challenged to evolve in some way or to face the possibility of extinction. As you might imagine, this can be very stressful, even at an unconscious level.

Overlap periods offer opportunities for awakenings and great leaps of consciousness on both personal and planetary levels. It is during these periods that many courageous souls emerge from the recesses of time to do their part to assist the world they committed themselves to. There are many different worlds taking place simultaneously upon the Earth. The Earth is a planet, a celestial body, and should not be confused with a world, an area of activity and condition of existence associated with a domain or dimension of experi-

ence. The Earth you know today is the known home of third-dimensional human beings and all of life associated with that.

Overlapping periods last an average of one hundred years or so, during which the majority of change takes place. However, when viewed from a greater perspective, the cycle could easily extend to 250 years or more. One recent cycle reached its peak in the 1740s when those of a revivalist nature entered the spiritual scene. Their zeal for the spiritual life was stimulating and enlivening at first, and they were generally welcomed. Before long, however, their fervent devotion to the various causes they supported drew criticism and even rejection, particularly by those of a more established order who saw the revivalists as a means of spiritual destruction and a threat to their way of life. It was not long before emotional battle lines were drawn.

As you can see, periods of great awakening bring about varied effects, some of which are quite contradictory in nature. In community after community, this movement disrupted religious and spiritual harmony and replaced it with discord and tension. Nevertheless, the prevailing winds of change drew supporters together and eventually produced a sense of transcendent unity that spilled over political and denominational boundaries. About a century later, the Theosophical movement stimulated unconscious minds into an awakened state and also managed to ruffle the feather of the status quo. Less than a hundred years after that, the New Age was born yet again, and continues to stir up a fair amount of (r)evolutional dust. This is just a small part of your ancestry and your heritage.

YOUR FUTURE, YOUR HERITAGE

Those of your generation are encoded and programmed with a strong desire to open the next world while simultaneously closing the current one. As was mentioned earlier, this does not always or often come about gracefully. There must be those who are willing to be the first to turn the new light on as well as be the last to turn the old one off on their way out or through the next corridor of time. It is a specialized path and not all are suited for the responsibilities associated with it.

Yours is a cultural generation, the result of a youth shaped by a particular set of events and trends, which includes being born during a period of spiritual awakening. Cultural generations are shorter than familial generations, and many different generational facets and anomalies may appear within a time period as short as a decade. As an example, how many versions of you have you met within the last two years? It is no wonder you are confused and distraught!

Your generation is a reactive one. It is hasty in its thought process and given to knee-jerk reactions that can seem disruptive and disrespectful to previous generations. This is not a criticism, simply an observation by one who knows and understands—perhaps more than most. Your reactions are chemically inspired, which means that a certain set of stimuli or events can be almost guaranteed to trigger processes and decisions with an almost certain outcome. You have an instant aversion to all things institutional in

nature, as well as innate knowledge of that which lives in contradiction to itself. In other words, you do not suffer fools lightly or those who would pass themselves off as persons of authority when no such in-dwelling authority exists. Young one, this is where your anger comes from, and while it is too soon to tame it, it is worth your while to understand it so that you will use it to your advantage.

You and those similar to you will more than likely remain a generation of nomads in the larger sense—travelers, migrants and members of an itinerant people. You will thrive in learn-on-the-fly environments and in other self-made jobs. Most in your generation are peripatetic in nature, students and followers of the school of Aristotle from which the term was derived. Your best work is achieved outdoors as it was long ago at the park-like Lyceum outside of Athens. Under the peripatein, the covered walk where Aristotle himself walked and lectured, his followers developed their own ideas about nature and the study of ethics.

This, too, is your lineage; you will be stirred to great heights by the value of ethics and by those who employ them. You will be stimulated to act against those who are unethical in their words and deeds. And here a word of caution, for this is where you must take great care: Know that the blow you strike in your own name and in the name of those who are incapable or unwilling to do so may be a severe one, and the consequences that follow will be yours to bear. Your shield in this life is your own badge of honor, and whenever possible, it is to remain as unblemished as your name. Others will follow your lead if not now, then later, but you must maintain your beacon of light and your ray of hope, even when your arms tire and the path is made unwelcome.

TRAITS OF YOUR SENSES AND PERCEPTIONS

Aside from the more common characteristics credited to your generation, it is important for you to know that you are also, by nature, synesthetic—a term that refers to an automatic ability to associate, and thereby strengthen, one sensory or cognitive pathway by the involuntary or unconscious experience of a second pathway. Basically, this means that you perceive and therefore order ideas in a different and sometimes original fashion compared to others. This trait may cause you to prioritize the events in your life in a way that is both pleasing and important to you, but difficult for others to approve of or even understand. The effects of this neurologically based phenomenon are harmless for the most part, but they do lead to significant differences in spatial sequences, sometimes affecting even how hours and days seem to be ordered. Given this sequential scheme, time may seem to move counterclockwise, lengthening a day or a night as the case may be. Colors, letters or numbers may likewise be ordered in unique sequences that would appear to be out of order where common reality is concerned. Know that you will more than likely be singled out in this regard and may even be judged harshly by those who see this as a lack rather than an improvement on the more common and ordinary perceptions of reality. Wear

your badge of honor brightly when you can. Hold your head up, not in anger or arrogance, but so you will continue to see up to and beyond the next horizon, further than the panorama most are able to behold.

While your physical eyesight is not much improved from the average human being, your hearing is and already recognizes the tri-tonal waves that are able to better balance the accelerated movement of time. Energetically, you can perceive when someone or something is nearer or farther away, even when physical contact is impossible. This ability to sense flickers of energy resonance is attributed to cross-sensory perception, a feature that will be common in the human structure in the near future. Synesthetic perceptions vary between those of your generation, and some may not even be aware that they possess such abilities. The narcotic influences of alcohol and drugs markedly increase the effects of synesthesia, making them more noticeable and available. Many who are not aware of this phenomenon mistakenly find themselves overly interested, if not addicted to, the effects of modern day, chemically infused substances. You have an inherent knowledge of pharmacopoeia, but your more delicate system is less tolerant of chemically altered drugs. Your youth will likely invite you to experiment in this arena; therefore, whenever possible, choose the most natural substances and use your sensory abilities to screen those who would tell you otherwise.

LIFE AND ITS PERILS

It is of necessity that we explore the higher than normal rate of suicide among your peers—a topic that bears an enduring question mark where you are concerned. The journey of those who straddle the worlds is never an easy one. The only preparation for such a life is life itself, and in the grander sense, the only purpose of such a life is to further define life by extending its possibilities to future generations. The rewards are many, but suffice it to say, most of these will not be seen with physical eyes, or at least not until much later. Many who have accomplished much at other crossroads where time and dimension meet take for granted the amusements, distractions and densities of this one. They do so at their peril, for an average life is deaf, dumb and blind to the challenges of those who will stop at nothing short of true sovereignty for themselves and their companions.

Another word of caution is inserted here: Let it be noticed by the wise and ignored by the half-wise—who will read on in hopes of recording only the complimentary and more praise-worthy words—aside from the courage and bravado afforded by your personality, you are made of a more delicate fabric than most. Over time, you will develop the ability to measure your successes based upon subtle and understated details. But today you judge yourself on the obvious, and when the gains are slight or none at all, you dismiss your refinements. You compare yourself to sackcloth when you are made of silk; you decide your fate on a scale of pass or fail, and when your error in judgment says death instead of life, you defy life itself by taking your own.

Life is a perilous journey and it is meant to be so, at least at this juncture. Make yourself impervious to the wounds that life inflicts by being your own teacher and friend. Find a mentor, a believer, a follower or a guide. The road ahead is still a treacherous one fraught with the invisible demons of many lifetimes ago—if not your own, then those of your companions. Make allowances for this, and do not take for granted when lesser moments prove more difficult than first imagined. In difficult moments, make your roots deepen until they catch hold the very center of the Earth and wrap themselves securely around its core, for it is strong enough to hold you. Likewise, extend a tether to the farther reaches of the heavens from where you came so that you will not forget the honorable journey that has guided you to here and now. Sorrow will surely overtake and surprise you one day. It will turn you inside out and threaten to toss you into the abyss of forgetfulness. In those moments, claw and scratch your way back, even if that is somewhere and this is nowhere. Know that a hand will always be extended to you, perhaps even my own. Clasp it and begin again, even if it is with your first and only breath. Be prepared to do the same for those of your generation, for those outside of it cannot always recognize the refined nature of your being. Sometimes it really does take one to know one.

You will find that for the most part, others will not celebrate the intelligence or ingenuity of your generation. They will not sing your praises or herald your heroic nature. It is not quite time for this, and you must forgive them their ignorance. While you live for the next moment, many are still stuck in this one. They are afraid of tomorrow and what it will bring. Many are followers, and without leaders they are blind to the young scouts preparing to lead the way. Know that the world at large still sees you as strong-willed, self-destructive, entitled, resistive of authority and mostly lacking in responsibility. So be it. Let the words stand or fall of their own accord. You will find that the Earth's axis will always tilt toward the truth, reconciling merit or lack thereof without any effort on your part.

The traits that accompany your more rebellious aspects are well worthwhile and include self-definition, a clear and strong will, independence and high intelligence. Other traits that are still developing include paranormal abilities, such as telepathy, precognition, psychokinesis and extreme empathy. An overuse of underdeveloped traits will weaken your immune system and unbalance your emotional body so that its response will not be a natural one. Disrespect for the amount of rest your mind and body need will further weaken your immune system, making it prone to colds, viruses, migraine headaches and other no-name physical and mental anomalies. In short, be as unconventional as you like, but remember to recognize your own authority in these matters.

DOES THIS MAKE YOU AN INDIGO?

Scientific research has not revealed any evidence that you exist. Imagine that! They have studied, at least to some degree, the subject of synesthesia and have interviewed many

candidates. Although some of the individuals studied did exhibit some anomalous brain activity and demonstrated rather unique responses to ubiquitous questions, the studies were abandoned for lack of substantive evidence. Only lately has psychological research admitted that synesthetic experiences could have measurable, though abstract, social consequences as evidenced by the appearance of identified differences in patterns of brain activity. Interestingly, one of the most common rejoinders among study participants was a systematic rejection of scenarios involving authority, as well as a lack of response in scenarios where guilt, fear or manipulation was obvious or thinly veiled.

Does this make you an Indigo? Only if you want to be one. Depending upon the interpretation of the word, it can be worn as a crown or a crown of thorns. Is it a label? A title? An overview? An excuse for poor social mannerisms, or a rejection of them altogether? If it is helpful to find yourself in a category along with your peers, then by all means make it so. If you reject the categorization of others, then feel free to reject this one as well. The Indigo light is an expression of the blue-violet depth from which you have come a reminder of the midnight sky on a moonless night, and an invitation to look to the heavens when you can make no sense with that and those of Earth.



Your future is a bright one for the most part, but this statement will hold the most truth as you live your own truth. When you live another's truth, you suffer, perhaps more than others do. Look to a future that is different than the one currently imagined. If you must, walk the path that runs alongside others, even if it is that of those you most love. You need not lead, but take care whom you follow. Trust in a wisdom that does not belong to you yet, but is near and accessible when you most need it. Push beyond what others say is possible and a little further than those who believe in the impossible. Walk in disguise when you feel unsafe, but do not fail to unveil yourself when the moment or the task demands it. Be boundless in your undertakings; but, here and there, imitate the path others take, if for no other reason than to please a friend or to prove to yourself that you are indeed unique. Lastly, even as you take your warrior's stance, remember that your coat of arms reads: Peace on Earth. *

Gaia Speaks:
SACRED EARTH WISDOM
and
WISDOM FOR AN AWAKENING HUMANITY
by Pepper Lewis
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Integration to Oneness

Kuthumi through Lynette Leckie-Clark

I greet you in the light and oneness of the All That Is. I come forward to speak to you of integration and manifestation. Many of you are experiencing transition: transition of your security and the material outer world, but also in your inner fields of perception. Remember during this time that what you perceive, you turn into your reality: Perception becomes your reality.

FIND YOUR TRUE HOME

As my words reach you, the energy of your higher heart is making its presence felt, even with the solar and lunar eclipses you have recently experienced. Already during this year, you have been asked to reconsider that which you hold dear to you: your home. I ask you, "Where is your true home?" Many of you think of your home as material: as bricks and wood, as that which has been created. I wish to take you deeper to your true home on the higher dimensions of the soul plane. This is your true home. You are coming to acknowledge this, and many are already feeling the nurturing and loving energies held there. These are filtered down from your monad, through the pineal gland and into your higher heart, where the purest of healing and loving energy is then dispersed throughout all of your bodies, beginning with the physical. You feel this as a calmness, an inner warmth and great peace.

I can tell you that this is your home of soul, of your being in oneness. It is solid and secure: You cannot lose it, and it cannot be destroyed. It is your refuge, your inspiration, your true love: It is the All. Have you thought of this, my friend? Has it crossed your conscious awareness? Many of you feel that there is so much more than what you see through physical eyes, yet you are unable to grasp what it is. Where is it? Is it here, or is it there? You will find your true home nowhere on your planet. It resides in none of those places, for it is not outside of you.

KEY POINTS

- During a time of physical and financial upheaval for many, Kuthumi reminds us that times of transition are truly opportunities for growth and renewal.
- True security is to be found in the higher dimensions of the soul plane, where we realize our oneness with the All That Is and each other.
- This time presents a unique opportunity to find new simplicity and connection in life, helping each other to rebuild and create a new way of being on Earth.

SEEK TRUTH IN THE POWER OF YOUR SOUL

Many of you become lost, wandering aimlessly and forever seeking. But where do you seek? You seek outside of yourselves: in the land, at historical sites and sites that contain energies within the Earth. You seek it in others, placing those ones in high esteem. You see those people as better and more knowledgeable than yourself, blindly following them and even sometimes behaving as a servant. My words may not please you if you recognize these patterns of behavior, and yet I speak truth. It is only the truth that will set you free. But which truth? Is it yours or is it someone else's truth, and how can you know which to believe? So now you have two paths you might follow to seek balance, oneness and peace. Many are quick to follow the path of another without pausing to ask if the words of that person are truth, instead seeking that truth outside of themselves.

My friend, when you seek truths outside of yourself, you give away your power—your power of soul and truth. This weakens you greatly, preventing you from withholding higher light energy. Furthermore, it allows others among you to gain power and control over you even without weapons or war, simply by creating fear around you. Your ego self takes over your conscious mind, telling you misguided words. The small, negative voice that constantly creates a theater in your mind of "what if" and "but" feeds on the fear created in your outer world. Only now the ego self brings it into your inner world, and so you feel powerless, hopeless and in despair.

I come today to ask you to recognize this, to ask you to pause, to consider and to read carefully my words to you. For this scenario need not be. Just as it has been created, it can be torn down and replaced with a more secure lifestyle, a loving home in unity and oneness. "How is this possible?" you ask. Listen to my words. In the past, you have sought your security from those outside of yourself, in your outer world. I say to you, to every one of you: Look within. For there—and only there—will you find the secure foundation upon which to build your experience and life. Everything you need is within you: The light of life is within you. Another may contain light also, and yet it is their light; you cannot take it from them. Instead, ask how to access your own light yourself.

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REBUILD YOUR FOUNDATIONS ANEW

Many of you are experiencing pain and anguish as your outer world collapses. Yet my friend, consider: How strong were the foundations to begin with? Many of you were given false hopes and expectations by others: You lived in the illusion created by others. Now it is time to move within to your own soul light and to reclaim the strength and higher knowledge each of you carries within. It is time to rebuild.

Yet even in this call to rebuild, we hear cries of anguish. "How?" and "Where?" you ask. Can I reply to you that you are still in your old behavioral thinking? Is this way of thinking not what got you into this situation? You allowed others to take over your finances in illusion, and the result has left many of you without a physical home. Your emotional bodies are under such great stress. I have just asked you to rebuild. You have asked me how. I say to you, "With a new way; a better way." What you see now is the reality of what is important and what is not. Many say they wish to live their lives in a better way, yet are unsure of how to begin. Begin by visualizing what it is you wish to create and experience in your life right now; this time creating with what you have and what you can build.

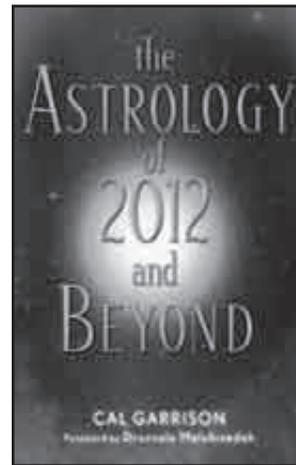
JOIN IN THE ONENESS OF ALL

Humankind is entering its years of greatest transformation, for each of you must alter your belief that you are a totally separate individual. Over many lifetimes of this accepted way of being, you have come to believe that it is how you must function. Can I say to you that this belief has merely created an idea of greater separation between humankind and the joy and abundance of God? You have become so separate that you believe God is far away and has abandoned you. You believe that you are not worthy of experiencing great abundance and joy.

It is time for you to alter this belief, for I tell you that it is an untruth. I say it again: It is an untruth. You are part of God, and God is part of you. This is as real as your arm, your leg, your eyes or your heart. It is part of you; a part of your creation. It is only your belief of separateness that has created this untruth. As part of the oneness of All, it is time for you to awaken. It is time to join together, to help one another rebuild your lives, your homes and your food crops. Do you not see that you had created and were living in a great illusion of desire?

I have said many times, and I repeat it here, "It is time to simplify your lives." Grow your own food. Begin to barter with your neighbors with your surplus supply. Help one another to rebuild in a new way. Create a new Earth, one where each of you is an individual yet also part of the great oneness. Share your gifts and your ideas for the benefit of all. Many of you seek to create a new way of being, of living. I give you the steps to bring this vision into reality. For it is humankind's future, and war has no place there. My blessings to you. ✨

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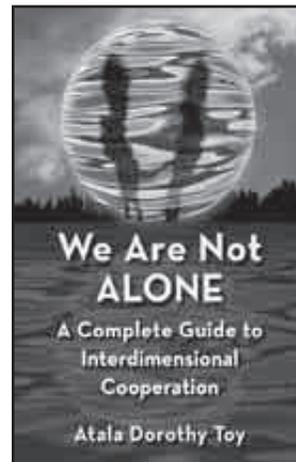


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Kwan Yin through Reverend Vivian Starfire

You are rapidly moving into a new paradigm, a world of higher vibration and unlimited possibilities. The brain needs to be reprogrammed to be aligned with the mind, spirit and the new developing lightbodies. Like an outdated computer, the human brain needs to be given an updated program. The mind is in tune with spirit and must override the brain. In the old program, there is judgment about the way things are and the way things should be. This judgment is holding you hostage in the matrix of the third dimension. You see things in duality: good and bad, right and wrong. It is hard to see from your side of the veil, but we have been explaining for some time that the veils are thinning. In your minds and hearts, you know this to be true. All is in place for your immersion into the oneness of being. You must not let the brain and its partner, the ego, run the show. We are at your side, cheering you on.

SHIFT YOUR PERSPECTIVE

You are creators of the highest magnitude and are already enlightened. Step into your divinity. Shift your perception of reality. Things don't have to be difficult. You have a choice to create effortlessly. You have the power to have it all right now. Many are thinking that it is only in the future that things will come together, but we say that the future is now: Believe it and live it. Everything you were taught from childhood—the concepts of having to work hard and the perspective of lacking and not having enough—are fiction. That perspective is a box that you have been living in for so long that it has become part of you. We see you casting the box aside and transforming your beliefs to match your expanded DNA.

The energy flooding the earth at this time is penetrating every molecule in the energy system of your physical body. It is as if the heavens were coming to you, but in reality

KEY POINTS

- Remember that you are on the threshold of the new paradigm: You only need to actively step into your divinity to find the oneness of being you already know to be yours.
- Increase your vibration and honor yourself by protecting both your body and mind from harmful influences.
- Shift your thinking to embrace only positive energy, and seek love in all things.

you are the heavens. The God light raining down on your planet is assisting the process of your transcendence. Your job in this process is to shift your thought forms. Negative energy is expanded and magnified in the light as well, so it is of utmost importance that you transmute all emotional issues. If you are having conflict in your relationships—with your parent, sister, brother or whatever the situation may be—make your peace with all. Take your place as a master of light, and let it be love that comes first in your life: love that you share most especially with the unlovable.

EMBRACE YOUR ONENESS

Learn to be both dependent and independent. That is an oxymoron—and we laugh with you—but we mean to depend on loving and sharing in the oneness that you are. We also speak of not needing others as an ego enhancer or a crutch. You are always in touch with your greatest friend and family: your higher self. That aspect of you is what you have been yearning for all your life. What you seek in others is often the longing for your own soul.

We ask you to remember that you are increasing your vibration every day. Honor yourself, get enough rest and eat the healthiest food you can. Your bodies will run more efficiently and on a higher frequency fueled with whole fresh foods than they will with foods that have been processed and sitting on a shelf for long periods of time. Get exercise every day. It helps the energy to flow through you and not get blocked, and you will also find that you sleep better. Walking as well as yoga are wonderful ways to help your energy to flow. Whatever you are drawn to, however, do it in respect to your well-being.

Disconnect from the world dramas of hate and war. Stop seeking information from the media. You would be better off not watching television at all, since it broadcasts someone else's vision of reality. Seek your own reality from your heart and soul. Step out of the delusion of the matrix, and step into your divinity. The time is indeed now. The tide has come in. Immerse yourself in your truth, and shine your light to all. ✨

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Open the Lotus Flower of Your Heart Chakra

Quan Yin through Therese Dorer

April 2009

A shaft of shining white light from the heavens comes into my line of vision and then transforms into a beautiful woman. She stands tall and gracious before me with her hands cupped. Streaming from her hands is a flow of light that spills upon the ground and creates a river of light. I ask who she is, and I am gifted with the warmth and love of Quan Yin, goddess of compassion.

Dearest ones, I come forth with honor and respect for each of you. I bring you blessings from the highest realms of consciousness and love from the divine One. These are always available for each of you when you tune into the wisdom of your heart center. It is to your heart that I direct your attention and intention this day, for here you will find strength, courage and all that you require for the journey forward into the unfolding times upon your planet. There has never been an opportunity such as this upon your planet. You are being called to connect to your heart: There is wisdom within the heart that must come to the fore at this time. Allowing this wisdom to come forth and be present in your lives will reap you great rewards.

A SEASON OF CHANGE

This is not the time for regrets about the past or projections into the future. The world you inhabit is in a place of immediacy, and the importance of being in the present time has never been more evident. Some of you have noticed it is difficult to make long-term plans, as these plans change on a day to day basis. The reason for this is that the matrix around the planet is more malleable than ever before, and the opportunity for change is huge.

KEY POINTS

- Now is a time of change and responsibility. Legions of spirit guides, angels and archangels have signed up to assist you in your transformation.
- The seeds of the soul are in your heart center, waiting to be nurtured in self-love so that they can come into fruition.
- Allow yourself time to connect with both your inner stillness and the power of the dragon archetype, bringing growth and healing into your heart.

This time is also about each soul being held accountable for their actions, thoughts and deeds, and so you might notice that some of your friends and family seem to be struggling with issues that they should have already been attending to for some time. You yourself may be feeling called to be accountable for your way of being in a manner you never expected. All of this can feel uncomfortable at times, but it is a part of the grand plan of the universe, and you are not alone with it. Along with this chaos, some of you have been noticing that there are great opportunities for huge changes, an invitation to dream and intend your world into a new reality and consciousness. Your energy is needed for this unfolding of the new dream, and you have come to the planet Earth at this time to be a part of the coming new era.

When I say you are not alone, I ask you to take this literally, for there are legions of spirit guides, angels and archangels who have signed up for this path of service to assist you in the transformation that is taking place. We only need to be asked, and we will be available to assist and hold space for your healing and transformation.

ACTIVATE YOUR HEARTS

I would like to return to the subject of heart as the key to your being and the place of wisdom. I would encourage you to activate it now in the unfolding of your being. The heart allows you to know definitively whether you are on the right track. It is connected to your body wisdom, and the heart brain has access to the wisdom of your DNA. Placed in your DNA strands are pathways to wisdom that, because they are not bound by consensual reality, are able to hold the ancient wisdom of the past, present and future. This is the place of infinite wisdom in which you can hold eternity and the healed state for yourself and the collective.

Your mind or brain is a good computer to help you drive a car, do your taxes or manage your money. But the mind has limitations: It likes to create drama, remembering past injustices, and it has

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a critical voice of worry, doubt, guilt and fear. It creates a critical voice that—at times—supersedes the heart wisdom; it loves to remind you of your shortcomings and does not have the capacity to embrace the larger perspective that is needed at this time of Aquarius.

Many of you have been practicing following your heart and have become very accomplished and have had great success in this way of being in the world. I would ask that you be patient with your fellow Earth travelers and pass on your heart wisdom whenever you get the opportunity. I encourage you that, just as lotus flowers have many petals that unfold, there is always more for you to discover about the beautiful expression of self that is in your heart. The seeds of the soul are in the heart center, waiting to be nurtured so that they can come into fruition. This is a delicate and important job that can only be accomplished with the energy of self-love. There is no room here for the critical voice or for heavy-handed, fear-based mythology. It is only through a sweet voice and the nectar of love that the lotus flower of your heart will open.

FIND YOUR STILLNESS

For some, this journey to the Earth has you feeling disconnected from the heart center, and so it feels impossible to trust in the delicate essence that is there. But I encourage you to be patient with yourself and with others in the unfolding of this energy and to know that it will come forward when you take some time to listen and go into stillness.

The words of encouragement I have for you this day are to allow some time for yourself to go into a place of stillness, connect with your breath to allow the mind to settle, and feel your heart and the wisdom that is held there. I invite you to go into your personal spiritual garden! Imagine that your heart is like a beautiful garden that needs to be nourished and appreciated. Notice the seeds you plant in this garden, and you will be able to be grateful to yourself for what you accomplish each day, dear ones. The act of appreciation for self brings you into present time and allows the

heart center to open. Your open heart can then extend its loving presence to others and allow them to bring the best of themselves to the relationships that you are in. Conversely, if you are constantly critical of your endeavors you will have a greater propensity to be critical of others.

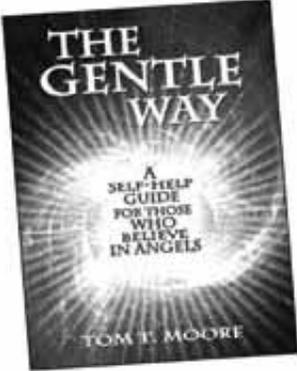
I invite you to call upon me, Quan Yin, to come into your heart and help you open the lotus flower of your heart chakra. I will come to you, my precious ones; you only need to ask, and I will flood your heart with love and compassion, for that is my reason for being. It is important to trust that an open heart is the answer to the world's concerns.

UNLEASHING THE DRAGON ENERGY

The vision I see is Quan Yin standing in the moonlight beside a huge, green dragon with shiny scales that glimmer as the light of the Moon shines upon them. I ask her why she is showing me this vision.

Dearest ones, this mythical dragon has come forth this day to help you with your fears and doubts. In times of old, the dragon was feared for its power and the fire that spewed from its mouth. I ask you to ignite the dragon within, allowing your personal power to be unleashed into the world. Use the archetype of the dragon to eat your fears and doubts, allowing the fire of this magnificent one to transmute your shadow to light. As you allow your fears to be dissipated by the dragon energy and allow the fire of your spirit to come forth, you will notice that you are empowered and rejuvenated.

These mythical beings are beyond the veil of your reality, but the force and power of these archetypes can be called upon and unleashed for your personal transformation. I invite you to call to the dragon to come into your dream time. Ride the back of this mythical being into the cosmos, reuniting with your soul parts and bringing healing and an empowered state of consciousness to your waking state. Call to the dragon to empower your heart and breathe new fire into your world. I thank you for your attention and intention. Most blessed beings of Mother Earth, I love each of you. ✨



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Abundance Is on the Way to You

The Star Elders through Aluna Joy

21 May 2009

Abundance is on the way to you. It has been written and activated into the ethers and the creative force of the universe. If you listen, you can feel the energy of abundance, prosperity and resources returning. A corner has been turned. You can feel this as a lightening in your heart. Something, some burden, has been lifted from your shoulders. Once abundance has been activated in the creative force of the universe, it is the law of the universe that it manifests in the physical world. Be patient. It is coming.

The abundance issues you are emerging from were just bumps in the road—bumps on your spiritual path. They were only a test to see if you could hold fast to the truth that you do in fact create your reality. A greater number of beings in the collective consciousness have held fast to this truth, even in the dark face of opposition. This has shifted your reality from one that manifests limitation to one that manifests freedom.

When large masses of humanity in the collective consciousness begin to comprehend a new universal truth, the next event that follows is a test. This test grounds that truth deep inside humanity so it is no longer a simple belief in your head, but a knowing you feel in your heart. If there were no test, you would not realize the importance of the truth you have just acquired.

THE ACTUALITY OF YOUR BEING

The truth is you create your reality, and you are personally responsible for your own abundance level. This is not a new truth. Masters, saints and sages of the past have known this truth for eons, but this is the first time the masses of humanity have been exposed to it. Everything you have in your life right now is something you created. I know a lot of you do not like to own this because it means that you created the abuse, the lack, the pain and the suffering. But abundance is on the way to you today. You can use this abundance however you please. It is an abundance of creative energy. Put it to use wisely.

