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The conference will be held at the beautiful and luxurious Esplendor Resort located on over 100 acres, 40 minutes outside of Tucson, AZ.

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- The historic documentation of these events on the new DVD which contains video footage, photographs, and audiotape recording of ET tones and contact
- The CSETI contact and meditation CDs that will teach you advanced techniques in meditation, remote viewing, and the CSETI CE-5 contact protocols
- The unveiling of the detailed briefing provided to the new Obama Administration and senior government officials in Washington, DC (provided at check-in ONLY)

Registration is limited. See: www.CSETI.org/contact

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.

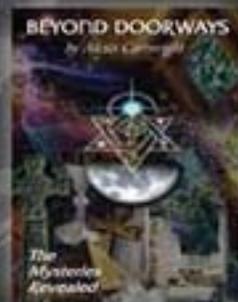
Alexis will be travelling to Mt Shasta for the Transference Healing® Training Conference, where the opportunity to undertake the full range of Transference Accredited workshops is on offer. The range of workshops includes the Fundamental, Advanced and Teachers training. By stepping into the Transference 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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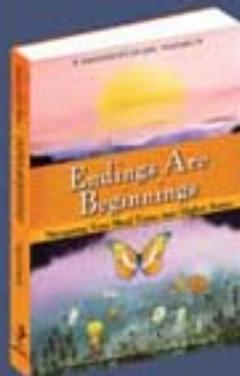


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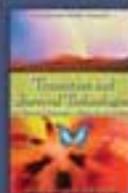
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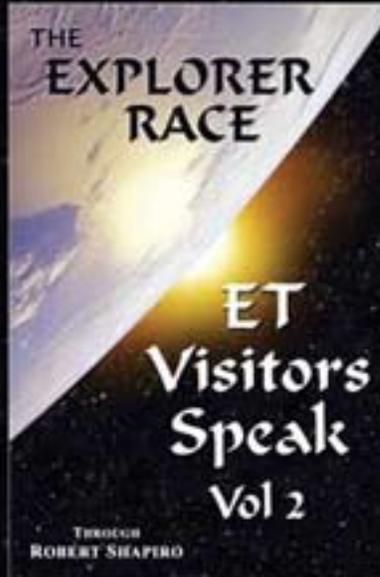
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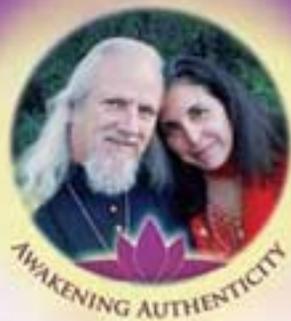


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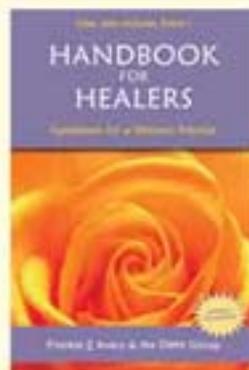
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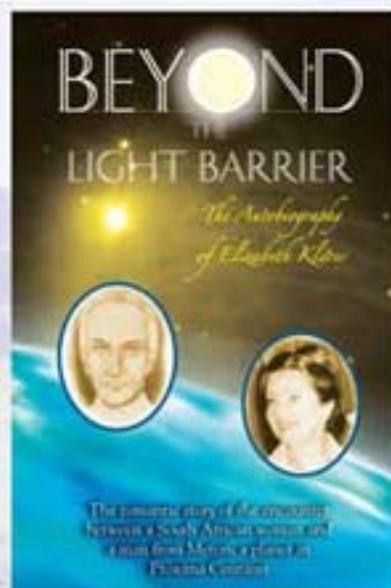
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VOL. 19, NO. 9, SEPTEMBER 2009
 ISSN 1040-8976 BIPAD 79389
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SEDONA JOURNAL OF EMERGENCE!
 Published by Light Technology Publishing
 PO Box 3870, Flagstaff, AZ 86003
 928-526-1345 • 800-450-0985
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Sedona Journal of Emergence! (ISSN 1040-8976) is published monthly for \$43 a year by Light Technology Publishing, 4030 E. Huntington Dr., Flagstaff, AZ 86004-9454. Periodicals postage paid at Flagstaff, AZ 86003. USPS No. 018821. POSTMASTER: Send address changes to *Sedona Journal of Emergence!*, PO Box 3540, Flagstaff, AZ 86003.

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Charles Frizzell resides in Colorado and has been creating art all of his life. He works in a wide range of subject matter, as well as being very versatile with style and media. His mystical, figurative images of Native Americans have been collected worldwide and have been published on books, magazines, CDs, calendars, greeting cards, puzzles, fine art prints, and more. Check the website for his virtual gallery.



Cover Art:

The Wizards' Vale

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I have always been fascinated with stories of wizards and dragons, faeries and gnomes, and of people of magic of all sorts. I read of the wandering wizards of Europe, and of course of the Merlin of Arthurian Legend, as well as Gandalf the Gray. However, all of these wizards would occasionally vanish for years at a time, so I figured that they must have a retreat of some sort for those periods of study and rest. This is my vision of a wizards retreat, located in a verdant and pleasant vale, with water, food and shelter. It would also be hidden behind a veil so that any pilgrims brave enough to wander through the woodlands could not detect it.

Becoming Quantum

Kryon through Lee Carroll

13 June 2009, Sedona, Arizona

Greetings, dear ones, I am Kryon of Magnetic Service. Twenty years ago I said those words to my partner. Do you know what he said to me? “You’re going to have to change your name. It’s not fluffy enough. It’s not angelic enough—and who ever heard of a magnetic angel?” That’s what he said twenty years ago.

Today, as you sit in this place, do you finally understand how the magnetics of the planet affect your lives? Does it not make sense that on the other side of the veil we know it as well? Does it not make sense that these things are synchronized, that the physical things, the fractal things and the consciousness things are all related to why you’re here? Perhaps you’re here to facilitate the spiritual component of the choice points?

Now, you’ve started to hear it scientifically [speaking of the research that Gregg Braden presented earlier in the day]. For some, it’s what you’ve been waiting for because magnetic master didn’t make any sense. Perhaps channeling didn’t make any sense, either. The man sitting in the chair, you say, was “pretending to have messages from beyond the veil.”

KRYON’S MESSAGES IN RETROSPECT

Let’s make this a review for a moment. If you wished, you could go find it in the first messages I gave in 1989. I told you this: There would come a time when the places where you grow crops would no longer grow crops. We also said the places that would never grow them would then grow them. I told you that a profundity was coming regarding a shift of weather. I told you that. Now you sit within it! I spoke of a consciousness shift and it’s here, and for those of you who wonder when it’s going to happen, I tell you that you missed it. It is all around you. It is what has happened since the late ’80s, and it’s what has happened this year. It is all around you. It is a choice point—a point where Human consciousness chooses to void the fractals of recurring energies on the planet.

KEY POINTS

- The Human brain was designed to think quantumly, but over time Human thinking has become linear. Becoming quantum requires releasing your linear timeline biases.
- Awareness is being satisfied with the Now, which is what you came here in a quantum state to do.
- Mining the akash and revisiting the inner child are steps toward quantumness; love is quantum energy.

We told you that global warming was cyclical, and that you did not cause it. Do you believe it now? That was channeled, you see, but now you have the science to show it also. We told you clearly in these past years that this warming will be short lived, leading to a cooling cycle. Now this fact is published in many places, and now there’s the science. Do you believe it now? There are those here whose intellect is starting to meld with the emotional. You’re starting to get the message. “Maybe it’s okay not to have a fluffy angel,” you now say. Maybe it’s okay to have truth come from one who loves you, from home. Perhaps it’s okay to even have a magnetic master talk to you?

Have you ever wondered why these messages were given this way [through channeling] and why so long ago? Another coincidence, perhaps? You start tracking back and ask, “When did all this begin? When did the scientist, Greg, begin his journey? When did my partner begin his journey? When did some of the epiphanies happen in your lives?” Some of the healers sitting in this audience have interesting start dates also. When did the teacher, Peggy Phoenix Dubro? You can track most of this back about twenty years ago, right when the shift began and right when the alignment started. Is this enough of a coincidence for you? When did Dr. Todd have the epiphanies of his invention on Earth? It was all within these years that we speak. Too much coincidence? Perhaps.

This is a summary of the messages for the last six months. Within that time, I’ve given you information about what is happening to you. Tonight I’m giving you information that is going to make a difference for the choice point. There are those who say there is no reason for Human Beings to do anything different at this juncture than they ever did before. There are Human Beings who say you are designed to fail. Each cycle—each civilization—will fail when certain occurrences and civilization attributes occur. They say that Human nature will never shift, will never change and that the cycles will repeat and repeat and repeat. Here I am saying this one is different. You’ve reached a point now where you will start to



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change and evolve quantumly. Less than one-half of one percent of this planet has to make these choices for a fully changed planet to occur.

MAGNETICS

What did you learn today about magnetics [again, from Gregg Braden's lecture]? How do you align that with the Kryon teaching? I gave you information about the process scientifically, through induction, of how the solar system takes the gravitational imprint of itself and literally sends it out within the heliosphere of the Sun—a quantum communication through the solar wind. Meeting and interfacing with your magnetic grid, the solar wind overlaps your Earth's magnetic grid, which in turn overlaps the field that is created by your DNA. Therefore, the same messages that the solar system gets, you do too.

Corresponding to this is the magnetic couch you sit in. Your DNA is magnetic, and that is a scientific fact that now finally has been seen. Now you have the little affecting the big, and the big affecting the little. You also heard that today, didn't you? When enough people think differently, and when enough people have a compassionate reaction, an emotion is put forward en masse that scientific instruments can measure. The very vibration of the planet is affected! Is it now starting to correlate that what you think and what you do are making a difference? And if you didn't believe it from the weird guy [speaking of Lee], maybe you'll believe it from the scientist? Maybe, just maybe, they're both giving truth? What about that?

BECOMING QUANTUM

Becoming quantum is the issue of the day. It is tough because it requires you to think differently. Dear Human Being, you have an evolution going on. It's an evolution—through the magnetics—that speaks to the DNA and provides the opportunity for thought to create consciousness shifts interdimensionally. It's the hardest thing we'll ever teach.

Three years ago, I told my partner he would be teaching the unteachable, and he sits in a chair today doing it. There are those who will get it, and there are those who won't. If you have studied about quantum states, you will be aware of certain attributes, and we're only going to talk about one of them today. Just one, but it will have a tendency to delinearize some of the attributes of your life. I'm going to show you what becoming quantum can do for you.

Human Beings are emotional, and that's good because emotions are quantum. They're uncontrollable, you know, in both directions: Uncontrollable hate, uncontrollable love—they don't conform to a pattern, do they? It takes the intellect to construct a box around the emotions, and you call that balance. So already you're beginning to see that the Human mind is a quantum attribute. Consciousness, by its very nature, is quantum. The Human brain was designed to think quantumly. It is only through logic and intellectual balance that biological synapses become linear. "Kryon, we don't understand what you're talking about," you might be thinking.

Take a look at the autistic Human Being. Here is a Human Being who has an attribute where something is seemingly missing. Perhaps you've been around certain kinds of those autistic consciousnesses? Then you know what it is that they lack—the construct of linearity. An autistic mind is one that does not understand linearity and is always trying to grasp order and symmetry. A person with autism is desperately trying to build a construct around his consciousness so he can make sense of the world. The truth is he is far more quantum than you are! Did you ever think of that? Therefore, the setup is there. Becoming quantum is already in your grasp. All you have to do is to figure out how to open and shut the various synapses in order to create the kind of Human Being that is the beginning of the evolved ones. Is the choice point going to be reached, and will business as usual be the result? Does a Human suddenly become enlightened, choose something and then retreat to an unenlightened state? The answer is no, and you know it. No, you change and stay changed. So that creates a new beginning, does it not? That is the wild card that occurs in this current cycle that has never occurred before. That is why Kryon came in 1989, and it's why I'm here. This shift is before you. You sit in the middle of it.

SLEEP: AN INTERDIMENSIONAL ATTRIBUTE

Here's another quantum aspect. I bring you these so you will understand how confusing quantumness can be, yet it's in your brain, so I know you can eventually understand it. When you retreat into that thing you call sleep, perhaps even what you call the alpha state—the middle portion of consciousness that is without construct—what happens? Have you ever had a dream where nothing made sense? Out of time and out of place, the Human Beings in your dream couldn't possibly know each other due to linear time. You may have been in different places at different times, which makes no sense in real life yet it all made sense in the moment, didn't it? I'll tell you why: When you go to that state, it is quantum! It is a quantum thing, alpha dreaming. The brain is in a state that is without the intellect's control—it becomes quantum and without structure. Therefore, it is outside of linearity, which is to say there is no time construct placed upon it. Everything happens at the same time, and it's just fine with you while you're there. When you're in the dream, you're not tearing out your hair in confusion, are you? You're just enjoying it. Quantumness is a natural state.

You might even say that the intellectual construct that goes around your consciousness is starting to change, perhaps allowing for more understanding of what I am teaching now. Some of you are thinking, "Kryon, I still don't understand." I know this, and I'm going to begin to simplify this into terms that you will understand. Look at the box you're in called time. How linear it is that you can only go in one direction! You can't turn left, and you can't turn right—only straight into the future. The clock only moves in one direction: forward. There's no such thing as

a clock that moves up and down or left and right, is there? It just goes forward. Oh, how linear. And that's the way you think. You take that linear bias and apply it to everything. All thought, all reasoning, all logic and all spirituality is done with your linear bias. You say, "We are linear, therefore God must be." However, God is not linear and neither, really, are you! Some of you will be stepping out of this soon, and you will understand more about what is going on in your life, dear ones. For now, however, much of this is double talk.

FRUSTRATION WITH TIME IS YOUR MOST POWERFUL BIAS

Let us start the teaching. These are summaries—perhaps things you may have heard before—to help you understand more. I sit in front of an astute group of individuals, many of whom call themselves lightworkers. You get to define that any way you want. It's an awareness, an awareness of things beyond linearity. It's a belief, truly, that you are a piece of God. More than likely, there are many of them in this room in front of me. In that awareness there is communication to the other side of the veil. So I will pinpoint one of the fallacies and frustrations of what happens when you do that journey to the other side of linearity.

Dear Human Being, how many of you have had messages that are life changing? Perhaps you go into a meditative state, or perhaps it's in that dream state I just suggested? But there it is, an idea, or perhaps even an instruction? Maybe you had a visualization? It might appear like this: Here's what you're to do. Here's the book you're going to write. Here is what your future is going to be like. Here is the healing modality you are going to teach. Here are instructions that you are going to meet someone. You're going to do something.

You are excited about it, are you not? Perhaps you come back from the visualization and you tell your friend, "It's so real! This is what I've got to do. This is what I'm going to begin. Isn't it exciting?" Then what do you do? You proceed to implement it. Oh, how linear of you! Is that the message you received? In a quantum state, did God tell you to come on back and do it now? The answer is no, but you think that because your clock goes in one direction, you come back onto the linear treadmill of time and you begin to implement what you're told. That's a big mistake, but you don't know it.

Let's show what happens next, linear one. Most of the time, whatever it is you were shown fails, and disappointment prevails: "I'm supposed to write this book, and I tried, and there it was, and nothing happened. There wasn't a publisher who wanted it, and nobody really liked it. I must have been wrong. I had these great ideas and I implemented them, but nothing happened," you say.

You see, dear one, I know who is here [and reading this], and I'm speaking to some of you right now and you know I am. Even if you've not told anybody; failure is like that. The Human brain doesn't want to come right out and say, "I don't know why I didn't have good communication to Spirit. I got the message, I came back, I tried it and nothing

happened." Oh, how linear of you! Then what did you do with it? This idea, this beauty, this thought, the actions you planned and the things you were shown were yours—what did you do with them once you tried and failed? You put them on the shelf and you shut the cupboard door. It's over. Perhaps some of your friends said, "You know, a few years ago I remember you tried something. Why don't you try that again?" What did you say to them at that point? "No," you said, "I tried it and it failed."