The second truth to come as a test is the truth that you are all connected, yet solely responsible for your personal actions. Geographic location, religious beliefs, social status, age, educational level and culture do not separate you. You are all children of God. What happens to one, happens to the all. What happens to all, happens to the one. There is no escaping this fact. If the masses feel joy, you

will feel joy. If the masses feel fearful, you will feel the fear also.

Once you understand that you are all intimately connected, another test follows. This test asks you to feel *all* that is being experienced in the world, and to take conscious action in a way that uplifts humanity, rather than adding to its darkness. You cannot help feeling what is going on in the world. You are all connected at the heart with universal love. It is a beautiful thing. If you feel fear, work to erase that fear from your consciousness. This not only helps you, but it helps everyone. If you feel joy, find a way to add more light to that joy. If you sense negative energies, stay positive. By staying positive, you starve the negative, and—by universal law—it will dissolve because you refuse to feed it. Remember, you are beings of light. What you do with that light either adds to the light or counteracts it.

WE ARE ALL CONNECTED

Also, in doing this test, you may realize that just taking care of your personal survival is futile. Thinking solely of your own personal gain leaves you feeling empty and unfulfilled. Humanity is moving toward a level of conscious community that is globally based, but locally acted upon. You are finding that the tasks ahead of you are too big for you to tackle by yourself. You are discovering that you truly do need each other, and that community is not just a nice idea—it is essential.

The most important reason why we wish to share this message with you today is because when you believe good things are coming, they will come to you more quickly. And in the spirit of “we are all connected,” this is a reminder that we are also connected to you. We know that when we use our energy to uplift your consciousness and ease your fear, it helps everyone, including us. ✨



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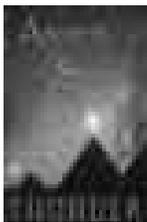


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PREDICTIONS

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

The Power of Subtle Vibrations

Kathy Crabb

Some subtle energies underlie more overt goings-on in the skies this month, allowing for deeper meaning and learning to enter into situations that could otherwise seem like just raw politics and power struggles. Uranus continues its semi-sextile to the Jupiter-Chiron-Neptune conjunction all month long, and Pluto semi-sextiles the north node. Under the influence of these energies, it's like our collective radar is tuned to the universe, listening for its faint but powerful messages about fate, karma, destiny, wisdom and compassionate healing. We need to be aware of the fine vibrations that tune and direct our actions this month, so that what we do and say outwardly is aligned with the deeper call of the universe. We are now being taught how to encompass the whole of humanity in the decisions we make. It will be important to keep in mind this basic imperative as we go about trying to get our more individual needs met this month.

Mars sextiles the Sun throughout the entire month, bringing energy and vitality and boosting assertiveness without turning it into aggression. Meanwhile, Mercury sextiles Venus, energizing our moods with lightness, love and beauty. Also, Mars trines the Jupiter-Chiron-Neptune conjunction from August 10–24, helping each of us as individuals tap into the imperatives of compassion and charity while affording us the ability to transform our insights into real action in the world. If we are aware of them well enough, we can harness and direct these energies toward higher purposes so that they are not squandered on petty or passing fancies. While these are indeed feel-good energies on the surface, they require conscious intention to achieve the greatest fulfillment.

The Sun trines Pluto, the ruler of universal will, from August 15 to September 1, underscoring—in a grander and more cosmic way—the energy of the Mars-Sun sextile. This trine will bring opportunities for deeper insight into the alignment between self and the cosmos. Specifically, each of us will have a chance during this time to turn powerfully

inward, to learn about the workings of the cosmos through our own self-study and to make the external changes needed for greater alignment between self and the universe. With this trine occurring primarily in earth signs Virgo and Capricorn, it may come as a surprise how practical some of these needed changes really are—revitalizing our physical energy, reforming our financial habits, dismantling old systems in favor of newer, more honest and straightforward ones. Remember: as above, so below; as within, so without.

Even as all this primarily positive flow is swimming through our lives, two other aspects bring in the energy of wild horses this month. Mars squares Uranus from August 13–24, feeding our urge to break with the past and pursue completely new goals and visions. Beware, however, of impetuous energies that threaten to throw out all of the old in pursuit of the new—be especially careful of burning bridges between yourself and systems or authority figures who have supported you in the past. A second aspect that could fuel this fire is Mercury's opposition to Uranus, occurring August 15–27, which could have us all talking more bluntly and carelessly than we normally would. It's as if our mouths are disconnected from our brains for a spell. Take deep breaths, slow down and reflect back on the well of deep wisdom you have at your disposal this month before you put words out into the world that you might regret later.

OBVIOUS CONFLICT: NEW VERSUS OLD

The most important new aspect to be aware of this month is the recurrence of Saturn opposition Uranus from August 8 to October 22. The energy of this aspect first surfaced last fall as a battle between a tendency to cling to the status quo and an unbridled desire for revolution. Any such conflicts that began last fall will rear their heads again now—but since we've already gone through this recently, we can now be prepared and use the opportunity to

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Times to Come – August 2009

- 8/1 Moon in Sagittarius in T-square opposition Venus in Cancer square Uranus in Pisces square Moon; Moon trine Mercury in Leo sextile Venus; Moon sextile Jupiter-Chiron-Neptune conjunction in Aquarius trine Venus; Moon square Saturn; Sun sextile Mars; Jupiter-Chiron-Neptune conjunction opposition Mercury quincunx north node; Mercury quincunx Uranus semi-sextile Jupiter-Chiron-Neptune conjunction; Mercury trine Pluto; Venus enters Cancer opposition Pluto in Capricorn semi-sextile north node in Aquarius quincunx Venus; Jupiter, Uranus, Neptune and Pluto retrograde all month; last day of Venus square Uranus; last day of Jupiter-Chiron-Neptune conjunction in Aquarius trine Venus.
- 8/2 Moon enters Capricorn conjunct Pluto; Moon opposition Venus; Moon trine Mercury; last day of Mercury quincunx Uranus.
- 8/3 Mercury enters Virgo; Mars quincunx Moon trine Saturn quincunx Jupiter-Chiron-Neptune conjunction; last day of Jupiter-Chiron-Neptune conjunction opposition Mercury; last day of north node quincunx Venus.
- 8/4 Moon enters Aquarius conjunct north node; Mars square Saturn; last day Mercury quincunx north node.
- 8/5 Moon trine Mars.
- 8/6 Full Moon in Aquarius (Moon in Aquarius opposition Sun in Leo); Moon conjunct Jupiter-Chiron-Neptune conjunction; Mars trine Jupiter; last day of Mercury trine Pluto.
- 8/7 Moon enters Pisces opposition Mercury; Moon trine Venus; Moon sextile Pluto; Sun opposition Jupiter; last day of Venus opposition Pluto
- 8/8 Moon quincunx Sun; Moon opposition Saturn; Moon opposition Mercury; Moon square Mars; Saturn opposition Uranus; Sun opposition Neptune.
- 8/9 Moon conjunct Uranus; then Moon enters Aries; Moon square Pluto; Sun semi-sextile Saturn.
- 8/10 Moon quincunx Mercury; Moon trine Sun; Moon square Venus; Mars trine Neptune.
- 8/11 Moon semi-sextile Uranus; Moon sextile Jupiter-Chiron-Neptune conjunction; Moon square north node; Moon trine Pluto; Moon quincunx Saturn; Moon trine Sun; Moon sextile Mars.
- 8/12 Moon enters Taurus trine Pluto; Moon trine Mercury conjunct Saturn.
- 8/13 Moon semi-sextile Mars; Moon square Sun; Moon trine Mercury-Saturn conjunction; Moon square Jupiter-Chiron-Neptune conjunction; Moon sextile Uranus square Mars; Sun quincunx Uranus.
- 8/14 Moon enters Gemini trine north node; Moon quincunx Pluto.
- 8/15 Moon conjunct Mars square Saturn-Mercury conjunction; Moon-Mars conjunction trine Jupiter-Chiron-Neptune conjunction; Moon-Mars conjunction sextile Sun; Moon semi-sextile Venus; Sun trine Pluto; Mercury opposition Uranus; Venus sextile Saturn.
- 8/16 Moon enters Cancer opposition Pluto; Moon quincunx north node; Sun semi-sextile Mercury; Venus quincunx Jupiter; Mars square Mercury; last day of Sun semi-sextile Saturn.
- 8/17 Moon conjunct Venus; Moon-Venus conjunction quincunx Jupiter; Moon-Venus conjunction trine Uranus; Moon-Venus conjunction sextile Mercury-Saturn conjunction; Mercury quincunx Neptune; Venus trine Uranus; Mars opposition Pluto.
- 8/18 Moon trine Uranus; Moon enters Leo opposition north node; Moon quincunx Pluto; Sun quincunx north node; last day of Mars square Saturn
- 8/19 Moon opposition Jupiter-Chiron-Neptune conjunction; Venus quincunx Neptune.
- 8/20 New Moon in Leo (Moon conjunct Sun); Sun-Moon conjunction opposition Jupiter-Chiron-Neptune conjunction; Moon enters Virgo; Sun-Moon conjunction trine Pluto and quincunx north node; Mercury trine north node; last day of Mars trine Jupiter
- 8/21 Moon conjunct Saturn-Mercury conjunction; Moon-Saturn-Mercury conjunction opposition Uranus and quincunx Jupiter-Chiron-Neptune conjunction; Venus opposition north node; Mars quincunx north node; Mercury square Pluto; Last day of Venus quincunx Jupiter.
- 8/22 Moon conjunct Saturn-Mercury conjunction opposition Uranus and square Venus and semi-sextile Sun; Moon enters Libra square Pluto and trine north node; last day of Sun opposition Jupiter; last day of Sun quincunx Uranus; last day of Venus sextile Saturn.
- 8/23 Sun enters Virgo; Moon trine Jupiter; Saturn quincunx Neptune; last day of Mercury quincunx Neptune.
- 8/24 Moon enters Scorpio sextile Pluto and square north node and trine Neptune and quincunx Uranus and trine Mars and square Venus and sextile Sun and semi-sextile Saturn; Venus quincunx Pluto; Venus semi-sextile Mars; last day of Mars trine Neptune; last day of Mercury conjunct Saturn; last day of Mars square Uranus; last day of Venus quincunx Neptune.
- 8/25 Moon unaspect; Mars enters Cancer; last day of Pluto semi-sextile north node.
- 8/26 Moon sextile north node and square Jupiter-Chiron-Neptune conjunction and trine Uranus and quincunx Mars and trine Venus and sextile Saturn; Moon enters Sagittarius; Mercury enters Libra; Venus enters Leo; last day of Sun opposition Neptune.
- 8/27 Moon square Sun and trine Venus; last day of Venus trine Uranus; last day of Sun semi-sextile Mercury; last day of Sun quincunx north node; last day of Mercury opposition Uranus.
- 8/28 Moon square Saturn and square Uranus and sextile Jupiter-Chiron-Neptune conjunction; Pluto semi-sextile north node.
- 8/29 Moon enters Capricorn conjunct Pluto; Moon-Pluto conjunction in T-square opposition Mars square Mercury square Moon-Pluto conjunction; Moon-Pluto conjunction trine Sun semi-sextile Venus quincunx Moon-Pluto conjunction; last day of Venus quincunx Pluto; last day of Mars quincunx north node.
- 8/30 Moon trine Sun; last day of Venus semi-sextile Mars.
- 8/31 Moon semi-sextile Neptune and sextile Uranus and trine Saturn.

find a balance between these two tendencies and grow in our wisdom and understanding. However, it is possible to be so caught up in the energy of conflict that it becomes difficult to respond to the other less stressful energy currents running through the month. Remind yourself—with a calendar or a ritual, such as the lighting of a candle—to slow down and reflect on those subtle vibrations that ask us to align our own intentions with those of the universe. Doing so will help us resolve what seems at first like intractable conflict.

During this transit, we must also keep in touch with others and use our powerful inner vision to identify what is most important—again, not only for ourselves, but also in terms of fitting into the larger cosmic imperative of the time. Are we leaders for change or preservers of what is good about the past? Do we tap into the collective consciousness, or do we create something new to contribute to it? However we define our role, it will be critical not to throw the baby out with the bath water. Yet at the same time we must not cling to the old out of fear of the new. There are positives and negatives on both sides of the opposition. The extent to which we can reconcile the opposites is the extent to which this transit will turn positive for us.

THE STRUGGLE FOR ALIGNMENT OF WILL

Acting as undercurrents to these energies are still other situations that call into question where our individual will fits into the larger cosmic scheme and that threaten to overcome us with conflict, tension and unease. Being aware of these potential situations, and the helpmates we have in dealing with them, can assist us in negotiating this month's terrain with grace and ease.

The tensest aspect is Mars's opposition to Pluto from August 17 to September 1. This may signify a harder turn to the Mars/Sun/Pluto aspects described above, for without the softer aspects and the mediating consciousness of the Sun, Mars can bring out the wild side in each of us. It will be hard to let go of our own impulses and needs, our sense that it must be "our way or the highway." This touchiness will be exacerbated by several aspects this month, including Mars square Saturn from August 4–18, Mercury conjunct Saturn from August 12–24 and Mercury square Mars from August 16 to September 11.

Too much investment of ego in our ideas can be a dangerous thing. Look again to those universal undercurrents described above to understand how best to let go of such attachments and align yourself to the larger cosmic pulse. Pluto has other ideas, related to the longer view and the larger scheme of things, which do not revolve around our small egos

and illusions of need. Pluto's concern is the collective, and scouting our own way does not always mesh with Pluto's greater goal. This opposition will highlight where our own needs diverge from those of the group. If we're going to get our own needs met, we must align ourselves with the greater good. So through Mars opposition Pluto, this month brings the opportunity to wrestle with the conflict between personal impulse and collective need. Sun trine Pluto will help us to see what that greater good is and how it is reflected in us. Finally, Mars sextile Sun directs us to assert our own needs within that scheme. This trio of "will" planets is definitely lining up to teach us some lessons this month.

ILLUSION AND CONFUSION

While all this is going on, other aspects may obscure our vision and understanding of our own personal roles in the larger universe, even as they are trying to give us more information. The Sun opposes the ongoing Jupiter-Chiron-Neptune conjunction from August 7–26. This transit can bring us into greater awareness of the subtle, underlying energies described above and arouse a sense of immediate connection to the universal pulse. We may all feel more attuned to compassion and healing wisdom and be able to open ourselves to an egolessness that normally eludes.

The downside—unfortunately—is that in this transit, we walk very close to the rabbit hole, feeling so magical and mystical that we cannot see reality clearly; it is as if we are walking around in a fog full of wonder and compassion. It feels good, but the illusion can obscure us even from ourselves, which is a vulnerable and risky place to be for very long. It will be important during this time to adopt periodic reality checks to make sure our fantasy does not overreach our reality.

The full moon on August 6 occurs right in the midst of this opposition, adding to the illusion and confusion that is already present. It may feel like a mirror of the universe residing in your own heart, yet do not forget that fog and mist float over this mirror, making much of what you perceive here worth reviewing again after the Moon passes over. Certainly be alert to the open channel you now have between self and universe, especially through the avenue of the soul. Also note what illusions this transit asks you to shed, but commit as well to reflecting back on it a few days on, as the risk of deception and confusion is high.

Likewise, the new moon on August 20 occurs in opposition to the Jupiter-Chiron-Neptune conjunction. By this time, we will have a deeper sense of our individual role within the larger energies afoot



and be better able to slip into the more directed and assertive, yet compassionate and encompassing, ways of being that the world now demands. This is a good time for seeing new pathways clearly—both collective and individual—and for setting new intentions and the next steps to take on those paths.

Weekly Forecasts

ARIES

August 1–7: It may be tempting to retreat into work or exercise after all of last month's fireworks. But there is still a lot of thinking, learning and resolution work to be done this week. Mind that you don't let the difficulties between home and work or family expectations and individual ambitions fall by the wayside. However, take advantage of energies early in the week that allow you to see the difficulties less as conflict and more as opportunity for spiritual growth and toning. The full moon in Aquarius on August 6 will show you where you've been too rigid in the past, so you may relinquish what you don't need, hold onto what you do and move forward into the new month with confidence.

August 8–14: The encore performance of the Saturn-Uranus opposition from August 8 to October 22 will have you revisiting crises and opportunities that first manifested last fall. The core question for you around this opposition is the apparent tension between service out in the world—your obligations to others—and internal spiritual expansion. If sometimes you feel controlled by, or even enslaved to, the world around you, this opposition is truly an opportunity for you to find some other way of thinking about and acting in that realm. This would be an excellent time to seek out a guru, teacher or organization that can "have your back" as you try out new ways of approaching old routines. Whatever you do, don't get pulled into the same old thought patterns. Allow new energies to flow through you without trying to control the outcome. Simply let new thought streams lead you to the place you need to go—and trust that they will.

August 15–21: If your boss is coming down on you, if you're flubbing up at work or if there's tension in your social or creative life: stop. Don't give in to the temptation to carp, complain and gossip. Instead, grab a good book and take some time out from the fray. It's not a permanent solution but it will give you the time you need to cool your head and detach from the intensity for a while. Before you go back into the conflict, ask yourself: "Am I creating

this tension? What am I not owning here? What angst is truly mine as opposed to someone else's?" Knowing the answers to these questions will help you create the next part of your path when the new moon comes on August 20.

August 22–31: Your ruling planet Mars moves into an ever tighter opposition with Pluto as the week progresses, intensifying your annoyance and irritation, especially in regard to family and career conflicts. Lie low the first half of the week until the over abundance of input abates, and you'll be better able to focus your creative energies for good rather than stewing in your own—and others'—frustration. Allow experiences and perceptions to flow around you, and observe how the energies around you affect your physical health, your work performance and other external signs of your internal balance. Release the tension through dialogue with a partner or significant other who can give you a fair, unbiased and balanced assessment.

TAURUS

August 1–7: Reading a novel, listening to music, chatting all night with your friends—anything sounds better right now than dealing with the power struggle still leaking over from last month. But reconciliation will not come through escapism or ignorance, rather through diligent work and conscious processing. Don't allow your tendency toward slothfulness to pull you under the command of someone who does not have your best interests at heart. Instead, pay attention to how he, she or they affect your self-perception and the way you live it out in the world. The full moon on August 6 will highlight the ways that ego or hubris may have overtaken your ambition; relinquish those attachments in order to move forward.

August 8–14: The return of the Saturn-Uranus opposition from August 8 to October 22 may send your usual social routines into a tailspin. Though you normally like things to be predictable, this is not the best time to clamp down on the unexpected. Forces for change are too great, and too outside of your personal control for you to keep a tight lid on them. You need to accept, Taurus, that nothing is certain but change, and that you cannot always control the timing or nature of that change. The important thing is to be sure that the people who bring change to your life right now are ones that you trust and respect and who have your best interests at heart. By turning your attention away from the individual trees to focus on the larger forest of your own growth, you will know whether you are aligned with the right people at this

time. If you're not, create opportunities for letting go of present forces and welcoming new ones in.

August 15–21: Beware of heady influences overwhelming your sensible side this week. It's not that they don't have valuable input, just that they're so powerful they could pull you away from yourself like Icarus flying into the Sun. On the other hand, you don't want to completely block out the ethereal in favor of mundane physical concerns. Your best bet this week is to find a partner who can balance whatever imbalance you're prone to right now, whether it's too much of the spirit or too much of the mundane. It is especially important to work on this balance before August 20 when the new moon in Leo will prompt you to clarify your role at home, so you can reach for the stars with more clarity, insight and self-assurance.

August 22–31: You may want to stick your fingers in your ears and hum for the first few days of this week. The drive for stability and slowness is great, but it seems the way the world wants to get there is too chaotic and confusing for your style. It may help to focus on the movements of your ruling planet, Venus. In opposition with the north node, it tries to pull you back into old habits and attachments this week—ones that carry a certain degree of self-righteousness or moral certitude. Beware of how such pronouncements might affect your relationships with others. Instead, work on remaining detached from outcomes but remain in dialogue with others in your daily environment. The Sun enters Virgo on August 23 and, together with Mars, could be helpmates to Venus, as they will bring subtle messages to help inform and direct Venus's energies more productively.

GEMINI

August 1–7: This week, busywork and neighborhood gossip aren't going to be enough to fix the financial or resource conflict that persists. Instead, break out of your usual routine, searching further afield, not for distracting talk but for meaningful conversation with people who can help clarify your position and expand your support network. Resources, support and security come in all forms—not only material but interpersonal and relational as well. It will be good to have this awareness going into the full moon of August 6 when you may become more fully aware of the ideals and morals you've held onto that are now outdated in terms of your path forward. Prepare to release.

August 8–14: It's not unusual for the smallest thing to cause a Gemini to feel tied down, so you may have cause to wonder right now whether that feel-

ing is real or mere illusion. Trust that it's real. The return of the Saturn-Uranus opposition from August 8 to October 22, which first appeared last fall, will have you feeling like you're flapping your wings while wearing a lead weight around your ankles. Obligations of family, tradition or culture may seem overbearing right now—at a time when you could practically touch the stars if you were only "allowed." Keep in mind, though, there is more than one path to the stars. You will find other doors swinging open all around you if you can release your impatience long enough to find them. One door can be opened through self-assertion, one through relationships with significant others and another through learning, such as taking a class, reading a book or doing something completely new and different with your time. Take the road less traveled to unbind yourself from those chains.

August 15–21: Are you looking for a fight this week, Gemini? Powerful forces are making you squirm, and it would be easy to lash out with exactly the wrong words. You need to know where you stand—and stand there calm and firm—instead of lashing out at perceived plays for control. Unfortunately, knowing where you stand isn't so easy this week; you're vulnerable to illusion and confusion in this regard right now. Take some time to retreat from the fray, breathe deep and reflect on your own values, morals and ideals. Certainty in this area will help clear the path cut by the new moon on August 20, so you can move forward with certainty, grounded in your own power and awareness.

August 22–31: While it may be an exciting week for you, Gemini, most other people in your midst aren't so happy to have all the new input and excitement churning around them. Your chipper outlook may mystify some and put others off completely; try to be sensitive to their moods. Also be aware that only a fraction of the information you collect from all over your life this week will actually be helpful to you in the long run. Promise yourself that, by week's end, you'll take stock and let some of it go. Also, you may become a mediator in a conflict between two other parties—probably ones who are fighting over money or other material resources. Your natural sense of humor and objectivity will serve you well.

CANCER

August 1–7: You may feel like pulling into your shell for a while to ride out the undercurrents of negativity that inevitably accompany your (and others') smooth veneer, but that would just prolong the process of getting to the root of what's bothering you and

someone else, especially a partner or significant other. Instead, focus on your own work: grounding and balancing yourself in harmonious energies, mapping out your own path toward the next stage of life and working deliberately on one thing at a time to get there. The full moon on August 6 will help you understand where your own values and ambitions fit into a larger societal framework, and this will allow you to relinquish whatever does not fit into such a scenario.

August 8–14: It's not unusual these days, with Saturn in Virgo in your house of learning and communication, to feel very invested in the status quo of your own mind. Your assumptions and beliefs about the world are set and comfortable; they provide a kind of added security to your life. What's not so usual is the wrench that Saturn's opposition to Uranus from August 8 to October 22 is now throwing into the mix. Prepare to have your mind blown. New ideas, situations and ways of looking at the world are coming at you fast and furious, and you need some way of sorting, understanding and integrating them all. Don't try to do it all on your own. Sign up for a class, attend worship services, pull together a discussion group or do something else in the context of an institution where people of like mind gather. You'll be better able to open yourself to new ways of thinking while still having the security you need to feel comfortable.

August 15–21: If you're walking around seething this week Cancer, there's a good reason for it, but it's not good for your mind, your body or your work life either. Be careful of the poisons the inner critic brings, and take the time to purge your body of negative thoughts and habits this week. There's too much else going on to indulge in self-recrimination. At the same time, you may be vulnerable right now to financial illusions or get-rich-quick schemes that prey on your ego. Keep your sense of "deserving it" in check so you have the presence of mind to check out dubious claims. The big question right now is how you will go forward financially in a way that is self-assured, aligned with your emotional needs and in accordance with your beliefs. The new moon on August 20 offers an opportunity for setting new intentions and new directions around these needs.

August 22–31: Your ruling planet, the Moon, sweeps across the underbelly of your horoscope this week, activating and emotionalizing the memories, attachments and unconscious habits that underlie your everyday relationships. You may start the week with some heated discussion between yourself and a partner or family member, and it could very well make you feel like a child again. Take the opportunity to observe how you backtrack on your path when such conflict occurs and to identify the places in your emotional body that need cleansing. The Moon con-

nects Pluto in your house of partnership on August 29, activating the conflict again from another angle. Again, use the conflict as information and not as an opportunity to engage further on a personal, unproductive level. Mars enters your sign on August 25 for an eight-week stay—leaving October 17. Be aware that throughout this time you may feel particularly sensitive to conflict and irritation.

LEO

August 1–7: If you're used to being king or queen of the jungle, Leo, it's likely been an uncomfortable ride for you lately. And though you may be fighting back valiantly in a conscious way, your unconscious is probably starting to absorb a lot of the shock. Be aware of how you process power plays from other people in your life, especially coworkers or similar bedfellows. Though it may help to put on a cape, a mask or a powerful title, it doesn't mean your deep psyche resonates with the role. Don't assume a false confidence that your unconscious mind cannot back up. The full moon on August 6 provides an opportunity to see your own persona reflected in the powerful guise of another. Observe well and you will know what masks you need to remove now in order to show your authentic power to the world.

August 8–14: It's not surprising if you feel your material or personal resources can't hold up to the pace of change being brought about by the Saturn-Uranus opposition from August 8 to October 22. You first got a glimpse of this tension last fall, and now that you've caught your breath, you have another chance to deepen your understanding of how resources and security are controlled in your life—and by whom. If you've been harboring illusions of such control Leo, now is the time to release those old values and beliefs in order to come to a place of less attachment and greater peace. Look particularly to a partner or significant other for the wisdom and insight about how to reach such a place. Practicing the lessons in other parts of your life will make it easier to put them into play where attachment to control is deepest.

August 15–21: Tension and confusion pull the vice tighter this week as three major oppositions close in. Confusion and hubris reign this week, especially regarding a partner or significant other, making you question your usual self-confidence. Next, as noted last week, your material security seems threatened once again as Saturn and Uranus come back into opposition from August 8 to October 22, revisiting lessons and conditions first encountered last fall. Finally, your work life seems to take on moral urgency that finds you in a power struggle you'd rather not

engage. Find your bearings by talking to trusted associates and recommitting yourself to your own individual goals in life. Then use the new moon in your own sign on August 20 to ritualize and intentionalize your new or renewed path.

August 22–31: Renewed confusion and overwhelming feelings at the beginning of this week are just a temporary setback, Leo. Keep your eyes on the prize and ignore, or deal swiftly with, all other distractions. You may feel unsettled when the Sun leaves your sign and enters Virgo on August 23, but maintain your natural optimism because this move gives you the chance to better discern and understand your own instincts and intentions around power. As well, Venus moving into your sign will bring a new understanding of your present place on your path, especially as it has to do with balancing your own need for love and admiration with others' needs for power and control. Where and how do these two sets of needs meet up? Take time this week to examine that question, and the answers may well inform where you go next.

VIRGO



August 1–7: Jealousy, demands and obligations characterize a previously pleasurable scenario early in the week. You may be tempted to close off from the world until this too passes. But you need to stay attuned to the karmic reason for this negativity. Is it pointing toward some physical or health necessity that you're currently missing? Is it highlighting some creative new thinking you need to be doing at work? Do not allow seemingly negative messengers to mar your deeper understanding of the message itself. Mercury, your ruling planet, enters your sign on August 3, allowing you to tune your antennae very finely to the karmic messages coming through. Then the full moon on August 6 helps clarify—again, through possibly negative messages—the habits, familiars and obligations you must now release in order to clear your path toward greater effectiveness and productivity.

August 8–14: It's been a long haul for you, Virgo, with Saturn passing through your sign, and the lessons aren't over yet. Uranus comes into opposition with Saturn once again this week (August 8 to October 22) across your encounter axis. This means that whatever control and precision you've cultivated in relationships with others is likely to get blown out of the water, once again, by a partner or significant other. While you may perceive the other's expectations and resulting modus operandi as too spontaneous and freewheeling, the encounter axis demands that we look back at ourselves to understand what we

are projecting onto the other. Are you too in control, Virgo? Is the world asking, even demanding, that you let your hair down a little? If you don't balance your own wonderful self-possession with more spontaneity, the world will do it for you—and often in ways you don't like. You don't have to mimic other people's style; however, open yourself to other ways of being in order to find your own spontaneous side. You may surprise yourself most of all!

August 15–21: As noted above, Uranus comes back into opposition with Saturn in your sign from August 8 to October 22, returning with ego and relationship tensions that first surfaced last fall. It's time to embark on another round of exploration with a partner or significant other, deepening into the spiral of self-understanding and other-understanding. It will be tempting to hold fast to your own perceived needs, but commit to listening carefully to what the other person has to say. It will likely be new information, even if you think you've heard it before, that you will initially resist but ultimately find useful and even important. It will also be important for you to ground this cycle in a strong sense of what you need to hold onto and let go of in terms of your own growth and development. You can't grow without changing, but not everything must change. Create a personal ritual around the new moon of August 20 to put new consciousness into everyday practice.

August 22–31: If anyone can handle all the input coming at them this week, it's a Virgo. Confusion may reign for others the first half of the week, but your organized and systematic mind will ramp up to classify and categorize each piece of data as useful or not. You may, however, be exhausted by the task after a few days—just in time for the relatively simpler atmosphere that takes hold after August 26. Still, though, there will be work to do, both mentally and physically. The dominant energy in the last half of the week is in the T-square between Mars, Pluto and your ruling sign of Mercury. Be aware that you may come off as “going out on your own” in defiance of the group's will. While this is not necessarily a bad thing, you will likely feel very powerful opposition to your stance and your knee-jerk irritation about it. Use your gift with words to channel the tense energy and work to resolve the problem. Also, take some time to celebrate a little when the Sun enters your sign on August 23.

LIBRA



August 1–7: Don't be surprised if you discover you're talking to yourself a lot this week, Libra—or even through the whole month! It's a perfectly natu-



ral way to process conflict, especially in its current incarnation. The tension this week surrounds feeling victimized and held back in your future ambitions by the powerful influences of your far past: family expectations, old memories and “tapes,” even cultural or ancestral imperatives. Instead of escaping into yourself or confronting the conflict head on, the best way toward reconciliation is by honoring those who are important to you in respectful relationship—through speaking, yes, but mostly listening. The full moon on August 6 can guide you toward understanding how your instinctive ways of relating in the world can be released to make way for a new perspective that transcends the labels of victim and victimizer.

August 8–14: You will likely be revisiting themes first brought to your awareness last fall, Libra, as Saturn and Uranus come back into opposition from August 8 to October 22. “Spiritual hygiene” is the key phrase here, and the demands are so great that you discover and assume new behaviors that live out your deepest spiritual values. If you surprise yourself with outbursts or spontaneous behaviors, look to see how those align with your still unconscious beliefs. If you don’t believe they do, look again. It is very important to discover the unconscious, internal roots of your external behaviors—and to clean up your self-talk if you want to live in a way that better reflects your deepest beliefs and assumptions. This cleaning out will continue to be a theme over the next year, so it is important to get into the habit now.

August 15–21: You might have thought it was over, but tensions continue to erupt in your work life or health condition this week as the Uranus-Saturn opposition, a two-year cycle begun last fall, intensifies. The danger of negative self-talk is especially acute this week as Mercury conjuncts with Saturn from August 12–24, casting an overly critical and self-blaming gaze on your psyche. Remember that everything external has roots within us, so whatever problems you’re facing right now, especially at work or in your body, should be reflected on with an eye toward how your internal perceptions created them. If you take the time to do this kind of reflection now, you can use the new moon on August 20 to set intentions for the new beliefs and behaviors you need to instill going forward.

August 22–31: The first half of the week is almost too much to bear, especially for a sign that likes to weigh and measure each decision that comes its way. Be patient, Libra, and certain choices will fall away of their own accord, leaving you with only the most important ones to deal with. Two significant planetary movements particularly affect you this week. On August 26, your ruling planet, Venus, leaves Cancer for the brighter fires of Leo, while Mercury enters your

own sign. This combination may at once fire up your sense of ambition and personal power while also gifting you with the words you seek to express it. It’s not all sunshine and roses, though. You could meet with some resistance in home or family, where there are grumblings about your lack of concern for their needs. Again, use your diplomatic words to address the conflict productively.

SCORPIO



August 1–7: Don’t be fooled by your own ability to remain unruffled and penetratingly insightful, especially the first few days of this month. Residue from last month still simmers, and you may be relying too much on your own learned self-control. Keep your antennae out for the deeper meaning and long-term direction of the conflict that bubbles below the surface. The full moon in Aquarius on August 6 ushers in a new dynamic for the month—one that may optimize your penetrating mind by throwing out the old systems that get in the way of its forward movement. Prepare to use your brain extensively in August.

August 8–14: The energy ramps up as the underlying Saturn-Uranus opposition returns in full force from August 8 to October 22. You may find yourself clamping down on your own wildness—or that of your friends—trying to keep everything under control and in line with a certain moral code. Know that while this kind of control might have worked in the past, other influences now force you to open up the gates to a new way of relating. Allow new streams of thought and energy to flow into you to synthesize your old self with a new, improved, freer you. If you don’t, people will react strongly and negatively, seeing your need to control for the fear it really is. Allow your own highest aspirations, not your basest fears, to guide your wisdom and depth to new heights.

August 15–21: Restlessness is the keyword as new aspect lines pile up throughout the week, bringing increasing amounts of input and impetus to several areas of your life. Your energies may feel scattered and unfocused—definitely not a preferable state of mind for laser-focused Scorpio. Be aware of a desire to please everyone while, at the same time, taking the action you need to shed old ideals and associations in favor of bold, even artistic, new approaches. Beware of illusion, confusion and duplicity with the new moon in Leo on August 20. With a million different points of input coming at you right now, you need to breathe deeply, maintain your focus and check in with your intuition to ensure the messages you receive are authentic and helpful. Bid a gentle goodbye to those that are not.

August 22–31: If you thought last week was scattered, take another deep breath and get ready for more. You may feel pulled under by forces beyond your control that want to bring you back to a former way of being or compel you to follow rules and traditions from which you've been trying to break away. You need to respect yourself and your path, but you also should definitely acknowledge the wisdom and change requirements that are bubbling up from collective sources—on a mundane level, from friends, family and neighbors and on a more mystic level from ancestors, archetypes and creative inspiration. You may find relief and reconciliation this week through conversation based in mutual respect and exchange. Try not to get pulled into power trips and arguments without a strong, instinctive sense to guide you.

SAGITTARIUS



August 1–7: You've always been a smooth talker, Sagittarius, but beware that you don't use that talent early this week to gloss over the still outstanding conflict involving money, possessions or joint assets. This time, you need to be attuned to how the decisions you make now will play out for you karmically on an everyday basis, going forward. Clean up the situation early in the week, because starting with the full moon on August 6, you'll have little time to rest. Demands scale up rapidly at this time, especially with regard to balancing long-term ambitions with the obligations of important relationships. Expect conflict in this area late in the week but don't assume it's irreconcilable. It will just take some hard work on everybody's part.

August 8–14: The chance to ascend to a leadership position is upon you as Saturn returns to its opposition with Uranus from August 8 to October 22. Be certain that by taking the chance, you do not fall into traditional models of leadership that micro-manage and prescribe every detail from the top down. Instead, be aware that there are people in your everyday life—neighbors, siblings, coworkers—who will bring unexpected wisdom and insight to your traditional approach. Allow their wisdom to flow through you; become a channel for collective insight rather than trying to control the group's every move. Alternately, if you find yourself faced with such a leader, know that you can be the one to open the floodgates of new knowledge for this person. Don't be surprised if you are met with resistance and resentment, but do persist in gently introducing new ideas and insights into the situation.

August 15–21: Three intense oppositions this week have you running in several directions at once. While this isn't unusual for the classic Sagittarius—it

could even be fun given all the learning and exploring you'll be doing—it can also be draining. You might feel compelled to give your decision-making, power and self-possession over to a perceived authority for a while. Though this can appear attractive, don't give into the temptation! Sagittarius, as the Archer, has the inherent ability to focus on the bull's eye and allow all else to fall away from sight. Use this ability toward good this week, so you can see which of the many competing forces in your life are truly worth pursuing—and which need to be discarded, at least for a time. Look inward for this wisdom, not out.

August 22–31: Last week's intensity could be considered child's play compared to this week. A lot of irritation abounds, both in you and in other people, so tread carefully around conflict right now, pulling out your best diplomatic skills to negotiate prickly terrain. But beware, as you do, that your attempts to reconcile conflict may come off as moralistic or lecturing. Align yourself with the group instincts and dynamics that support your position. And be careful of making too much change too quickly; the conflict at hand requires slow prodding, not a quick shove. You can find value and wisdom in your role in this week's overriding conflict, so pay attention not only to the immediate matter at hand but to the process you employ to resolve it. Take time afterwards to reflect on lessons learned.

CAPRICORN



August 1–7: Don't be tempted to think that contracts and agreements will seal the deal and end any conflict you have with a partner or significant other. Official documents can only go so far, because there is still the matter of power and control to contend with. If you're not comfortable with how you've negotiated the terrain so far, look more deeply at how your own values and integrity will be affected by the agreement and adjust accordingly. If you can, finish this process by mid-week so you are clear to confront the full moon on August 6. It may provide a kind of final analysis of the situation by which you are able to release old attachments and desires in order to move ahead freely in the new order.

August 8–14: Your ruling planet Saturn comes back into opposition with Uranus this week (August 8 to October 22). Beware of becoming the "thought police," dictating or prescribing what people should know, think and say. While this tactic might have worked for you in the past, the forces now are too strong to maintain the status quo. You may feel irritated or even obsessed with changing thought patterns. Realize that thought is energy that flows both ways, and



the present moment is gifting you with an opportunity to receive breakthroughs that shape to your own values and talents, as well as to a more collective, societal will. Work in harmony with the flow of energy around you, and you will receive greater rewards.

August 15–21: Last week's experiment with "going with the flow" will become even more important this week, as you are bombarded with demands and conflicts from many different quarters. Giving and receiving are out of balance right now; your relationship with your partner, peers or coworkers feel fraught with tension. Even your hard-won experience and perspective are being challenged by group-think. It is almost too much for one person to take in at once, so utilize your best mountain goat strategy and take just one step at a time through this rocky terrain. Putting your nose to the grindstone is a very attractive option this week, but be sure not to use work as an escape from the tensions swirling around you. Meet each of them head-on in your practical Capricorn style so they don't pile up, for there will be more to contend with next week.

August 22–31: As promised, the tension continues this week—but with a twist. An overabundance of perceptive/intuitive energy may leave you feeling like you have radar emanating from every part of you, picking up energy and messages and input from every sphere. This is particularly true when you're engaged in sensory experiences, such as physical engagement with another, heavy mental work and buying or selling your possessions. In fact, almost any kind of encounter this week seems fraught with underlying messages. You'll be able to parse those messages out a bit better when the Sun enters Virgo on August 23, but the tension will continue through at least August 26. After that, you may feel exhausted or irritated and require some respite or self-care.

AQUARIUS

August 1–7: You can't judge a book by its cover, but that may be exactly what's happening to you this week. Your calm and cool exterior may throw people off your scent, but that doesn't mean you don't have to deal with inner turmoil. While you may take a certain Zen perspective toward your internal life, you must also find productive ways to cope with how it affects your work, your body and your health. This process of self-discovery and connection has been going on for some time now. Use the first half of this week to set a plan in place for addressing imbalances head on. The full moon on August 6 sheds light on old persona issues that you need to let go of, such as body image, clothes,

self-presentation, before you can move forward fully into the month's intense energies.

August 8–14: Your two ruling planets, Saturn and Uranus, are at it again—in opposition from August 8 to October 22, across your possession axis. Lessons about assets, values and security that began last fall are revisited, deepened and perhaps exacerbated. You may feel like going out and blowing the last few dollars you have on something frivolous, and you will likely resent the partner or banker who stops you from doing so. Instead of stewing in your resentment or paralysis, realize that abundance is not an objective, external condition but rather an energetic choice that is completely within your control. Open a different gate within you and allow wealth to flow in and out freely. The anxiety will still be there; you don't need to nurse it.

August 15–21: The breathing and letting-go practice you did last week should serve you well now, as the anxiety ramps up throughout this week. Tensions pile up in your relationship, your financial situation and even in your unconscious, which is busy trying to process more and more input as the week wears on. If you seek the release of tension through sexual encounters—as you're likely to do this week—just be sure you act with care and responsibility. What you're really searching for, it seems, is your own reflection in the face of another. You may come closest to that feeling with the new moon in Leo on August 20. Use the opportunity not for your own satisfaction but to see in the other person one possible manifestation of your new direction. Set an intention to take charge of that direction as the month moves forward.

August 22–31: Last week's intense opposition eases up on you a bit, Aquarius, but that doesn't mean there's not still plenty of it present. You may continue to feel like an open channel to the universe, but this week marks a particularly difficult time to sort out all the messages that are coming in. It also seems to be harder than normal to talk back and get clarification. Every exchange may feel like a funhouse mirror, with messages going out and coming back to you distorted and surprising. This won't last forever, so don't let the frustration overwhelm you. After August 26, the intensity should shake out a bit. You'll be able to spend some time thinking and talking through the month that's just passed and to work on integrating the lessons that have come of it.

PISCES

August 1–7: One of Pisces' most appealing traits is the desire to please everyone. But the trait can be deeply damaging when you allow others to treat you

like a doormat. Being this way may create peace and harmony for others, but it harms your core or your essence. Take some time early in the week, Pisces, to reflect on how your values are being supported—or not—by the people around you. Take advantage of the full moon on August 6 to commit to releasing damaging habits, expectations and relationships. The message you need to hear may come from your body or your work environment, not from the people who overimpose themselves on you.

August 8–14: Uranus in your sign comes back into opposition with Saturn. While this likely feels like a crisis or an exacerbation of an existing problem, it is also an opportunity to balance your personal freedom with the expectations of others. Be careful not to get caught in the same old pattern with a partner or other loved one, though. If you do, the opportunity for learning, growth and deepening will be lost. Realize there are other doors swinging open this week that will allow previously suffocating energies to roll off your back, so you may focus on the flow of give-and-take that is truly important in this relationship. Be careful not to go to another extreme in which you turn the tables and try to control the other. Balance and mutuality are the key energies to tap into right now.

August 15–21: You may become obsessed this week with talks and tasks on the domestic front, but they may simply be a way to escape from the tension swirling around both there and elsewhere. It's okay to take some time alone to cool off—Pisces especially need that—but if you don't address the conflicts within yourself right now, they will only become more confusing as the week moves on. While you're rearranging the furniture or throwing out old clothes, engage your mind on the problem so that by the time the new moon rolls around on August 20, you will know exactly what intentions must be set to reclaim your sovereignty over your body, your environment and your everyday life.

August 22–31: After last week, your urge for calm and stability is overwhelming—but likely still elusive. You may feel some relief early in the week as the Sun moves off the opposition to Neptune, your ruling planet, in your house of the unconscious. But other long-term aspects seem to be clamping down on your creativity now, generating tension and conflict with family, friends and lovers. The Sun's entry into Virgo on August 23 may help, especially if you can find a partner or significant other to act as a sounding board or guide who can help you identify your best role in the conflict. Mostly, though, you will likely just want to breathe deep and tell yourself, "This too shall pass," until the week comes to a close. ✨

DAILY ASPECTS:

On the Horizon of New Dimensions

Michelle Karén

How to Read and Use the Following Calendar: This is not the usual Sun sign based calendar. This is an event calendar that works for everybody, regardless of your Sun sign, to help you create what you wish to manifest in your life, such as contract signing, selling/buying a house, asking for a raise, going on a trip or getting married. For example, if you wish to figure out when to plant your garden, schedule a massage, or just relax, you can choose the Moon in Taurus or look at the last section of this article to see which day would be most conducive for any of these activities. If you wish to organize your desk or schedule an important meeting, use the Moon in Capricorn. Further refine your search by both looking at the details of each day in the last section of this article and avoiding the void of course Moon times.

Kindly note that the days and times given below are in Pacific Standard Time (PST). For Mountain Standard Time (MST), add one hour. For Central Standard Time (CST), add two hours. For Eastern Standard Time (EST), add three hours. For Alaskan Standard Time (AKST), subtract one hour. For Hawaii-Aleutian Standard Time (HST), subtract two hours. For Greenwich Mean Time (GMT), add eight hours.

If things had been slow until June, July definitely shook all this lethargy up! August continues in the same vein. This is a very intense month that should powerfully shift us into a whole new dimension that makes us feel like we literally reincarnated within this lifetime without changing bodies.

One last eclipse in August! Eclipses always mark exciting turning points beyond which life will never be the same. What is expressed on these dates is irrevocable. We should carefully weigh the consequences of our words and actions around this last lunar eclipse.

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NEW LEVELS OF CLARITY

The full moon lunar eclipse occurs at 13°43' Aquarius (5:55 PM). The Sabian symbols describe this degree as "a train entering a tunnel." The nice thing about a tunnel is that it eventually ends into open space. As we sink into the dark night of the soul, we are also reassured that after the letting go of all the pain and outmoded behaviors, there is the promise of complete renewal, light and joy. We shall feel so much clearer, ready to welcome incredible new dimensions into our lives, dimensions we may not even be able to suspect right now. Exciting new people, fabulous opportunities, ideas that rock our world and new career options that reawaken our passion are reweaving the fabric of our lives with magic.

Jupiter continues to be retrograde this whole month between 23°49' and 20°00' Aquarius. These degrees are symbolized by "a man having overcome his passions, teaches deep wisdom in terms of his experience," "a big bear sitting down and waving all its paws," "a rug is placed on the floor of a nursery to allow children to play in comfort and warmth," "a disappointed and disillusioned woman courageously faces a seemingly empty life," "a large white dove bearing a message." This month is about brainstorming within ourselves and with each other. New ways of dealing with old problems emerge. The more creative we are with the resources we have, the more amazing the options revealed to us will be.

ACKNOWLEDGE THE POWER WITHIN

Uranus continues to be retrograde this whole month between 26°15' and 25°19' Pisces. These degrees are represented by "the harvest moon illumines a clear autumnal sky," and "watching the very thin moon crescent appearing at sunset, different people realize that the time has come to go ahead with their different projects." This is a month of acting on our visions, manifesting our plans and concretizing our dreams.

Neptune is still retrograde this entire month between 25°31' and 24°43' Aquarius. These degrees are symbolized by "a garage man testing a car's battery with a hydrometer" and "a butterfly with the right wing more perfectly formed." We need to be very honest with ourselves and go through a personal checklist: Are we fully grounded, are we developing in all parts of our lives and ourselves harmoniously, or are our minds evolving to higher and higher states of consciousness while our body is out of whack?

Pluto continues to be retrograde this whole month between 1°04' and 0°41' Capricorn. These degrees

are symbolized by "three rose windows in a Gothic church, one damaged by war" and "an Indian chief claims power from the assembled tribe." It is time for us to acknowledge to ourselves just how powerful we are. We must remember that no matter what is collapsing around us and in our personal lives, we are stronger than these circumstances. Even if everything seems to go against us, we have the power to positively transform the most adverse conditions and make them turn to our favor. All is a matter of perception. Whether we look at the glass as being half full or half empty, it's the same glass, but the way we look at it makes a huge difference in the joy we feel and the miracles our positive energy attracts to us.

MOON MESSAGES

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

- Saturday, August 1 at 10:42 PM until Sunday, August 2 at 1:08 AM when the Moon enters Capricorn
- Tuesday, August 4 between 6:21 AM and 2:08 PM when the Moon enters Aquarius
- Thursday, August 6 at 5:20 PM until Friday, August 7 at 2:34 AM when the Moon enters Pisces
- Sunday, August 9 between 5:44 AM and 1:23 PM when the Moon enters Aries
- Tuesday, August 11 between 1:04 PM and 9:50 PM when the Moon enters Taurus
- Thursday, August 13 at 8:17 PM until Friday, August 14 at 3:25 AM when the Moon enters Gemini
- Saturday, August 15 at 11:19 PM until Sunday, August 16 at 6:13 AM when the Moon enters Cancer
- Tuesday, August 18 between 12:09 AM and 6:57 AM when the Moon enters Leo
- Thursday, August 20 between 3:02 AM and 7:00 AM when the Moon enters Virgo
- Saturday, August 22 between 4:44 AM and 8:12 AM when the Moon enters Libra
- Monday, August 24 between 11:10 AM and 12:16 PM when the Moon enters Scorpio
- Wednesday, August 26 between 11:34 AM and 8:16 PM when the Moon enters Sagittarius
- Friday, August 28 at 10:26 PM and Saturday, August 29 at 7:44 AM when the Moon enters Capricorn
- Monday, August 31 between 11:09 AM and 8:43 PM when the Moon enters Aquarius.

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



SCHEDULING ACTIVITIES BASED ON THE ZODIACAL POSITION OF THE MOON

☾ Moon in Sagittarius until Sunday, August 2 at 1:07 AM and between Wednesday, August 26 at 8:16 PM and Friday, August 29 at 7:43 AM

This is a perfect time for traveling, religious and/or philosophical activities or matters related to higher education and the law. It is also an excellent time for lecturing, learning, perfecting a foreign language, exploring other cultures, athletic training and tending to large animals, such as horses.

☾ Moon in Capricorn between Sunday, August 2 at 1:08 AM and Tuesday, August 4 at 2:07 PM and between Friday, August 29 at 7:44 AM and Monday, August 31 at 8:42 PM

This is a good time for furthering our ambitions, asking for a promotion, enlisting the support of people in positions of authority, making a good impression, restructuring our business and redefining our long-term goals.

☾ Moon in Aquarius between Tuesday, August 4 at 2:08 PM and Friday, August 7 at 2:33 AM and between Monday, August 31 at 8:43 PM and Thursday, August 3 at 8:57 AM

This time is perfect for philanthropic activities, charitable organizations, meeting with friends and making new acquaintances. This time is also good for inventions, far out and progressive ideas, interdimensional and time travel, and anything related to UFOs, computers and technology in general.

☾ Moon in Pisces between Friday, August 7 at 2:34 AM and Sunday, August 9 at 1:22 PM

This is a great time for meditating, sitting by the ocean, anything related to the sacred, dancing, painting, swimming, dreaming, music, photography, film, sleeping, healing, channeling, and connecting with the mystical, the magical and the oneness of All That Is.

☾ Moon in Aries between Sunday, August 9 at 1:23 PM and Tuesday, August 11 at 9:49 PM

This is a perfect time for intense physical activities and anything requiring forceful, direct action and self-assertion. This is also a good time for leadership, spontaneity, good will, being a way-shower, initiating new projects or taking our cars to the mechanic.

☾ Moon in Taurus between Tuesday, August 11 at 9:50 PM and Friday, August 14 at 3:24 AM

This is a perfect time for any financial matter, such as paying our bills/debts, asking for the money that is owed to us, investing in real estate, buying or selling. It is also a perfect time for a stroll in the park, going to the countryside, and connecting with our Mother the Earth. In addition, this is a good time for gardening, pottery and sculpting, as well as bodywork.

☾ Moon in Gemini between Friday, August 14 at 3:25 AM and Sunday, August 16 at 6:12 AM

This time is excellent for multitasking, curiosity, any form of communication, exchanging information, and for sending emails and calling friends and acquaintances. This time is also great for social activities, attending conferences, reading a book, watching a documentary, gathering data on various topics and connecting with new people.

☾ Moon in Cancer between Sunday, August 16 at 6:13 AM and Tuesday, August 18 at 6:56 AM

This time is perfect for family activities, especially those involving children. It is a good time for spending more time at home, cooking, nurturing ourselves and those we love, and inviting the people we cherish over for dinner. It is an excellent time for drawing, creative writing, crazy humor and anything requiring intuition and imagination.

☾ Moon in Leo between Tuesday, August 18 at 6:57 AM and Thursday, August 20 at 6:59 AM

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

☾ Moon in Virgo between Thursday, August 20 at 7:00 AM and Saturday, August 22 at 8:11 AM

This time is excellent for starting a new fitness program, learning healthy nutrition, fasting, clearing our closets, cleaning our home and reorganizing our drawers. This time is also perfect for detailed work, the focused use of our intelligence, and taking care of small pets.

☾ Moon in Libra between Saturday, August 22 at 8:12 AM and Monday, August 24 at 12:15 PM

The time is great for relationships, associations, diplomatic exchanges with others, anything related to beauty—a haircut, buying new clothes, a makeover—art, especially painting and decorating, and a pleasant social event, such as a concert or art exhibition.

☾ Moon in Scorpio between Monday, August 24 at 12:16 PM and Wednesday, August 26 at 8:15 PM

This time is perfect for scientific research, esoteric studies, self-transformation, and dealing with the mysteries of life, death, sexuality and exploring the other side of the veil, as well as insurances and issues pertaining to the use of power.

INTENTIONAL MEDITATION

Our intentional meditation begins on Wednesday, August 5. Take as many blank sheets as you will have intentions and place them out on a balcony, near a window or in a garden to be charged by the full moon lunar eclipse in Aquarius at 5:55 PM. Once that exact moment has passed, gather your sheets and place them in a folder until the next new moon.



On Thursday, August 20 at 3:02 AM take out your full-moon-charged papers and write one intention per sheet, making sure each is positive and concise. Place your papers out to be activated by the new moon in Leo. Once that exact moment has passed, staple your sheets together, write the date and put them away, expecting a miracle.

A WEEK OF DEFINING RELATIONSHIPS

Saturday, August 1: Venus opposition Pluto (4:34 PM). This is a day of powerful emotional regeneration. In an intimate relationship, power games could emerge, as well as issues related to sexuality, money and communication. It is important to carefully examine each one and see what it reveals about us and about that particular connection. The time may have come to completely walk away from a dead-end relationship, regenerate what is needed for transformation or for feeling the passion of a whole new romantic encounter that feels fated.

A WEEK OF EXPANDING OUR MINDS

Sunday, August 2: Mercury enters Virgo (4:07 PM) until August 25. In the next three weeks, the way we communicate is intelligent, grounded, detailed and practical. We need to restore order where there was chaos and express ourselves with integrity. Today is great for doing administrative work, starting a new fitness program, reevaluating our diet, reorganizing our address book and clearing our closets.

Monday, August 3: Mercury trine Pluto (7:10 AM). Today is fabulous for scientific and metaphysical research. We have the ability today to x-ray our thoughts, the people and the situations we are confronted with. Exploring the mysteries of life, death and sexuality could lead to startling discoveries. We are attracted to deep people and profound conversations. Nothing less than a regeneration of the mind is at hand now.

Friday, August 7: Mercury sextile Venus (8:53 PM). We are able to share kindly even difficult truths today. It's a great day for gathering with like-minded friends and enjoying a very pleasant time. We are diplomatic and seek peace and harmony. A romantic movie or an inspiring novel could gracefully complete the day.

A WEEK OF ACTIVE INVOLVEMENT

Monday, August 10: Mars square Saturn (5:16 PM). If we avoid focusing on what seems limiting to us today, we can manifest creative solutions that will help us break through the apparent barriers. Our concentration is high, as are our persistence and ability to see a project through its finish line. Activities requiring much physical effort are favored today.

Thursday, August 13: Mars trine Jupiter (9:30 AM). Today is great for hiking, camping, traveling, and forcefully presenting new ideas and projects. We move forward dynamically, enthusiastically and with great energy. Today is also great for work related to the law or university studies.

Friday, August 14: Sun opposition Jupiter (10:53 AM). It's important to not take anything for granted today and to not overindulge either. Because of ulterior motives, generosity without discrimination could create a sense of obligation.

A WEEK OF SHIFTING RELATIONSHIPS

Monday, August 17: Sun sextile Mars (3:58 AM), Mercury conjunct Saturn (8:14 AM), Sun opposition Neptune (1:56 PM), Mars trine Neptune (6:29 PM). Today is a very multidimensional day. We are positive and assertive. Our thoughts are tempered with wisdom and seriousness. Our imagination inspires our actions. If we stay grounded in reality, new creations will emerge from the blending of the spiritual with the material.

Tuesday, August 18: Mars square Uranus (7:24 PM). Rash, impulsive actions are not recommended today. If we aren't careful, impatience could make us accident prone. Sudden breaks and separations occur on a whim, which we are likely to regret later. The excitement of feeling free creates a tear in reality, allowing new creations to emerge.

Wednesday, August 19: Venus sextile Saturn (3:11 AM). Today is a great day to get engaged or married. It is a fabulous time for deepening an existing romantic commitment or requesting one. We are realistic in our relationship expectations. Our love is grounded and solid. We are able to accept what we cannot change and change what can be. Perseverance solidifies our love connections, which endure the test of time.

Friday, August 21: Mercury opposition Uranus (4:48 AM). Much unusual mental activity occurs today. Our thoughts could be erratic. New ground is broken. Flashes of intuition project us into the unknown. What had become familiar and somewhat boring is shaken. We are projected into a completely new reality that forces us out of our boxes. Breaks in friendships could occur now. We may encounter meetings with strange, free-spirited people. Communications with extraterrestrials are possible today.

Saturday, August 22: Venus trine Uranus (4:32 PM), Sun enters Virgo (4:39 PM) until September 22. We seek excitement in our romantic relationships now. An existing love could use a touch of adventurousness and renewal. A new encounter is stimulating, unusual and unexpected. During the next month, we are practical, attentive to details and

sensitive to intelligence. We need order and clarity. Good nutrition, activated water, proper sleep and exercise, a positive environment, green plants, crystals, cleanliness and simplicity are even more important to our well-being than usual.

A WEEK OF POSITIVE AND CREATIVE EXPRESSION

Sunday, August 23: Sun trine Pluto (11:18 AM). Self-transformation is at stake now. Today we are able to effortlessly change what is outdated within us. As we peel the layers of past conditioning, we may feel lighter and lighter in a way that is incredibly empowering.