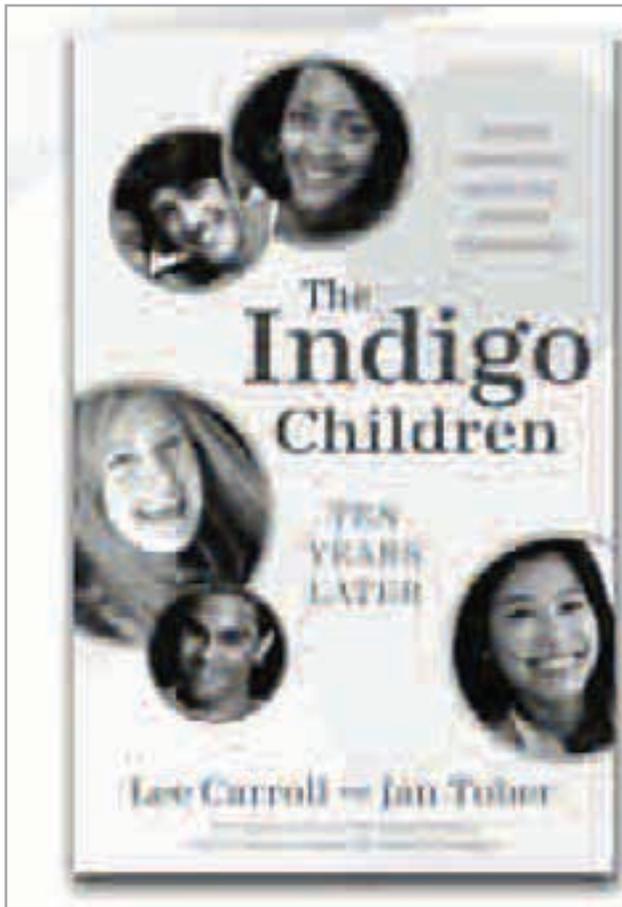
What? Oh, how linear! Do you understand where I'm going with this? God didn't tell you to do it now. In your bias of time, you decided when and where. Then—against all rational quantum thinking—once you tried it, you discarded it. You're not even going to pull it out and do it again, are you? Oh, how linear! What a single timeline bias you have. Here is what the quantum thinker does: He gets the message, comes back from the visualization and celebrates the message. He's holding a ticket in his hand that says there's a train coming. If he looks closely at the ticket, there's no time on it. It doesn't say when, does it? But he still has the ticket, and that's enough for a quantum mind.

He will celebrate the ticket and then sit back and create the attitude of waiting for synchronicity. This is to say, he will "hook" into the quantumness of who he is and look at the synchronicity that occurs so he can recognize when the train comes. Do you understand this? Blessed is the Human Being right now, sitting here and aware of what I am saying. There are things lurking in the cupboard that you locked up, and now they are ready. Now is the time! It's the decision point. Now is when you were always supposed to do it. It didn't work before because it wasn't supposed to work before. Synchronicity wasn't there, energy wasn't there, quantumness wasn't there and now it is.

So what does this mean to you? Become quantum with me a moment. What do you think it means? What kind of decision would you like to revisit? That's the invitation. It's about time, isn't it? You think in a linear fashion; therefore, you were biased in a linear fashion, and it interrupted the flow of your spiritual context for communication to God. It's normal, and you're not even aware of it. Do you know what it creates? It creates frustration and sometimes anger. Sometimes you'll even turn your back on Spirit and say, "This didn't work. I guess I should move on," or "This didn't work. I'm not loved as much as I thought I was." That is the linear bias of a Human, and it does not represent truth.

WAITING FOR DIRECTION

Let me give you another one. I've got a room full of lightworkers in front of me and many of them have been lightworkers for a long time, but many are still waiting to find out what they're supposed to do. Is this you? Hmm? You know I'm right. Is this hitting close to home? Unlike the previous section, you are not concerned about a task, but rather you're waiting and waiting to find out who you are and what you are here for. This is much different because it has nothing to do with what you were told in a



The Indigo Children TEN YEARS LATER

Lee Carroll and Jan Tober

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

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

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

Join Lee Carroll and Jan Tober, original authors of "The Indigo Children," for a profound and frank discussion of the Indigo Children ten years later. After all this time, what do some in higher education say about it? What do industry leaders say about it? The answer: Finally, many professionals are noticing and starting to speak up. Humanity is evolving; it's happening within our kids, and you should know what these educators and business leaders are saying. Join the leaders of education and industry brought forward in this book for a peek into the real issues, and perhaps the future of humanity.

\$14.95 USA
ISBN: 978-1-4019-2317-4

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vision, but what you feel at the akashic level. What are you here for? When will you know?

You've got this spark of awareness, and you know about the divine. You know about what's in your DNA. You're starting to discover it all, and you feel there's something more. You don't know what it is, but you say, "Someday it will be there." "Someday I'll know what I'm here for," you say. It's a rusty, linear track you're on, since you have been saying this and feeling this for a very long time. It always yells the same linear thing back to you: "You're not there yet. Time is not on your side," it says to you. Sometimes it says, "It passed you, and you didn't see it!" Then you begin to worry and become sad.

I wish to give you the truth, and I want you to open your hearts because I'm sitting in front of those who need to hear this accurately, emotionally and truthfully. I don't want you to raise your hands, but invisibly—metaphysically—I want you to turn on a light right now above your head if this is you. Reader, this includes you. Right now. I'm looking at those lights right now and I'm going to give you your syllabus. I'm going to give you the plan of what you're here for. I'm going to tell you why you feel the way you do, and I'm going to give you instructions that will enable you to leave here knowing who you are and why you came. Some may not like it, and some of you may love it. It depends on your linear bias. I hope this light that you're turning on above your head coordinates with the light that is shining from my partner right now, because this is the truth.

Listen, lightworker, all your life you've been expecting what is next. You are waiting to find out where you are going, and what you are supposed to do. Let me tell you this: Blessed is the Human Being who is aware, for the awareness of consciousness itself is what you're doing for the planet. That is the task at hand. Stay aware. Keep the light going. Walk from place to place, in families and in work. Keep the awareness. That is the decision point because the awareness changes the grid.

It's not what you're going to do, it's what you're thinking about every day. In a quantum way, there is no clock. Can you sustain this energy until the day you die? If you can, every single one of you holding that light right now will know it's why you're here. Don't look ahead to something else; you're currently doing what you came for in a quantum state. Every single one of you who is aware is doing it. This is it. You're here to be aware. If you are aware of the divine inside, then you fulfilled the task perfectly. Perfectly! Walk from this place satisfied in what you're doing for the planet. Stay aware. Don't give up. Become quantum [satisfied in the now].

If everything—including your spiritual work—is put on a timeline, you're going to fail because the things the clock will bring you are not the things the heart will bring you. The heart [compassion] is quantum. Learn to live without the future. This breaks the linear mindset that says accomplishment is the measure of success. In linear time it is; but in a quantum consciousness it is a measure of your peace and your joy at just being. Is this you?

THE GIFT OF ACTIVATING THE AKASH

For two years we have opened the door to quantum cellular shift, and we started giving you information that is simply unbelievable: In your DNA is the akashic record. All of the lifetimes you have lived on this planet are there. The higher self has been the same soul energy in every lifetime. Therefore, you've got a friend who participated in every one of them. Up to this point, all of this past life information has been stacked like the ice core [the linear, pipe-shaped ice core that contains history as measured by scientists at the poles]. You've got to look along the linear marks and see who you were, perhaps what the energies were and what happened. All of you assumed it was untouchable and in the past, just like looking at an old newspaper.

This is not quantum thought. The quantum mind looks at all that is happening now. Therefore, what we have told you over and over is that what is happening now is available to you now. How would you like to go into that seemingly untouchable history and pick up the help you came here for? I'm going to talk to three people who are here in the room: Stop trying to heal yourselves! Your biological self—this lifetime— isn't going to respond. It's not going to be healed, but the one last time—if you bring it forward—was pure. Go get it! Why don't you get that one and put it on top [for your linear thinking]. What about that? That's what a quantum individual does.

Now, if you can do that, then what exactly did you do? Did you heal yourself, or did you mine the akash? Do you see why it is the disease will never come back? It's because, at a quantum level, you never had it. If you can pull on your past life energy, you will find DNA that is pure and never had the problem you have now. How? Let me ask you this: Do you love anyone on the planet? If the answer is yes, then I ask you: How? You see, some things must be done on a nonlinear level, apart from the lists that Humans like to give you. Lists are fine for basic learning, but they are not applicable to this advanced quantum energy that you are learning to absorb and become.

Do you see what I'm saying? What is it you wish you could do? What are your blocks? What are the things that you think are you that can't be changed? In the akash, there is also you, many of them. Why don't you go there and replace the current you with the former you? That is mining the akash, and that is a quantum Human Being. It goes way beyond what you were told past life energies were for. You were told they were for karmic exchange. It's the old idea that past life experience builds up in your DNA, you become disturbed by it—it is like the sand in your oyster—and then you have to accomplish something to get around it. It is very old information, and now you can go way beyond that.

What if the whole reason for the akash is just the opposite? What if it is a gold mine with your name on it? You lived all those lives. Think about that. It's life experience; it's wisdom, shaman. Now go mine it. That's what the quantum Human Being does. It creates mastery. Think about that.

THE INNER CHILD REVISITED

Now here's something that someone on this stage is really going to enjoy [speaking of Jan Tober], for I'm now going to give you the secret of the inner child. It's a quantum issue and always has been! Why is the inner child so important? You've heard this for years, yet many run from it. "I don't want to be a kid," you say. "I grew up, and don't need to get in touch with that. I'll pass on that one." Perhaps it's different than you think?

Let me tell you what is so quantum about it. Now listen to me and open your heart for a moment. It's about time, isn't it? None of you are children anymore, but all of you used to be. So why don't you do something with me for a moment: Suspend the clock and pretend that everything you ever had on this planet, in this lifetime, is in front of you now. Like bins that you can pick from, they're there. They're not in the past, but rather they're in a quantum state, ready for you to see them as happening now.

Reflect: I want you to go and look at some of those bins—when you were eight, when you were seven, when you were six, when you were five. Look! You had no worries. How many of you, when you were eight years old, were worrying about paying the mortgage? What about the budget for food, or whether you could have a car and even make it work or not? The answer: None of you! Your biggest worries were how long you could stay out and play. Think about it. This is the child's mind: pure, uncomplicated and out of the scope of worry.

Now, I want you to sustain these thoughts for a moment. I want you to pretend that you can pick up that persona for a moment, that child who is you. It's got your name on it and you lived it. Pick it up out of the bin and place it upon yourself. No worries. No drama. No tomorrow, not really. The child doesn't think about tomorrow unless tomorrow is Christmas, and then there is the feeling of joy and excitement. How long has it been since you have felt this, Human Being?

Why do I speak of this? Because the love of God invites you into this very attribute. You only have one model, and it was as a child. So bring it back as the model of how we love you and provide for the love and peace you need to move into this new energy! This is the quantum Human Being who can go back and apply these attributes to their lives. You can tell who they are, because they walk around and they shine. They're not in denial. They're quantum.

There were a number of masters who walked this planet who were well known to you in many religions. I want to tell you what they all had in common: They were quantum! When you looked at their faces, did you see how they shine? Can you go there with me? Can you be with your favorite master just for a moment? Can you stand next to him or her for a moment? And if you can, what's the energy there? It's peace, is it not? Are they worried about their mortgage? Are they worried about paying the bills? What kind of drama do they have in their lives? They might have plenty, but you never see it!

For whatever reason they don't know it, and you're attracted to that peace, aren't you? You just want to stand next to them. You might even say to yourself, "Oh, if I could just be like that. I would love that." Well, you can, dear one, and it's called capturing the essence of the inner child. It isn't innocence; it's not ignorance; it is total, complete quantum wisdom. It is the ability to take those things that in linearity you would worry about and suspend them in a place where they don't affect you. What happens to a consciousness that's not affected by fear? I'll tell you. It soars! Did you expect that? Inner child work is quantum work. All of these things we have been teaching in these last months are asking the Human Being to become quantum.

THE INCREDIBLE POWER OF LOVE

Nothing compares to the last one. Nothing. This is the third time I'm going to bring it to you, for many here have not heard this. Listen carefully: There are those even in spiritual work who have declared that emotionalism is wrong. They say that if you get emotional, you're not rational. If you weep, you shouldn't be here. They say it is the intellectual mind that is going to figure out everything. That's where your logic is, and that's your reasoning. Therefore, you want to get to a place where you can throw away all emotions and just figure it out with your God-given logical mind.

Listen, dear ones, this is totally linear thinking. There isn't a Human in the room who is going to figure out a quantum state with their intellect, because that's not the state that they were born in, and that's not the state they live in. Instead, it's a balance of intellect and the heart. Emotions are passed through the veil, and it's for a very big reason.

I'm going to tell you where the real power is, the reason for compassion and the incredible power of love. I'm going to give you the most quantum energy on the planet and I hope you understand it. It's the third time I've done this, and I want you to listen really carefully.

There is a power beyond all powers, and it comes right out of the emotional state. Are you surprised? I'm going to paint the picture yet again as I've done it before. Oh, there are mothers in this room. Many. Mom, go back with me to a time I shared with you, will you? Go back to when your first born was there, minutes old. Go back with me when the first-born infant took its first breath and life began. It represented part of your DNA, part of your lineage, part of your akash—a seed event, if you will. Now, I'm going to ask you something: Did you hear the angels singing? They stood around the bed, you know. What did you feel the first time that you looked the infant in the eye? What did you feel when you looked eyes with that child and life began? Did you hear the angels singing? Did your heart melt? Did it just pour out to the universe at that moment? Did you notice that the technicians in the room were weeping too? What causes that?

Perhaps you think that that particular power came out of your mind and your heart? Well, it didn't! Way beyond anything a Human Being alone could even possibly generate, this amazing energy poured into that room

because there was sacred joy. For a moment in time you opened an interdimensional portal where life began and everyone wept in the joy of it. The child looked at you and you looked at it. Things would never be the same. Do you remember, Mom? Do you remember that day? Do you remember the moment? That's an energy that is way beyond what your heart is able to do by itself. You had help and anything you felt was amplified by the God energy within you.

THE TEMPORARY INSANITY OF LOVE

I'm talking about the glue that holds consciousness together, which is emotional. I'm talking about the love of God. This has been the message from the first day I gave information. It took my partner four years to open his heart to the point where he would weep in front of anyone with this power. It is beyond anything that he could generate by himself. This room is filled with an entourage whose power will generate far more than any Human heart alone can do. It's a quantum energy—timeless, not a future event—filled with a feeling that every loving thing that ever was is pouring into you. It's nature, your own life energy, and the wisdom of the ages. Mom, do you remember?

Humans fall in love. They get a little nuts. Some of you have done that, haven't you? Some of you remember sighing a lot and staring into each other's eyes. Psychologists say there is a little bit of temporary insanity going on [Laughter]. You remember it, don't you? Perhaps some of you still have it. Tell me about it, dear Human. Did you generate that by yourself? Was it the other person, do you think, or do you think there was something else going on? Do you think you were part of something that you were alone with? Lovers will tell you that there are angels in the room when the Humans come together, when the sparks are there, and there's far more than they could create by themselves. Some of them even hear the singing! Is that just a lover's dream? No, for they are correct. It's part of the Human experience where two come together, and somehow they generate an energy that is far greater than the sum of the parts. And that's because God is there.

The angels are smiling. That's the way it works. It's quantum. There's raw power here. "Why are you telling us this, Kryon?" you ask. I'm going to tell you the reason: It's because there are those of you who are ready to fall in love with the first born of a seed consciousness, which is the choice point. It's falling in love with yourself, the God within, nature or just the entire creative process. It's creating an energy on this planet like the birth of a child. It is greater than the sum of the parts because you are quantum enough to do it. Is this confusing to you or is it natural? It's part of the learning curve that this might be confusing.

Are you aware you don't have to join anything? You don't. Accept others around you who love the Earth. Are you aware that all of you can participate to whatever

degree you wish? Opening the heart creates energy above and beyond what you could ever do alone, yet it seems like it's an individual decision. This is an invitation for quantumness. Call it whatever you want. You want to call it God, you want to call it Spirit, you want to call it your own divinity. It doesn't matter. But you'll feel it. Many of you already have, and you just didn't even know what it was. Love is that way. It's pure. It has no agenda. It does not puff itself up. It is unconditional. That's God in you. That's the message.



So this is the work before you. Rise from the chairs and leave differently than you came with a little more insight

as to how Spirit works with you. Perhaps you may have a little more comfortable feeling about who you are, and where you're going. Perhaps there's been a release tonight for some of you who felt they had failed or hadn't accomplished the things they came for. I'm telling you, you have! You have. Do you love God? Then you've accomplished it. Do you love yourself? Then you've accomplished it. Are you peaceful? Can you eliminate the drama over the things that you can't control? If you're one of those, then you've accomplished it. That's why you came. And so it is that we say to you in this time that we know each of you by name. What are you going to do with this information? Is it simply information, or is it the truth? You decide. And so it is. *

A Soldier's Story Part 3

Mother Earth (Gaia) through Pepper Lewis

Once again I am grateful to be able to share the questions, thoughts and ideas that a young American soldier shared with Gaia during his recent channeling session. This was his third session, and readers of prior articles may recognize the progress he continues to make as he strives to develop and arrange his life within the structure of the military life he has chosen. As with previous articles, questions of a deeply personal nature have been omitted, though you would hardly notice it. He continues to prefer anonymity and I am happy to offer it in exchange for the insights we are privileged to share.

GUIDANCE FROM "UP THERE"

I am back home now, and as far as I can tell, I will not have to deploy again. I have less than a year of service left, and it is likely that I can complete my commitment near where I live. Although we are well trained, there were times when I was not sure that I would make it back, and a few moments when I did not care. My question is: Did my guides and angels help me through those moments, or was I on my own? Does anyone "up there" care about what we think or feel about our life?

You are always on your own, but you are never on your own and alone. Your life, thoughts and decisions are unique

KEY POINTS

- At every interval and stage of interconnectedness, there is a greater awareness and a lesser awareness—one that relates to the individual and another that relates to the whole.
- Most lives are designed to be reassembled at least seven different times and in at least seven different ways.
- The mind is a fertile place, but will satisfy itself with poor substitutes when faced with lack.

and distinct from all others. There is no one quite like you, which makes you both special and important. You are also a part of something much larger, and that something is part of something larger still. At every interval and stage of interconnectedness, there is a greater awareness and a lesser awareness—one that relates to the individual and another that relates to the whole. Your purpose in life is to serve both and to become whole in the process. Although it would seem that you cannot serve both masters at once, your task is to see that they are not separate but, in fact, are one. Those who assist and guide you endeavor to expand your awareness at all times: in peaceful and sublime moments and in dire circumstances alike. You do not receive more attention from Spirit when your thoughts are low or your feelings turn negative. Spirit sees these experiences as a valid and important part of the process and would not deny or suppress your potential in this regard.

That being said, guidance is always only a breath away. It is down here, in there and "up there," if that is where you prefer it. Guidance, whether angelic or otherwise, is a natural force that reminds you that you have a choice in the matter. It restores your natural self so that you become aware of being the cause rather than the effect. Guidance offers support and direction but not advice or supervision; it will not control or regulate your thoughts and decisions. It is counsel for

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the self from the Self. Guidance is present in almost every moment but is sometimes difficult for humanity to perceive, because it is overly accustomed to being influenced by authority.

While there is a higher authority to Spirit, it is not the kind that influences or manipulates. Spirit does not have the power to sway your thoughts, but it can restore them to a centered place within you. As your relationship with yourself deepens, so does your relationship with your guides and other companions in spirit. Enough can never be said about the special advantages of a relationship with Spirit, as the results are no less than miraculous.

Humanity is beloved and consecrated to Spirit, thus help is always present. What you experienced could best be called a “moment of clarity” in which all possible choices and their resulting conclusions were explored during the time span of one complete cycle of breath—the equivalent of an entire life. With a little assistance, you were able to see a few of your potential futures and make the necessary adjustments within yourself that would make some of them possible. Figuratively speaking, if you had not seen your future with your own eyes, it is likely that you would have relaxed your hold on your life and on your weapon, changing things considerably.

OUR PERCEPTIONS OF SECURITY

Speaking of weapons, it has been harder than I thought it would be to be away from mine. For the longest time that is where my sense of security came from. I don't care if people say it is a false sense of security, it feels pretty real to me. Do you have any suggestions on how to overcome this?

If you believe that a weapon provides you with security, then that is where your belief resides for the time being, and there is no use arguing with a belief. Weapons are beautiful and powerful things, and humanity has a long and varied history with them. Your employment is still with the military, which is a strong supporter of weapons-based security. Since employment is also a form of security, it is reasonable for you to associate the two as important factors that uphold your present belief structure. You may want to explore other thoughts, things and people that contribute to your security. You will find that performing activities such as preparing and eating food is supportive of this, as is watching the sunrise or moon rise. Offering or providing a service to those who cannot do for themselves is yet another way to explore the same subject, because it underscores your continued ability to do for yourself.

You will find it much easier to explore other ways to be and feel secure while you are already in that state. In other words, feel free to do this while you are near your own weapon or others. Do not force yourself to think or be as others are, as you will find your own way through this. As long as you remain in the military, you will have reason enough to be near and around weapons. This will provide security to the part of you that needs it. Even-

tually you will find that you are quite secure, with or without a weapon nearby. Even so, you may choose to have one or more in your possession. The laws regarding these are relaxed and in your favor for the time being, particularly where you live. Be willing to admit your fears and insecurities to yourself and to those who are close to you and will not judge you. Give your beliefs permission to be temporary and to be replaced by other open-ended beliefs.

FUTURE MILITARY EMPLOYMENT OPTIONS

Other than odd jobs, the military is all I have known. I don't have any college experience, and the thought of going back to school doesn't appeal to me. There isn't a family business for me to go into, so I'm not sure what to do next. I can re-enlist, but if I do, I would like it to be my choice and not because I didn't have a choice to make. I would like to do something different, but I don't have a clue what that could be. Can you help?

First, pause for a moment and embrace the idea that everything you have done in your life has been purposeful and engaging, even the things that seem unimportant, unscholarly and unrelated. An education is something that you access and increase every day. A degree from an institution of higher learning is something altogether different. The experiences you have gained while on the job in life will continue to expand your life by degrees of a more diverse nature than those you would earn at a university. Both are useful and add tone and scope to a life.

Physical lives are constructed of materials (ideas) that can be assembled and disassembled. They are not as fragile as they appear to be, although they can sometimes feel as if they are. Most lives are designed to be reassembled at least seven different times and in at least seven different ways. That is not to say that a life should accommodate seven different marriages or careers, though it could. A life is a fairly creative thing, but it may not seem like it right out of the box, especially if you are looking for the owner's manual or comparing it to your neighbor's. Sometimes lives must be taken apart or fall apart before they can be put together in more creative and enlivening patterns. If you could visit yourself before this life began, or even in your infancy, you would remember that this is one of the things you had hoped to remember.

The choices and possibilities before you today seem less than attractive, but that will soon change. Change may or may not come of its own accord. Sometimes you must draw it near to you, or take yourself to where you think the next step may be. You must trust your instinct in this regard in the same way that you trust it in other areas of life. Thoughts sometimes arrive as incomplete ideas that must be put together in the right order. Life experience is a little like that too, which is why you sometimes “put the cart before the horse.” I can tell you that there is good reason for you having been in the military and that it will continue to serve you well, though not in ways that you imagine now.

MILITARY INVOLVEMENT WITH CIVIL PROJECTS

As you already know, the military has several different branches, each one with its own decorated strengths and characteristics. You chose the one that suited you best at the time. In the near future, there will be other sub-branches associated with each of the current branches. These less-structured organizations will be civil in nature, and will focus upon engineering, infrastructure and humanitarian aid projects. The voting public is beginning to turn its back upon military interests abroad in order to focus on economic woes at home, which will influence those who enact laws to do the same. The military will impress its own cause upon lawmakers, for it would not wish to lose the funds that have sustained and enlarged its presence in the world. Some funds will be temporarily diverted to civil engineering projects that will benefit urban areas, at least for a time. It is difficult to project the outcome of these decisions and projects, as they will have a far-reaching effect in more ways than one.

The National Guard, for instance, will be enlarged and will evolve in different ways. Those who join the National Guard will be promised civil jobs, re-training and vocational support. At least one other branch of the military will develop a similar program, and funds will be allocated in this new direction. The benefits of the new civilian leagues will be obvious, at least in the beginning, as the jobless will return to public work. Cities and states that are already in dire straits will welcome the federal aid associated with these endeavors, even when student aid for higher learning is cut. Later on the population may question the blend of military versus civil projects and federal versus state regulations where these projects are concerned, but that is a subject for another day.

You will find that the military training you received in dismantling unwanted networks and components can be adapted and developed to serve projects where rebuilding is a priority. For the moment, let your sense of purpose include service, supervision and management. There is no immediate need to choose another occupation or to think that your present skills are less than desirable. The world is changing very quickly now, and as one of its citizens, you are also changing. Let the guidelines and tips you receive from Spirit continue to inspire you.

TRUST IN THE SEEN AND THE UNSEEN

Some day I would like to get married and have children. When the time comes, will I be able to protect them given the condition the world is in?

Just as today, you will live in the world you create and believe in. All worlds are constructed of thoughts and ideas. Some of these are temporary, while others seem more permanent. Today, humanity's thoughts are on struggle, survival, work, repayment of debt and security in a world that seems increasingly unsafe. Thoughts that become dense rearrange themselves and reappear as concerns and then as worries. With each subsequent return,

they become more personally present and real. Bound by reality, a worry is given permission to exist—to be. And by association, that which is equal to all other things that also are. In other words, your worries become equal to you, and in some cases, even greater than you because you turn your power over to them.

It is entirely likely that the children you will share your life with will have a very different background than your own. Their cellular memories at birth will be those of a different world, making this one even more foreign. The only way to protect an open mind is with another one and an open heart with one similar. Doors are meant to be opened, and thresholds are meant to be crossed. You will find it difficult to shield them from their own curiosity. They will be yours to look after, to shield from harm and to give shelter.

You will ever after be their safeguard, and you may defend their integrity in such ways as befit a loving father. The rest will be up to them. At times you will bite your lip and your tongue, and even when your heart aches, I will caution you to uphold the independence of a creative and youthful thought. Let each one extract the sweet nectar of life for themselves; let them choose it over bitterness by learning the difference between the two. The world will look after them just as it has looked after you and continues to do so even now. Trust in the density of that which can be seen and in the lightness of that which remains unseen.

FAMILY RELATIONSHIPS EVOLVE

I was very close with those who were in my unit. They understood the meaning of a look, the movement of a hand and even the twitch of a wrist. There were days when we spoke little or not at all, but it did not matter. We trusted each other because our lives depended upon it. We were not dishonest with each other, and our trust developed and deepened over time. They were my brothers, and I miss them very much. My own brothers have asked me how I could stand the sound of weapons firing, but I wonder how they can stand the sound of a busy day—with cell phones that ring, chatter that goes nowhere, looks I don't understand and words that gossip about people we don't know and should not care about. How can I explain this to them?

You live on the same planet and in the same community as many of your family members, but you may not share the same worldview as they do. You are not alone in this, and most family members tend to disagree in one or more areas of life. Most everyone changes and evolves over time, especially as the circumstances of life shape the road one is on. The journey you have taken has taken you to other lands and other cultures. Your extended brotherhood is a unique one, and it will continue to strengthen you as long as you nurture the very differences that inspired each of you to support each other in the ways that you did. By contrast, your natural family members are bound by similarities rather than differences. By their own unwritten laws, they have sworn to uphold the things and people that are easily recognizable in their

world and to exclude or judge the things and people that are not. Before you went away, you were one of them without realizing that there was such a thing. Your travels have broadened your horizons as well as your point of view about life.

At our initial conversation you expressed concerns about the changes you were already undergoing; you feared a point of no return. Truth be told, you had already crossed that threshold and were well on your way to the next. We did not say so in so many words then, because there was no need to. Your family is not dishonest with you, and for the most part, they are a dedicated lot. Their world is smaller than yours, and it is likely that it may shrink a bit more. Your world is a larger one, and it is likely that it will continue to expand.

The “noise” that you hear when you are around them, and others of similar vibration, is just that; it is the hum of speech that has been reproduced too many times. Thoughts that repeat and echo but announce little fall flat, because there is no resonance to sustain them. They remain alive only as long as someone holds them aloft, and this is accomplished primarily by repeating them. Silence, on the other hand, articulates a condition that is associated with quality, depth and peace—even on the battleground of life and death.

There is little to say or do when those of a different mind communicate in the ways that they do. Gossip is a language of its own. It is a way for some to discuss matters that are very personal without engaging them directly in life. Humanity learns indirectly from the misfortunes and adversities of others, and gossip is one of the ways in which it develops the stories and mythologies it lives with. Those who allow themselves to be elevated onto pedestals also agree to being deposed when the time is ripe. They will only fall as far as the height of the ivory tower on which they stand. Those who enjoy the fodder of gossip are stimulated by it, and so it can be seen to serve a purpose. It is a food of sorts—silage for the winter of the mind when nutrition of another kind is not plentiful. The mind is a fertile place, but will satisfy itself with poor substitutes when faced with lack.

With regard to those who are conditioned and predisposed, be mindful in their presence, attentive to their words and watchful of your own—even the ones that go unspoken. Remain peaceful in argumentative arenas where the crowd continues to cheer for the defeat of the already fallen. Be kind when failure or ruin threatens others, even if they are deserving of it. Do not contribute to the collapse of a mind or a heart when it can be helped. Pursue the higher ideals whenever possible, and prepare for a different outcome rather than the one already rehearsed. ✨

Tools for Transformation: “What If?”

Sarrinn with the Sisters of Light through Daniele DeVoe

Greetings, dear lightworkers! We hope you all know how deeply loved and respected you are. Lightworkers throughout the omniverse know of your courageous and persistent efforts to heal your world and teach enlightenment by your example. I am Sarrinn, and today I bring you some thoughts from a group of very compassionate masters who asked to be called the “Sisters of Light.” As they introduced themselves to the channel, they spoke of how they listen to the thoughts of humanity in this volatile and chaotic moment, and as they do,

KEY POINTS

- To manifest positive change—both in your day-to-day life and in the world as a whole—you must lovingly and persistently use the tools that you, as lightworkers, have already learned.
- Focus on creating the future you want: Don’t get stuck in the same old habits and patterns of thought.
- By simply deciding to love yourself and your life, your love will permeate the world.

their compassion is kindled and their hearts seek opportunities to help. Today they observed the channel preparing to flow her next offering for Sedona Journal and they asked for our assistance in sharing their message. What joy to align with their pure and unconditional love, and what an honor to verbalize their message to you all.

We of the Sisters of Light ask you to look forward with your hearts and your minds and begin to live in the new energies that are open to you now. We assure you that there are no dire warnings of new obstacles accompanying our message. There is only our desire to encourage the application

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of the training you have already worked so consistently and so courageously to attain. Accordingly, we suggest that you ask yourselves the following questions and—should your responses and your hearts guide you to do so—activate your answers in your life: “What if I decided to love what I am doing right now?” How many times each day do you have thoughts that weaken you, such as: “I don’t want to do this” or “I hate this job” or “I’m too tired, too busy, too stressed . . .” Do you remember the way you felt when you first fell in love? In that glorious flow of potential, you found that you could be exhausted, stressed, angry and bored—and within the blink of an eye, all that would vanish in response to the sound of the voice of the one you loved. Imagine the potency of learning to love yourself and your life so well that such love would begin to permeate everything.