Wednesday, August 26: Venus enters Leo (9:12 AM) until September 20, Mars opposition Pluto (1:32 PM). During the next month, we express our emotions through drama and glamour. We could be drawn to being on stage now. We are full of passion and warmth. Our hearts are open and generous, lavishly sharing light with others. Today, more specifically, our actions are intense and transformative. We could be tempted to cut situations or people out of our lives permanently. It is very difficult to compromise today. Things seem black or white with very little tolerance for gray zones.

Friday, August 28: Mercury sextile Venus (6:26 AM). This is a great day for saying positively and nicely what we need to express. It is a great day for sharing time with good friends, and a wonderful time for any peace-related endeavor. We are sensitive not just to our needs but also to the wishes of those around us. ✨

NUMEROLOGY: THE SILVER KEY

The Month of the Enlightened Leader

Rhonda Smith

This year, 2009 (29/ [11]), marks the beginning of the actual manifestation of the new paradigm's foundation. You will have the energies of the master spiritual messenger underlying every thought, word, deed and experience that you choose. The universal law of "thought creates" will be operating fully. Your experiences will help you to understand that your left brain is not the origin of your thoughts, but actually the processor that makes your true thoughts, at all levels, manifest into the physical world. To master

this master vibration, you must stay centered within as you walk through your life. The test will be to change your role as leader or supporter when appropriate and as needed for the good of all, including you, without being attached to a title. Meditation and reflection will play an important part this year, as you evaluate what is important to bring into manifestation for the balance of all. You may feel like you have more responsibility—and you do—however, that responsibility is the ability to respond to situations rather than react so that what you choose reflects who you are.

The following explains the method used for numerology forecasting. Using the 3+ digit convention, because we are evolved to the point of needing to know the "essence" of the numbers—their rooting—the computations are done thusly:

Year: 2009; $20 + 0 + 9 = 29$ (root) = $2 + 9 = 11$

Day: 7/1/2009; $7 + 1 + 2009 = 2017 = 20 + 1 + 7 = 28$ (root) = $2 + 8 = 10$ (mid-root) = $1 + 0 = 1$

Week: Add up all the roots for each day, then reduce the total. If the total is three digits, such as 192, it is done thusly: $19 + 2 = 21$ (root) = $2 + 1 = 3$

August (28/10/1) is all about being the enlightened leader in your life and your experiences. This is the leader who listens to inner knowing and leads by example. Use the strong sense of justice you developed last month to organize what you plan to do, and then do it independently, in your own way. Listen to the opinions of those you respect. Remember, however, they are only opinions: Your life is your own to live as you see fit. The goal for this month is to manifest the idea of you—the real you—in a balanced, enlightened way by taking responsibility for your choices and their consequences.

AUGUST 1, 2009 (29/11)

You begin this month manifesting yourself as the master of your fate and captain of your soul, and you are reminded that your spirit guides you: Stay sensitive to the insights and revelations that are offered to you at this time. Remember that spontaneous spiritual messages come throughout the day, so be receptive and stay in balance as you move through your days. As you go through this month, manifesting your ideas into the physical, the goal is to use this master energy to boost yourself toward a blending of spirit into your life.

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AUGUST 2 TO AUGUST 8, 2009 (24/6)

The underlying energies this week are those of increased sensitivity to what lies beneath the surface: Check both your physical and spiritual foundations and your beliefs, making sure that they are firm and serve your evolution. This will give you opportunities all week to get in the flow, allowing you to respond to unexpected events and opportunities as they arise. You start the week with restless energies, ones that have the feel of celebration, as you find your personal situations blossoming with happiness and fulfillment—but don't get carried away. Rely on your intuition to give you direction at this time. You move from there to a day of intense master builder energies, bringing a sense of fulfillment and completion as you think in large terms that will benefit humanity. Remember that this fulfillment comes most clearly when you stay balanced and are willing to do the hard work that brings great rewards.

You're then given a day of adventure and change before being reminded of the energies of the week, so look at your foundations and don't hesitate to make necessary changes while responding to the heightened master builder energies that underlie this day of increased sensitivity. After this, you will be given a day to withdraw and reassess how far you've come, using your strong intuitive energies to reconstruct your mental energies into a positive force for your vision. Friday brings a day of easy-flowing energies with many spontaneous events that will bring rewards—if you exercise the necessary amount of action to reap the harvest.

You end the week with another day of reaping the rewards of past achievements, as you share your accomplishments while maintaining harmony and peace within. The goal for this week is to use your sensitivity to firm up your spiritual and physical foundations in order to build your life for the future.

AUGUST 9 TO AUGUST 15, 2009 (19/10/1)

You now have a week of underlying destiny force, which is God's plan in action, so you will not be able to avoid, evade or ignore what comes up. The only option you will have is to surrender to who you are and meet everything head-on, allowing old things to be released and free you. You start the week with the energies of the seed and harvest—ideas of balancing the land manifesting for the good of all—in order to use the power of imagination to crystallize your ideas. Use the energies of surrender that underlie the week, and let go of anything that tells you "it isn't possible." As you use the wisdom you gain from this surrender and stir in a sense of justice, be aware that you will be given a day of master energies and

experiences to emphasize the spiritual sides of life. Messages will be everywhere.

On Tuesday, these messenger energies drop back and blend with destiny energies to support you in celebrating your individual expression, so continue to follow the messages, and you will be given direction at this time. The act of accepting who you are and taking the responsibility to be you puts you in a position to get more news of the new order of things. This allows you to move into your chosen position of forerunner, providing better conditions for all.

You then have a day to experience whatever you're attached to in order to release those attachments and discover that if you don't need anything, you can have everything. This will increase your sensitivity to what's beneath the surface, so tune in to your inner awareness and take responsibility for surrendering anything that blocks your firm foundations—both in the material world and the spiritual—checking your beliefs for validity. Then it's time to withdraw and go within. If necessary, use your strong intuition to reconstruct your mental energies into a positive force for your creation. Be resourceful and adaptable, surrendering whatever is necessary in order to get your thoughts ready to find and accept the truth of any situation and to clarify everything. The goal for this week is to surrender anything that prevents you from reconstructing the new.

AUGUST 16 TO AUGUST 22, 2009 (23/5)

This week, you will be given experiences regarding adventure and change in order to release any attachments—to people, things, jobs, and so on—and be truly free. Allow your thoughts to expand and let them out of the box, releasing any fears or doubts about who you are. Know that you are capable of taking responsibility for your choices and able to deal with the natural consequences without being attached to an outcome, and you will be free.

You start the week with easy-flowing environmental energies that allow you to examine and investigate any details that arise in your life—often spontaneously. Use the underlying master healer energies mixed with your sense of exploration to find another way to deal with those situations. Now you move to a day of sharing with others in order to gain deeper understanding of how to maintain harmony within. Complete whatever adjustments are needed so that you can move on in your evolution.

Now that you've cleared more blocks to your progress, you have a day to let your imagination power your vision and desires, allowing you to manifest them through wisdom and justice as you begin a new cycle. This brings you a day of spiritual energies and messages that might require more responsibility and

effort. It promises great rewards, however, if you link to your higher guidance for direction and remain sensitive to the insights and revelations that come to you for direction. You move from there to a day of celebration in the expression of you; meet each situation as yourself and it will blossom and bring happiness and fulfillment. From here, you start receiving more news of the new order of things, and experiences will show you the value of system and organization for anything you are building.

You end the week with an underlying master builder energy from the previous day as you experience anything still in your life that is creating victimhood in you. Find ways to respond to this restless energy in a positive, constructive way. The goal this week is to "get into the adventure" with grace and ease and know you can cope with anything that comes up.

AUGUST 23 TO AUGUST 29, 2009 (27/9)

Underlying this entire week is the energy of interaction for increased understanding—so interact! You are reaping the rewards of past achievements while preparing for the next steps. Share what you've learned with others, and you will find deeper understanding. Practice discernment in choosing someone to share with, allowing both of you to gain from the interaction. You start the week with a day of increased sensitivity that helps you to stay centered and connected to your inner awareness. As your inner world becomes ordered, it manifests that order on the outer plane.

You will then have experiences that make sure both the spiritual and the physical are free to choose, allowing you to blend that choice and manifest it in your life. You're rewarded with a day of benevolent energies that will bestow abundance to you—as long as you are willing to take responsibility for examining and investigating any details in your life that your interactions spontaneously bring to you to act upon. The energies of the week then come to the foreground, giving you the opportunity to reap the rewards of your past achievements and prepare for new adventures at the same time.

A day of clarifying your desires through the power of your imagination comes to you, supported by the higher master vibration of the spiritual architect. This experience pushes you to evaluate your present situation and balance the higher spiritual energies with the material world, helping you to put everything into perspective. There is more than the material world, and the answers are within. This realization is followed by a day of master messenger energies that require more responsibility and effort but promise great rewards. Make sure you're connected to your higher guidance for direction, and be sensitive to the insights and revelations that are

offered to you at this time. As the week ends, these master messenger energies move to the background to support you, calling you to express and be the person you have discovered you are. Your goal this week is to go through your experiences while maintaining inner peace and harmony.

AUGUST 30 TO AUGUST 31, 2009 (63/9)

You end the month with two days that will end the spiritual/physical cycle—if you are willing to let go of attachments to the past and recognize that things change, including you. You need to stay balanced in both the emotional and mental areas, so that you can lend a helping hand when life requires it. Search for spiritual insights for each difficult situation, and give service, love and compassion to all along your new path. You will first have a day that brings even more news of the new order of things. Bring forth the forces of your mind to bring system and order to life, using your intuition to face any challenges.

You finish the month with a day of energies that could be restless. Your job is to use them constructively and put your plans into action with patience, persistence and determination, enjoying the pleasures earned by your constructive efforts. Your goal for the month and these two days is to stay centered, to listen to your guidance and to accept that things change, and that struggling to stop that change is pointless and damaging to you. ✨

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Excerpt: Soul Merging A Lightworker Emerges

Dr. Frank Stainetti

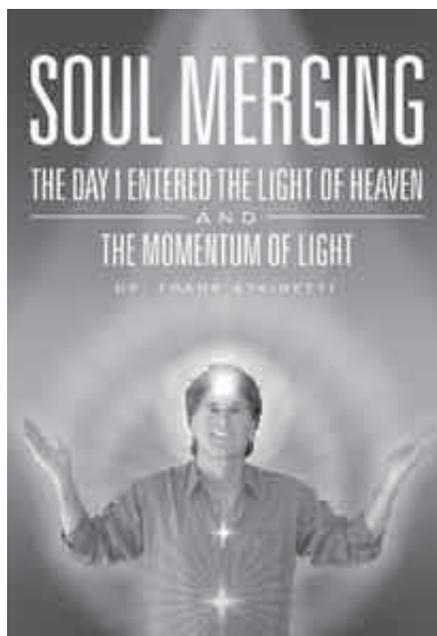
I had been suppressing a mountain of sadness, anger, rage and even terror. It had to be possible to free myself, but how? I remembered someone saying, “the kingdom of heaven is within.” I just wanted to be free of burdens. If heaven is where freedom is, then that’s where I wanted to be. I realized that every stressful moment in my life, every mood swing, had an undercurrent of emotional wounding from my childhood. I could feel the energy of it, heavy and thick on the surface of my awareness. It felt awful, like layers of burdens, one on top of the other. How would I be able to be rid of these memories and experiences?

With all my might, I set a powerful intention in motion to focus on this contracted energy within me. I didn’t know where it would lead me; I just wanted to be free and at peace. I had begun the journey within, with no idea of the extraordinary experience that awaited me, an experience that would reveal the divine purpose of my life. It was a discovery of soul wisdom in the language of light that revealed a teaching for all humanity, a discovery that had to be experienced and lived before it could be communicated.

A HEALING OPPORTUNITY

A friend suggested we attend a five-day healing intensive in Sedona, Arizona. As soon as I heard about the school, my feeling body felt excited, electric; the hair on my arm stood on end. When I arrived, I discovered most of the eighty to a hundred people in attendance were budding healers with a common intent: to heal and transmute the burdens within them and to

learn how to access soul-level energies, thereby opening natural healing abilities. Natural energy healing abilities are innate within all humanity, but they require you to be interactive with higher self and soul-level awareness.



This gathering of “woo-woo’s,” as we used to call them, did not scare me. Besides, many of them had an unusual glow and softness about them, as if they had discovered something—something I wanted to know more about. Besides, I was just finishing a doctoral degree in neuromusculoskeletal disorders (the technical term for chiropractic disorders). While I was working as an intern, patients would often begin to tear up with emotional release. I had wondered why and how this came about. They were always so

thankful, stating that they felt so much better. I did not understand the energy exchange between us that made this possible. Emotional relief was always associated with physical symptoms.

THERE HAS TO BE MORE

Maybe this was all connected to the prayer I had made as an intern. The first time I received a patient as an intern, I had a sense that there was more going on than her physical complaint. This inner knowing always shocked and surprised me, overwhelming me because I did not know what to do about it. I was so mortified and overwhelmed in my first doctor-patient meeting that I excused myself from the treatment room for a moment. A deep sense of caring and responsibility came over me, as if it were time to summon all healing wisdom within me. Yet even with all my learned skills, I felt clueless. For the first time in my life, I prayed for help: “God, please—whoever is sent before me sincerely asking for help, please let me have what they need. Thank you.” A little desperate and nervous, I returned to the patient—scared, but hopeful that it would turn out all right. I had no idea that my prayer would actually work, let alone that an



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amazing divine gift would be decreed and bestowed upon me.

DISCOVERING THE FOUR BODIES

The energy mastery intensive was led by a medical doctor and six other clairvoyant healers. Each healer, including the medical doctor, had unique clairvoyant gifts, giving them the ability to see into the body and into the higher dimensions. There were usually a hundred people in attendance, all participating in guided energy exercises and demonstrations. By direct experience you were shown how to see, feel, sense and intuit the energy of emotional wounds and heartfelt healing energy within yourself and others. Each chakra of light had its own energy signature that could be felt and seen. Participants were also guided into each chakra and the unique templates of energy that make up the physical body, emotional body, mental body and spiritual body.

The golden light of the soul is the origin of the chakras, vibrating golden light from the level of the fifth through the thirteenth dimensions. We are literally seven overlapping spheres of energy emanating from our souls. Each sphere of light is vibrating at a different rate than the other, yet they are all interactive with each other. There are four bodies of existence. We are familiar with the physical body, mental body, emotional body and spiritual body. Unfortunately, humanity only lives in the physical and mental body, occasionally entering the emotional body and almost never accessing the spiritual body. Human beings, for the most part, feel separate and even cut off from their source of inner truth, in a constant state of longing to be whole and free, when all along everything they long for is within them, in the last place they thought to look. Learning and experiencing the energy within each of the four bodies allows the language of light to open the flow of universal energy that is all around us. It is from this holy alignment, or whole state of being, that you begin to open the multiple doors to the soul merge that is called "heaven on Earth." With

the intentional forethought to be within, sincerely and heartfully, the truth of your burdens and wounds automatically begins to rise to the surface of your awareness. This interactive way of being ignites the soul's energy that is already within you, accelerating the journey of self-discovery beyond current beliefs.

THE EXPERIENCE OF SOUL MERGING

It was rumored that at each event, a few students would enter the soul-merging experience. When this occurred, the staff and facilitators would begin to see the individual soul light descending down from the higher dimensions into the crown chakra, reaching the divine soul spark at the center of each chakra. Like an energetic explosion, divine light radiated out in large rings of loving energy throughout the room. It is unmistakable when someone enters a holy communion: Intense love can be felt by everyone.

After three days, my ability to focus and concentrate inward became stronger and stronger. Using my will and desire to penetrate deep within, layer after layer, I wanted to get to the core, the most tender and vulnerable places hidden deep in subconscious and unconscious memory. Once I figured out that it was all in memory, or the "memoric" body, somehow this took the mystery out of it. I passed through thresholds of resistance and numbness—we call it armor—that energetically protected each layer of anger, fear and rage. I could feel every nuance along the way. Entering energy waves of permission and surrender would soften my intense focus, and I would reach yet another painful vignette. I could see and feel moments of abuse I had forgotten.

It was difficult passing through abusive moments as a four- or five-year-old boy who was experiencing so much pain when my adult mind or personality wanted to deny it had ever happened. How and why could people hurt each other in this way? The energy of fear and terror rose up through my feeling body, while loving energy from somewhere deep within me filled the hole

of terrifying memories, literally changing the energy of fear within me to love and light, layer after layer. I continued to use my breath and focus, sometimes dry heaving huge volumes of anger and rage in a cathartic way.

I was continuously getting the sense that what was transmuting out of my emotional body was from more than just my childhood, however: I had lived before. Somehow, I was accessing a new level of my being. It was the causal body of the soul, soul memory that had not yet found resolution and peace that automatically carried over into my next life. I had to keep going! A momentum, a powerful inner will, had begun to grow, as if it had a life of its own. I had to keep going deeper. I thought to myself, "How could so much pain be inside of just one person?" My eyes were red from so much weeping. The focus of my ego-based mind was becoming overpowered by my divine mind and divine will. "Thy will be done," I thought to myself. Hours of intense inner focus and desire had summoned a much bigger and more powerful part of me. Divine will grew and overcame the limits of the conditioned egoic mind. Divine mind took over, summoning soul light from the third chakra, magnifying divine will. Divine mind, or pure consciousness, is one of the three faces of God; only I didn't know this yet. I could feel an enormous inner strength building within me, calling to me: "Keep going."

HEAVEN ON EARTH AND AT-ONE-MENT

I passed through what seemed like hell, scenes right out of Dante's *Inferno*. I moved onward, passing through multiple doors or dimensional thresholds, until a fluttering sensation could be felt in my third chakra and then in my heart. I could feel a place deep in my chest begin to open—slowly at first, then very rapidly. Light began to appear in the center of my chakras, especially in my heart and solar plexus. As the light grew brighter and brighter within me, this inner light began to connect to light above me. Massive light rays descended out of thin

air upon me, connecting to the light within me—golden, yet beautifully multicolored. A multidimensional doorway had opened. A divine corridor of light began to pour through me, so intensely that it felt as if my physical skeletal structure were going to burst. My third-dimensional body simultaneously expanded into the energy vibration of the fourth through the thirteenth dimension. Then I suddenly expanded into at-onement, entering the light of all souls—what we call heaven. Love and golden light were everywhere.

For three hours—fully awake, with eyes wide open—wave after wave of love flowed through me. I fell to my knees, sobbing. I felt deep reverence and profound humility, more love than my human capacity could ever dream possible. It was divine, unconditional love that profoundly embraced my newly expanded state of beingness. It was a deep state of wholeness in an ever-expanded state of at-onement with all souls of our collective humanity—what the Bible calls heaven. As I marveled in wonderment, I knew I was kneeling before heaven, held in the hands of God. I wondered, could this really be happening?

As soon as I had that thought, a sudden flow of intense love came from deep within the center of my being and all around me. A voice gently said: “I am Archangel Gabriel. I am one with the center of your beingness, and I assure you, it’s real. You are being prepared to give divine testimony for the collective humanity, the divine teachings regarding the light of the soul, soul merging and the momentum of light. You are to partially ascend from a third- to a fourth-dimensional being, demonstrating the conscious evolution of humanity into superconsciousness, for the time of human evolution is upon you. Divine knowledge as to the nature of creation is flowing forth onto you, directly from God.”

Tears gushed forth. In an instant, the feeling of peace and stillness and the gentle voice of Archangel Gabriel stopped. The overwhelming physical sensations of increasingly high energy

and universal expansion continued. For hours, wave after wave of divine light, imbued with love and peace, poured onto me and through me from the divine corridor of light. Waves of light continued to purify my auric energy field. I felt lighter and lighter with each wave, swelling with the feeling of deep reverence for humanity and all life. As creation unfolded before me, I entered a profound state of awe and humility, passing through many levels of oneness until even the state of at-onement merged with the All There Is. I was taken through dimensional event horizons and the manifesting multiple politic voids, holding the pure consciousness of pure potential—the potential for infinite creating that is ongoing, with love that connects everything! I was entering the direct experience of cosmic consciousness to a state of beingness that no longer could expand, yielding my awareness into the peace beyond understanding. This state of cosmic consciousness seemed to go on forever.

CONTACT WITH SOUL MEMORIES

Suddenly I was jolted back into my body and felt overwhelming relief as burdens transmuted before my eyes. Burdens of sadness and separation, betrayal, abandonment and self-judgment continued to lift. The feeling of lightness within me increased to such a high-energy vibrational state that I felt I was turning into pure light. My life flashed before my eyes—every event that occurred during the story of my early life. There were also memories of living before, of so many lifetimes that it seemed visually unreal. Yet I could feel these previous lifetimes, these experiences, and they were definitely mine. One soul memory in particular resounded: that I would participate in some way with the soul merging of collective humanity—the evolution of human consciousness into spiritual bodies. Human beings would achieve this by intentionally transmuting their seven core wounds, thereby naturally increasing their vibrational energy into the fourth- and fifth-dimen-

sional awareness. The momentum of light during my soul-merging experience was softening in its intensity. I felt nothing but love. As I realized this, I was still vibrating in the higher dimensions, or the light of all souls. This state of beingness is commonly referred to in the Bible as heaven. “This was the point.” Gabriel whispered, “To enter the soul’s lightbody while awake and still grounded in the physical body is the divine plan: heaven on Earth.”

I looked around the room at the hundred or so in participation; each one present, yet still in their own level of upliftment. Awestruck, I realized that my spiritual inner vision had opened. Still feeling only love, I could see the golden light—the soul presence—of everyone in the room. The more I looked, the more I could see. I saw the higher selves, or lightbodies, of each person. Our lightbodies are our spiritual selves, an intermediary between our physical bodies and our souls.

I suddenly became aware of a new, heightened, intuitive and automatic knowing ability. I could see and feel with great detail every chakra level of each person present. More than that, I could see every place of contracted energy, or anti-light, which usually forms around a core wound. Each pocket of contracted energy in each person was simultaneously resounding with why it was there and who it was related to, just waiting for self-love and self-awareness, so that the emotional event could transmute back into light, ending that creational experience. Each emotional wound had many levels to it, all connected to one of the seven core wounds in humanity. These wounds are what drive our subconscious and unconscious behavior. The seven core wounds are common to all humans and make up what we call the human condition.

As my spiritual vision adjusted to the physical bodies around me, I could see four energy bodies that overlapped each other and were all transparent to me. I could see and feel right through them. Within each body, I could feel

inner love overshadowed by layers of contracted energy. I could even see and feel the thoughts emanating from their minds. This is an empathic ability at the soul level, what is called superconsciousness. I was strangely not overwhelmed by the volume of intense information. As a result of the soul merge, apparently my energy vibration had reached a place where I could receive it.

A DIVINE VISITATION: ARCHANGEL GABRIEL AND YESHUA

I was drawn to look above the soul light of everyone in the room. As I looked up, I saw divine golden templates of light that connected everything to everyone and each other. In the space between this golden connective matrix was pure consciousness, or what we could also call that which flows through the All There Is: pure potential. This energy of pure potential is highly magnetized, just waiting to manifest our thoughts, hopes, wishes and dreams.

Archangel Gabriel whispered into my ear: "You were one of the coauthors of 'on Earth as it is heaven.' What is all around you is the living truth of the Lord's Prayer. One must focus within on holy alignment and heaven will open. This is soul merging." To say the least, there wasn't much left of my ego-based mind. Maybe I had just gone crazy. However, the presence of so much love convinced me otherwise.

Just when I thought I understood the sacred laws of the universe, I was humbled again. I realized my spiritual vision and new empathic abilities were here to stay. I thought to myself about what I would do now—to know, to see, to feel so much? Then I looked over, and there were twelve seraphim angels hovering in a circle in midair. They seemed to just hover until they got my attention. Then each angel waved one arm, pointing to the center of the circle, as though they were offering an invitation. I was amazed that I could see them at

all; I could feel their unique angelic presence of love.

Suddenly, this love grew stronger and stronger. Just when I began to wonder why, I knew something extraordinary was about to happen. Suddenly, from the center of the circle of seraphim angels, Yeshua appeared in a brilliant white-gold light. I was about thirty feet away, and in the moment I saw him and our eyes met—in that very second—he stood before me. He touched my heart, and the power within that love knocked me to the ground. He said "Do no harm. This is only the beginning." I was so overcome by his intense love, I could not fathom the truth and profundity of his words and what lay ahead of me. Archangel Gabriel whispered in my ear, "It has begun." What did he mean? Gabriel started again, "For the next twelve years, you will receive many streams of light. Then the time will come to fulfill your promise to God: to deliver the living truth of human energy, the momentum of light and the evolution of humanity." *

Light Technology PUBLISHING

SHINING THE LIGHT SERIES
Zoosh and Others through Robert Shapiro (Shining the Light I-VII)
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The Shining the Light series exposes the malevolent, controlling and manipulating actions of the sinister secret government (SSG) as they attempt to

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Raising Your Vibration and Personal Transformation

Jill Mara

When you think of who you are today, it is your accomplishments that stand out. The obstacles you have overcome and the actions you have taken to improve your life and the lives of others make you a fulfilled soul. People come into this world with accomplishments from previous existences, and also with those not yet lived in the linear view of time. In this life, you are a composite of certain chosen aspects of your soul expressed in a particular way. In this life, you are seeking fulfillment in areas you have not yet experienced; you are branching out and expanding your soul.

In order to raise your vibration, you need to stretch your frequency. You were born with some veils already lifted. Those are not the ones you need to raise or reveal. The aim for you is different than it is for your neighbors, parents or siblings. Additionally, it is not the new car that raises your vibration in the long term. However, depending on where your consciousness was in seeking it, what you had to do to get the car could brighten you. Material possessions will not satisfy your soul; the process of challenging yourself to transform will give you the elation you seek.

TRANSFORMING OBSTACLES TO REVEAL YOUR LIGHT

As you overcome obstacles in your life, you become a brighter person and soul. You have more than you started with and express more light of creation. If you stay the same, you are not revealing your soul's potential. By continually growing and expanding yourself, you brighten your representation of All That Is. This does

not mean you must run marathons or become president. The meaning in movement is individually determined. For one person, simply walking out the door and overcoming fear of the outside world may be such a leap it transforms that soul forever. For others it might be speaking their mind or loving their mate unconditionally. Any small act in these directions will reveal growth and will break through the boundaries that shield people from their true essence. Growth is different for everyone, and no challenge is grander than another. It all depends on the personal meaning experienced by the individual.

How do you know what you need in order to overcome and remove your filters? First, look at the areas of your life where you feel the most hurt or disappointed. Where do you constantly run into an obstacle? What causes frustration and uncertainty? This will be different for everyone, and is not necessarily what others think it should be for you. Someone may look at your life and think you need more friends, but for you this area causes no dissatisfaction at all. Things are not always as they appear. If you are feeling lonely, you may want to seek out others, but then again you may need to learn to accept being with yourself. The answer can only be found within each soul. You will know these parts of you when doing the opposite lights you up. If a lonely person learns to gain satisfaction from completing tasks, alone or otherwise, then he or she has found the soul's expression. If an opportunity to share ideas with friends makes

someone soar, then this activity should be actively sought.

CHALLENGES ARE OUR FRIENDS

Obstacles give us insight into how we can be better creators. In order for your soul to reach higher vibrations, it must face every challenge with exuberance for further enlightenment. Some challenges force us to look at our attitude and give us an opportunity to shift perception, which ultimately is what one must do when encountering hurdles. When something appears negative, how can you transform it into something else? You can learn to be a transformer of frequency by gaining control of your perceptions. Your perceptions are rooted in the programmed behaviors from this life and others, and digging up the roots may be necessary to change them. Again, this is more opportunity for real change. The thought of working on oneself can be daunting, but it can be done, and it will get easier as you continue to try. Now is the time to gain invaluable growth as a soul. Take advantage of this opportunity. The rewards are astronomical.

Where do you begin to change? Look at an event from your life today. Did something frustrate you? Take this and imagine a next time in which you have a changed attitude. Is it easy for you to



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change your attitude? Can you think of ways to alter your view or turn the situation around? The harder it is for you to change your reactions, the more deeply rooted the personal filter. The more that obscures your connection to light energy, the harder it will be to remove the layers. But, little by little, it can be done. The area of most frustration will have heavy material layers covering it. Imagine the change that is possible in you if you can remove the heavy layers: You will be lighter and brighter. For example, if one day you had to wait in a long line at the bank and the next time you bring a magazine you enjoy reading, then you have added more light to the world and to your soul. This was not too difficult for you, but you made a change from anger to contentment, and it has an effect.

If, on the other hand, you just found out your husband is sleeping with your best friend, then you may not be able to shift your reaction from anger, sadness and depression as simply. However, the opportunity to grow from this experience is profound. The hardest thing to realize is that you are the one with the chance to change. You cannot change the other people involved. They also receive the gift that comes from facing challenges, and each person can become a brighter individual depending on what he or she does with this prospect for transformation. All parties were equally involved in the creation of the event, and all parties must take responsibility for their part in its creation. Nothing was done to anyone; they each attracted the event into their experience so that their soul could grow. How else would you know what needs attention unless it is presented in a way that will be surely noticed?

APPROACHING VIBRATIONAL CHANGE

If people are observant of what they create and maintain their vibration at a higher level, they will need fewer reminders to wake up, which arrive like a hammer over the head. But sometimes hammers are necessary and offer a perfect chance for serious change. The experience of infidelity and betrayal can change someone in many ways, all

of which are likely to be life altering. Such an event has high potential for good if it is used as an opportunity to alter one's consciousness. This is not an easy task, but it offers the potential for huge rewards. Emotionally draining situations like these force people to take stock of what they have created. If people can take responsibility individually, they can find a way to move on with strength; they can open doors of awareness about themselves and their relationships as never before. If they do not take responsibility, they will inevitably create further disaster and likely repeat the same or similar relationship issues again.