USE YOUR TOOLS

Most humans have habits or conditions that they do not consider to be good or healthy. They judge themselves constantly for every slight misdeed. The easiest example is your average smoker. Most smokers reach for a cigarette while thinking something like, “This is going to kill me someday.” Many of those same smokers understand that energy follows thought. And yet they persist in this thought flow—amazing! What if that same smoker reached for the cigarette and thought, “I love my body” with every repetition of the habit? What if that smoker began to love the oxygen that shares space in his lungs with the smoke? What if that same human began to cherish each moment of his day, even the stressful ones? What if that same smoker began to treasure and respect his health, their freedom, their future?

What if you dealt with how you are feeling using the tools you’ve learned so far? Lightworkers have studied, learned and remembered more tools for transformation and ascension than will ever be needed. And yet so many of you dream of miracles and magic that will transform your lives into joy-filled existence. You try the tools you have learned a few times, enjoy their lovely energy and then stop using them just as their essence begins to flow! For example, have you learned Reiki and enjoyed its exquisite energy but stopped using it for your day-to-day issues? If so, you probably have trouble understanding how your health would be today if you had applied Reiki to your food at every meal since the day of your first attunement, or how your relationships would be today if you had practiced the tools you so enthusiastically accepted. You have the tools to feel well during your ascension. You also have the wisdom to understand the ascension process as you live it. If your energy shifts and you feel out of sorts, apply some love, some compassion and some small amount of time to the process of adjusting elegantly and you will discover that enlightenment and ascension are natural, flowing and elegant processes. You must simply choose

the tools you favor most and work lovingly and persistently with them.

Are you aware that your souls come to this reality to play? As your personality works its way through life, your soul is having a delightful learning and growth experience and savoring every new morsel. You see, your soul doesn’t judge anything. Your soul is completely neutral and unaware of “good” or “bad.” Your soul loves growth, and loves being one of the avenues for Source’s growth. What if you imagined you could see someone else’s soul? Souls are not evil and they never will be. If you have difficulty with someone whose personality conflicts with yours, imagine that you see their soul, and that your own soul and heart communicate directly to their soul. If you do this even while you interact appropriately with the personality or ego of the other, much good will be accomplished. As you practice this, it is important to resist judging your results and to imagine that the results will emerge as the outer ego allows.

POSITIVE, CREATIVE AND COMPASSIONATE THINKING

Are you one of the many who refuse to watch the evening news because of its depressing negativity? Are you aware that you can tune in to the souls of all who are involved with the nightly presentations? Are you aware that those souls would joyfully accept any healing or light sent their way? Can you imagine the effect this level of service can offer your reality? What if you remembered that your thoughts create this world day by day, moment by moment? If you truly, truly get this and remember and apply it, you will find yourself deeply dedicated to positive, creative and compassionate thinking. Gaia is now an omnidimensional being. We use the term “omnidimensional” because once the fifth dimension has been achieved and Oneness has been attained, dimensional tags become much less fitting. And your dear Gaia has certainly moved into the Oneness. The problem that is creating the chaos and these old energies in your world today does not come from her failure or from the slow evolution of the shift. It comes because most of humanity is still thinking in just the same way it did before this shift. You are in a fifth-dimensional reality where you are manifesting your lives instantaneously, but you are still thinking the same thoughts and allowing yourself the same habits that you did in your third- and fourth-dimensional realities.

You have long been taught that one of the most vitally important efforts you can make is to command your thoughts—to think positive, life-giving thoughts—while empowering those thoughts with love and compassion. Some of you have done this work, but most have not. So think of this: If you manifest your thoughts instantaneously in the omniverse and you are thinking third- and fourth-dimensional thoughts while imbuing those thoughts with fear-based emotions, what would your reality look like? Conversely, if you think thoughts of light, unconditional love and compassion, and these thoughts manifest instantaneously, what could your world become? Get it?

DECIDE TO DESIGN YOUR FUTURE

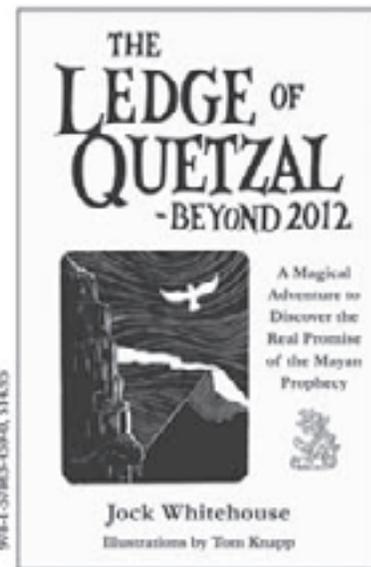
What if you remembered that history will repeat itself unless you make new choices? If you continue to do what you have always done, you will create the same results. Variations do occur that tend to obscure this truth, but the variants are from interactions with others that cause new dynamics to come into play—however, even these are “variations on a theme.” Wouldn’t you rather create the change you are craving as the result of your own conscious choice and action? We suggest that you think of what you truly wish to do with your days. With that in mind, try some new choices that will help your dream manifest. An example would be the wish so many people have to spend more time at or retire to the beach. You would be astounded at the number of people who have a vision of retiring and lying on a beach, experiencing perfect peace. Unfortunately, the vision is as far as most of you go toward creating that opportunity.

If you would simply begin now to enjoy a daily meditation in which you go to the beach and lie under a tropical sun, feeling the warmth of the sand as you drift gently into sleep, you would not only reduce your stresses today, but you would also begin to align with that potential future. You could even begin to do some research and pick which beach appeals to you the most—maybe even go there on vacations and develop a relationship with the area to help this eventual manifestation along. The universe responds to your strong and focused intention and works with you to make your most dynamic dreams happen. Whatever your dream, we suggest that you do something each day that you have never done before that will help to move you toward the creation of that life in this dimension. Or you could continue to do what you have always done and let the dream stay where it is.

What if you decided to design your future rather than fear your old age? If you are alive in this moment, you have a future. How long that future will be depends on what you decide about it. If you are imprisoned in a job you no longer desire, you can decide to change your attitude about the job or find another. If you feel trapped by a relationship, you have the right to end it or to decide to work to improve it. If you are bored with your life, you can add something new to make your days more interesting.

As you contemplate your future, what would days filled with interesting, creative and compelling experiences be to you? If you have never considered this, or if you are overflowing with reasons why this process wouldn’t work, you will create a future without the fulfillment available to each and every soul. We encourage you to not only design a vision of what you would like your future to involve but also to tweak that design often. Why should you tweak it? Your original plan might well be your favorite, yet if you don’t work with it, your vision can dry like untouched clay on a potter’s wheel. Your future deserves

In the spirit of
Castaneda and Coelho...



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as much of your heart’s attention as does any other part of your life. We admit that it would be inappropriate to focus only on your future, but we reject the idea that it should be ignored.



What if you loved yourself—just for today? Self-judgment is one of the most difficult problems rampant in your world today. You love your children no matter what they manage to create. The Divine loves all children of creation just as completely. You are one of the children of the Divine and you deserve love as much as anyone else on Earth today and through eternity. If you truly loved yourself, would you live one more moment in your present circumstances? Would you work to change or improve your life? Would you share that love with the people in your life? A few more “what ifs” to ponder: What if I saw myself through the eyes and the heart of my own sacred soul and simply loved everything I saw? What if I loved my personality—my ego, the original, individuating gift given to me by Source—rather than treating it like a sad, negative, unwanted mistake? What if I allowed myself to remember the truth of who I am? What if the pain I have experienced in the physical is simply the birthing pain of my Soul preparing for what’s next? And what if who I am today is enough? Who I will be tomorrow is okay? And who I was yesterday is completely accepted and loved? Think on these questions, dear lightworkers. Namasté! *

~ Channel Schedule ~

Experience the radiated love energy of the spiritual being through live channelings!

Channel	Title	Date	Place	For more info:	Books
 Lee Carroll	Kryon Seminar	September 12-13, 2009	Budapest, Hungary	www.kryon.com	 Lifting the Veil ISBN: 987-1-888053-19-7 Price: \$14.98
	Kryon Seminar	September 19-20, 2009	Geneva, Switzerland		
	The Kryon Discovery Series	October 24-25, 2009	Bogota, Columbia		
 Norma Gentile	Healing Concert, Workshop & Private Sessions	October 8-13, 2009	Atlanta, Georgia	www.healingchants.com	 Songs of Spirit CD Price: \$16.99
		November 6-11, 2009	Tucson, Arizona		
		December 4-8, 2009	Portland, Oregon		
 Ronna Herman	Quest for Mastery with Tyberonn & Randy Monk	October 10-12, 2009	Lake Tahoe, Nevada	www.ronnastar.com	 Let There Be Light www.ronnastar.com Price: \$22.00
 Kathlyn Kingdon	VIII Annual Peace Convocation	September 25-27, 2009	Carbondale, Colorado	www.vajraflame.org	 The Matter of Mind ISBN: 978-1-891824-630 Price: \$16.95
	Local Workshops	Monthly	Denver, Colorado		
 Drunvalo Melchizedek	Living in the Heart/ EarthSky Workshop	October 12-16, 2009	Sedona, Arizona	www.drunvalo.net	 Ancient Secret of the Flower of Life Vol. II ISBN 10: 1-891824-21-X Price: \$25.00
 Tom T. Moore	The Gentle Way Workshop	September 5, 2009	Andover, Massachusetts	TheGentleWayBook.com	 The Gentle Way ISBN: 978-1891824609 Price: \$14.95
	The Gentle Way Workshop	October 3, 2009	Reading, UK		
 Steve Rother	Countdown to Ascension	September 7-12, 2009	Big Bear Lake, California	www.lightworker.com	 So I'm God, Now What? www.lightworker.com \$17.95
	Virtual Light Broadcast	September 26, 2009	www.lightworker.com		
	Overlight 1: Spiritual Psychology	October 25-30, 2009	Las Vegas, Nevada		



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Correction - The August 2009 *Sedona Journal* article titled: *Living Prayers for Transformation and Mutation* (pg3). Stated: "Various Beings through Robert Shapiro." It should say: "The material was taken from Robert Shapiro's blog written by Robert Shapiro."

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More on the Journey to the Shift

Master Kirael through Kahu Fred Sterling

The shift is upon you, and I have so much that needs to be covered. So today I will try something new and talk about several different topics: love and your DNA, the great Masters who walked your Earth plane, aspects, your galactic origins, star gates and anything else you are interested in. Here are some things you should know.

LOVE AND YOUR DNA

Love is the primary focus of any shift. The love of which I speak is not outside of you. It has always been a part of you. You must tap into your inner light to get in touch with your love. Your DNA holds and is encoded with love. The power of that love is undying and reaches out farther than any other energy. You are just now focusing on the love power of your DNA. Yet that love has always been there for you, waiting to be discovered.

If you separate your DNA from your body, no matter where you put it—in a vial, in a room, in another city, country or world—it will respond in the same manner and moment as you do. So, if you feel anger, it will feel anger in the same moment. Yet that anger is not truly part of your DNA. It is what you put into your DNA. Love is the true beingness and the most powerful energy of your DNA and you can feel that love anywhere, anytime. In other words, you cannot separate your love from yourself.

As the love energy takes prominence on this plane of consciousness, old patterns will falter, as evidenced by the instability of your financial structures and relationships that

KEY POINTS

- You have three aspects whose purpose is to help you shift into the fifth dimension. You cannot communicate with your other aspects in person, but you can do it telepathically or in a state of sleep or meditation.
- You are of galactic origin and have come to Earth to experience the third dimension, yin and yang energy, and the great shift in consciousness. To return to your planet of origin or visit other planets, you must travel by star gate.
- Love is in your DNA, and the most important part of your Earth journey is to be in love.

are “cracking and crumbling,” so to speak. Through all the so-called turmoil, you must keep your love aligned to your journey. Love is equated with truth, so keep your truth up front. If you know anyone who’s not in truth, be kind to him or her, because that person is digging a hole he or she won’t be able to get out of. Remember, your journey is all about love, all about truth.

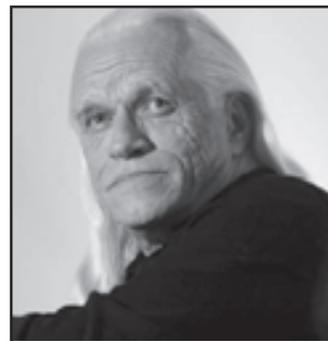
MASTERS, ASPECTS AND GALACTIC ORIGINS, OH MY!

Masters Imhotep, Buddha and Jesus knew about the power of love. They knew it was in their DNA. These three masters knew that everything they accomplished was based on love. Buddha was the senior energy of the three. Imhotep was second to Buddha, and Master Jesus was the freshman of the three. Masters Buddha and Jesus were teachers. Master Buddha came to bring the mind into this journey. He reached heightened states of consciousness and created his reality by training his mind to be quiet. Master Jesus came here to teach healing and to bring love into this journey. He focused his energy on performing healings more so than teaching people how to heal. However, he taught people how to love by example. Imhotep was one of the most powerful energies on this planet. He came into this plane of consciousness fully grown, without the benefit of a childhood or parents, to teach the world math, science and doctoring.

No one of these masters is better than the other. They had journeys to do and they did them in their own time and in their own way. Aspects of your higher self, of which you are one, may be focused onto this plane of consciousness in another space in time, or on another plane of consciousness altogether, or both. Aspects experience a life wherever they are focused. The other aspects of your higher self play an important part in your journey, especially during a shift, because they will facilitate your eventual movement into the fifth dimension.

You are of galactic origin. You come from civilizations outside of Earth. Most of you are relatively new journeyers to Earth, having been traveling here for not more

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DNA, DISEASE AND YOUR JOURNEY

Will we be able to manipulate any part of our DNA for the shift?

Your DNA is changing as we speak. Your genes are a part of your DNA that you can manipulate. Your genes are in a segment of your DNA that expresses hereditary character. You believe that heredity is written in stone, yet you can manipulate your genes. That is, you can either turn them on or off. Over here you classify behaviors and physical states, so you have weight problems, knee problems, attention deficit problems, and so on and so forth. Yet, in truth, problems don't exist unless you decide they do. No matter what you want, you can have it right now. All you have to do is turn on the right gene and turn it off again later on. Most of you don't even know that you can turn your genes on and off, your problems will be a thing of the past. I could tell you more, but to go into this topic in any depth would use up all of the time we have and then some.

My body has a debilitating disease that has progressed yet has not taken me out of this plane yet. What is my purpose, and why am I here?

In this dimension, people feel sorry for themselves over things that are, from my vantage point, nothing more than part of the journey. You are not one of those people who feel sorry for themselves. You have a debilitating disease, yet you are here and you are doing your journey. That is the beauty in your situation. Your journey is to show others the beauty not only of your journey but of theirs.

Will I carry this disease into the fourth light with me?

When you get out of the third dimension, after the three days of darkness, you will say, "Oh, my God, I've made it through the shift!" and you will jump for joy, because you will no longer have that disease. When you jump, it will take you a while to come back down to this Earth plane. You will float down, because your body will be lighter. You will lose your debilitation and you will eventually learn to fly. At first, you will tuck your chin down, bend your head forward and jump twenty or thirty feet. Eventually, you will go farther and farther.

Your body will be healed and you will do a different journey altogether. That's not possible for you to understand right now, because your mitochondria, the cells within your cells, are geared to do the third-dimensional journey. The mitochondria will expand in the fourth light, and you will be able to fly and do all sorts of miraculous things.

What significance does Earth have for a shift and what makes this shift different from other shifts? Also, will everyone sleep through the three days of darkness you spoke about previously?