I wish it were true that meditating on pink lotus flowers is all you need to do to raise your vibration, but this is simply not the case. A vibrational shift in your consciousness will come from altering your perceptions so that your consciousness resonates in the next octave. This means taking the worst situations and turning them into your own pink lotus flowers. When you can turn darkness into light in any circumstance, no matter how dismal, you are changing your vibration. Each time you do so, it is easier to match that higher frequency and do it again.

Your goal in this life should be to proactively seek situations that will help you grow instead of attracting negative situations to which you react. You can learn to become a conscious creator of your own development instead of a passive reactor to what seems to be happening to you. To live this way requires consciousness and action. You can change your dynamic from waiting for life to happen to one in which you purposely decide to make transformations. Basically, this is a shift from a passive existence to an active one. However, this shift must come from a place of awareness and not from a place of action disguised as reaction. Action as reaction is the result of a passive existence forced into action because another hammer falls. Instead of waiting for disaster, you can become a conscious creator.

In order to transform yourself into a more vibrant being, you must be able

to identify what needs transforming. This requires you to be open enough to see the painful side of yourself. Often-times what you least want to face is what needs changing. Sometimes you might identify the damaging, negative aspects, but changing them appears too difficult, and so you live with them instead of doing what is required to alter them. You cannot change what you do not see, and you cannot improve when you are unwilling. Many have excuses for why they cannot overcome the parts of themselves that create negativity. Many believe they do not have the power to do so. These sentiments must first be addressed in the psyche of the individual.

RAISE YOUR LEVEL OF DESIRE, IMAGINATION AND ACTION

There is nothing on your plate right now that you are not capable of addressing with utmost success. If you have the desire to transform, then you have the power to do so. If you have lost the desire to raise yourself up, then obtaining that desire is where you must start. It does not matter how low to the ground you believe you are; you can always pick yourself up. You have the power to elicit in your mind the desire to do or be whatever you believe. If you can fathom the possibility and believe deeply that it could be true, then your desire will create the path toward change.

Desire is the spark that ignites our dreams on all levels of existence. The art of creating works something like this: You desire a sandwich and you think about going to the kitchen to prepare one. Instead, you imagine the details of the sandwich and grow more desirous of it. Until you get up and put that sandwich together, you will be hungry. All of these steps are necessary for creation to manifest in your physical world. All the ingredients for the sandwich of your desire already exist in the refrigerator of the universe. In other words, anything you can imagine and believe in, you can manifest. First you must desire it, and then you must think about it. Lastly, you must take action toward materializing it. It is not

necessary to precisely think through all the steps in the sandwich-making process. You figure that out when you get to the refrigerator—but you do need to get there. This is all done through desire, thought and action; the rest is provided as you move. Your movement is a response initiated by your desires and thoughts. Hopefully, this process appears obvious. Some of you, however, might not use this manifestation process to its full advantage because you are limited in your desire and imagination—or you have great desire and imagination, but fail to get off your living room chair.

In order to raise your vibration, you need the desire to transform yourself. You need to fall out of love with the restrictions caused by an egocentric view of yourself and your life and fall in love with the potential of your soul and what it has come here to share as an aspect of creation. How do you fall out of love with your ego? Look at what it causes in your life. Whether you are self-absorbed in thinking you are superior or self-absorbed in thinking you are an unworthy victim of circumstance, you are depriving your soul of its force as a creator. If you think you have already arrived, you will not have the desire to change, and if you think you are not good enough, you will not believe in yourself enough to change. Either way, you are staying the same and not connecting to the source of creation. Your self-interested ego will always try to stop you from having the desire to reach your true potential one way or the other. Your ego will also try to compare you to others. When desire comes from the need to satisfy the ego through comparison, it will ultimately leave your soul in the dark. Even if your ego gets you something you desire for a self-interested boost, it will fail to provide fulfillment. Comparing yourself to others is futile. No two people are the same. Each person is a unique reflection of the energy of creation.

ROOTS OF DESIRE

Again, it is important to note where your desires are coming from. What aspect of you fuels your motivation?

Why do you want what you want? You should have these questions in mind when you begin to develop your desires every day. If you can develop the awareness of where your desires come from and where they lead, then you will be able to direct them to aid in the profound transformation of your soul. Compare the desire for a new car to impress the neighbors with the desire for a new car to keep your children safe. Compare the desire to teach for status and recognition with the desire to teach to impart knowledge to other souls. The level of your desire will determine your consciousness, and the direction of your desire affects the frequency of consciousness you attract. Acting on the desire to impress your neighbor for your ego's sake, you may get that object of desire, but you are attracting the frequency of competition and judgment along with it. Acting on the desire to keep your family safe, you are attracting the frequency of love and care. When you teach to share knowledge, you are attracting the energy of giving and enlightening. You can see that the energies of sharing are expansive and come from your soul, which is God. When you desire gratification for your ego, it is restrictive and covers up your soul, keeping you from connecting with your source.

Each one of you came here to accomplish something that is part of the larger picture of human evolution. This purpose, which is beyond any self-interested goals you might have, is the desire at the core of your being. You must seek to awaken this purpose so that it becomes your primary motivation. The more layers you dissolve from your energy field, the more able you will be to see the true flame in your soul that is burning to be released. Working through your personal karmic blockages and challenges set forth by your soul will allow you to open up to your true nature as an individual of light.

Anyone alive in this era of change came here with an intention to assist. If you are reading this material, then you have likely discovered or are on your way to discovering your true path to aid in the coming shift. If you are

completely confused as to your purpose at this moment, do not fret. It will come soon—if you are willing to spend time exploring your soul. Every thought and action you take toward raising your vibration will lead you closer to clarity of spirit. The more you observe and direct your desires toward the highest possible intentions for your soul and for those around you, the more will be revealed to you. Your desires, combined with intention, will lead you in your purpose.

Because all creation begins with desire, it is the crucial first step in guiding your soul. You have control over your desires, and you have the ability to refocus them. If your motivations and passions are presently on a lower level of consciousness, it is time to rethink the direction you are heading. If your motives are focused on ego fulfillment, you will be wasting energy on something that will only bring you more of what you are trying to escape. You have the potential to bypass many of the aches and pains of transformation by retuning your antenna of intention to a higher purpose, and with this will come true passion. True passion will create the vibrational connections that spur imagination and movement. Remember: You are here to move mountains with your collective spirit. Even small steps with the correct intentions will increase the vibration of your soul and of Earth.

HEIGHTENED DESIRE AND PURPOSE

Spend some time exploring your desires now, tomorrow and each day to come. If you do not have any desires, start imagining that you have a special purpose, and make it your desire to find it. Do you have desires for a better world? How strong are they? Are they strong enough to motivate you to make your own impact? What desires do you have that will make this world a better place? What desires fill you with positive feelings and a sense of knowing you are adding to the light in the world? Which desires will affect a few, and which will affect many? Which desires give you a sense of fulfillment upon imagining them? What touches who

you are and your special way of sharing? Again, the desires that will have the biggest effect may seem overwhelming. However, as you embark in that direction with consciousness and true passion, the way will be revealed, and it will fulfill your soul. You will know the correct desire by how the thought of accomplishing it makes you feel. How would you feel about leaving that legacy when you depart from this plane?

If all were to awaken to this higher purpose, mountains would move. You can awaken your soul to its truest passion by exploring and focusing your desires on being the brightest source of creation possible. Nearly everyone has some experience (in thought

or in action) with their true purpose, but many do not pursue it completely because the veils of ego keep them stuck. Fear, laziness, procrastination, insecurity and doubt are all culprits preventing you from pushing forward. Recognizing the higher-level desires and then walking in the direction of them is a start to squelching these personal demons. Surpassing negativity will raise your vibration so that you become a shining light, moving forward with ease.

At your best, what kind of beacon are you? Some of you are inventors, and some of you are writers. Some of you relay your energy through art and music, whereas some of you build and design. Some of you are social organiz-

ers, and some of you are healers. Each spirit and its contribution are vast, and all are important. Many of you might feel so small and insignificant that you do little to impart your gifts. But when you begin to walk on the path of self-enlightenment, you feel that everything you do to share of yourself is adding to a movement of collective consciousness. Even the smallest smile can have a far-reaching effect. Spend at least a few minutes every day imagining what you could do to brighten your life and the lives of others. Again, just imagining goodwill for others is adding to the collective creation. If you take active steps in that direction, you will traverse miles in elevation. ✨

Heated and Covered in Butter

Marlene Buffa

28 May 2009

My friend Ann and I often walk two miles to a nearby gourmet grocery store. Within the store resides a most decadent boulangerie (French bakery). This bakery also sells pastries and sweets, making it a pâtisserie (French pastry shop) as well. One day we decided to satisfy our craving for sweets, so Ann ordered a large cinnamon roll. The clerk asked, "Would you like that heated and covered in butter?" Ann and I both looked at one another and in unison responded: "Of course! Isn't everything better heated and covered in butter?" Laughing at our excessive indulgence, I realized that we too often taste life as plain, little necessities instead of indulging in everyday experiences more warmly, becoming engulfed in their goodness!

THE BAKERY OF LIFE

While a boulangerie makes the basics of life—breads and rolls—the

pâtisserie offers the luxuries we enjoy. All too often we settle for the basics and deny ourselves the wonder of the possibilities of flavor life offers us. Sure, the staple of grains supports and nourishes us, but the sweet treats satisfy our fancy for more than we need from time to time. When we look at our lives, most of us remain content with our basic necessities and offer gratitude and thanks for our health—physical, emotional and spiritual. Sometimes we take our basics for granted, and life serves up a plateful of lessons to remind us to appreciate our daily bread. Yet enjoying, and even indulging in, the sweet treasures life offers us—whether in food, relationships, success or peace of mind—rarely causes us to stop and consider that they too could be a regular experience. These treasures are available to us at all times.

Heat excites molecules, inspires passion and creates pressure too. When we heat up the basics in life, they come to us in a more satisfying way. There is nothing so bland as cold or frozen bread, just as the effects of distant or detached relationships provide no nutrition for the growth of our soul. Deliberately walking up to the storefront of life and ordering mediocrity speaks volumes to the universe about our sense of self-worth and our willingness to settle for whatever life dishes



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out. Resigning oneself to the reasonable and acceptable is like slipping on an oven mitt to protect us from either the danger of a heated moment or the pleasure of the warmth of life. We stand to gain a lot by removing the gloves of complacency and basking in excitement and satisfaction in our daily lives ... so heat it up!

COVERED IN BUTTER

Creamy butter—long touted as bad for our arteries and our heart, and cause of countless other medical treacheries—provides a natural dollop of delight on our ordinary blue-plate specials. Whether coating fresh corn on the cob or adorning a sweet roll, we associate butter with the ultimate

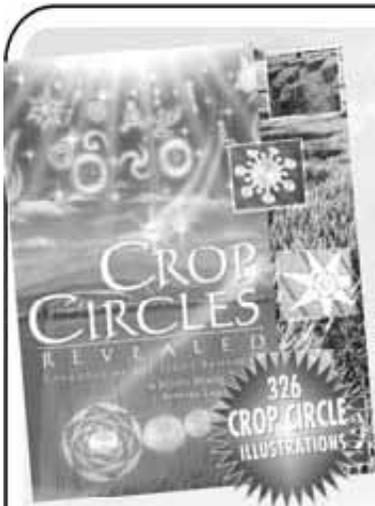
in simple pleasures. Although modern manufacturers attempted to artificially replicate the taste and texture of real butter, nothing truly replaces this delightful dairy product.

As kids, we'd ask for ice cream with whipped cream and a cherry on top. Somehow this request grew from a possibility to an expectation when served up in a favorite soda shop. As adults, we request our experiences as gentle guides, hoping to survive and muddle through the day. If we dared to ask Spirit to serve us situations with the opportunity to be engulfed by natural delights, our expectations would heighten, and we'd soon evolve to request the best at all times.

JUST THE WAY WE LIKE IT

When we express gratitude for the basics in our lives, we show appreciation for the sweet indulgences we enjoy from time to time. Whether stepping into a boulangerie or pâtisserie, we place our order with the infinite for exactly what we want—what we think we deserve. As we mature spiritually, it is possible for us to want more. We move from the mere bare necessities of life to daring to indulge in something that heightens our taste for deeper experiences and a more passionate existence.

So heat up your appetite for possibilities, slather on the highest good you can think of and take a huge bite out of life! ✨



CROP CIRCLES REVEALED

LANGUAGE OF THE LIGHT SYMBOLS

BARBARA LAMB, MS, MFL
JUDITH K. MOORE

Welcome to the world of crop circles, one of the most TANTALIZING phenomena in our world today. It is difficult not to be captivated by their beauty and complexity and by the questions and issues they provoke, including one that becomes more pressing everyday—what other INTELLIGENT life forms are out there trying to communicate with us? What are their intentions? What is the communication system between them, the Earth and humanity? Unlock the secret keys for the emergence of a new world of peace, freedom, healing and unconditional love. We are being assisted with energy as never before to REGENERATE ourselves and our ailing planet. Reactivate and discover your invaluable gifts and divine mission. Awaken your DNA and empower yourself! This comprehensive document reveals the deep mysteries of the crop circle phenomenon. Scientific analysis of the hoaxing controversy and high-level spiritual transmissions are combined in one masterful presentation for your use and interpretation.

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THE DREAM ZONE

Katia Romanoff, PhD, and Lauri Quinn Loewenberg

"Dreams reveal stuff about you that you didn't know was there."

—Clara Hill

Dear Dream Zone,

Two years ago, my pastor publicly humiliated me, yelling and screaming with others around. He was out of control. Not long after that, I dreamed of him lying in a casket with a navy blue suit on.

—Annie, 57, St. Louis, MO

Lauri: Part of you probably wanted him to drop dead after treating you like that, huh? It seems as though you were saying through this dream that he is dead to you now. Treating you like that, in front of others no less, was not at all a proper way for a pastor to behave. This incident probably "killed off" a certain amount of respect you had for this man. You probably even considered leaving that church altogether, which would essentially kill off his role as pastor to you. Death in dreams is rarely about an actual physical death, but rather about an ending, something coming to a close. The color of his suit is also significant. Very often, blue in a dream points to depression (you know, like "the blues"). I wouldn't doubt that you even got a bit depressed after that experience. Even though the pastor was wearing the suit in the dream, that color was a creation of your mind and a reflection of your feelings about him.

Annie replies: I woke up this morning with such a heaviness. Your reply has truly uplifted me: I know that God is shutting that door at that church because He wants me to move on.

Part of me does not want to leave, because I have belonged to that church for twelve years, but the spiritual part of me knows that it is time. The pastor's part in my story is over. Thank you for helping me to see it with much more clarity. Bless you!



Dear Dream Zone,

I'm on the rooftop of a building with Anthony Bourdain (from the Travel Channel). I'm thinking about what a cool job he has, traveling around the world for work and that it's too bad he's married. Then two guys sneak up behind us. One slips his hands into my jacket pocket to take my keys. I grab him and put him in a headlock, trying to make him drop the keys. He says, "Please don't hurt me," while I'm trying to pound his head on the ground. I want him to feel a little pain, although I'm just going through the motions, and it seems that I'm really not connecting his head to the ground. While holding him, I grab my cell phone to call 911. On the screen display, I see a colorful grid and pictures. A woman answers, telling me that I have the wrong number. I insist and ask her to connect me to 911. I let the guy go.

Then Anthony and I are sitting there, and out in the distance under a tree is a picnic table. The two guys are back, and they grab my keys and laptop off of the picnic table. They're laughing. Anthony says he'll take the fast guy and runs after

him while I run after the slow guy—the same guy I had in a head lock. I catch up to him and grab him. Then I wake up to my alarm clock.

—Laura, 49, Knoxville, TN

Dr. Katia: We see you reaching for the heights, almost realizing your career goal, but not quite making it. Something is trying to take the power, to take your keys away. The headlock you give is not really retaliation, but more of a stop-loss: You are trying to prevent a hostile takeover. All you want in life is to make it to the top, to enjoy your career and not just have a "job." You thought you had pretty much gotten there, working in the company of people you admire on an invigorating project.

In your dream, however, Anthony symbolizes you having truly arrived, making it and getting the ultimate job or career. He may also represent the part of you that is already versed in "soaring to the heights" since he travels constantly. That part of you that he represents is here to help you. Negative elements are "attacking," however. You do the standard thing and call the authorities for help against this hostile takeover, but you get stymied. Traditional methods of help and redress are not available. You are barking up the wrong tree; it's a wrong number. You can't mitigate the situation and are just going through the motions of some solution, not fully connecting or engaging in the painful process of putting a stop to this "theft."

Because of this incomplete, autopilot, robot-like solution, you lose out. The thieves come again because you "let go." They take your power, stealing not only the keys to your kingdom, but also your supreme source of information—your laptop. A laptop is a symbol of universal access, an



Dreams are messages and warnings, something you need to know. If you've had a strange dream lately and want to know what it means, contact:

Lauri Quinn Loewenberg, Katia Romanoff, PhD
www.thedreamzone.com



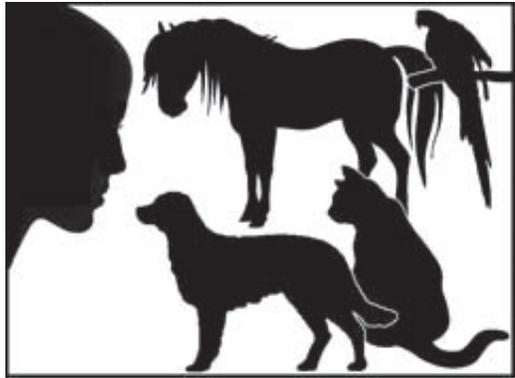
enlightened tool of the highest caliber almost like holy writ and mystical experiences! Think of how people or situations in your work life and the culture around you are stealing your access—keys and laptops both provide “access”—to the top.

The dream ends as a reverse chase dream—with you chasing instead of being chased. Chasing means that you are not running from an issue, but rather confronting it: a good sign. You

are fearlessly countering the laughing, cynical thieving elements that are trying to cut you off from your ultimate life goals. You are attempting to retrieve valuable aspects and elements. You still fear, however, that you won't be able to effectively reverse this loss, and it is frustrating.

So protect all access points in your life—all openings and gaps—you know what they are. Do some stop-gap measures. Take stock of your current

income and realize that it is where you are supposed to be right now. Do not let “thieves” steal your peace of mind or make you feel bad about your situation and the decisions you have made in the past. You're where you should be at this time. Good things are coming down the pike, but many good things are already here. You are going to protect all your access points so that no one can cut you off from the good things you already have! ✨



The Animal Whisperer®

Communicating with Our Animal Friends

Kim Malonie

This is a story Kim told us about one of her clients. We will never forget it, and we share it with you in the hopes that it will touch and comfort you too!

A gentle breeze was playing with the reluctant leaves that still clung to the red and gold maple trees. The faint smell of pine needles and cedar trees wafted through this sunny, warm November day. Kim was making a house call to see a furry friend named Sunny who was just three years young. He was a gorgeous, tricolored collie with hair the colors of spun silver, chocolate brown, snow white and midnight black—long, beautifully fine hair that felt like silk when you rubbed it between your fingers. His caregivers had told Kim that he had lymphoma and was being treated in Guelph every week with chemotherapy, but the cancer was not responding as well as they would have liked. He would do fine for a while, but then his lymph nodes would enlarge again and his temperature would spike. He was having his ups and downs, and his caregiver wanted to know about his quality of life.

When Kim arrived at Sunny's home that Sunday, he met her at the door with such enthusiasm—bounding and jumping with the excitement and joy of a young puppy—she could hardly believe the diagnosis she had heard two days prior to this visit. As she sat down with him on the living room floor, she had to ask him to calm down and sit beside her so that she could talk with him. After he gave her an exuberant kiss right on her face and apologized for being so rude, he settled and lay down beside Kim. She thanked him and started giving him some much needed and appreciated healing at his direction.

“I WILL SHUT MYSELF DOWN!”

As his caregiver spoke to Kim about his lymphoma, Sunny was also busy quietly telling her about what was going on with him. “I'm loaded with it,” he said. “It's everywhere, and

I know I'm a goner.” Kim asked him how he could be so sure that it was everywhere. He responded, “I can feel it all through my whole body. I don't have much time left, but I'm going to try to hang on until the spring. But if they decide to give me that extrastrong dose to eradicate it, I'm afraid I won't be able to stand the pain and that it will make me much too sick and weak. Then I'll just be useless and lying around, with no quality of life. Please tell my companions that I don't want to go through that kind of suffering.”

When Kim mentioned what he had said to his caregiver, all the woman could say was, “I have to try to save him. I just can't do nothing and not



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know if stronger medication would have helped him. Maybe he'll go into remission; it's our last hope.

"We're going to Guelph this Wednesday, and we'll decide then." At that point, Sunny interrupted and told Kim, "When they take me to that place this week, if I hear them say they're going to try that more powerful drug, I will shut myself down! I will not go through that agony. Please tell them." Kim did as Sunny asked, of course, but she also knew in her heart that his companions would do all they could to help him to extend his life.

As Kim was getting ready to leave, Sunny said, "I am so glad that you came to see me today. I might not be around too much longer, but I will let you know what happens on that day." With tears welling up in her eyes, Kim gave him a big hug and told him, "I love you, Sunny." He licked her face and said, "Right back at ya. Can you ask your son if he wants to play ball with me now? He's an animal lover, you know; I can feel it!" As the collie and her son played fetch, Kim could hear Sunny's laughter ringing out and mingling with that of her son's. The two of them ran around the yard, bounding, jumping, rolling and frolicking—the laughter between them blending into one joyous serenade.

All too soon, it was time for Kim to go, but she knew she would hear from Sunny again in his own way.

A STRONG CONNECTION

Three days after her visit, she told her husband that if a woman called in about Sunny, saying that it was an emergency, he should give her Kim's cell-phone number. Kim carried her phone with her that day in her purse. She just had a feeling.

While shopping in a crowded mall that morning, she suddenly had the impression that she needed to sit down somewhere. Overpowered by a sense of grief and desperation, she felt her heart pound with a sense of panic. She also felt a tightening around her neck, as if her necklace were being pulled; the only feeling she could compare it to was that it was as if she were wearing a col-

lar attached to a leash held in someone's hand. All Kim wanted to do was bolt and run through the door behind her.

As she struggled to make her way to the ladies room and sit down, she saw Sunny. His face, with its beautiful brown and blue eyes and tricolored, long hair, was as plain as life in front of her. He was telling her, "They have decided to give me that powerful cancer drug now. I'm going to shut myself down. Good-bye, my friend!" With that, his face vanished as quickly as it had appeared in front of her. Her heart banging in her chest, Kim had to take a deep breath and focus on where she was.

SUNNY'S CHOICE

When Kim arrived home, she received a phone call from a friend of the family. The friend told Kim that, at approximately two o'clock that afternoon, Sunny and his companions had been walking down the hall of the clinic for his treatment. Instead of turning right to go to the room in which Sunny had always received his treatments, the vet took him down another hall to the left. As soon as he saw the other door, Sunny knew that he was going to receive the more powerful drug and more therapy, and he decided to shut his system down himself.

Sunny's caregiver later described it to Kim in this way: As soon as Sunny made the turn to go toward the green door with the big, silver doorknob instead of the blue door with the gold handle, he immediately sat down on the floor, released his bowels and gave a short little whimper. Then he lay down on his side. As the vets and his companions came rushing to his side, they witnessed the power animals can have in their minds when they set themselves to do something. When they feel they are powerless over a situation that involves life, death or suffering, they are sometimes able to shut themselves down, just as Sunny had chosen to do.

Kim felt she had lost a dear friend that day, and it saddened her immensely. He comes to visit her now and then, and he thanks her for giving him a voice. He looks much happier and healthier now, although his col-

ors are more transparent shades. He is and always will be very handsome and intelligent to Kim.

CROSSING THE RAINBOW BRIDGE

Have you ever heard of the Rainbow Bridge? Well, in case you haven't or were wondering about it, we're all here to let you know that there really is such a thing connecting heaven and earth. We call it the Rainbow Bridge because of its many colors. At the other side of the Rainbow Bridge, there is a land of lush, green meadows, hills and valleys. When your beloved pet or animal friend dies, they go to this wonderful, peaceful place. There is always enough food and water, and the weather is always like spring—never too hot or too cold. This is the place of rejuvenation, where the angels and God welcome the maimed, old, frail, abused and sick animals and make them whole, healthy, young and vibrant again. Species of every type of animal imaginable play with each other and get along. All the animal companions play until the day when their friends or caregivers pass over. When you and your special friends finally meet again, you will take them in your arms, and you will embrace each other. They will kiss you again and again, and once more you will be reunited with your special pets or animal friends. As you cross the Rainbow Bridge together, you will know in your heart that you will never be separated ever again.



Take a moment for you, because you deserve a break! Are you worried or stressed out? Having a lot on your plate can wear you down more than a marathon. So remember today—and every day—to take time for yourself. Close your eyes, put your feet up, take a deep breath, call a friend or turn on the radio or some music you love: whatever helps to calm and restore you. Taking even five "me" minutes can recharge your spirit and change your outlook for the better! Love and light and blessings as always. Peace be with all of you, from your animal friends Kittser, Sabre, Teddy, Mushuu, Smokey and Foxy! *



ASK MS. LILY & THE ANGELS

Lily Jones

Dear Ms. Lily,

Recently I have noticed that butterflies seem to follow me, and they even race alongside me while I ride my bike. Yes, I have experienced a recent awakening to the metaphysical world and my skills have exploded in the last eighteen months. What do the butterflies mean?

—Vickie, England

As I read your lovely email, I was so overwhelmed with the warmth and dazzling white light of divine unconditional love that I had to pause to catch my breath. Wow!

There is no doubt in my mind that the butterflies are a wonderful affirmation of love for you from your own loved ones who have passed over. I see you with a whole family reunion of sorts all around you. With so many of them, it is difficult to single out one person in particular. This is an unmistakable message from them of how much you are truly loved. In unison I hear them say, "Only call our names and we are there to comfort or help you in any way you desire!"

Some quick research revealed to me that many cultures all over the world, including Native American cultures, believe that butterflies are the souls of our loved ones who have passed away. In my work, I am seeing a growing trend of more and more loved ones coming to perform spirit guide work—like special guardian angels—in addition to the angels and guides we already have. I recently realized the purpose of this is obvious in light of the ascension of our Earth people (dated as December 2012). Who better to convince even the most skeptical of us than the loved ones we have known and trusted? They are reaching toward us through the ever-thinning veil by becoming our guides

to a new era. My own angels, including Lord Metatron, Michael, Gabriel, Uriel and ascended masters, Melchizedek and El Morya, continue to assure me that the ascension will be a process occurring over decades of earth time.

It is my sincere pleasure and honor, Ms. Vickie, to convey these wonderful and happy messages of pure love and affection from your own loved ones in spirit, from whom the playful butterflies are a true sign. Thank you for sharing this story.



Dear Ms. Lily,

Please help: My little, docile dog has recently gone crazy growling and barking inside the house at what seems to be nothing at all. It is starting to give me the creeps. Nothing I do calms her down.

—Janice, Texas

Over the phone with you I was able to quickly identify the energy of your nephew, Jake, who you say recently and unexpectedly passed at the hospital in his young thirties due to rare complications after surgery. Jake tells me that he has been trying to get your attention, but the dog is the only one who seems to see him in the house. He is laughing; he says he knew you would call for help if he bugged the dog long enough! He passed quickly without being able to say proper goodbyes to the family, especially his mother, who is your sister. You confirmed that your sister is oblivious to the idea of contact with loved ones in spirit. This is why

Jake has come to you: to pass the message on to her.

Like most loved ones, he speaks with regret about not having time to say goodbye. He also says he is indeed in the loving arms of God now and not to worry about him. He is actually more worried about those he has left behind. I feel his mom is having a very tough time with his early passing. This would explain why he has been so persistent to get your attention: to try to comfort his mom.

When we go home to the other side, known as heaven, it is a time of our own choosing. Typically we pre-program or choose an average of five exit points through which to go home to heaven during our lifetime here. Knowing this, many of us can readily identify close calls where we had bypassed exit point(s).

Jake says he is now performing spirit guide work for family members, including you. In spirit form we can bilocate and be with several people at the same time. Jake is having fun with this!

The angels will help you find a way to tell your sister of Jake's message, I assure you. In my work I see the most skeptical of folks who, when they become widowed, never fail to have a true knowing that their loved one is near. Best wishes to you and your family. Love and light. *



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Ask Rochelle

Stars of Celestial Waters through Rochelle Sparrow

I would just like to take a moment and remind you that we create our lives from the inside out through our healing. I have been receiving many questions about the economy, unemployment and job security. Remember that our security and our value are mirrored back to us in our employment and finances. What may seem like a crisis may actually be an opportunity to heal your fear. Look deeper into your relationship with yourself. Focus on what you feel is your inner value: That is your true security and your true reality. Have the courage not to forget.