For the shifting process, Earth's significance lies in the fact that it is one of the evolutionary planets that energies visit to age their souls. The yin/yang experience is designed

than 50,000–60,000 years. That's a very short time for this little planet. You have come to Earth to experience the yin/yang energy and, in this lifetime, to be part of the great shift in consciousness. Most of you will remain on the Earth plane for the entire shift experience, but some of you may want to return to your home planet or move on to some other planet.

If you want to return to the planet of your galactic origins, you must use a star gate. Star gates are not portals. They resemble portals, but star gates have a different function. Unlike with portals, you must leave the Earth's atmosphere to find a star gate. Entering a star gate will enable you to travel not only to your home planet but to other planets in the cosmos as well.

I've provided you with a brief statement on each of the subjects up for discussion today. Now let your questions lead the evening.

THE JOURNEY IS ALL ABOUT LOVE

Last night while I was falling asleep, I heard someone talking to me. Why is this happening to me?

You hear someone talking to you because you are in love. Your journey is about love. I'm not trying to sell you on love. You know love is good for you. If you're in love, you will invite conversations from your guides, angels, aspects, galactic energies, and so forth. You will recognize whether or not these voices are of a high vibration, because a high vibration will always speak in love. If the voices speak in a negative vein, more than likely it's your ego. Negative speech is not truth. Sometimes a negative voice can tell you something great, yet the information is not beneficial to your journey. Even the pitfalls in your life are designed to teach you something. Lesson plans abound in your journey. So be aware of your journey so that you can discern what's in your highest light.

It will be different in the fourth light, where your awareness will be heightened. In the fourth light, when you get the feeling that you know everything, that's when you do know everything.

When Masters Jesus, Imhotep and Buddha walked the Earth plane, were they in their full mastery or were they still required to do some of the yin/yang journey?

Each of these masters was a full-blown medium who brought a percentage of his mastery skills into this journey. Master Jesus was a medium when he came out of the River Jordan after his baptism. He got his Christ consciousness and became the medium for Christ incarnate. He was 100 percent in his mastery. Imhotep, on the other hand, brought about 50 percent of his mastery into his journey. He didn't need more than that. Can you imagine what he could have done had he brought 100 percent of his mastery with him? Buddha brought about 25 percent of his mastery into this journey. Buddha had less to contend with and could accomplish his journey with only a quarter of his mastery skills.

to age your soul. On an evolutionary planet like this one, you are veiled, so that you do not remember your true self. You must work to get beyond your veils in order to remember your true self. You also get to experience shifts in consciousness, where you enter into a new light, a new dimension. You have chosen this particular period to incarnate on Earth, because it's the first time that any shift has occurred while people are still aboard the planet. You will be able to watch the shift unfold this time, and you will play an active role in the process. About a third of you will be here for this great shift in consciousness.

As to your question about the three days of darkness, that will happen when the Earth enters the photon belt and the light is so compacted that your environment will appear to be dark. Most of you will sleep through that experience. Yet some of you will be awake for it, because you will have to guard the portals and star gates during that time. Some people will go through the portals to the fourth light, while others will not want to remain on the Earth plane. Those people will either go home to the Creator, or if they want to experience another planet, they will have to find star gates to get them there.

COMMUNICATING WITH YOUR ASPECTS

How many aspects do we have on this dimension and can we meet them?

You have three aspects of your higher self on this plane of consciousness: you and two others. Your higher self's other two aspects exist in the same time frame that you do, but they are either in another country or another world or realm altogether. You cannot meet your higher self's other aspects in present time. The energy would be so intense that it would create an atomic explosion. You can communicate telepathically with your aspects, if you have that capability. You can also reach your aspects in meditation or sleep state.

You came to this planet to experience the third dimension. That's why you have only three aspects. When you leave the third dimension, two of your aspects will leave and download all their acquired knowledge into you. Then, as you enter into the fourth dimension, you will get into a new level of consciousness, and you will bring three more aspects of your higher self into the journey. In other words, four aspects will prevail, you and three others, one aspect for each of your bodies—mental, emotional, spiritual and physical—and you will actually see each other. Hopefully, most of you will be spiritual aspects of your higher self. As a spiritual aspect, you will vibrate the color gold. Some will be physical, emotional or mental aspects. Physical aspects will vibrate the color black, while emotional aspects will vibrate the color white and mental aspects will vibrate the color red.

What is the higher self doing while these aspects are doing a journey?

Your higher self is on another journey in another space and time. It knows what you're doing, but it doesn't want to participate. Your higher self wouldn't be bothered with your current journey, because it did its own journey mil-

lions of years ago. You must figure your journey out yourself. Your reality is focused in one space and time by your higher self, which sent itself here in your human form to complete some lesson plans.

In contrast, the other aspects of your higher self may intervene in your journey. For instance, if you got into a fight with your husband or wife in the last twenty-four hours, that fight was probably sent into this journey by one or the other of your aspects.

Can we communicate with our different aspects simultaneously?

Yes, but if you don't listen to your aspects and your aspects are not listening to each other, you will get confusing messages. You must work at listening to your aspects. Let's say you have a galactic aspect in another place in time and it wants to know what you're doing. It can tune into you any time and listen to what you're thinking. It can even speak your language. However, if you're angry all the time or even slightly, or to put it more simply, if you're in fear, that aspect will tune you out. The galactic aspects have already experienced "fear" and have learned that it doesn't exist, so they let you work it out in your own way.

Your reality is based in love, and only when you're in love will your aspects talk to you simultaneously, wherever they may be. The more they talk to you, the better you will feel. Love is the deepest, and most sustained part of your reality. In the energy of love, you are entitled to be aware of everything. Be in love. If you cut love off, you will cut off all your senses from connecting with your aspects. Remember, in love, all your aspects will communicate with you any time you want them to.

Do the journey to be aware of your aspects and what they are saying. As a rule, they don't pay much attention to you, because they know you will get your lessons even if it takes you a couple of more lifetimes. Nevertheless, if you do engage your aspects, they will respond. Just remember to be in love if you want a response. Your journey is so focused in love that anything that's not love is considered a temporary state of insanity.

ASPECTS OF THE MASTERS

How many aspects does Jesus have and how many did Imhotep and Buddha have?

Master Jesus has twelve solid aspects of the full purity of the Christ consciousness on the Earth plane. Master Jesus needs only twelve aspects, because he brought me, Master Kirael, Master Kryon and other masters with him on this journey. I'm a little older than Jesus, but not by much. Master Jesus' aspects have to reach the outlying areas of Japan, China, and many other places.

Master Buddha had 144 aspect energies, because he worked with a different realm. He went further out into this journey and touched as many people as he could. The population on the Earth plane then was only a couple of billion people. Imhotep came in with 265 aspects. Imagine

the power that was amassed with 265 aspects of Imhotep out there. The aspects of these three masters have continually come into and gone out of this journey.

What are these aspects doing at this time?

Most of these aspects are ready to go out of this world and into the other dimensions and levels of consciousness. When you get through with this third-dimensional journey, the yin and yang, the opposites, the front and back, up and down, in and out, will all be gone, and you will enter the fourth-dimensional light, where these aspects can reach full potential. The fourth dimension is so powerful. It cannot be compared to the third dimension.

How did Imhotep work with the Elven energies to bring forth the pyramids?

Master Imhotep had a science team of four powerful Elven to guide and be of service to him through this journey. They arrived in a craft, disembarked and went to work right away. They didn't need to sleep or eat for days at a time. These Elven energies helped with the building of the pyramids, which are still standing. The Elven society is one of the most powerful to have ever visited this little planet, Earth. They rarely come here in their pure form. Your current president is closest to being in pure Elven form. He was a dark Elven. When I say dark, I am not referring to dark energy. I am referring to a dark color. It is no coincidence that he came back as a black man.

If I were an aspect of the Christ consciousness or Mary Magdalene, how much of my brain capacity would be required before I could fully embody those aspects?

On this third-dimensional plane of consciousness, you are born with 10 percent brain capacity, and even if you eventually evolve to 40 percent brain usage, which is phenomenal, you still won't get the full benefit of it, because your mind will go off in many directions all the time. From the fourth-dimensional light, you will be more focused and your brain capacity will expand beyond what you can achieve here. At birth, you would need at the very least 25 percent brain usage to embody the Christ consciousness and at least 20–23 percent to embody the full energy of Mary Magdalene.

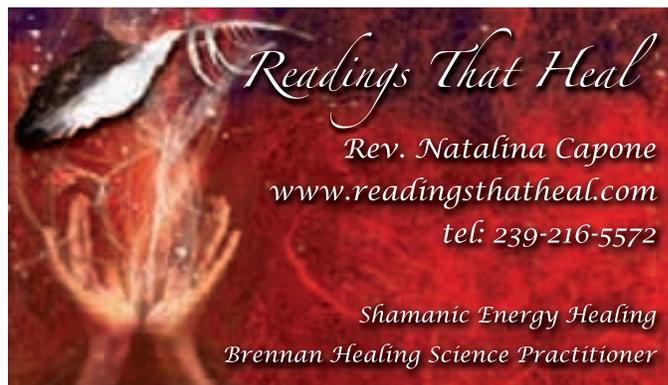
Where does the Christ consciousness predominate on Earth?

Nowhere. The Christ consciousness is everywhere. Every race of people has a Christ consciousness, so no one race is superior or inferior to another.

YOUR GALACTIC ORIGINS AND STAR GATES

What is my galactic origin?

You, like Jesus, Imhotep, Buddha and a lot of other energies, come from another world, another time and space. You, in particular, come from a time and space that is about 18 percent beyond the visible 6 percent that the most pow-



erful Earth telescope can see. Your home planetary system is similar to the Andromeda galaxy, and is called Thalingbong, a very heady scientific energy.

Your journey now is about being aware of the great shift in consciousness that is occurring on this plane of consciousness. You came to Earth to experience the shift and to play a role in the shifting process. You are a scientist who is perfectly aligned with the energy of your galactic origin. You have come to lend your expertise to the world pre- and post-shift, more so post-shift. The knowledge you bring from your planetary system of origin will be of great benefit in the new fourth light.

What are some of our planets of origin, and would you take us on a journey to the place of our galactic origin?

Many of you are Pleiadeans or Andromedans or Sirians, even Aquilians, although not many of you are Aquilians. During the time of the Aquilians, dinosaurs were active over here. Geckos are related to the Aquilian race.

If I took you out to the place of your galactic origin, I would not be able to guide you back here. You must find your own way back home, and that is tricky. You must go out to the star gate yourself so that you can get yourself back into this plane of consciousness. I can't go into detail, but I am not able to get you back here, because this third dimension is wobbly right now. You must use a lifeline of energy that you can connect to your body process, and then go out into the cosmos to the place of your galactic origin. You will be able to follow that lifeline back to Earth.

Are we guided by our galactic brothers and sisters? Do they play a part in our journey?

Two galactic councils are with you as we speak. Many of you have two or three of your galactic counterparts with you. You know they're here because you can converse with them. If you don't think so, ask this question: "If I could converse with my galactic counselors, what would they say?" They would immediately respond to you.

How many star gates are there in my area, and how do we travel to and from these star gates? Also, what is the difference between a portal and a star gate?

At the moment, six star gates are in your vicinity. Star gates are not portals. You can enter a portal right here

on the Earth plane, but star gates are outside your Earth plane. One star gate is fairly close, probably within about 800 miles of your atmosphere. Another star gate is 127,000 miles out. These star gates are all under the supervision of the galactic empires, and because of this, they are closed for now. You cannot simply travel 800 miles into the atmosphere, open a star gate and go through it. They can only be opened from the other side, not from this side.

When a star gate is opened, you can go through it to where it originates from to find another planetary system. That means that when you reach the star gate, you will have to travel beyond it exactly the same distance that you traveled to reach it to find another planetary system. So, if you travel 800 miles out to the star gate, you will have to travel another 800 miles beyond it before you reach another planetary system. The planetary system on the other side of the star gate will be in the fourth dimension,

which means you won't be able to see it from Earth. In the fourth light, you will be able to see planets all around you and you'll see them in the daylight. When you want to return to this third-dimensional system, you will have to re-enter the star gate and travel in the same direction from which you left Earth.



Today's topics were various and sundry. You learned of your galactic origin and how to communicate with your galactic brothers and sisters as well as your higher self, guides, and so on. You've learned about star gates, aspects, your DNA and love. If I were to pick the one topic that will carry you the farthest, I would pick love. Love will bring you all of what you desire in this journey. Only in love can you be in full awareness. Love is in your DNA. It is the food upon which your soul thrives. Be in love. Good evening. *

Creating Harmonic Coalescence

Onereon through Jeff Michaels

As above, so below. We have all been very active in working toward harmonic coalescence for some time, and the work is not over. We sense the spiritual weariness in many humans. This weariness is a global situation, and it is not necessarily limited to the planet. The efforts that began in the higher vibrations of the realm of spirit have moved through the lower vibrations of emotions into the realm of thought and have finally reached the realm of the physical—this is the cause of your weariness. What place does Spirit still have in your life? Are you ready to walk away from your belief just because times have gotten more interesting and challenging physically?

DON'T GIVE IN TO DOUBT

From the human perspective, it is easy to begin to doubt in these times. Perhaps it may appear that all the spiritual techniques and practices that you have learned are failing. This is far from true. It may seem that you have lost some-

KEY POINTS

- Don't lose sight of your spiritual journey in these challenging times.
- Live in gratitude every day for the miracles in life.
- With the help of those in the realm of spirit, we are all moving toward harmony.

thing spiritually, but be cautious now. There are many seeking to profit from you in this time of low energy.

There are those who may seek to return to old times and old ways. They may become filled with nostalgia and seek comfort in things past. Some will return to old ways of belief. This is not a wrong action, but it is not the wisest of courses. You left the old systems of belief for a reason, and the reason has not changed. We have always said, and we remind you again, that there is no need for a system of belief. Why try to structure Spirit? Why not approach life with open eyes and acceptance of what is? Here is where the difficulty begins for many people.

Your expectation for a peaceful future has yet to be realized. Many hold on to a vision of what things should look like. We tell you now that your expectations are not wrong, but they can become a trap. If you are too detailed in your expectations, you will likely experience some disappointments. Your vision is one of many. The vision of your community is one of many. The path each of you has created is energetic and

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knows no certainty. An expectation of a timeline, a list of moments and events where certain goals are met, is not realistic in this spiritual work. Time is an aspect of gravity, and Spirit is not ruled by gravity.

You, in human form, exist in gravity and are therefore affected by time. It is natural to look for a timeline then, especially when things get “heavier”—that is, when matters and events take on weightier importance. Your spiritual practice allows you to see farther and from a higher perspective. Do not abandon your spiritual practice now. Rather, adjust your priorities to the physical things in your life that need attention. This is balance and you can do this. You have done it before.

RECOGNIZE MIRACLES

You may feel your bodies breaking down. This is a very important effect of living within gravity that is concerning many now, but this is the way things have been for a very long time. From a spiritual perspective you might ask for a miracle cure. Miracles do happen. You have likely experienced many in your life. In fact, you live in an age of miracles. Are you appreciative of this fact? The very technology you live with, the abilities of modern science, would have been considered miracles 200 years ago. Allow the miracle of technology to work with the physical body when necessary, but do not forget the miracles of spirit. Also, learn that the two are not separate. Miracles are science, even if you do not comprehend the science. The only difference between miracles of science and miracles of spirit is in gratitude. If you remain grateful for your life, you observe and realize the miracles and wonder in your life every day. But if you take these things for granted, you will find these times more difficult.

We come to you with these words to encourage you, to give you strength of heart. We are aware of the challenges you now face. We in the realm of spirit are facing these challenges too. In our own way we see the work that is being accomplished. We thank you for your willingness to be realistic now and we assure you that all is moving toward a conclusion that will benefit all life in this section of the galaxy. That may seem like weak compensation when you are individually pressed from all sides, but we tell you now: You are stronger than you know. You are of the same energy that we in spirit are. You have chosen the more difficult assignment at this time. Ask for support, but remember that you are a manifesting being.

FACING REALITY WITH JOY

Let us take one more moment to face reality more completely. Where is your joy? If you respond to that question with a list of physical possessions, then you know that your joy is outside of yourself. We tell you now that joy cannot exist outside of a living being. Health does not exist outside of living beings either. Taking joy in life and maintaining a positive attitude in the face of daily stress will assist you in experiencing the fullest vitality available to you at this time.

Life on the planet Earth is difficult right now. You are living through very difficult and trying times, and you have been for several incarnations. We have joined you throughout those cycles of incarnation. We recall the times of violence and strife. These times are balanced though. As difficult as some things are, many things are vastly easier than they were before. When was the last time you had to plant, tend and harvest your own food? When was the last time you had to repair your own house? When was the last time you had to dig your own well? When was the last time you had to leave your home and travel on foot? When was the last time you were forced to abandon your family to seek a better home elsewhere? When was the last time you had to live with a crippling injury because the technology was not available to repair your physical form? One hundred years ago these occurrences were much more common than they are now, and more of you were there wishing for a solution to these troubles. Humanity was imagining a future and now many of you have arrived.

What are you imagining now? Do you still imagine a future of peace, a time when sickness is lessened and stress is reduced? Your ability to imagine these things is vital. Creation comes from imagination. Take some time each day to imagine what you wish, not only for yourself, but also for the entire planet. Do not spend time on explanation or detail. Do not concern yourself with what is the right system of government or societal structure. The future will be far different from what you can imagine anyway.

MOVEMENT TOWARD HARMONY

There are energies approaching that have been en route for a very long time. These gravitational energies will join with you and you with them, but that time is still in the future. Now is the time to prepare the human family for a different way of life. Let loose the old ways and ideas and continue to reach ahead with your emotions and thoughts.

You have experienced a convergence and a concordance. Now is the coalescence—you are deep within the cycle. Each of these waves of energy is a movement toward harmony. We remind you again, the achievement of harmony is accomplished through the action of love for one another—whether you agree with each other or not. It is also achieved through the action of joy, which we have discussed briefly here and that grows from gratitude and awareness.

In the pursuit of harmony, there is no one element here that is more important than another. All elements act together to create harmony. Of these elements, we have chosen to leave the action of peace for the conclusion. Peace seems to be lacking in many lives today. We tell you now that the striving for the old ways is what causes the energy of peace to dissipate. The future may seem uncertain, but that is not to say it is not peaceful. Imagine peace now. Begin the creation of peace within your life this way. Imagine peace. You have heard these words before. Be aware of the power of them now. Imagine peace. ✨

Evolving Humanity: No More Secrets

The group through Steve Rother

In this message the group covers two important but seemingly unrelated topics. It's always my job at the end to put a label on the message that can describe it to all of you. That is difficult in this case, as the topics they covered were varied, but in the end you can see how they are deeply connected. One of the items they talked about was the economy. They said that all of the air was not yet out of the bag, and until it was a solid foundation, it could not be made to build lasting growth. They made a point to say that our economic systems were based solely on perception. They actually say these systems are based on perception of perception. The group needed to make this point in order for the next part of this message to be understood. They said we are at a crossroads right now and in the immediate future.

Since 1998, when they first channeled about the Crystal children, they said when the Crystal children begin to enter, there will be no more secrets. That we are seeing today. That is what is happening in Iran and many other places on Earth at this moment. The group said a critical mass is about to be reached in the U.S. when many of these secrets from many different sources will be revealed. When that happens, how we deal with it and how we perceive it will determine the future of our economies over the next ten years. The next ten years will determine the direction of our economies over the next one hundred years. If there is transparency and honesty as these truths are revealed it can be a positive perception. Even though the initial reaction will most likely be anger and mistrust, the global perception can be positive overall, as a clearing of something that, once revealed, can never happen again. If there are attempts to hide or manipulate this coming wave of raw truth, mistrust will reign and the rest of the air will come out of the bag in our economies. It is our choice, and we can all have an active role in what is coming. For examples of how to make a difference and make your voice heard, we need only look to the brave souls in Iran.

KEY POINTS

- Crystals are forming in the human pineal gland that will enable more advanced communication and connection between humans, which signals a new evolutionary phase
- All economic and other human structures are merely perception. That perception is changing, and with this change is coming a time in which there will be no more secrets on planet Earth.
- In the midst of these changes, each of you has the responsibility to choose your own fate.

The second important point they covered was the pineal crystals forming in humans as part of the re-wire process and what that can mean to all of us. The group has been talking for years about humans becoming crystalline, and this is the first solid evidence that it is happening in humans. In fact, medical science has even coined a word for it now: *biomineralization*¹. Now that you all have an image of rock people walking around, let me say that the group explains that once activated, this can be a physical step toward what can result in new forms of telepathic communication, time travel, multidimensional awareness and controlling the physical aging process. Basically, it is the next step in our evolution. Ready?

Greetings from Home. There is much to cover. We will give somewhat of a diverse message this day, because so much is happening on planet Earth. It is a magical time for humans, for you awakened from the dream not only as individuals but as a race of spirits pretending to wear a physical bubble of biology. What is taking place is that all humans everywhere are raising their vibrations. Yes, you look around and see the low vibrations on the planet, and it is often these lower vibrations that make the headlines. We have told you that your human advancement is limited by the lowest vibration on your planet. Even so, you are not restricted by that, because as you raise the collective vibration within that segment of that vibrational range, when you reach a new level, you pull the lowest level up automatically. Do not concern yourself with going out and saving the world or changing an individual person. Look at yourself and focus within. Look at what you can do to activate that light in your eyes. Do what you can to find a purpose within your heart that you can stay with, and that you can move toward. Now more than ever before, that is becoming critical on this planet.

Most of you have time-activated contracts—you had to be here at a very specific time in order to do the work that your soul and your spirit really wanted you to do. The good news is you made it. Now let us get on with it, and start owning who you are. Let us help reflect your energy, so that you may re-member who you really are. The physical body is in a state of change,

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SELF EMPOWERMENT THROUGH YOUR INNER AWARENESS

By: Barbara "Marianna" Zimmermann



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and it is happening now in many different ways. The physical re-wire on this planet has already begun in many people, and you are starting to be activated in ways of which you are not yet aware. There are levels of your own dimensions that have been separated for eons of time. As you re-wire, all these separating divisions start to go away—that is why we are telling you that each one of you is starting to become consciously multidimensional. You are starting to realize that you are not the only person in there. There are eleven different dimensions of time and space that you exist in. These dimensions are starting to come together very quietly as the divisional markers between each of those levels are starting to disintegrate. As the re-wire continues, your own physical body will begin to perceive things through your eyes, ears, nose and mouth that you never have before.

PINEAL CRYSTALS

There are events taking place right now as the physical body re-wires, especially in the brain. The physical body is evolving and one of those changes is taking place in the pineal gland, although it is not limited to that one location. Crystals are forming in the pineal gland. These crystalline structures that you call calcite crystals are forming in the brains of humans everywhere. These crystals can be tuned to receive electromagnetic frequencies. You have communicated with each other through electromagnetic frequencies—radio waves—that travel through your body. Without even hampering you, many electromagnetic frequencies are

running through all of your physical bodies right now, yet you are unaware of them. That will now change. In the beginning, you may become hyper-aware—this can be problematic at first. The idea is to bring it into your comfort zone to activate yourself. This is not a race, dear ones. Please take your time and do not push your bodies too fast because they can only take so much. Yet you will do it, and do it well.

The crystals that have formed in your brain have been there for some time. The reality is that you started a second wave of empowerment about sixty years ago, and at the same time these crystals started to form. These crystals have been lying dormant in your body, waiting to be activated. Medical science is now starting to see them, and you can actually look at pictures of these crystals forming in the pineal gland. They are problematic according to medical science, because they are causing difficulties and challenges with the human physiological structure. You believe that it is something that you have done wrong. We tell you it is a natural part of your evolution and incredibly exciting, because now you can see. You have talked about internal communication and telepathy, you have even practiced it. Even though most know it to be real, it has always been just out of reach for most—but no longer.

How can you activate the crystals and use them to your highest purpose? And more importantly, how do you tune them to just one station at a time? That is the challenge that many of you will start working with as you activate these crystals. Crystals are living, and the Earth is living.

She is a sentient being, very conscious. And if crystals have the highest vibrational level of the mineral kingdom, you could easily say that in planet Earth the crystals are the brain. In fact, the crystals are the pineal gland of planet Earth. The crystals that you are most familiar with are of the highest vibrational level of the mineral kingdom. It is the reason many of you talk to crystals, receive messages from crystals, or hold records within crystals. You have the highest vibrational range of the animal kingdom, the same way crystals have the highest of the mineral kingdom.

HUMANS ARE BECOMING CRYSTAL

You have heard about the Crystal children and the Indigo children that come in with telepathic communications already built in. They do not know how to use it, but they have an internal communication system that, with a little bit of work, they can fine-tune and use. You have that too. That is the formation of these crystals. Learning to use these crystals and how to adapt to them will have a very interesting effect on humanity. We tell you, it is not just the human race we are talking about. If you look at the cellular structure of plant life, you will see that more and more of plant life is becoming crystalline in nature. You are starting to see plants and animals take on characteristics of crystalline energy that has never happened before on this planet. This is part of your natural evolution: You are becoming crystal.

It is not a difficult shift. If you would look at the periodic table of elements, you would know that the carbon-based structures you currently have and the silicon structure are actually only a few molecules away. With a few rearrangements, you have a shift from one to the other. That is happening not only to humans throughout all of Earth but the plant, insect and animal kingdoms are also taking on crystalline structures. The interesting part is that there will come a time when you will not need the physical crystals, and they will start dissolving. These are temporary situations for you, but you are right at the point where they are beginning to form.

There have been calcium deposits in the pineal glands of most humans for a while. There are a lot of reasons for these deposits. Your science believes it has to do with fluoride in your water. At the beginning of cell phone use on your planet, there was evidence of tumors forming and a lot of discussion about that. We tell you that that was very real, yet it never really materialized to become the big problem that was expected. The pineal gland was vulnerable to a new frequency being held too close, but that has already changed. Because of the mass appeal of cell phones, the human body adapted and learned to tune out that singular frequency. You are starting to adapt in many ways. That adaptation was out of survival and at an unconscious level. Now you will learn to tune it in a conscious level. You will be able to communicate not only with yourselves, but with the rest of Earth. You will be able to have conversations through a crystal. There are many ways that you are going to start to activate this, but the physical evidence is now

showing up on this planet. This is happening throughout all of humanity, with old and young alike.

PERCEPTION AND ECONOMICS

Let us take a moment and address another important situation: your economic structures on this planet. You have all gone through major changes in the last few months with the economies of planet Earth. You have been expecting this and have known about it for some time. You have talked about new structures, new formations and new ways you would deal with money—new, exciting ideas. It is happening, and now the opportunity is opening up. From our perspective, many economies on Earth looked like a bag full of hot air. Being full of hot air made the bags appear much larger than they actually were. The largest of these bags was the economic system in the United States, where what took place was some of that air leaked out of that bag. That was really wonderful, because what you are seeing is the possibility to build on a more stable foundation. Even with the cushion gone, there is some air still in the bag.

There is an event coming very soon, so let us speak to you about that and how it will impact your economic structures. What we tell you is that your economic structures are based on perception only. There is little basis of fact in most of your economic structures. There is nothing wrong with that, for this is the way you chose to play the game. When the Keeper first started receiving information from us he said, "I have these beings on my shoulder who can see everything. I'm going to ask them about the stock market." We laughed hysterically. We thought it hilarious that he would ask us about the stock market, because the stock market is a human game inside of another game inside of another game, based on perception of perception of perception—and you want us to tell you where it is going? We thought that was quite funny. It is a game of your own creation and that is how you play it. It could only be predicted by the creators of the game, and you are not doing really well with that. You can play that game on the vibrational level but nobody else can. So let us speak to you about this, because it is an important piece.

NO MORE SECRETS

All economies are based on perception and you are about to pull away part of the veil and see things that you have never seen before. It will happen in many different areas. You will find out things about the event that you call 9-11. You will find out many of the hidden structures that have been on this planet. The veil is being pulled away, so there will be no more secrets on planet Earth. It is that simple. Even though many of your leaders do not know that yet, they are finding out very quickly, for it is not possible to be totally out of integrity and be in front of telepathic beings on planet Earth. That is what many of your governments are finding out. This very day it is seen in the country of Iran. They are finding out that all eyes are upon them—therefore, change must happen or they will disintegrate. It

is that simple. It may take time, but that is the process that is happening. It is the part that you have created to be able to communicate through your telephones, televisions, Internet and through all the other parts of it. You are connecting hearts, and now you will be able to do it through the pineal gland as well. As this evolves, you will not need the technology. With practice you will be able to release some of the outside pieces and do it all internally.

There is an event coming on planet Earth that will be of great proportions. All the truth must come out, so it will be an unveiling of sorts. You will see and feel the truth even if no one admits to it. Humans everywhere are starting to see truth in themselves. As a result of many lies and misdirections of energy, much has happened that was not public knowledge. These are the areas that will now come into the light. You will start to perceive and everyone will know very quickly what took place and what happened. How that is perceived by the world at large will determine the immediate future of the economy, beginning first in the United States and quickly spreading to the rest of the world. Not only are your hearts permanently stitched together because you are actually one person, but your economies are stitched together too, and that is very healthy.

THE END OF SEPARATION

You are beginning to see that no one is ever alone. No one can segregate themselves completely, and these illusions of separation have been quietly undermining and killing humanity. Now is the time to press the reset button. Search for ways that you are like each other rather than the ways you are different. You can then see others on the same path to whom you can reach out a hand and say, "Come. We found a door. Let us go through this together." That is what is taking place on planet Earth right now.

This is going to activate soon as we see it, for a critical mass is being reached in the area of truth. The people demand that the truth be told. The final outcome will not matter much, as it will be the perception of this event that will determine the future of your economy for the next ten years. When you look back at your history, you will see major changes in every one of you right now.

As these crystals that we mentioned before begin to activate, you will also start to become more multidimensional, because they do not exist in one dimension alone. They are multidimensional in nature as all crystals are. As you start using this more, you will become more comfortable and more powerful with it. You will be able to use it consciously and that will give you a sense of security, a feeling of never being alone on this planet. That will give you more confidence in a spirit walking around pretending to be a human than you have ever had before. You are now starting to carry more of your spirit in your physical body than was ever thought possible when you first developed these physical forms. It is happening—you are adapting it. This is a time for adaptation, a time to roll with the punches. This is a time to find the light even in the darkness. It is

the time to reach out to find that light and passion within. Moving even the slightest bit in that direction will change your lives overnight.

We watch some of the struggles. We feel your pain, your loneliness. We feel your energy sometimes when you cannot find a complementary vibration to validate your own vibration. We know you feel very alone, but you could not be alone if you tried. We will come down and tickle your funny bone just to remind you we are here, because we love you more than you will ever know. You are changing the course of the universe. You are evolving gods, and we are so very proud to watch the humans of planet Earth as they become godlike. Your energy fields will change. Most of you are healers or teachers in some fashion. Therefore, when you find something that works for you, turn around and share it. Figure out a way to show it to someone else. Move that energy through, because you are opening doors for all of humanity to follow.

IT'S UP TO YOU

Please do not get wrapped up in the dramas or the fears of this world, because there will be many. Much has been hidden on planet Earth. Many of the conspiracies that some people thought were true might just turn out to be true. The challenge here is to see things the way they really are rather than get wrapped into the drama. It will be difficult to trust leaders of any kind immediately after that happens. We tell you, that is perfect because leaders are not going to change your lives. You are. You are the only ones that can take responsibility for that, and that is what you are about to find out. Each of you has an opportunity to determine your own fate as these energies move. You can be anywhere you want, and you can change it any time you want. All you need to know is that you actually have the choice, and it is on a conscious level.