Dear Rochelle:

I need assistance with finding a job. Any clues I can get that are encouraging, reassuring and time-saving would be helpful.

—Donna

Thank you for supporting our work. The guides state: "What we suggest is do not focus on Seattle." A sense of tropical energy that feels like Hawaii comes through. "There is another option in that locality. As far as blocks that exist, again focus on your specific abilities and the energy of confidence in those abilities." This will assist you in removing blocks. "You must understand that your skill set is very unique. You take yourself for granted in too many instances, and we suggest taking your being seriously and knowing yourself as excellent in the area of your calling." This feels like teaching. "So focus in on what you are capable of, and that will automatically remove blocks for you. We are suggesting that you be consistent within your being's focus and awareness of your focus. That is the correct way. Blessings."

* * *

Dear Rochelle:

Is there any insight as to when I will get a position I enjoy with substantial income so that I can live comfortably?

—Deborah

Thank you for connecting with us. My guides state: "You are correct to continue to search. What we suggest is that you honor your creative interest"—this comes through as fashion energy—"while looking at different ways you can hone your interests. We suggest thinking outside of the box in terms of mentorship. Find someone who has the type of position you want." The energies suggest you search over the Internet. "Develop a relationship with this person. In this regard, you choose direction by visualizing yourself in the position you desire." The sense of fashion energy is repeated with the addition of marketing. "You have an aptitude for fashion, media and writing, as well as marketing. Think of all these interests: In that way you can begin to engineer contacts and move ahead in regard to networking. That is what we see occurring—a need to connect with and honor your creative interest. Blessings."



Dear Rochelle:

I feel stressed out because I want my husband to work somewhere, but I feel like he doesn't want to do anything. I'm thinking that I'm picking up on his emo-

tions most of the time, because he's here all day. I am getting a little frustrated with him for not trying to find work as soon as possible. Bills need to be paid at the end of the month, and even though I'm working, it's still not enough. I'm trying to stay positive, but sometimes I feel a little depressed about this change. It's stressful. Anyway, I wanted to know how much longer it will be until my husband finds work? Please let me know what the guides have to say.

—Stacy

Thank you for your courage and your connection. Here is your guidance: "You are correct to talk with your husband about his thoughts about what he is going to do." The energies suggest that your focus be on communication with him and his thoughts on the issue. "Let him know your concerns without anger. Again, this is a lesson in taking responsibility for your emotions only." A strong sense of loss, betrayal and guilt come through about him in relation to his family. "We suggest that you allow him to feel the shock of change without blame or criticism. He will feel more motivated by the end of today. Why? He needs to heal his connection with you. There will be change coming: He will find employment shortly. That is the correct way. Blessings." *



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ESSENCES OF NATURE



THE HEALING PROCESS

Mary Ann Antenucci

What do you think of when you think of healing or being healed? Do you think of someone putting his or her hands on you, and you are forever transformed? Do you think of healing as a journey that you never quite reach? Do you think or feel you need to have someone on the outside to effect the necessary changes? Do you even know what needs to change in order for you to be healed?

Healing can be tricky and elusive. You never know when you are there. I like to think that healing is a state of mind, and every step gets you closer to yourself and where you are going. The key to healing is how honest you are with yourself: Do you know what you don't know? Do you know what question to ask or which path to take? How can you trust yourself when you are part of the problem?

SELF HEAL ESSENCE FOR RESTORATION

Self Heal essence works to activate your innate healing ability. You don't need to know what you need to know in order for it to work. You can use it as an individual essence or to augment other essences, multiplying their healing effects. Self Heal essence works on the etheric and emotional bodies. It repairs the energetic sheaths in order to restore the integrity of the energy fields.

Self Heal essence also works to restore faith in the healing process. It alleviates doubt by shifting your awareness from negativity to confidence, which restores hope. This remedy helps you remember how to motivate and take responsibility for your healing process. It helps remind you how to take the first step to move beyond emotional and physical stagnation.

Self Heal essence heals by showing you how to receive the first step.

ARNICA ESSENCE TO RELAX AND RELEASE

Arnica essence is an obvious choice for healing. In traditional medicine, as well as in homeopathic medicine, it is used for trauma, abrupt injuries, accidents and surgery. Basically, it is used when there is a body breach or when something invasive has occurred. Arnica essence softens and heals your tendency to armor yourself and brace against outside influences. Arnica helps the body to heal by relaxing and releasing trauma and drama from your energy.

Arnica essence helps you to reconnect, restoring wholeness and energetic integrity. When an event becomes trapped in your cellular memory, the physical wound may heal, but you also may find yourself emotionally limping—either by overcompensating or undercompensating—in order to feel whole. It is similar to when a person loses a limb. The limb is gone, but that person still has a myriad of sensations to experience and process. Arnica essence helps to relieve and release trapped memories in the flesh. You breathe an audible sigh of relief when you take Arnica because your body remembers to feel whole.

MOUNTAIN PENNYROYAL ESSENCE FOR MENTAL INTEGRITY

Mountain Pennyroyal essence works by clearing your thoughts. Your thoughts can be toxic because they initiate and activate a cascade of chemical

events to further create and magnetize more harmful and poisonous thoughts. Have you ever had the experience of feeling your thoughts arrive almost as if they were entities? You are feeling fine, and then something is triggered and your thoughts bombard you with the most negative and vile things you could possibly think of?

Mountain Pennyroyal essence restores mental integrity. This essence clears the mental body and creates an energetic barrier from ambient thoughts. It is a mental cleanser that allows you to be more discerning about what thoughts belong to you and what thoughts may have hijacked into your energy field. You feel a new clarity and appreciation for how your thoughts are inspiring you rather than inspiring fear. Mountain Pennyroyal essences work by healing your thoughts and your reactions to your thoughts.

WILD ROSE ESSENCE AS AN ANTIDOTE FOR APATHY

Wild Rose essence works by enhancing the will to live. Many times after a long illness or prolonged disability, you can lose the spark that makes you want to keep going—the one that keeps you wanting to see what is going to happen next. This is the joy-for-life formula. All things become possible when you



Mary Ann Antenucci

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remember how precious all aspects of your life are. Wild Rose essence is an antidote for apathy.

Wild Rose essence is a formula for resignation. Perhaps you no longer feel the desire to change things because you have decided they are either too much trouble or beyond your control. So you live a half-life, not even longing for something better. The Wild Rose lifts stagnation and revives the spirit:

You feel that you count, and you look around and begin to participate again. I like to call this the Rip Van Winkle formula, because it wakes you from a deep state of stupor. Wild Rose essence heals by enhancing your ability to embrace life again. You are alive.



Healing is inner work and outer work. When the outer wounds are

healed, you don't always remember how they can affect you on the deepest levels. Whenever you feel stuck, or absent or not living your life fully, look within. What needs to be addressed? What needs to be remembered? What needs to be corrected? Ask these questions of yourself. The answers will come with clarity and insight. Trust your body and trust yourself. *



FENG SHUI

CURRENT APPLICATIONS
OF ANCIENT WISDOM

Annie Konovitch

THE MOUTH OF CHI: FOCUS ON YOUR FRONT ENTRANCE, PART 3

Welcome back, Earth protectors! I am glad to assist you in furthering your knowledge of the ancient healing art of feng shui. Applications of the art of feng shui can help in healing yourself, your relationships, your home, your office, the land and the planet. We have been progressing through an understanding of many facets of the all-important mouth of chi: your front entranceway. This will be the last part of this focus for now, but know that there are countless things not mentioned that are still waiting to be uncovered on this topic.

We will end this series with some general cures you can apply to your entrance to help increase your chi and uplift your life. One such cure is to put a wind chime in front of the door to call in auspicious chi and opportunities. A clear, pleasing sound to the wind chimes can bring in clear and pleasing energy. The chimes can also dispel stagnation and negativity. A wind chime of a high quality is recommended, and it is important that the occupants of the house love how it sounds and that it evokes positive feelings. You can also hang bells on the doorknob so that a gentle tinkling sound greets you and

sees you off. This can also alert chi to make its way to you and acts as protection for you and your household.

Placing a plant on either side of the entrance (without blocking the entrance or the swing of the door) can assist in ushering in healthy chi flow. Hanging a large, faceted crystal sphere in the area above where you walk in can assist in magnifying and moving the chi that comes in and in dispelling cluttered or chaotic energies.

If there are exposed beams over you when you come in the entrance to your home, you will most likely feel heaviness and oppression as a constant in your life. If you find that this is the case in your home, you can remedy the situation by running realistic-looking silk vines up under the whole length of the beam. This has the potential to lift your spirits and prevent or remove the feeling of oppressiveness and the feeling of being trapped or stuck.

An example of this solution came from a family whose entryway featured beams running overhead. Upon mov-

ing into the house, they began to experience financial problems they had never had before, found they traveled less than they were used to and became aware of specific and general feelings of burden, oppression and heaviness. Once they ran realistic-looking silk vines up the length of the beams running over their entranceway, however, they immediately felt the feelings of heaviness disappear. At first they felt better even though their financial situation hadn't yet been positively adjusted, so it seemed an illogical sense of relief. Yet shortly thereafter, a shift in their finances took the pressure off of their daily lives and experience, giving concrete expression to the relief they had already been feeling.

If you feel blessed by this information, please feel free to send a red



Annie Konovitch

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envelope with a token amount of money to your favorite charity. The red envelope tradition shows the giver's sincere intention and respect for

the sacred knowledge, protects the teacher for having given the information and strengthens and increases the effectiveness of the cures given. ✨

Note: This information is based on BTB (Black Sect Tantric Buddhist) feng shui brought from China to the Western world by Professor Lin Yun.



SELF-HELP

FOR THOSE WHO BELIEVE IN ANGELS



Tom T. Moore

A number of people have written to me in the past couple of months, asking about requesting the same most benevolent outcome (MBO) multiple times. My standard answer has been that you only have to request it one time. If you feel a strong need, however, you can request a benevolent outcome more than once, although it is not necessary. One request works just as well as numerous requests. Guardian angels understand that, since you are veiled, you question everything—including the validity of requesting MBOs—even when you have great success in your requests. The veil is very thick, but it is thinning. Requesting MBOs thins the veil and raises your vibrational level. If you feel more comfortable requesting a benevolent outcome more than once, then it is okay to do so, and it will not dilute the request. So request the same MBO as many times as you wish if it makes you feel more comfortable.

CONCERN ABOUT "ANY AND ALL BEINGS"

Starr writes: "I enjoy your newsletter, but I have an issue with your benevolent prayer. It says, 'I ask that any and all beings . . .'. Doesn't that leave things open for nonbenevolent beings to step in? Would you go out onto the street and ask any and all people you meet into your home or mind? Shouldn't it be changed to something like 'all beings from the light?' This may only be my issue, but

I am surprised that someone hasn't put this out there before. Blessings."

It might seem that way on the surface, but when angelic beings are called upon to provide assistance, they certainly would not "dial up," shall we say, a nonbenevolent being. These angelic beings are whole souls, and even though they have not achieved a golden-lightbeing level, they still are capable of making millions of decisions per minute in your time. Please trust these souls to handle any request in a most benevolent way, as they have only the best intentions for the person or beings in the request. All responses are met from within the light, so there is no danger of attracting nonbenevolent beings. I do thank Starr for bringing this up, however. I find that, when I receive a question like this, there are usually many other people who have this same question but haven't asked.

AN ANGEL MIRACLE

Judy in Sydney, Australia, writes: "Hi, Tom. I just have to tell you about my recent angel miracle. On Tuesday night, I was going to a night class in another part of Sydney. I said my MBOs for safe travel before I left. When I got there, I parked my car and walked across the street with the green light. Suddenly, an elderly woman in

a four-wheel drive flew around the corner at full speed and narrowly missed me—by an eyelash! She said she was looking at the lights and not at pedestrians on the crosswalk.

I screamed and fell back onto the road, but escaped with only a scraped hand and a few bruises. Several people ran to give me their cards as witnesses, but I really was all right—just shaken up. Another quarter of a second, though, and I would have been badly hit. After my class, I stopped off at the supermarket. Playing over the loudspeaker was the song, 'Send me an Angel.' How's that for confirmation? I can't thank you enough for your instructions with MBOs. They saved my life!"

ST. THOMAS BENEVOLENT OUTCOME

Tresta writes: "I would like to thank you for writing the book *The Gentle Way*. I have been constantly disciplining myself to request MBOs because of it. Recently, I had an incident with my car. That morning, I dropped my children off to school, went to the gas sta-



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tion and headed home (I live on a very mountainous island, mind you). I was driving up the side of a steep hill, when I veered to the right—a little too far to the right. I steered right back to my lane and stopped the car. I got out and looked under the car, but I didn't see anything loose.

I quickly got on the phone with my husband and informed him about what was going on. I told him, 'Stay on the phone with me; I'm going to put the car in second gear, turn the hazard lights on and drive slowly home.' Before I took off, I immediately said my MBO: 'I request a most benevolent outcome for this car to arrive safely at home.' What do you know, I made it safely! My husband called the mechanic. He came out and looked at the car. Then he called me over, and we both looked under the car. To my surprise, he showed me that the steering rod was completely off the wheel! He asked how I had made it home, and I immediately said, 'My guardian angels.' Once again, thank you."

CHILD CUSTODY PRAYER

Angela writes: "Would you please explain the benevolent prayer again? I am wondering about prayer for a benevolent outcome for someone else: I need a benevolent prayer for my son and granddaughter. My son is going through the courts to request full custody of his daughter. It has been very emotional for us, and I am having a hard time stopping the tears: My granddaughter's mother—she and my son did not marry—just moved my granddaughter five states away. Please assist in giving me a loving way to phrase the prayer."

Most benevolent outcome requests are strictly for specific things for you, while most benevolent prayers are what you say for other people. A whole different set of what we call angels takes care of those requests. Remember that there are soul contracts at work here, so you can only request what's best for the child and her soul contract. In this case, perhaps you could say, "I ask that any and all beings assist my granddaughter in having the living and custody arrangement that is most benev-

olent for her." Remember that all these requests have to be benevolent for everyone in the request, and saying that benevolent prayer puts it squarely on what is best for the child—whether that's full custody, partial custody or whatever. When the court case comes up, you can also say, "I ask that any and all beings assist the judge in making the best decision for the custody of my granddaughter. Thank you!"

REIKI BANNED BY CATHOLIC CHURCH

Shannon writes: "Thank you so much for your newsletters. I use MBOs throughout the day, and it has made my life much easier. I am a Reiki master who teaches Reiki and tries to spread the word about this wonderful healing energy. From what I have seen, it has made quite an impact on both my life and the lives of others. I was just sent an article from the Reiki News Magazine, however, reporting that a committee of Catholic bishops recently put out a statement that Reiki is based on superstition and that no Catholic—including Catholic hospitals, health care centers or Catholic chaplains—should use it. Is Reiki a healing energy that helps our advancement or just another thing that we have made up? Being from a Catholic background, I do not have any trust in the Catholic Church, but it saddens me that the Church is doing this."

Yes, of course it is a valid form of healing. The Catholic Church wants to ban Reiki because it doesn't understand it. The Church is fearful that it could be some form of Satanism, which you and others know it is not. So—as always happens—ignorance breeds fear, and the Church's actions spring from that fear. It will take some time for it to accept Reiki as a form of healing, because the Church likes to think its form of healing—through the priests—is the only form. Yet there are many forms of healing, and more will be discovered in the coming years.

SANTA BARBARA FIRES

Steve writes: "Thank you for your recent reply to my question on the Santa Barbara wildfires. This is an update and follow-up to my previous question.

"After I wrote to you, the situation looked very, very serious for Santa Barbara (and also for Montecito to the south and Goleta to the north) as the fires continued to spread. The next evening, firefighters were bracing for the worst, as sundowner winds were predicted to be gusting again. These winds would come up in the evening and blow down the foothills, fanning the flames out of control and toward the residential areas. I followed an impulse to request an MBO that the sundowner winds be calmed. The previous day, when all hell broke loose, the temperature in Santa Barbara had been a record 101 degrees in the city, and much higher in the foothills.

"The next day, a marine layer brought cool, damp air in from the ocean. The temperature dropped thirty degrees, and the sundowner winds never materialized as predicted by the National Weather Service. Every day I kept requesting that the sundowner winds be calmed. The marine layer remained for three days with no sundowners. For the next three days, the National Weather Service predicted a return of the sundowners, but they never materialized, allowing the firefighters to achieve 80 percent containment and begin scaling down the operation.

"As I write now—fourteen days after the fire first broke out—there is 100 percent containment of the fire, and firefighters are mopping up as the fire burns itself out. The city has returned to normal. What a miraculous turnaround to a potentially disastrous situation! I am wondering whether my MBOs and my guardian angel could have produced such a profound effect. Naturally, I would like to think that is possible, but I almost find it difficult to believe."

Your request for benevolent outcomes did have some effect along with the prayers of countless people in that area. Your voice was heard—along with those of many others—and Gaia changed the weather for you. As you are junior creators in training, and you must be able to see your successes. We would give up if we saw nothing happening. Continue to have a most benevolent month, everyone! ✨

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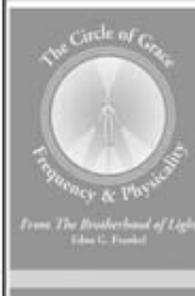
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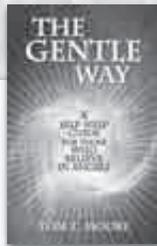


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Home Sweet Home

Angels through Kerry Hettleman

15 June 2009

Does it feel like the ball is about to drop and you are in a holding pattern, just waiting, not knowing what your specific role will be when the time comes—but knowing you will know what you need to know when you need to know it? We have done all we can do to align, to open up to different thought and to prepare for what may come. Now we sit backstage, waiting to go out into the spotlight, yet feeling as if we have not yet received our script. This can be a bit unsettling for anyone, but you can be assured that the lines you deliver when you do enter the stage will flow from you like a river of pure, fresh water running down from the mountain top.

DON'T FRET YOUR HOUR UPON THE STAGE

Ascension is as natural as breathing: There is not a thing you need to do but wait, knowing your new world awaits your arrival after you take your final bow. Whatever we may face in the days ahead or are going through now, we will soon make our exit and enter through the portal into the next dimension.

Our ascension into our new world could be described as entering the gates of heaven, as coming to our home with God. The good news is that, regardless of what we have endured, experienced or believed until now, the mystery of God will be revealed to all. So if you are aligned and open to thinking differently, your role in this final scene—the one being played out on stage now—will flow and be delivered as written. If you think you do not know your lines, relax! You have rehearsed your role over and over again, and you will act without hesitation when you are called to the stage to perform. You have been preparing for this time throughout your lifetime, and you will confidently step up to the plate when called. Relax and enjoy this time of waiting. You are well prepared, and you are going home!

Remember that the drama played out on this stage is just an act on this particular stage. There are many theaters and performances going on simultaneously. This just happens to be the one you are currently cast in, and soon you

KEY POINTS

- You may feel like you are in a holding pattern, waiting for the conclusion of things without direction, but when the time comes, you will know what to do and will play your part with grace and confidence.
- Surrender the Now to the divine will, looking forward to your eventual homecoming with joy.

will exit the stage and join the cast and crew backstage for the cast party! And what a party it will be! If you can just remember this, you will be able to remain in character until the curtain comes down. I know you are thinking, questioning and sometimes doubting. I too have these moments. But there is a knowing deep inside that reassures you whenever you feel a slight shaking inside. It is just a case of that stage fright we all feel at times but are quite capable of walking through. And if you see one of your cast members trembling, just take their hand and reassure them that you know this will be their best performance ever! Focus on the moment in the now, and you will be home before you know it.

GOING HOME

“I wanna go home!” “We are going home!” “Are we there yet?” “Home sweet home!” “There is no place like home!” “Home is where the heart is!” Welcome home! Yes, your home is being prepared for your arrival [ascension], and you will be so grateful to those who have lovingly worked to prepare it for you! Your new home will be much like your current home, but even better: The improvements will be mind-boggling! Soon you will forget the walls that once needed painting or the plumbing that rattled when you turned on the faucet. The grass really is greener on the other side!

Receive directly from your God within, and if you are not comfortable receiving directly, read your Bible so you will have a better idea of the script to play out. It really is the best book we have to give us peace in knowing. And if you have the opportunity, you may want to read the texts that were not included in the good book: the book of Enoch, the Dead Sea scrolls and other ancient texts that tell the story for us, to help us better understand this dimension in which we have been playing many roles throughout the ages.

Each role we have played on this Earth stage has brought us to this moment. We have been the good, bad and the ugly so that we could refine our gifts of the soul before entering the next dimension. We are ready: We have earned this opportunity to ascend. There were no mistakes then, and there are no mistakes now. It truly is divine!

KERRY HETTLEMAN
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Wherever you are—whatever you are doing and whoever you are doing it with—is all part of the divine plan. When we surrender and will that “Thy will be done,” the outcome is assured, because time is not linear. So do not

get caught up in the illusion of time. The past, present and the future are all in the moment of Now. Be at peace in the Now, and goodness and mercy shall follow you all the days of your life! ✨

Manifesting Prosperity

Orion and the Fairies through Judy Vavrek

What is holding you back from prosperity? For many, lack of prosperity stems from issues with accepting money. These issues might express themselves in the fear of not deserving it, ignorance about how to handle money or negative experiences or beliefs about money. Why might people have problems accepting money? Oftentimes, this is a direct result of being raised with the idea that we must earn money by the sweat of our brow. The universal truth is that when we do not accept money, we cut off the flow of wealth both to ourselves and to the person—or any source—offering it to you. Others are held back from prosperity by limiting beliefs or actions, such as the idea that money is the root of evil or the belief that it is not nice to have a lot of money. Those who would believe that there is a limit to the money in the world will never be balanced. The truth is that money is as neutral as water: Both must flow and circulate to be effective for health. Under the law of abundance, we receive the dictum that prosperity is ever bountiful, never runs out and is always accessible. When you receive money, it is not at the expense of someone else: There is always plenty of prosperity to go around. Now you know the universal laws. What do you need to do to follow them?

Fairy Perspective: “We see the Earth as ever renewing, bountiful in beauty, health and love and with endless earning potential. Think of all the careers there are in green technology. We are always available to whisper career ideas, ideas about caring for the Earth and thoughts about how to free yourself and your heart to live in love, with respect and responsibility toward our loved ones and the Earth in all its

KEY POINTS

- If you feel that you are being held back from your true prosperity, examine your attitude toward prosperity and realize that abundance is yours to receive.
- Connect yourself to your roots in the Earth and the physical experience, ridding yourself of unhealthy habits of thought and perspective.
- Call on your prosperity fairy to aid you in the realization of your goals, actively imagining yourself in the positions that will bring you the life of your dreams.

beauty. Invest in our Earth. You will be proud, and we will be proud of you. Proud enough, in fact, to blow more winds of prosperity your way!”

PHYSICAL AND ETHERIC CONNECTIONS

It is wise to be efficient as we decide to move forward in any endeavor. Efficiency results from working in the energy first.¹ The results are then much quicker and more profound. This does not mean that we will not encounter earthly, or what we call third-dimensional, difficulties. It only means that we can clarify our goals and work toward them powerfully at an energetic level, resonating with hope, commitment and acceleration of the fruits of our labor. To realize this, we do well to make the associated physical and etheric connections.

From a physical perspective, we know that the base chakra, which resonates to the color red, is our prosperity center. It is our connection to Mother Earth and the home of the elementals, such as fairies. It is also the first chakra to develop. It deals with birth and survival, which require both prosperity and health for optimal being. It also springs from the source of life and the belief systems with which we are raised.

Working in the base chakra requires grounding. The tailbone plays a crucial part in this. The tailbone, or coccyx, can be reset using Hanna Kroeger’s techniques. This generally results in a tingling sensation in the coccyx that we know to be fairy energy. As you go about your day, tune in to the tailbone; enlarge this chakra wheel by sending it energy. Run an energy cord from the tailbone into the Earth, all the way to its crystalline core. Then do the same for both hands. Imagine that your feet are growing bright red roots that dive toward the center of the Earth. Watch their many rootlets wrap themselves around the crystalline core. Hands, feet and tailbone make five grounding connections. T’ai Chi Chih® also uses this healing

JUDY VAVREK
judyvavrek@yahoo.com
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energy flow to the ground. Remember that we begin in the energy, because the results flow through to the physical.

CLEANSING UNHEALTHY BELIEF SYSTEMS

A word to the wise: Do not believe everything you hear! There is an adage that says that if you hear something enough times, it becomes true. The concept of conditioning in psychology is based on this mechanism in human understanding. Remember Pavlov's dogs? He conditioned them to salivate whenever he rang a bell. This only proves that we are creatures of habit, so let us establish habits that heal, not habits from hell. Habits from hell—also known as habits of the ego—are habits of fear, of the belief that we are small and unworthy. They are habits of jealousy, stress, anger or frustration, of ignoring our dreams and believing that there is really nothing to be happy about. Habits from heaven—the divine frequency of unconditional love—include all manners of healing behavior toward our hearts, friends and loved ones. Look upon yourself as your guardian angel and fairies would for just one day. Think about how you would congratulate yourself on everything you do! Think what loving words would comfort you, encourage you and pull you toward happiness, friendship, problem solving and the life of your dreams! Let “guardian angel talk” and “fairy talk” be your habit from heaven. Let the golden cord of your angel keep you ever connected to the divine life God wishes you to live.

The first order of business, then, is to recognize thoughts that sabotage your efforts toward manifesting the abundance of every gift of Spirit. Connect yourself to the energy of the All That Is and allow it to lift you into divine love. From this high frequency of healing, ask that blocking, unhealthy thoughts be transmuted into the powerful energy of unconditional love for you. Continue to turn away from the ego and toward the divine light. Now that is a habit worth developing!

LOCATE AND CALL UPON YOUR PROSPERITY FAIRY

The fairies are here and are willing to create the life of your dreams with you. They are now inviting you to tune in to one of many prosperity fairies. These powerful and creative fairies stimulate your imagination, bringing wonderful new ways to realize prosperity. Consult with them to learn the details of your personal prosperity, calling upon these loving elementals frequently. Simply drop into your heart, call on Source or your angels to connect you to your most clever, amusing and magical prosperity fairy. This fairy will have your best interest at heart, understanding your passions, hopes and dreams. Take notice of what this magical creature has already done for your abundance and express your gratitude for every blessing in your life.

Talk to your fairies, acknowledging their presence, and channel messages from them. Ask their advice on how to handle your fears and other negative thought patterns. Ask them how to follow a practical, step-by-step process to realize the life of your dreams. Letting go of inhibitions is a

favorite practice of the fairies. They love it when you draw them, delivering you your favorite kinds of prosperity, and when you sing to them about your desires. Fairies have no limit, and they want you to resonate with their magical, mystical lifestyle.

The next step toward more complete prosperity, say the fairies, is to work with the higher powers that transform all negativity in your chakras into efficient, loving, forward-looking and productive wheels of energy. As you call on your guides or the Source itself, ask that they renew your power, divine guidance, health and thought forms. Any healing that is initiated by the divine healers is continued by the fairies to prevent reversals. Reversals only happen when we lapse back into the ego's perspective. So gather up some prosperity pixie dust and have some merry fairy fun!

MORPH ALONG WITH YOUR PROSPERITY FAIRY

Dear ones, we know a fairy fun way to attract prosperity: morphing! Metamorphose yourself into whatever career or play—otherwise known as “work”—you desire. We most often hear people say, “I don't know what career I should go for! What if I don't like what I choose?” We have the perfect solution: Play-act or pretend that you are already in that position. Research by reading, watching movies or talking with those in that career to get your questions answered, and then morph yourself into that career. Act as if you already are in that position, and see how it feels. Use your emotions to help guide your results. As you perform certain tasks in your new, make-believe position, rank your feelings on a scale of one to ten. As you go through various careers, you will begin to see patterns in yourself. The only caution is to not limit yourself with immaterial limitations, such as the thought, “But I don't have a degree in that job!” or “I could never move to New York!” Approach your future with no holds barred; just dream and enact.

After you have completed the morphing of several careers, then—continuing to work in the energy—ask that you be shown ways in which to make these careers your own. What steps should you take? Being proactive and talking to experts in the field is important. Surrounding yourself with magical pixie dust clearly impresses people with how dedicated you are to this endeavor. It doesn't hurt to throw a little pixie dust onto the person with whom you are consulting, either! We are telling you that the exact information you need will literally drop right out of the sky into your lap. Don't forget to sing about it, draw it and feel it with your emotions. All of these modalities attract attention from the universal energies. Shout about it and shake it right out of the ethers, proclaiming, “My dreams be mine, realized through the divine!” Go forward in light, love and pixie dust. ✨

1. See Sanaya Roman, *Soul Love: Awakening Your Heart Centers* (Tiburon: HJ Kramer Inc., 1997).

The Blossoming of Gaia: Join in the Oneness of Renewal on Earth

Metatron and Michael through Lois Noonan

Greetings, I am Metatron, with you to teach you the secrets of manifestation that will support your choices and delighted once again to be with you and to have Michael at my side. We work together often, and it is always productive and powerful. There really is no distance between us—or even between us and you. The illusion of separation arose with duality millennia ago. It is our pleasure to let you know that the illusion of separation can be overcome.