Dear ones, your energy has grown so rapidly. You are so incredibly beautiful. You carry that light within your being, and letting it come through puts energy on the light from Home that gives it the most beautiful, human flavor. It is magical, and we celebrate you all the time. We will celebrate you Home when you decide to return. Many will choose that, as the times ahead will be very stressful. Some will simply say, "I need to go Home." There is no right or wrong about going Home. It is absolutely the most beautiful, human experience you will ever have. Returning Home is the greatest peace. All of you can do that without leaving your physical bodies now, for that is what is directly ahead. Enjoy this ride and hang on, because it is going to be quite a ride.

It is with the greatest of honor that we ask you to treat each other with respect. Nurture one another at every opportunity and re-member it is a game. Play well together. Espavo. ✨

1. Simon B., Sidney, L.B., and Rene, De Seze. (2002). *New Crystal in the Pineal Gland: Characterization and Potential Role in Electromechano-Transduction*. The General Assembly of the International Union on Radio Science. Maastricht, the Netherlands, 17–24 August 2002.

New Power Symbols!

Isis II through Rae Chandran

This is the second transmission of power symbols from Isis II for the Sedona Journal of Emergence! For information on the other power symbols, please refer to the article "Awaken with Power Symbols" in the May 2009 issue. The five symbols described here, as well as the symbols discussed in the original article, are pictured in color on the cover of that issue.

Hello all, this is Isis II. I know that some of you have been waiting for a long time to get the meaning of the rest of the symbols that were published recently in the *Sedona Journal of Emergence!* There was a purpose in not releasing this information sooner, as the correct alignment of the energy was necessary to release this, and this new energy would help many more souls to be receptive to the meaning behind the symbols. Please note that the symbols are interdimensional and have layers of meaning. If you consciously work with the symbols, you will be able to tap into their core depths, which in turn will work on your core energy in helping you release the blocks, belief systems, old thought patterns, old embedded emotions, and so on, that have been holding you back. Having said that, let us proceed to the symbols.

TREE WITH ROOTS EXTENDING INTO THE GROUND

Trees are interlinked with humans at a very core level. The trees are the children of the Creator, as we all are, and Creator has a special place for trees in Its heart, as Trees emit pure heart energy. You might have heard that if you are feeling down and out, taking a walk in nature can restore you. Practically speaking, this is true, for trees continuously emit heart energy. Trees are also connected deeply with Mother Earth and can communicate with other trees in any part of the world.



Having this symbol in your house can help you to ground yourself and to connect with our beloved Mother Earth. Also, communing with trees helps you to connect with Father Sky. To truly be in balance, we must be in complete harmony with Father Sky and Mother Earth, and trees help in this process. So the next time you see a tree, send a prayer or blessing to that tree.

It is good to place this symbol in the study room of young adolescent or in the room of anybody who needs a little more grounding.

SEVEN-POINTED STAR WITH A FEATHER INSIDE

This symbol represents the seven bodies we have: the physical, etheric, astral, mental, emotional, causal, and spirit, or light, bodies. We need to be balanced in all these bodies. When you need to make a decision, try to include all your bodies. You have heard the expression, "complete knowingness"—that is when all your bodies are in complete alignment. When you make a decision from that space, all your decisions will be for your highest good and will be in harmony with your soul.



The feather represents your perfected soul in complete harmony with all your bodies. This symbol is especially powerful when you hold this symbol in your third eye area and emanate light from that area to your aura and in your personality, your mind, your emotions and in your entirety. Doing this can help you to align with all of your bodies. For spiritual evolution, it is a must that you align all your bodies. It is good to meditate with this symbol daily.

EAGLE

The eagle represents perfection in using all our senses. An eagle can see prey from over four miles away, and when it tracks its prey, it uses all its senses. Then, in one instant, it swoops down on its prey and picks it up and flies away. In the same way, we have to use all our senses in living our life. We have to have perfect timing and use our talents to bring in the results we want.



An eagle never kills for pleasure, only for food. In the same way, when we use all of our God-given talents in pursuing our soul's desires for our highest benefit and for the good of all, it can open us up to the true beauty that is inside of us. Eagles also represent freedom. "Fly like



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an eagle” is an expression you should all strive to live by. You want to make your soul as free as possible. So if any issue comes up, work on clearing them up as soon as possible. Do not linger. Your soul should be as free as possible to evolve.

SOLID TREE

This symbol is for solid growth. If you are in a situation—whether it is your job or a relationship—and everything is fine and well but you would like to have more growth in your life, this symbol can help. It is good to place this symbol in a child’s study room, in the workplace at your desk, or in any area where you desire to have continuous and steady growth. One of the highlights of this symbol is that, in addition to having steady growth in your life, you will still be grounded, and your success will not go to your head. This symbol is also good to place in a home where there are children in the family, as it will bond the relationship among the children well. It is also good to place this symbol in elderly people’s homes, like nursing homes. It will generate a sense of well-being for the people there, affecting their senses in ways that will make them feel a sense of purpose and that they are able to appreciate their lives and not



consider their existence as hopeless or a burden. This is one of my favorite symbols.

YING AND YANG

This is a universal symbol of perfect balance between the yin and yang. This symbol can be used in meditation to bring balance in any situation you desire. If you desire to have balance between you and your spouse or business partner, then it is good to have this symbol in the space where you and that person interact most—in the bedroom, in the office, and so on. In any situation between two individuals where balance is missing, placing this symbol can help.



It is also good to place this symbol in a room where negotiations between two parties are taking place. For example, it might be placed in a lawyer’s office where two parties meet to come to a mutual agreement, for many a conflict in the world stems from the inability to truly understand or know the other person’s point of view. This symbol will open up the energy channel of being able to receive and understand the other person on a feeling level. And as you all know, feelings are the true language of the soul. Happy creations! ✨

Opening the Seven Seals of God Consciousness

Archangel Michael through Ronna Herman

Dearest friends: Archangel Michael gave me this wonderful meditation /exercise several years ago to present at my seminars. He told me that it was important that people accomplish a certain amount of clearing and processing of old impacted energies before they endeavor to raise the kundalini fire of Spirit. Michael states, “It is time for all of you who are willing to move to the next level of awareness. The process of beginning to open the seven seals of God

consciousness will greatly assist you on your journey of enlightenment. This process may be done only once or several times if you wish, depending on what you feel you have to release. Tune into your body elemental and learn to focus on the areas that are sending you distress signals. You will soon learn the areas of your body that need more attention.” Dear hearts, we are in the midst of very dramatic, life-changing times, which are often exciting and glorious and at other times very challenging and disconcerting. Regardless of what the future brings, together, we will prevail. I send you my eternal love and angel blessings.

KEY POINTS

- The process of clearing, harmonizing and balancing the seven major chakras of the physical body results in an important initiation process called “the opening of the seven seals of God-consciousness.”
- As the process of ascension accelerates, it is more important than ever to take advantage of the advanced techniques of transformation.



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Beloved masters, it is time for you to take advantage of your physical and spiritual senses in the fullest measure. You must redefine and learn to properly use the physical senses in order to access and develop the higher senses that became dormant so long ago: clairvoyance/clear seeing, clairaudience/clear hearing or telepathic abilities and clairsentience—an empathic, intuitive ability with an expanded, inner sense of awareness. All of these heightened abilities are a part of your divine birthright just waiting for you to reclaim them.

We have discussed in great detail the seven major chakras of the physical vessel and outlined the positive and negative attributes and functions of each one. It is important that you also realize that each chakra and organ within the body has a consciousness of its own, which was overlaid and infused with the energies of your many past experiences and thought forms. You have not only created your outer world with your beliefs and the vibrational frequencies of your thoughts, but you have built your inner world as well. Your body communicates with you in many ways, but do you know how to listen and interpret what it is telling you? I have stated this truth to you before, but it bears repeating. Many of you have accepted the fact that you can communicate and interact with the angelic realms and beings of light, but most of you are still not aware that you can communicate with the many facets of your bodily form.

A PROCESS OF TRANSFORMATION

Some time ago we gave you the gift of seven crystalline spheres of higher consciousness, whereby you began the process of returning your chakra system to a harmonious state by breathing spheres of light from your divine I Am presence into each of the seven major chakra centers of the physical body. We had you breathe in a sphere of light and then superimpose the infinity sign over each sphere or chakra to assist in accelerating the process of releasing impacted, disharmonious energy patterns as you strive to reclaim the gifts of self-mastery. The process of clearing, harmonizing and balancing the seven major chakras of the physical body results in an important initiation process called “the opening of the seven seals of God consciousness.”

As each chakra is returned to harmony within itself, a process is activated whereby an energy vortex is opened and the perfected qualities and energy of that chakra are projected upward into the next chakra. Also, the store of adamantine particles of Creator light are released from each chakra and begin to flow upward as the process is repeated until the crown chakra is activated, which allows an amazing and wondrous thing to take place: the chakra system begins to spin at such a high rate of revolution that it turns the spinal column into a blazing shaft of light. The five higher galactic rays of the Creator pour down through the column of light and infuse all your chakras with the luminance of your divine I Am presence.

That is the process that many of you have been experiencing these last few years, and since you are on an accelerated path of initiation and transformation, much discomfort and distortion have been activated within the physical vessel. There was and still is much to be released, rectified and balanced, and what has taken thousands of years to create is being transmuted in just a few short years. So please be gentle with yourselves and know that you are in the process of incorporating and transforming your human self into your shining human/Spirit self.

Tap into Your Inner Wisdom: Chakra Meditations

Allow us to give you another simplified exercise to assist you in tapping into the inner wisdom of your physical vessel. I will give you a key word for each chakra. Please study, review and learn some of the attributes of each chakra, and then as you go about your daily life, when appropriate, chant or say the word for each chakra. These words may be toned and held as long as comfortable if you wish. As with toning the vowel sounds, start at your lowest, most comfortable note and slowly move up the scale as you repeat the word for each chakra. Observe what comes to mind when you chant the keyword and focus on the chakra: how do you live with the energies of the root chakra, how do you love with the energies of the heart, and so on.

ROOT CHAKRA

The root chakra grounds your physical self to the life force of Earth and gives stability. This is most important, for you must honor and maintain the physical body while reaching for the stars. When this chakra is functioning properly and in balance, you will have more vitality, courage and self-confidence. It will help you release old survival and scarcity issues and tap into your treasure chest of abundance.

Take a deep breath and tone “*I live.*” State to yourself: “*I am now accessing and integrating the power of unity and oneness and my connection with the Earth and all abundance.*” Breathe deeply. Either by envisioning or using your imagination, see the sphere of light that represents your root chakra begin to spin faster and faster, becoming lighter and brighter until it bursts into a radiant sun, and a shaft of light moves from the first chakra up into the second, located just below the navel. Say: “*I am one with the divine creator source.*” Breathe deeply and tone: *uh.*

NAVEL CHAKRA

This is the seat of your physical and emotional self. When this chakra is in balance, you are no longer plagued by self-doubt, addictions or sexual issues. You become attuned to the wisdom of your soul mind instead of the ego mind, and gradually all the old self-limiting thought patterns of the

subconscious mind are replaced with self-confidence and emotional stability. You take back your personal power as you learn to create joy, peace and prosperity instead of fear and limitation.

Take a deep breath and tone *"I feel."* State to yourself: *"I am now accessing and integrating the power of passion with Spirit as my director. My desire is to create joy, peace and prosperity to enjoy and share with others."*

Breathe deeply. See the sphere of light that represents your second chakra begin to spin faster and faster, becoming lighter and brighter until it bursts into a radiant sun, and a shaft of light moves up from the second chakra to the third, the solar plexus. Say: *"I am whole and complete within myself."* Breathe deeply and tone: *oo.*

SOLAR PLEXUS

This is the seat of your physical and mental self. When this chakra begins to spin in harmony and only a few discordant energies remain, your self-esteem returns, and knowledge turns into wisdom and clarity of thought. You regain self-control and become the master of your desires. You learn to set boundaries and honor the boundaries of others as you draw forth energy from the universal source of life substance and your own I Am presence instead of tapping into the energies of those around you. The activation of your solar power center—solar plexus, heart and thymus—begins at this point.

Take a deep breath and tone *"I will."* State to yourself: *"I am now accessing my personal power center, and I take control of my emotions. I am the master of my desires. I set clearly defined boundaries."*

Breathe deeply. See the sphere of light that represents your third chakra begin to spin faster and faster, becoming lighter and brighter until it bursts into a radiant sun, and a shaft of light moves up from the third chakra to the fourth, the heart chakra. Say: *"I am the power to create."* Breathe deeply and tone: *oh.*

HEART CHAKRA

The heart chakra is the gateway to the higher chakras that connect you to the soul self and spirit self. When your heart chakra is unbalanced or mostly shut down, you will function primarily as an instinctual human being who is governed by the three lower chakras of the physical self. As you balance the energies of the heart, mind, emotions, and the life and love force energy centers of the body, you will tap into the unconditional love force of the God mind. You swiftly release all energies and thought patterns that manifest as jealousy, envy, selfishness, guilt or feelings of unworthiness. As you ignite the three-fold flame of divine will, wisdom and love, you begin to develop a compassionate nature and a oneness with life and all things.

Take a deep breath and tone *"I love."* State to yourself: *"I now activate my emotional and my solar power life force centers. I receive and project only love and light energy. I open my heart to the divine flow of spirit."*

Breathe deeply. See the sphere of light that represents your fourth chakra begin to spin faster and faster, becoming lighter and brighter until it bursts into a radiant sun, and a shaft of light moves up from the fourth chakra to the fifth, the throat chakra. Say: *"I am universal love."* Breathe deeply and tone: *ah.*

THROAT CHAKRA

The throat chakra is connected to the astral-emotional plane or mental-causal plane, depending on the vibrational frequencies of the thoughts and words you project. This may seem confusing. However, since you create your own reality by the frequency patterns you radiate, the law of attraction assures that the lower frequencies you send forth will attract astral plane energies and the higher ones will tap into the mental planes of consciousness. The ascension process entails mastering the physical plane, the astral-emotional plane, the mental plane and, eventually, up through the higher dimensions. Communication, the power of the spoken word, is one of the most important tools on the physical plane. When you begin to use the language of love and light and soul talk, you will always speak your highest truth. You will be expressive and creative in speech and in writing, and you will become proficient in manifesting your vision for the future.

Take a deep breath and tone *"I speak."* State to yourself: *"I am now accessing my will power center through the power of communication and self-expression. I will speak my truth with integrity and discernment."*

Breathe deeply. See the sphere of light that represents your fifth chakra begin to spin faster and faster, becoming lighter and brighter until it bursts into a radiant sun, and a shaft of light moves up from the fifth chakra to the sixth, the third eye chakra. Say: *"I am perfect expression."* Breathe deeply and tone: *I*

THIRD EYE CHAKRA

The brow or third eye chakra opens the door to the inner senses, first connecting you to your unconscious self—the subconscious mind—and gradually to your higher self as rays of the pure cosmic light substance of the God mind are allowed to enter and activate your God consciousness: the essence of you. You will move through the whispers of intuition into a knowing that you are being guided and inspired by Spirit. New knowledge, creative ideas and inspiration from the higher mental and intuitive planes will be accessible to you as you clear the distortions. Do not fear the seemingly dark energies or thought forms that float into your consciousness or before your eyes during meditation, beloveds, for these are your own creations coming to the fore to be healed and transmuted into light. Love is the dynamic, cohesive force of creation and when love and light shines on any misqualified thought frequency, it is "lightened" and eventually transmuted. Also, remember to use the gift of the violet flame.