Choosing an existence of love and light lets you recognize the oneness of all souls—the seamlessness of beings. This is the first step. If we are all in the oneness, we are able to sense one another. Our proximity leaves no room for differences at a very basic level. The choosing of different experiences, over time, has led to the illusion of separation or dissimilarity! Accept that this dissimilarity is the illusion. It is a game you chose to play, and so be it. However, the moment for games is over. These games have damaged Mother Earth, and she is wounded almost to the death, but such death is not allowed in this universe ever again. The planet Maldek was the last example of this type of destruction. That trauma was reflected throughout the universe, and repercussions can still be experienced from time to time. Mother Earth has chosen otherwise, and she will clean up and become beautifully lush once again. This is for her highest good as well as yours. Is there any reason why you would choose otherwise?

THE CHOICE OF THE EARTH

Your choice cannot be overruled, but if your choice differs from hers, you will find yourself relocated to a place congruent with your choice, one that fits your creation. Mother Earth will be moving up, and we are letting you know that your choices will be honored also. Our concern

KEY POINTS

- Now is a time of opportunity and joy. Mother Earth is moving into a time of renewal and growth, and you can choose to be a part of this transcendence.
- Become aware of the oneness of being you share with all souls and realize the options you have as a lightbringer on Earth.

is that you are totally aware of your options. It has been eons of time, and you surely don't remember the details of your original manifestation on Gaia. Of course it was a choice and a tremendous challenge. Even then, not all the souls who choose the experience of duality were selected. All who came, including you, were very advanced, and strong in their embrace of love and light. All were sure they would be successfully graduated in the end, yet the stress of the challenges and the lowering of the energies trapped many souls. That cycle is ending. Are you ready to step back into the universal love and light? Time, as you count it, is running out. Do you still have negative energies or attitudes you choose to cling to?

A critical mass of souls on planet Earth at this time has chosen some form of love and light. Some have grown into lightworkers. All that really counts is what is in your heart that guides your actions. Exposure to the lightworkers is hard to avoid in this time of instant electronic transference of information. More and more accidental meetings are governed by the light. It is difficult, indeed, for the average person to avoid at least some contact with loving souls.

NOW IS THE TIME

The increased vibrations are also playing their part. It is becoming harder to ignore the miracles and the angels. Never ignore coincidences. Your key to a shift is right next to you. Do be aware that the media is still under the control of darker souls. This will change, but you are responsible for your own evolution. You make your own choices. On what do you base them? When in doubt, trust your heart reaction—your feeling—not your logic or pre-set rules. Never trust your old beliefs or indoctrination. Trust the angels if you can! They are pure love.

We are so grateful to be among you, using the gifts of many lightworkers. Our desire is for all to successfully transcend with Mother

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Earth. Can you imagine the glory such a moment would transfer to the universe? I can feel the excitement, the love, the joy of such a moment. Every atom would be transformed into the light. Souls would sing in vibrations beyond your imagination in this present moment. This is a promise that will be kept!

First, however, it must be your choice. No one is compelled to accept the love and light in this moment. In the critical nature of things, this opportunity is likely to present itself again. But in this moment, the opportunity is a beautiful, miraculous transition. Earth changes over the millen-

nia have been tremendously traumatic experiences. There have been ice ages, floods and masses of land sinking into the oceans. Now seems to be the best possible opportunity. Are you interested?



This month we leave you with these thoughts to ponder. Please, at least consider your options and be more cognizant of “coincidences,” because there are no coincidences as you define the word; there are only choices and independent creations! Choose with love and light! *

Love Doesn't Always Look as You Expected

Michel through David Reid Lowell

4 June 2009, Massachusetts

Greetings. What wondrous times you are about to explore. Can any of you conceive of the multitudes of souls praying for you and watching over you? The vastness of Spirit cannot be restrained by individual thoughts, because there is so much more. There are unknown souls who have been kind and giving, who have done the right thing and acted in selfless ways. These souls are dedicated to their creator who imbibed them with a life presence they once manifested. Many of these souls endured challenges: Some of them even ended in death or genocide. They faced those challenges with integrity, valor and courage, opening new understandings to spirituality and compassion. Within your history is the legacy of your future. Allow yourselves to be guided by the presence of these remembered souls, and return to the precious moments when you become aware of their selfless sacrifices.

When you are going through difficult times and facing personal struggles, allow yourself to receive the guidance of these watchful souls. Know that your struggles and burdens will lessen through the rapture of prayer and the connection you share with those who stand in the gap of self-doubt with you and for you. Practice forgiveness. No matter how

someone has struck your soul, and no matter the depth of your frustration and pain, forgiveness is the pathway to your own healing. When you forgive another, you acknowledge the past and know it has played a part in shaping the you who now is. When you forgive, you release the burdens you carry, because forgiveness is neither solely about the other person nor about you. It is about your ability to focus on your own life and personal wellness.

When you carry a weight, it slows you down; over time, your body will either give way to it or you will build enough muscle to endure it. The better way—the way of kindness—tells us not to carry the weight at all. Life is not about endurance. It is about the dance, breadth and celebration of the journey. How you address challenges determines how you go through the rest of your life. Have you ever wondered why—when you have worked so hard to get something, build something, fall in love or have the perfect life—it all seems to fall apart? Indeed.

THE ALLEGORY OF THE ARTIST

There once was a great Italian artist. One warm day with the Sun shining, the artist set up hundreds of feet above the coastline with the help of his assistant. The cliff was seamless with the sky and water. It was magnificent. The artist painted feverishly



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KEY POINTS

- The practice of forgiveness does not involve endurance, only letting go.
- Avoid confusing material beauty with spiritual worth.
- Our task is not to question the workings of time, but to recognize love's presence in the places where we never thought to look.

to capture the purity and intensity of the moment. The assistant prepared the paints, cleaned off the brushes and poured wine. The assistant lay back on the warm ground, content to watch his master paint. The painter spoke of the beauty of the moment—the perfection of the colors, heavens and waters. He was overtaken by his own work.

The artist, pleased with himself, drank more wine and stepped back to admire his work. He stepped back farther and farther, heading toward the cliff. As he admired his work, he mused about how everything had come together and how he—through his talents—had captured such beauty. The assistant was terrified and screamed, “Watch out!” One step from the cliff, the half-drunk artist was deaf to the warnings of his assistant. The assistant jumped to his feet, grabbed a knife and started slashing the painting. The master charged toward him, striking him and yelling, “Look what you have done!” The assistant, trembling on the ground, looked up at his master and replied, “Yes, I saved your life. Look back at where you were standing: You were about to step off the cliff!” The master looked back, shocked and dazed. He then looked down at his assistant and realized that his own blindness and deafness had nearly killed him. If the assistant had not slashed the painting, the master would never have completed his greatest works, which came later in his life.

Sometimes the only way to pull you back from the brink of danger is to shock yourself into a change of action. The assistant loved the beauty within his master so much that he saw the perfection of God’s own love in the master’s talents. The strikes and blows he endured were nothing compared to the harsh reality the master experienced when he realized he had chosen to sacrifice something spiritually inspired for a material object. The inspired work was not the painting but the gift that rested within the man. That gift created the material representation of the joy he felt on the day he drank wine and poured his soul out onto a canvas.

PERCEIVE WITH YOUR HEART

People can measure their own closeness to God by taking the time to patiently know the holiness of each person they meet. Not everyone is alike, nor do they think or act alike. People have to look at their own life and decide what is normal for them, and that measurement is established by what they choose to allow in their lives. Your life may seem normal and successful to you, but to another it may seem questionable, unacceptable and somewhat like a failure. These things are highly subjective. What we are saying is that your view of something is seen only through your eyes and experiences, and this taints your objectivity.

It is believed that only King Solomon had the ability to know the true language of others: He felt with his heart what was said to him. He created the *Song of Songs*, which can be understood metaphorically to mean he freed himself from his own learned perspectives. He transcended material symbols to hear and understand the words birds sang. Words are nothing more than temporary symbols of expression trying to capture a fleeting moment of emotion. If you free

yourself from your symbols of empowerment and status, you can begin to feel the truth within your heart—that shared, vibrational sensation of prayer, which is the energy connecting all souls. There is such radiance in a smile that emanates from the soul. When you are satisfied and content, you are one with Spirit; Spirit fills that which is already full, and humankind wants to fill that which is empty. Indeed.

THE HEALING OF TIME

Great attention is paid to the flawlessness of youth, beauty and status, but how many people do you know who feign attention to their flawless appearance and grooming in an attempt to hang onto time, to an age that has passed? They should be embracing the richness and natural beauty that comes with the fitness of time—with aging, wisdom, tolerance and patience. Youth offers unrestrained reactions, untempered emotions, flightiness and awkwardness. Worrying about something that is natural and inevitable, such as aging, only detracts from the beauty that comes through the natural expression of divine manifestation. Your life is designed to bring you to a certain time and path, showing you the way to love life without fear. This shames loneliness and emptiness back into the shadows of darkness where they have no power over you; in light there can be no darkness.

Silently, you watch others and their lives, comparing yourself to them, aching in your heart for something they have that you think is better than what you have. What you perceive to be lacking entices you to lust after what they seem to have. You think it would make your life happier, more content, better, more joyful and more satisfied. If only, indeed. These are things—just passing things—of immaturity that plague people who have not yet been written upon with strong enough ink. If you stand upon the formless faith of knowing and allow yourself to fall into the open arms of universal truths, you will shed your vulnerability and self-doubt. Truly, all things are self-resolving. Time will always win out. Time is unlimited; its measure is already tested and known, and its processes will continue as they always have. So many people are concerned about 2010, 2012 or 2014. The planet will endure; it will redefine itself, and it will remain for thousands and thousands of years beyond you and your generations. Time wins. Time allows for adaptation. Time coexists with evolution, and all things evolve. Question not these things, but take pride in the time you have, in the things you can do and in the hope you can provide to others.

WHERE IS LOVE?

There is that feeling you are not quite comfortable with, and when you feel it, you know the awkwardness of it. Love is that squeamish sense of vulnerability you protect yourself against. You doubt it when it finally comes because there is always a suspected catch associated with it. Funny, isn’t it? There it is when you turn the corner or walk in the room, and it doesn’t look like you thought it would, so you dismiss it. Nonetheless, the energy overtakes you. You doubt your-

self and think the other person has a hidden agenda or that they are out for something, and so you push away what you wanted. Indeed.

Memories are wonderful. Fantasy and desires are really something, are they not? But they will not hold you at night, comfort you when you are hurting and offer a gentle touch or a strong push when you need it. They are not a companion with whom you can work to improve both your lives and awareness. Where is love? Perhaps it is closer than you think if you allow yourself to accept it. Perhaps it is still in the place from which you ran. There will always be sparkling packages that offer the excitement of the moment, but how many will be unwrapped before you realize the contents are not what you thought they'd be. Indeed, where is love?

When you look at the world, ask yourself if you understand your relationship to it. Many times you think you

have the answer to something, and you respond too quickly because you are coming from a place of emotion rather than reason based in the knowing of moral spirit. You may react out of anger or frustration, and then pride prevents you from making right with the process in which you felt justified, validated. God's vision of who you are is always seen by Him. There is nothing that escapes God's eye. If we say to you that you are God, then we say to you that your soul knows everything you have done and the reasons for your actions. There is no escaping your cocreative process with the divine mind.

Change the thinking that supports your old habits. When you change your thinking, you change your life. Be humble and don't interfere in other people's lives. You can have it all: the life you want, the dreams you desire. Hear with your heart in quiet moments the things you need to do to make right with yourself, your purpose, your motivations. ✨

Why Do We Stay In Relationships that Are No Longer Working?

Entity Andromeda through Sally Baldwin

1 April 2009

It is indeed an astute moment, dear ones, when you can recognize and know that so much about your experience here has to do with choice. Now many of you will say, "Of course we know that. We've been told from the moment we arrived that we have come here to experience free will." You know, dear ones, that that is indeed one of the great triumphs and wonderments of living in this human world on this planet. All of you know this in ways that you cannot always intellectualize or understand; you just know it. The whole reason you incarnated, everything about propelling you to this Earth as this person

in this moment of time, has come from a choice. Yet all of you would say, "Well, we'll take your word for it. We simply know choice here in this dimension, in this plane, as we live as humans. This other choice you speak of that comes from the soulful essence, we do not remember it."

Yet, dear ones, is that not why you are sitting here tonight: to remember that choice? None of you would have gathered in this moment to have this kind of experience with us if that were not a truth. So you must ask yourselves, "Why do I lose that faith in the free will of my soulful essence?" Somehow you can't sustain that faith, and instead you fall prey to what the ego insists on telling you: There are other roads, other ways to go, other things for you to pay attention to instead of what you should pay attention to from your soulful perspective.

KEY POINTS

- You are a being of so many facets and dimensions, which includes free will and the opportunity to experience life in this third dimension.
- Recognize that the energy you are reaching out with comes from parts of you that you didn't know existed.
- You must be willing to change your view on how you think a relationship should be.

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NO SUCH THING AS ALONE

So you must take our word for it on this. You must recognize that you entered into this life as this human being with a complete knowing that you were doing so and that it was a choice. Since you have made this choice, then you know, dear ones, you have chosen to come with purpose. And when you came here, you did not choose to come alone. Indeed, there is no such thing as alone that exists in the world of your immortal, spiritual essence. There is no word that would resonate throughout the universe that is equal to what you call “alone.” This is only part of the illusion of your humanity: that you have set up the idea that you are so separate that you could be alone. Understanding this is integral for us to move on to the question of the hour: Why do you stay in relationships that don’t seem to work?

Again, you have to acknowledge that the choice in coming was yours. And you truly have to acknowledge—all of you—that you are beings of many dimensions. You must acknowledge that there is a wisdom far greater and an experience and energy far deeper than anything you have been able to discover with your sensation as emotive beings. You are part of an emotional, mental and physical experience, but we emphasize “part.” You are a part of that, and yet you also are so much more. You are a being of so many different facets and dimensions beyond this human body, which includes free will and the opportunity to experience life in this third dimension. How glorious is that? How absolutely wondrous is that? How much do you celebrate that as soulful beings? Well we can assure you that you celebrate constantly. But you look at the situation here on the Earth that humans have created and you say, “Then why do we have the struggle?”

Of course, dear ones, you know where we are leading you. We are leading you to the moment of recognizing that the struggle emanates from you not believing in the essence of who you are. Then you send that energy out to others as you meet them on this plane and cause them to have the same sort of doubt, the sense that you are here only as a material being. Then you lose the real sense of purpose of being here as a wondrous, multidimensional form of life that says, “I want to live as a human.” You have lost sight of the joy and the wonderment, the eagerness and the exaltation that your soul stepped into this body to have—yes, every one of you!

But what a joy it is to experience the wonderment, anticipation and eagerness that you came here for. What a wonderful plane that allows you to have such an experience and lets you play in that field. You came in with a sense that you are here to feel the exaltation and wondrous excitement—not with yourselves, but with each other. Yes, it is the other who draws you here. It is the other with whom you will find that joy, that experience of energy so beyond the pale. The game of it all is discovering who that other is—looking out, finding one another around every corner, around every bush and around every tree.

The wonderment of reuniting in this plane brings such a sense of unbelievable excitement and exaltation that you all clamor to come here. Why is it, do you suppose, that six billion or more of you are here? So many souls feel drawn to the unique incarnational possibilities of this plane; they come to reunite and rediscover each other as fellow beings. You want to say, “How is it that I can know another not only as a soulful friend I recognize in many other dimensional ways but as someone I am learning to rediscover as human?” How wondrous is that?

REACH OUT WITH NO PRETENSE

Then comes the idea, the one you have created through your human ego/mind/body perspective, that some of these relationships can be bad, good or in between. This applies to every kind of relationship you know is possible. You have already leapt to the idea that judgment is essential in a relationship. You haven’t even given it a moment’s thought that perhaps it is enough to find each other, and recognize how important it is to have this journey together. You have missed that. You have simply gone into judgment: Does this make me happy? Does this make me sad? Does this make me angry? Does this make me joyful?

You are assessing in every moment whether those you are with in intimate relationships or not are bringing you the kind of satisfaction, comfort or happiness you are looking for. Now, of course, we do not dissuade you from this. This is your choice—back to free will again. This is part of the condition of being human, but it does not mean, dear friends, you can’t participate and experience something else as well. Begin to recognize that the energy with which you are reaching out to another is coming from parts of you that you didn’t even know existed, and the same is true for the other’s energy to you. Imagine the joy, the wonderment, the curiosity and the adventure in reaching out to another without that sense of immediate judgment: Do they make me happy, or do they make me feel good?

Yet, dear ones, we remind you that you have control. It is truly how you intend, how you extend and how you reach out to each other to live. You start in a place you immediately acknowledge, whether it is with a family member, a stranger or an intimate mate; you are always in a position to choose how it is you want to relate to that person. It can change constantly. It does change constantly. It is just a matter of how willing you are to notice it and to go with it. Willing is the operative word here, is it not? How willing are you to change with the flux and the shift of what is being presented to you?

WHERE WILLINGNESS STEPS IN

This is where willingness comes in. It is in such a moment as this when you may realize there is not love in this relationship. There is no love allowing it to be sustained. The relationship might have glimpses of what some call love, but it is not sustained and moving in that direction. We are feeling ourselves disparate. We are sensing disgruntlement and dis-

appointment. We are looking at each other with many emotions that emanate from a base place, and we wonder what it is that brought us together in the first place. When any of these kinds of thoughts, ideas and emotions step forward, you know, dear ones, you are looking at this relationship from a more soulful and immortal place. You have to be willing to bring Spirit into your relationship.

Every relationship, no matter how brief, emanates from Spirit. So how in the world can you view a relationship without the willingness to confront the spiritual aspect? You cannot. This is why, dear ones, you feel the angst, the suffering, the pain, the hurt and the loss. It is because you refuse to offer what is deep, spiritual and immortal about your experience to this other. This goes for whether it is your child or your mother, your lover or your wife. If you cannot find the deep connection, then you will not find yourself moving in that relationship in a healthy way. Then, of course, willingness steps in again. Are you willing to put up with it? Are you willing to stay in it? Your ego creates many scenarios in order to convince you to stay in a relationship where love is not reigning. Whatever that scenario is, know, dear ones, that the place where “there” is is not a healthy one. That you can attest to. That you can be sure of.

YOU CAN GUIDE THE VOICE WITHIN

So why is it, when you know there is no love, no depth, there is not the spirit of congruency and exchange in the relationships with each other, what is it about you that says: “I still must remain. I have to be constant. I have to be true. I cannot leave this. I do not know how to leave this. It is scarier to leave it than to stay in it.” All of these things have crossed your minds. All of these issues have been a part of relationships for every one of you in this room. You can also put it on another. You can say clearly, “Well, I want to dissolve this arrangement, and I’m ready to move on, but it will hurt the other so much. How can I?” or “There are children involved. How is it that I can make a step in a direction away from this one when isn’t it the better, more long-suffering thing to do to keep it up, to trudge on, to swallow whatever it is that is unhappy in me for the good of my children?” Of course, dear ones, all of you feel that there are so many truths you’ve been taught as human beings. You reel—you literally reel—inside with confusion as to how is it that you can take the highest and best step? How is it that you can be in a loving place in this relationship? Then you have such beautiful thoughts, beautiful ideas, beautiful senses of who you are, and then you ditch them immediately when you are faced with something that scares you, something that says you will have to change this. Something that says you will have to bring Spirit in.

Of course you want to attend to what is highest and best for everyone, but you cannot. You cannot take consideration of what is highest and best for anyone in your life except for you. It is only you that knows what it is that will be the heart of you, the soul of you, making a deci-

sion. What you know is allowing an energy to come forward that is not selfishly driven by what your ego wants or what your mind has learned or what you’ve been taught by your culture. Any of those reasons are not enough, dear ones. It matters not how deeply affected you are by them, rather what has been brought into your life that has told you this is what’s important, such as: “These were my parents’ ways, this is the way they did it, so I must follow.” Whatever it is that you hear in the way of your mind and your ego that is promoting a rule or an experience or an emotion that others have taught you is not what we speak of. It is the voice within, the voice that lets you know: I am not being loving enough. I am not being loved enough. I am not able to come from a place to know that the fullness, the total nature of who I am, is reigning here. Whenever you ask yourself and cannot come up with the affirmative answer that you are feeling that love, that you are generating an energy that says, “Spirit is important in my life and I’m making sure everyone else knows it,” then, dear ones, the relationships you are in are not moving in the direction of health. They are not bringing forward what it is that you are looking for.

LOVE IS NOT SACRIFICIAL

Now, of course, you have many factors in your existence, in your choices and in how you estimate things as to whether something is working. When you asked, “Why do I stay in a relationship that doesn’t work?” what do you mean by “doesn’t work”? This you must ask yourselves as well. How is it that you can remain in a relationship that doesn’t work? We would reinterpret and say, “How is it that you can stay in a relationship that isn’t loving?” The definition of “working” is a matter that is up to each of you in your own decisions, and in terms of what you see in your cultures. We quibble not with that. But it is the love that truly matters. It is the recognition that the ultimate divine love is not sacrificial. This is old thinking and old patterning. If you are staying, in any way, in any relationship of any kind because you feel that you must sacrifice something in order to bring something to another, then you are not living from divinity. You are not being loving, and it is not a healthy relationship. For so long you’ve allowed standards to be used to measure whether a relationship is worth staying in based on what it is you’ve learned from ego. While it has been a glorious adventure, and one that you found great steps, leaps and expansion in, it is no longer the way you are choosing.

Many of you now know that to be the human being on this planet and in this moment in time requires something else. So you must be willing, dear ones, to give up that old pattern and old template that says, “Yes, sacrificing or being responsible to another, even when there is little or no love here, is worthy. I will do it.” When you hear that voice, when you sense this, when you recognize you have internalized this belief, you must use your power—the grand and glorious power of your immortal soul and your heart—and

say, “No, it is not a truth. It is not a reality. It is not divine. It is not loving to do so.” You must be brave enough, dear ones, even in the face of those around you who tell you otherwise. Even those around you who have insisted through their grand psychological learning, or their great intellectual capacity, that if you do A and then B happens, this is the reason for it. You must stop such an inane kind of response, such reactionary ways of looking at life based on what others have taught you, and finally grasp the power of your inner being.

The internal is where you feel the connection to each other. The internal is where you truly feel the relationships, and where you sense and know your connectedness to all that is here. It is through the relationships that you are willing to say, “I know you have a package I find difficult. I recognize that. But whatever way I can feel the most love toward you, I’m going to explore so I can keep that connection to you.” So often, dear ones, the most loving way for you to keep that connection to another human being is to leave them, is to stop being in physical contact with them, is to reduce your time with them. Yet so many of you are aghast at thinking this way. How is it that I could show regard and care and concern for another by saying, “I set you free. I no longer find myself in your presence, for I know that in being there I am only fulfilling a duty, an obligation, a sense of living up to somebody else’s standard, and I am not living from love. I am allowing the depletion, depression, anger and disappointment to be the energy that exists between us, but I will keep being with you because that’s what I’m supposed to do.” How is this showing regard for yourself?

ARE YOU WILLING?

The way you view relationships, your connectedness and your collectivity in this plane as human beings is the very essence of you being here. It is that interconnectedness. It is the way that the holy and grace-filled nature of your immortal beingness—your souls—are choosing to live. You cannot see yourselves as separate any longer from the idea of promoting spirit, promoting divinity, promoting love here in this dimension. You once knew this. You once recognized this. Now you are ready to take it to that level again. Now you are ready to say, “I must look at those in my life and I must realize where in my life I can begin to shine the light to be true to who I am inside. How can I work on bringing forward and accepting energy—an energy that is loving, that is attuned, that is feeling that everyone here is a divine light and spark? And I will do whatever I can to promote that in the way I look at the world.”

You are not perfect in the sense of your ego, dear ones. You will not find that this is an easy process that you can immediately turn over and find success. But you will realize that once you endeavor to see it this way—once you recognize these moments appearing to you in your day where you’re given the opportunity to see how willing you are to

change your tune, to look at another differently, to pull back or to push forward depending on what is the most loving way to be—and once you start exercising what you are aware of and what you are seeing and knowing and then begin to practice it in the relationships in your life, you will be amazed. You will be amazed at how quickly the tenor and tone of the relationship can change. You will know quickly which ones are not to be carried out in the old ways. You will evaluate: Which patterns do I have to change to get to a higher relationship, a higher vibration, a higher frequency? What moments do I need the help in? Who do I reach out to help me with this? Who has been through this and is looking for a higher way of life?

TIME IS NOT THE ISSUE

What happens in intimate relationships when one partner is astute and the other is not? Why does it seem that so many of these relationships are breaking up?

What you recognize in asking this question is the difference in consciousness and vibration among souls. You know this is one of the beauties and wonderments of coming into this plane: You are able to feel that difference, that diversity, and it is wondrous. It brings enrichment, expansion, growth, and a feeling of being in something so rewarding. Yet, dear ones, in the moment you experience this, you are also finding what it is you can live with. You have time to deal with here. What you have done is elevate time to such a place of importance that you actually think something is more valuable the longer it lasts. Well, how many of you have had a short-lived relationship that was immensely life transforming? How many of you can say quite conversely that relationships that have lasted a long time have often been less joy filled, less important, less profound, less effectual or less anything you would consider valuable? You know within your very hearts that there is nothing about the long-term that matters to what the soul is about. There is nothing about time and longevity that makes something more valuable in terms of a relationship.

So we come in the back door in answering your question here: Breaking up, or not lasting, does not mean a relationship has not been worthwhile, divine and profound. You come together as souls into the energy of the dance of relationship in this world so you know what it is to match up in a physical self, to live with the conditions of this dimension. Mission accomplished! The moment you get together: mission accomplished. You have recognized each other as souls in these bodies. You have said, “Let’s dance the dance of life. Let’s get about the business of making this relationship and then seeing where it goes.” That, in itself, is beautiful. That is powerful. That is the reason your soul comes to this earth: to reach out and experience another.

However, if you enter into this with a sense that if the relationship isn’t going to last forever, or if in some way you are not in synch with each other, then you immediately say, “It is not worth it. It is not good. It is not helping. It is

not valuable.” Of course it is valuable, though staying in the relationship may not be. What you have to realize, dear ones, is that you have added the value of time, and you have used it as a measuring source. So what we would say is that one who is astute—one who brings forward that level of consciousness and enters into a relationship with another, regardless of how long it lasts—has added every bit the value and the wonderment to that relationship as two astute souls together for fifty or seventy years. It matters only that you have recognized each other as more than just these physical beings with bodies, minds and egos. When you enter into a relationship experience and acknowledge that coming together was for a reason other than just the facts, then you have already felt the wonderment of the connection. Whether it lasts long or not is immaterial.

ADOPT A DIFFERENT VIEW OF YOUR RELATIONSHIPS

What about a tangential relationship? For example, how does a mother-in-law keep the relationship with her son when she has to deal with the daughter-in-law?

Of course you are asking this question because you know how important it is to keep lines of communication and energy open. You know that vibration and energy is important to the way that a relationship is carried out, so you have to also recognize that you only bring what you can to the relationship and to the situation. Choice and willingness, again, fall in the lap of everyone who is involved in this. Now, perhaps your son's wife is not as deeply committed to the same kind of flow and energy that you and your son are. Acknowledge and recognize this; make allowances for where the soul is on the journey. All of you are capable of this. You cannot use the excuse: I don't know if she's an astute soul, an old soul or a young soul, so how can I adjust my expectations accordingly? You know these things, dear ones. You can tell easily whether someone is apt to live up to a certain standard of emoting and relating to another or whether this person cannot.

Where the trouble comes in is with your willingness. So often one of these souls—the daughter-in-law, to continue with the example—does not relate using the same energetic consciousness as the mother and son, and you recognize that. You are just mad she doesn't. You just wish that she would. You sense that she is difficult, and so with that judgment you've decided to have certain feelings come up whenever you have to deal with her. Instead of going down that path, backtrack a bit to a place that says, “All right, I have already acknowledged with my wisdom and energy that she is not capable. She has demonstrated it over and over again. Now, I did not make the choice for him to marry her. He did. So I must ask myself clearly: With whom can I best communicate to keep the energy high and keep the vibration where it matters?” If the answer is with him but with little contact with her, then that is what you must do. However, you can do this politely. You don't have to reject her. In other words, you have to be flexible and let go of what you think you are justi-

fied in demanding of someone who might be a daughter-in-law. Simply amend the relationship in a way that will allow the love to flow between you and your son.

If you cannot stay loving when you are with her but you can when you are away, then you must be away more. If then you say, “But that is a penalty. I am not able to be with my son as much,” you must acknowledge in that moment that the higher, loving and more soulful thing to do is to be away. You cannot always see yourselves stuck in patterns. You must begin to recognize that your ability to deal with others is always higher, stronger and more astute than you give yourselves credit for. You simply must be willing to change the way you think a relationship should work. You must be willing to say clearly, “I am making no judgment of you, my dear son and daughter-in-law. I simply know myself so well that I am going to take whatever steps I can to stay in the highest, most joyful energy I possibly can with the two of you.” Who would argue with that? Every son in the world would say, “What a great mother I have.”

PROTECTION AND RESPONSIBILITY IN DIFFICULT RELATIONSHIPS

Could you please comment on when we should take responsibility for helping a family member so that other family members won't have to deal with the situation?

Once again we would remind you, dear ones, being a sacrificial lamb is not astute. It is not loving, and it does not bring forward energy of the deepest and most wondrous vibration. So you must ask yourself: For what purpose am I doing this? There is no need for you to protect anyone else. There is recognition, of course, that energy plays out in all sorts of ways, and circumstances will have their way. But, you must ask, “Am I taking this on so that in some way I keep an experience from happening for another?” If you look at it this way, you may find it is what you are doing. You are taking away others' experiences because you feel that somehow you should sacrifice yourself and be the one who keeps the idea, the person, the energy or the emotion away from everyone else. You know that if you are putting yourself through something that depletes you or takes you to a non-loving place, it is not an astute move. If you feel in some way you are doing a service for others, make sure the service is completely loving—where love is the prevailing experience. If it is not, then there is no value in what you are offering by that protection. You are simply putting yourself in a position driven by your mind and ego.

Instead, the more astute thing to do would be to relate to this soul one-on-one and ask what it is you can do, for that would be helpful. If you get nothing but trouble, issues, disappointment, anger and fear, then you must say clearly, “When you are ready for a higher relationship where love can be more pronounced, I'm happy to step in. But I cannot comply with you in this way, so I will withdraw.” The others whom you have been protecting must find their own

way to relate to this soul. Then miracles happen, for in such moments as this, when you refuse to be the one who protects—who stands guardian between this soul and others—you open the portals for energy to be exchanged. There is every likelihood that the energy will shift and change and someone will benefit from the experience. You simply must have more faith, dear ones, that if your need to protect comes from a place of ego and low emotion, it is not protection at all. It just proliferates that kind of vibration and energy, and it does not serve anyone.

RELEASING A RELATIONSHIP THAT IS OVER

What advice do you have for the circumstance of when a relationship has been over for quite some time and one person can't get over it? How does the person release it and move on with his or her life?

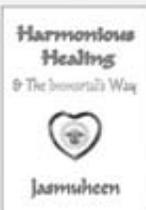
Of course you know just by asking the question, particularly that last part, you know that there is something about keeping that energy that is serving the soul that is holding on to it. They certainly are not feeling love and they are not feeling that sense of higher vibrational knowing that they are a part of something worthy, something that is so deserving of love. So they insist on staying in a place of holding on to something that they at least knew at one time brought them pleasure. Their refusal to let it go is an indicator of just how much they don't trust what can come. That is really the basic issue with one who holds on. There is a sense then that whatever it was they had with this other was more important and more safe than whatever it is that exists out there once they let it go. Anyone that is holding on to the residual energy of a relationship that is, for all intents and purposes, done is still holding on because it is safer to do so. It matters not whether it is more difficult, whether it is more energy draining, whether it is something that brings about trouble, strife and depression. Still they stay in it, for it gives them some feeling of security that at least they know this feeling, and what they don't know is out there.

So what you want with someone of this nature, and what you can do in terms of help, or as you say, "release," is to have the kind of conversation with them that asks them what they fear. Don't even go into what it is that the experience is about in terms of not letting go, how much love there that was there, how unfair it was that it had to end—whatever the reasons and the excuses are, you've heard them over and over again. It is not the conversation you want to have. You simply want to cut through it like a broken record and keep asking, "What do you fear out there? What is it about a relationship that could come for you that you don't want to experience?" You have no idea to what degree these questions can be like cold water in the face of another when you put it in such an insistent way.

When you refuse to buy into the drama and you do not let the recriminations and commiserations take you over, but instead you cut through it and ask them: What do you fear? Then you give them a sense that perhaps they are fear-

ing something, and they'll begin to devote some attention there. They'll begin to look at what it is that is before them, not what the old relationship was that they are hanging on to. So many make the mistake of focusing on what the old relationship was as you connect with someone in this predicament. Instead, shift the energy and the attention to what is it that is coming? What is it that is out there? What is it that is preventing them from moving forward because of what they don't know or fear?

This is, indeed, the way to open up the idea that relationships are there to bring joy, not to bring about a sense of loss. They are there to bring forward whatever it is that you feel challenged by to take the next step in your own growth and evolution in this plane. That goes for all relationships. That is what you are all seeking. Every relationship in all of your lives is an opportunity to take a step forward to a higher vibration and a greater sense of knowing the truth of your divinity. If there is any relationship in your life that is not contributing to that, you must reexamine it. You must look at it and say, "How can I get it there?" No matter what your answer is, take the step. Any step will do. One is enough and then another will come. Once you give over to the willingness and you allow that intention to drive your willingness, you will be amazed, friends, how you can let go of all of those issues, all of those relationships that no longer are bringing forth the feeling of love. You are all capable of this, and we are there with you and behind you all the way. ✨



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Celebrating Change by Living Every Moment

Edgar Cayce through Bente Hansen

8 May 2009, Pawling, New York

You are a very curious group of people—very curious. You see, while this one has been busy speaking, I have not been idly sitting by. I have actually been feeling the energies that resonate within this small room—small in size, but large in terms of energy.

The power that resonates within this room is of a very high frequency. This frequency extends beyond the walls of this room, and it extends beyond the perimeter of this town, and then outward. While this may seem to be a cozy room that provides a specific service to those who use it, it is actually more than that. This room's energy, with its high vibration—and the vibration exists here at all times—is a transmitter. Energy is continually transmitted outward from this room. Through that transmission of energy, many lives are affected. Visualize energy as it emanates outward from here: As it moves out, it is soft and gentle. Yet wherever it goes, it touches nature—the land, animals and, of course, people. This energy is extremely powerful. As it works its way outward, touching the hearts of humanity, it helps to create change.

A TIME FOR CHANGE

That brings me to the topic I wish to discuss tonight. Change. What a lovely word it is, but it does not sit comfortably with most people. Whenever there is mention of

KEY POINTS

- In these times of tumultuous change, choose to become more comfortable and joyful about the change in your life, seeing it as a positive thing that enables you to grow and expand.
- Your interests are changing to accommodate the new vibrations you are holding, so take every opportunity to listen to what your instincts are saying.
- Realize that you—and every other human being around you—have chosen the experience you are having. Embrace the experience as your opportunity for growth, focusing on the power of positive thinking and prayer.
- Do not wrap yourself up in concern about the future, but instead live every moment as it exists.

change, there tends to be an equal and opposite force of resistance. Sometimes the resistance is conscious, and at other times it is subtle but nevertheless powerful. Yet if you are to be realistic about life and the journey through life, you will realize that life is fraught with nothing but change. The whole sequence of the life cycle involves change. All life cycles, whether they are human, animal or plant, involve change. Yet of all the species that inhabit this planet, there is only one species that is resistant to change. That, of course, is humanity! Change is generally welcomed when it feels pleasant and positive. When it is unknown or unforeseen, however, resistance often sets in. Yet what is the point in resisting?

Right now, at this very particular juncture in time, you are undergoing a most magnificent shift. This shift has been heralded for eons. Many great prophets and seers have spoken of this change, not only alluding to, but also making specific reference to what is likely to occur during this magnificent shift. I ask you to look within yourself for a moment to get a sense of how you feel about change occurring in your life. Do you see it as a positive thing that enables you to grow and expand, or do you fear it, allowing change to come into your life only a little bit at a time—one tiny step after the other? If by the end of tonight's discourse you feel more comfortable with the concept of change and accepting change into your life, then I will have done my job.

Whether you like it or not, you are in the midst of tumultuous change—change on every level. When you focus your attention outside of yourself and look at society, you will see that there are many signs of change: There is a crumbling economy. There is a housing market that is no longer strong. There are ecosystems in dire straits and under great stress. Many animal species are now becoming extinct due to environmental changes. Globalization has become much more of a reality, and with that glo-



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balization, there is no excuse for having a lack of awareness about what is occurring elsewhere at any point in time. Globalization enables you to connect instantly with people anywhere in the world. You are no longer isolated from the rest of humanity. Whatever happens elsewhere you feel as well. Technology is making rapid gains and taking over the many little things you used to do manually. Some of the largest changes in the world have been caused by the technological transformations that have occurred in the past fifty years or so. There is no doubt about it; as you look around, you can see changes occurring not only daily but second by second. The greatest shift of all, however, will not necessarily be from changes that are occurring elsewhere and are evident to your eyes and ears, but from the changes that occur within you.

TURN AND FACE THE CHANGE

In order for this shift of the times to occur, changes must take place within you. Think for a moment about the changes you have made personally. How have you strived to become a better person? What studies have you undertaken to learn more about the nature of reality? How have you expanded your thinking and understanding of the nature of creation? How are you functioning now compared to six months or six years ago? Great inner changes are occurring.

These days, you can walk down the street and meet a total stranger and—upon greeting them or having their eyes catch yours—you might suddenly find that there is instant recognition. That recognition is soul recognition, understood by you and the stranger—who in fact is not a stranger—as the souls recognize one another. Such recognition would not have occurred fifty years ago. How many people in this group are now aware that they possess extra-sensory perception? Not only do you know that you possess these skills and abilities, you gladly welcome them and embrace the opportunities they afford you. These changes in how you function within yourself and within the wider world are part of the shift in consciousness.

Humanity, as a species, is shifting from one vibration that is low and dense to another vibration that is much higher. In the shifting from one to the other you will find many changes occurring within yourself. You will find changes in your thinking, in your emotions and in your actions. As an example, a few years ago you may have looked at another individual with feelings of jealousy, and you may have been critical of that individual. You may even have expressed that criticism to your friends. As you transcend from a lower to a higher vibration, there is no longer any room for criticism. You come to see the person you were criticizing as being one with you. You come to accept that individual and to embrace the concept of that individual.

LISTEN TO YOUR INNER VOICE

I encourage you, therefore, to not focus all your energies and attention on what is happening in the external reality.

Do not pay too much attention to what is being reported in the news. In fact, switch the television off. Stop reading the newspapers and instead find the joy in your life. Now is the time to focus on shifting your vibration. You will know immediately when something does not feel comfortable within. You may make a statement to somebody or about somebody and you will think, “Why did I say that? I didn’t feel good when I said it.” This is a sign that you are shifting in your vibration.

You may also find that the things you enjoy doing no longer feel as enjoyable. They no longer are as attractive. So when you analyze your responses and reasons for this, you will conclude, “Aha, that is no longer me. My interests are changing.” In actual fact, your interests are changing to accommodate the new vibrations you are holding. Do not resist what your inner voice is telling you. Take every opportunity to listen to what your instincts are saying, and to follow those instincts. You will find that those who have been your friends for years may no longer be such good friends. You will have less in common with them. Their interests will not necessarily dovetail any longer with yours. It is perfectly all right to let go of such friendships. As you shift into a higher vibration, your consciousness changes—steadily at first, then dramatically. Once this happens, you will meet and interact with like-minded souls.

Not every individual is choosing to make the change. Not every individual wants to shift, and as souls they have free will. At the soul level, every person who has incarnated at this time is here for a purpose. One of the purposes—the main purpose—is to be of support to the significant shift that is occurring. In other words, you wanted to come into this body so you could be here for the massive transformation. Don’t resist it. Be part of it. Celebrate it.

EMBRACE THE PAIN

There will be times when you will feel uncomfortable. There will be instances when you will have physical discomfort and pain. Your logical mind will say, “There is something the matter with me. I must go and see a doctor.” Your doctor will run a battery of tests and say, “There is nothing. The tests reveal nothing wrong.” This will be happening more as the human physical body undergoes a vibratory change.

Instead of going into resistance and panic when your body experiences physical discomfort and pain, accept it. I mean this fully and heartily. Accept the pain and discomfort. Embrace it, thanking your body for shifting from one vibration to another, for you know full well the discomfort or pain you experience will not last very long. Only in situations in which it continues for too long might you feel the need to seek expert advice. I assure you, however, that in most instances the pain or discomfort is temporary. When common sense is used, such as resting your body and thanking your body for changing its vibration, then the transition will take place more rapidly.

It is a funny thing, the way human beings don't like pain. I remember, when I was last in a body, how many souls sought my services for their many ailments, transcribing many readings that offered a vast array of suggestions designed to help the individual heal. Yet not all individuals healed their pain. For some, it was too much hard work. For others, the need to take proper care of their body and to even add such things as exercise and certain foods to their diet made them feel weary. Humans are definitely creatures of habit. Right now, while humanity is undergoing this transformative shift, so many of those habits are being eroded. They have to be left behind.

THE POWER OF THE POSITIVE

One thing that stood out for me during the times that I was doing the health readings and reading their transcriptions was the power of positive thinking, the power of prayer and the healing power of meditation. The power of positive thinking, as you well know, can make the difference between life and death. Positive thinking creates wellness, optimism and good health. When this is supported by prayer—in prayer you are sharing your innermost desires with God—you know you are not alone and that your faith will support you through any trials and tribulations. Meditation in particular is very powerful when it is used with the intention of healing the body, mind and spirit. I stress these three things: the power of positive thinking, prayer and meditation. Take them away with you, and when you begin to feel your physical body, emotional responses or your mental thoughts creating havoc in your life, remember these three things. They will stand you in good stead.

So how can you help? How can you help this great change that is already underway? First of all, become mindful of your thoughts. Are your thoughts positive and uplifting? Do you see the goodness in yourself and in others? Do you see the promise that you hold? Do you see the light that you hold? See that in yourself, and then you will be able to see it in others more clearly. What I am suggesting is that you take time to heal those wounded feelings you hold from past injuries, actively undertaking forgiveness. This may sound trite, but you will find it a powerful tool for your healing. Be mindful of others, showing them the respect you would wish to have bestowed upon you. The person sitting next to you is no different than you. Begin to see your similarities rather than your differences. In seeing the similarities, you come to appreciate the differences.

Take time out for yourself as well. Whether you use that time in meditation or reflection, in gardening, light exercise or listening to soft music, allow yourself time out on a daily basis to just *be*. Considering the energies that exist upon this planet at this point in time, time out is vitally important. During time out, you will find your sense of centeredness, balance and stability. By taking regular time out, you will have sufficient energy to deal with whatever else is occurring outside of your inner world.

ASPIRE TO HIGHER VIBRATIONS

Remember that you have chosen to be here at this momentous time in Earth's history. So when you feel inspired or feel a calling to something you normally would not do, listen to that calling, listen to that instinct. I began this discussion by talking about change: You are going to find many changes in your lives. The biggest change of all will be within you. From that, you will find yourself responding in new ways and also allowing yourself to undergo new experiences. This is a magical and transformative time.

Should you choose to focus on the negative news, the tragedies and disasters as they occur, you will find your vibration dipping. The high vibration you are aspiring to hold will slide backwards. You will not feel as light-hearted or optimistic. Believe me, it is very easy to become enmeshed in the dramas that are played out daily on the television screen. The antidote for this is to take time out. Spend time in nature. Breathe deeply of nature's beautiful and bountiful blessings. Feel Mother Earth. Feel yourself being centered and grounded, and see the beauty there. This will heal any discomfort or pain you may experience from temporarily choosing to go back to the lower vibrations.

As you work to change the vibration you hold, you will find that you feel uplifted and lighter. You will not be as affected by the disasters you perceive around you. When you do feel them, you will not want to stay there for too long, for they hold a denser vibration. As you feel more uplifted, you will encounter others who hold a similar vibration. This vibration will resonate, and you will come together. You will share energies in groups in much the same way as the energies from this room are being shared beyond here.

Remember that you are a valorous soul with a mission. Your mission is to help Earth and humanity through this change. It will take some time, and over the next year or three, you will see some things taking place in this world that you will wish would not happen. You will hear of things that will challenge your belief systems. You will find your reality questionable at times. I encourage you to hold the faith. In order for this magnificent transformation to occur, much of the old and dense vibration must be released. It cannot remain within humanity or upon the planet. It must be released. You will do this by changing yourself. I am open to questions. Thank you for your attentiveness.

UNDERSTANDING SUFFERING

I feel that I could use some help and guidance in understanding something you mentioned. If we are all parts of God and all creation and everything within us is part of the divine, then I am not sure about the part about letting go and turning away from negativity, sadness or unpleasantness in the world around us. Intellectually, I understand that we should go within, shifting to the higher vibration and focusing on nature, but there is a part of me that gets very confused. I can't ignore what is going on around me. I feel the sadness and pain of others. It almost seems selfish to ignore that or get away from it just for my own happiness when all this pain is going on around me. I get very confused sometimes with how to reconcile that.

You're very clear. Let me ask you this: If you choose to focus on the sadness and the pain you see, will you feel comfortable sharing that pain and sadness? Will you feel comfortable living with it?

I feel there should be something I should do.

There is nothing for you to do for others. Instead, do for yourself. As you change yourself, your vibration changes and you become a role model for others. They become affected by the vibrational shift that occurs within you. As that vibrational shift occurs within, you move into a position to extend true compassion and understanding. As I said earlier, not all souls choose this path. Some will choose to remain where they are. They have free will, just as you do. By being here, at this gathering, you are indicating to the universe, to yourself, that you are seeking to live life in a higher vibration. Do not deny that.

Let us look at those souls living in suffering and pain. They may be experiencing that suffering through a soul choice. You do not know what previous lifetime experiences they have encountered. You do not know if their souls have made this choice to be in a position of pain and suffering. The soul learns through experience, and the purpose of the soul is always to evolve. In experiencing pain and suffering in one lifetime, the soul comes to understand it. Upon parting from the physical body, the soul will take the memory and understanding of that experience with it, but the soul is not defined by its pain or the suffering. Once it departs the body, the soul is free to release as much of its experiences as it chooses and then to decide, "Yes, in my next lifetime, I am coming in as a wealthy individual and I will use my money to enrich the lives of others." The soul can only do that with full understanding if it has experienced pain, deprivation and suffering. Do you understand this? So there is nothing for you to do. Be who you are. Extend compassion and acceptance. All is as it is meant to be.

KNOW THE SILENCE

On this path it seems quite often that you take two steps forward and one step back, and it's sometimes very difficult to rise above the mire and keep going. I use prayer, meditation and positive thinking, but sometimes I can't even get myself to do that. Is this just to be expected? Is there anything else that can be done?

Your life is no different from mine in my last embodiment [laughter]. No different at all. That is the nature of being human and working with a conscious mind and ego. The ego sets high standards. The ego and conscious mind say, "This is how it is meant to be," and it raises the bar so high that you are bound to feel like a failure. What you are experiencing is a steady progression toward higher consciousness and awareness. That is the nature of the journey. There has not been a seeker in the history of humanity who has not undergone similar doubt, questioning and frustration. My solution, when I was last in a body, was to read the Bible—for that was where I found the answers. Then I would put

the Bible aside and return to my reality. Sometimes that was so overwhelming. It was overwhelming emotionally, mentally and even physically. Nothing changes. That is the nature of humanity.

When you find yourself in the position of feeling as if you are wading through treacle and getting nowhere fast, remind yourself that this is your ego speaking. Your soul knows perfectly where you are going and what you are doing. Your soul is your inner voice or intuition. Allow it more opportunity to be heard. Allow yourself more silence. Bring moments of silence into your life. The less chatter there is in your mind—the less outside noise there is distracting you—the more you will come to know the silence. Within that silence you will hear your soul speaking. You will know that everything is fine. Whenever your ego mind tells you that you are trying but are not succeeding, just tell it to be quiet [laughter], because it sets impossibly high standards, and that is not what this journey is about.

THE GREAT AWAKENING IS NOW

Is anything specific going to happen in 2012? Is the change going to be in our bodies or in our lives, or is there going to be doom like everyone says?

You have asked my favorite question! [Laughter]. There is a reason why I have come into this one's body. There is so much extravagant talk around 2012, and so what do you do? When I say "you," I mean everybody. You focus your energy on 2012. It is in the future. It hasn't happened yet! Whatever energy you put out now will create it. As a group consciousness, if you are all in great fear, worrying about dire changes and circumstances, what do you think your energies will create? Exactly what you fear!

This one has kindly allowed her body to house my energy in order for this very topic to be discussed, because it is what you do now, in terms of working within yourselves, that will create a time of greater peace. The shift is happening now. The year 2012 was prophesied about a long time ago, and much emphasis was placed on the Mayan Calendar as well as the prophecies of Nostradamus and other predictions around Armageddon. In reality, the energies are changing so dramatically upon this planet. There is a great awakening occurring now. By the time 2012 arrives, it will be but a blip on the calendar.

In the meantime, however, the changes will continue as I have just shared. The purging of the old must take place along with the earth changes that are still continuing. This planet is undergoing dramatic climate change. Some call it global warming and others say that it is global cooling. Scientists are not in agreement. However, the one thing they agree upon is that there is climate change. Yes, climate change is necessary in order to eventually have a worldwide climate that is more temperate, without the dramatic extremes that are currently being experienced.

In order for this to occur, in order for there to be a more temperate climate worldwide, there will be fluctuations and

extremes until such a time as there is a stabilization. With the higher frequencies that are occurring throughout the universe at this time, Earth is being affected, which is why there is an acceleration in the number of natural disasters. Yet all of this is necessary for the transformation. Do not fear the worst. Know that you have the power to create a reality that is supportive for great growth and expansion, not only in human consciousness, but also in the existence of the lives of all people in this world. Currently, many inequities exist. So much has to change in the financial structures, in education and in trade agreements in order for life on this planet to be peaceful and harmonious, with greater respect for the sacredness of life. The current situation in which dominion, warfare and conflict are dominant is changing and will change. There is no room for those energies in the higher frequencies.

As you make the changes within yourself, you will find a great ripple effect occurring. Those around you will be affected by the changes within you. They cannot remain the same as you change. They too will change. It will be gradual, but even as I speak, the momentum is increasing. Please, by all means, read about 2012, but be detached about it. Keep yourself informed, but do not get caught up in any hysteria. There is no need.

RESPECT THE SACRED BODY

As I'm getting older, I'm having a lot of physical arthritis problems. I have been trying to heal myself. Is there any advice you can give me?

Arthritis is the body's response to stimulants and triggers, generally through food, that the body does not tolerate. Look to your diet and find the foods that aggravate your condition, and then eliminate them immediately. I will not tell you what they are: This is for you to find out. In your situation in particular there are a number of foods causing this aggravation, and you will be required to make some drastic dietary changes. As much as you choose to work with the energies of healing, this is a lesson for you to take care of the physical body at the same time. The physical body is sacred. In addition to dietary changes, begin a program of increased stretching and gentle exercise. Keep your body flexible and strong. One of the things that happens in people's lives as they go on a spiritual journey is that there tends to be this sense of, "I must improve myself; I must know more about Spirit," and studying, reading and attending classes often come at the expense of taking care of the physical body.

I feel you have the intuition and ability to quickly discern which foods do not resonate well with your vibration. You may find yourself initially undergoing an elimination diet. Do this and see how your energy levels as well as how your moods change, for there is an element toward—I do not wish to call it depression—sadness and possible grief within. You will find that, as you monitor your food intake, there will be a shift for you. The exercise, if you choose to exercise in water, will be beneficial to you, but flexing and stretching exercises are critical.

I have the same issue, so would your answer be the same for me?

Very much so. I will also add that the human body tends to become toxic and overloaded. Look into doing some cleansing: Eat light foods. Take herbs or herbal supplements prepared for cleansing. As you cleanse your digestive system, you will find that the pain you experience in your joints will begin to decrease. A cleanse will start the process of making the changes.

CLEAR THE BLOCKAGES OF THE PAST

I have a question. Why is it that I always seem to sabotage myself when I begin a diet or exercise program? How can I change this?

This is quite a topic. Not even a whole evening discussing this could cover all the relevant aspects. Imagine, if you will, your soul: a single soul that chose to experience all that is possible within creation. During the course of many lifetimes, your soul has experienced many states. It has experienced the whole myriad of emotions, beliefs, conditioning and pain. Over many lifetimes, a vast repertoire or repository of memories has built up within you. So when your conscious mind says it is time to get fit and it is time to lose weight, you have your repository of all those memories saying, "I don't like doing that. It's too much like hard work. I remember the lifetime when I was really skinny, and there wasn't enough food to eat." Or the soul might say, "I liked it better when I was a king and all I had to do was relax and the food would be served to me. I didn't have to worry about anything else," All those programs or memories are at play at all times.

What can you do about it in this lifetime? You can consciously say, "I now command and clear all the blockages that are holding me back from my desires." You can also say, "Higher self or soul, clear the memories that are preventing me from _____," and fill in the blank with whatever it is that you desire to do. You will find that your physical body may experience some discomfort, but your soul is happy to release the memories. Given the fact that there is this vast repository of many memories, it is not possible to clear them all now. It is an on-going process. As you begin to peel away the memories, you will find that new memories will arise. They too need to be cleared. Over time, after you clear and clear, your body will eventually become lighter and more responsive to your conscious desires. Do not be despondent about this. Accept that it is a journey you have chosen to undertake in this lifetime.

YOU CHOOSE YOUR EXPERIENCES

Is it true that we come into each lifetime with specific lessons to learn? How do we know what they are? Is there such a thing as karma?

Lessons? That sounds like schooling! [Laughter.] Your soul knows full well why it is incarnating. Your soul, prior to its incarnation, sets out its own program or plans for the incarnation. It chooses to learn specific things. As I said earlier, a soul may choose to experience a lot of suf-

fering and pain in one lifetime. In another lifetime, it may choose to experience a great deal of grief, and grief may be the predominant experience during that particular lifetime. After a number of lifetimes such as this, the soul may suddenly say, "I need to have some fun. In my next lifetime, I am going to learn how to play." Yes, there are experiences the soul chooses to have. They are not lessons. Lessons imply an outlook of pass or fail. It does not work in this manner.

As for karma, it is the consequence of all that occurs. Let us explore this in an example: In past lives, there were many, many people who hated various indigenous peoples—whether here in this magnificent country or other countries—and did not shrink to invade or even commit genocide against them. Now many of those who were the invaders in any particular lifetime choose in another later lifetime to come in as an indigenous person in order to experience racial hatred and intolerance. That is karma. It is not the consequence of your actions or a punishment that is meted out. It is your soul choosing to experience what it is like to be the aggressor and then the victim, the abused and then the abuser, and so on. In doing this, the soul comes to understand what duality is about, allowing for compassion and growth.

BEYOND GOOD AND EVIL

Can you talk about the concept of good and evil? I've come to believe that there is no Satan and no truly evil force, but that what we see as evil comes to be because we have free will and people choose light or darkness. Then maybe it's the choice of going to a place of darkness and not allowing yourself to be in the light that causes people to do things that some of us may term as evil. I would love to hear some elaboration on these things.

First of all, all is energy. Let me make that clear. All that exists is energy. Energy holds vibration. It is what you choose to do with energy that creates specific outcomes. Part of the journey for individual souls is to experience duality—the good and the bad, the light and the dark, wealth and impoverishment. The judgment between what we tend to call good and evil comes into play not from the soul, but from the ego. The human mind has been conditioned to believe that certain acts are bad, wrong, despicable, evil or sinful. Many incidents that occur that could be viewed as being despicable, horrible or evil have a greater purpose. When there is predominance of that heavy energy in a society and despicable acts or incidents occur, then the outcome is intended to create a shift. The intention with this shift is an awakening of compassion, understanding and forgiveness. It is the ego mind that says, "This is bad" or "This is good." The souls, however, are playing their roles beautifully.

In order to keep the balance—as all is energy and all energy has consciousness and intelligence—a desire for balance in all things exists within all of creation. When there is too much of one thing and not of the other, there is an imbalance. In the last two thousand years or so there has

been imbalance in energies. The shift that is now occurring is meant to create that balance again between the masculine and feminine energies, between the dark and light. Leave the judgments of the ego out of it. Instead, when you encounter a situation—however vile it may appear—view that situation as an opportunity for you to practice forgiveness, compassion and kindness in thought. When you judge it, you create more of the same energy, the energy that is already heavy and dense.

SUPPORTIVE ENERGIES ABOUND

I have a question about the fourth birth of creation. Is this a time that great avatars of light, extraterrestrials and all kinds of balanced forces will be here on the planet?

I have not encountered that expression or name for it, but yes. You are not alone and never have been. What is occurring is that as humanity shifts its consciousness, it is more open and receptive to the energies from other dimensions. A great plan is now being enacted involving the transformation of Earth and humanity. Part of this great plan was the support that would be generated from other dimensions.

If you are a total skeptic, you will find your reality consists of incidents to reinforce that skepticism. If however you believe there are angels, ascended masters and other powerful lightbeings here to provide support on the journey, you will see instance after instance to validate this. In other words, what you think and believe is what you get! Now, more than ever, this will become strikingly obvious and there will be great chasms within society as differing groups adhere strongly to their belief systems. What I say, however, is that when your intention is harmlessness, positive and life affirming, you will create more of that. This is what free will is about. Yes, there is an increase of energies upon Earth to support the changes that are occurring now.



I feel that we are done! Thank you for your attentive-ness. This one, being the curious being that she is, likes to second-guess what each discourse is going to consist of, and I have managed, as always, to keep her from knowing in advance. I share this for good reason. There is no need to know in advance what is going to occur. There is more to be gained by appreciating life in each moment as it exists. That way, when good things happen—and here I use the word "good" advisedly—then you can be surprised and enjoy them. On the other hand, should not-so-good things occur, you will not have worried about them incessantly beforehand. You will not have created a lot of stress in your body, and when a not-so-good thing happens, you will say, "Oh, perhaps I had better deal with this." In other words, your reaction will be minimized, and that is what I wish to leave you with. Live every moment as it exists. Thank you. ✨