Take a deep breath and tone *"I see."* State to yourself: *"I am now accessing the power of my intuitive mind. I have clear insight, and I listen attentively as I tap into my inner wisdom and the wisdom of my higher self."*

Breathe deeply. See the sphere of light that represents your sixth chakra begin to spin faster and faster, becoming lighter and brighter until it bursts into a radiant sun, and a shaft of light moves up from the sixth chakra to the seventh, the crown chakra. Say: *"I am a perfect instrument of clarity and wisdom."* Breathe deeply and tone: *ay*.

CROWN CHAKRA

When the crown chakra is activated, the pathway is opened to your spiritual self, and the wisdom, gifts and treasures stored with your divine I Am presence will be available to you. As you demonstrate that you are ready to live and radiate the love, light and truth of creation, you will be showered with an ever-increasing flow of the attributes and virtues of the twelve rays of God consciousness.

Take a deep breath and tone *"I am."* State to yourself: *"I am now accessing my spiritual power and connection to my divine I Am presence, which is my center of enlightenment, inspiration and wisdom."*

Breathe deeply. See the sphere of light that represents your seventh chakra begin to spin faster and faster, becoming lighter and brighter until it bursts into a radiant sun, and a shaft of light moves up from the seventh chakra to the soul star. Breathe deeply and tone: *ee*.

SOUL STAR CHAKRA

After the "fall" in consciousness, much of the essence of our soul withdrew from the body into what has been termed the "soul star," six to eight inches above the head. When we begin to awaken and endeavor to lift our consciousness once more, we have what is called a "soul merge," whereby the essence of the soul gradually descends into the sacred heart center within the physical vessel again. This is the beginning of the awakening and ascension process.

State to yourself: *"I connect to and am in alignment with my rainbow bridge to unity consciousness. I hereby transmute all misqualified energies as I move beyond the law of karma and into a state of grace."*

Breathe deeply. As you tone, envision the column of light that connects you to your divine I Am presence growing wider and wider until it forms a lotus blossom crown on your head. See it clearing all the distortions and static from your divine connection with Spirit so that the frequency patterns of divine light, divine will and divine wisdom flow freely to you from our Mother/Father God and from you out into the world. Say: *"I am one with the divine source."* Breathe deeply and tone three times: *Aum. Aum. Aum.*

EXERCISE: RECLAIM THE CONNECTION

To further assist you in reestablishing a pure, strong connection with your spiritual guides, angelic helpers and with

any with whom you wish to work in the higher realms, we offer this exercise.

Focus your consciousness deep within your sacred heart as you take a few deep breaths. Envision your essence within a sphere of light moving through the portal at the back of your sacred heart chamber. You move quickly up into the fifth dimension into a new, personal pyramid of light that has been especially designed as a meeting place for you, your friends and companions of the higher realms. Move into this sacred space and lie on the crystal table. As you do so, look around the room and see seated in the crystal chairs surrounding the table all those with whom you wish to commune and work. Take a moment to identify those who are with you in your pyramid. As with all other pyramids of light in the higher dimensions, there is a double-terminated, pure, quartz crystal hanging down from the peak of the pyramid over the crystal table in the center. Electrifying sparks of lightning are radiating forth from the giant crystal out into the room. This is the rarified essence of the supreme Creator and our Father/Mother God. There is a fountain under the table with a blazing violet flame pouring forth out into the room that will transmute any discordant energies you bring to this place to be released and purified. Come to this sacred place often to strengthen your connections and rapport with your family of light.

Say to yourself: *"I reclaim my divine birthright and my connection with my higher self, my soul family and all the beings of light I am to work and commune with in order to access and relay the cosmic wisdom and truth I am to integrate and share. Here and now, I reclaim my self-mastery and all the qualities, gifts, virtues and attributes of my divine self. I desire to be a living personified example of love, harmony, abundance and joy. I am divine love, I am divine light, I am divine will, I am divine wisdom in action. So be it! So it is! I am that I Am!"*



My bold and brave ones, as the process of ascension accelerates, it is more important than ever that you take advantage of as many as possible of the advanced techniques of transformation. Though it may seem simplistic, the above exercise and meditation is a powerful tool to assist in releasing old, impacted vibrational patterns and speeding up the process of returning to an empowered state of duality within the physical vessel. Once this occurs, your soul song, your energetic signature, will become a beautiful, harmonious symphony of great magnitude and force. We are giving you all the necessary tools and information possible to assist you on your path of illumination. However, you must assume the responsibility for your return to self-mastery. We are standing by to assist you as you reclaim your rightful status as a spiritual being on a divine mission for our Father/Mother God. We salute your bravery. You are dearly loved. I am Archangel Michael. ✨

Just One Hour of Reflection

Expanded Consciousness through Miriandra Rota

It is our great pleasure to be speaking with you once again in this manner! We would speak with you upon the concept of who you are and who you believe yourself to be. Yes, we recognize that this topic has been tried and tested, so to speak, by many. Yet we would like to speak with you about a deeper realization, one of inner knowing. The inner knowing of yourself that has been waiting for your attention. And while we do speak, we will be assisting those encodings to be activated, and while you are reading these spoken words, your own realizations will also be inviting those encodings that reside within the fabric of your being to deliver to you the fullness of who you are and are becoming. These words having been spoken, we will begin!

DEVELOPING AND KNOWING YOURSELF

Within the cause and effect of your journey within this lifetime upon your planet of Earth, you have entered into several different phases of living and of developing and then knowing yourself. Notice that we did say “developing and then knowing” yourself. What do we mean by these words? If you reflect upon your own journey, you will perhaps realize that you have continued to develop who you would like to be: You developed yourself by joining or not joining groups of like thoughts, by entering schooling, by not entering schooling, by choosing your friends, by developing opinions, judgments and manners of making conclusions. You developed yourself through reading different manuscripts or books, by watching moving pictures, by listening to teachers, by watching what you call television and its programs, including what you call the news.

You did also begin to make decisions about what you believed and did not believe, what you enjoyed and did not enjoy, and more so, what you determined would be a purpose for your journey within this lifetime. Some make such choices, decisions and determining unconsciously, as the cause and effect delivered to them those circumstances that

gave few or little choice within survival. Yet all, in all manners, have developed a way of experiencing self as a direct result of such determining. You have been experiencing yourself as a direct result of your conscious and unconscious determining.

THE CAUSE AND THE EFFECT OF YOUR LIFE

Now, beloved ones, you are beginning to question your own determining. You are beginning to discover that you have been residing within a story, and though the story was developed by your own choices, it has become more and more foreign to what you discover to be the real you. And that is most refreshing, beloved ones. We are most thrilled to observe your beginning confusion and then the many small awakenings as you discover that you are not truly happy with what you have created yourself to be; you are not truly happy with the cause and effect within your own journey, within your own life.

Be certain, beloved ones, that we are not thrilled by your unhappiness. However, we are thrilled with your discovery of the false, or empty, manner of cause and effect. We are thrilled with your determining to reflect upon what has transpired thus far in your lively experiences and we are thrilled with your decisions to choose differently, even when such decisions have caused you disruptions within your seemingly well-planned journey. Another way of saying “we are pleased” is to say that we are most proud of your awakening and of your deciding to enter a different journey, one that is real.

We caution you concerning your judgment of your previous journeys and residings within the cause and effect of this, your life upon Earth. Why? Beloved one, your journey has served you well. You have been fulfilling purposes that were declared before this lifetime. Some of you have been completing old purposes that you have resided within for many lifetimes, and you have completed those purposes. You might be wondering how we can say, as you have the vocabulary, that “across the board” you have completed your purposes. To which we would say most emphatically, if you had not completed your purposes, you would still be residing within the old ways, within the usual cause and effect, and you would not be

KEY POINTS

- You have entered into several different phases of living and of developing and then knowing yourself.
- We are thrilled with your discovery of the false, or empty, manner of cause and effect.
- You are the primary ingredient in your own life, in your own choosing, in your own emergence from what you have been into the discovery of who you really are.



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questioning your journey or who you really are. Such questioning and changes are a direct result of fulfillment of purpose. Perhaps you will ask yourself if you can accept that conclusion. Perhaps you will ask yourself if you are able to let go of the old purposes. What are they? In this manner, do we speak.

YOU HAVE IGNORED YOUR OWN NEEDS

The old purposes, wondrous that they have been, have always resided within those manners of assisting others to heal: assisting the suffering, assisting the victims and assisting humanity to find relief from grave horrific events against their very being. Does this mean that everyone is giving up on such purposes? Definitely not! What it does mean, beloved one, is that you are complete with such purposes. There are others who are now incarnate, others who are more adept at the fulfillment of such purposes, more adept at assisting suffering humanity. Why are they more adept? Because, beloved ones, they have not journeyed through the many lifetimes, have not journeyed through the suffering—gathering to themselves, as you have, the grave horror of victimhood. They have not ventured forth in the manners that you have. In the stead, they are as you would call “new.” They are most capable of assisting humanity to be restored to its most glorious self—most glorious selves. You might, in your slang vocabulary, call them advanced. What does that mean?

It means that it is now time for you to release the old purposes and to allow yourself to heal, to allow yourself to be restored to wholeness of being, and to allow yourself the daring to consider not only who you really are, but what is your play, what is your true calling or what would delight you. And you might be thinking that you do not need to be healed. Yet we say to you, beloved ones, yes you do. You have been placing yourself with those who are struggling and suffering. You have been placing yourself with those who speak with you of their difficulties, their struggles, their suffering. You have held those ones who have wept upon your strong shoulder. You have fixed meals for those ones who were too weak in spirit to care for themselves. And you have served guests in your home when you really just wanted to be alone for a few days.

What are we saying? We are saying, beloved ones, that you have given and given and given! You have given when you had little to give. You have truly ignored your own needs in order to fulfill your purposes, even when you were not conscious of such purposes. Yes, you do require healing and restoration. Yes, you do require the experience of magnetizing to yourselves those experiences that are nourishing and joyful, of magnetizing to you those beings who are whole and who are accustomed to laughing and playing and giving. Yes, you do require the experience of receiving—just for you, for your beautiful self. And that is the beginning of this new journey, this new journey into the discovery of who you really are, and further, the discovery of what is your true joy and delight.

TAKE TIME OUT FOR YOU

How do you begin? It is our great pleasure to tell you that you have already begun. You are reading these words. You are hearing your own messages flow forth through these words. You are ready. You are ready to take the next action into your new experience, the next phase of your residing within this life upon Earth. What is the next action? We are most pleased to be speaking upon the answer to your wondering.

Firstly, we suggest that you give to yourself one full hour just for you and just for your own reflecting. What would you be reflecting upon? In the past you reflected upon what choice or decision would be best, you reflected upon how you would solve a difficult problem or you reflected upon how you could help another being. During this reflection, we are asking you to consider what it is that you enjoy doing. We know that you have been directed in this manner before, yet you have not truly taken this action.

You began to take this action, and then life called to you, difficulties called to you, others’ needs called to you; and you set this little practice aside. And we say to you: It is time to enter into this reflecting once again. And it is time to refuse to be distracted, even when another calls to you for assistance. We are asking you to place your own reflective time as a priority in your day. And though many of you are very busy within the cause and effect, we do know that if you determine to do this, if you decide to give to yourself one hour each day for the reflecting of what you truly enjoy or would like to experience, you will be successful at gifting yourself with this time. And we say emphatically—with great love for you—if you do not go forth within your own reflections, you will not be able to consciously choose. That is, consciously choose in a manner that is not directed by the old patterns, by the old ways, by the dogma that has been given within television commercials and news, by the judgments and conclusions that were developed during the previous phase of your journey.

As you have the phrase, the familiar phrase: “You are what this is all about.” You are the primary ingredient in your own life, in your own choosing, in your own emergence from what you have been into the discovery of who you really are. You. And it is to you, the real you, that we breathe our essence and our love, our truth and our knowing. You are a most glorious being. Together you are the bearers of truth and light. And when you discover what it is that you truly enjoy, and then give to yourself the gift of entering those experiences, your light does radiate outward, beloved ones. You are then automatically assisting humanity simply by dancing a dance that you truly love, simply by choosing your own play. Isn’t that wondrous?

We beseech you to go forth in this manner, to gift to yourself your one hour of reflection. And when next we speak, we will offer another suggestion to enhance your discovery of self. It is our great pleasure always to speak with you in this manner. ✨

Be In the World, Not Of the World

Master Djwhal Khul through Kathlyn Kingdon

Beloved students, once again I welcome you to this mini-teaching, which I hope will offer you some food for thought for the coming month. At the present time, many changes are taking place for many people on the planet. Due to massive shifts in the economic sector, many people have lost their jobs the world over. As businesses struggle to keep their doors open, cut-backs have left many who are still employed with fewer work hours, salary reductions and decreasing benefit packages.

SEARCHING FOR A PURPOSE

In times of rapid change there is a type of energetic inertia that, when really rolling, fosters the atmosphere of fear, causing many to fall into patterns of limited thinking and increasing poverty consciousness. Of course, when folks are dealing with these pressures inwardly, there often arises a type of self-doubt that in turn draws experiences of increasing difficulty. Ideally, one can learn from the experiences of one's outer reality in a way that will support and engender success in the inner reality. However, all too often, dealing with prolonged periods of stress may set the stage for a loss of focus and/or sense of direction. Thus, it may be beneficial from time to time to review the scope of one's purpose, and perhaps draw inspiration from recognizing that no matter how much the outward circumstances of one's life may change, one's purpose for living and being still exist at the core of her or his being.

Indeed, some people have never clearly defined a life purpose. Others may have defined theirs at one time and then lost contact with the inner forces they once felt for the direction in their lives. In recent months, I have noticed that a number of my students have been pondering how they might discern their life purposes. Well, nowadays, with all

KEY POINTS

- In the current chaotic times, you may be confused about your purpose in the world. Be open to the idea of changing or redefining your purpose in response to the changes around you.
- As you search for your purpose, you must consider yourself in relation to the times and planetary evolution. Be in the world, but not of the world.
- Know that your purpose doesn't have to be grand or high profile to be beneficial.

the chaos arising on the planet, all you have to do is wait and watch, and some purpose or another will come along, although it may not be what you expect. In truth, probably more people are looking for purposes—and purposes looking for people—than might be imagined.

Searching for a purpose is much like searching for oneself—something numbers of seekers claim they have been doing for a long time! Of course, the perception of searching for oneself begs a question: Just how it is that one could lose oneself in the first place? Further, just what it is that may have been lost, and how does one know, in fact, that this something is lost? Generally, what is referred to in this line of consideration has nothing to do with actually losing or finding oneself. It seems to me that the real question is one of purpose.

PURPOSE IS LINKED TO IDENTITY

Well, as it turns out, purpose is actually an extension of identity. Thus, not having a purpose must mean there is some flaw in how the person sees him or herself. In truth, this notion of searching for purpose is one that can only arise in lives where one has both leisure time and a strong psychological community. Indeed, in countries where people are starving and dying, there is no need to search out a purpose, since it is quite obvious: simply live and try to raise one's children to maturity. Likewise, in areas where people have little education and are unschooled in the journeys of the psyche, the question of establishing a purpose simply does not arise—at least not as it arises in the Western world at the current time.

Some folks believe that the spiritual purpose of any given life is held, or somehow imbued, in the life contract, or “spiritual blueprint.” Yet when you carefully observe humanity, you may not be able to substantiate this theory. In truth, there are many wonderful people, deeply spiritual people, searching for their purposes.

Some of this, of course, has to do with the pressures of the current time. Indeed, when virtually every part of the conventional reality is “up for grabs,” one's notion

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of identity, and one's relation to it, tends to reflect the outer chaotic patterns being played out.

Perhaps a tour of rather recent history will serve as an example. For those of you who can remember it, how many of you ever thought that you would live to see the Berlin Wall come down? In truth, no one saw it coming, but when it did come down, Germany's national identity changed, and the rest of the world had to change how they held the notion of Germany. Clearly, this event had a tremendous effect on the personal sense of identity for nearly all Germans at the time, as well as for their friends and relatives in other countries. While at the time the impact of such a change might not have been obvious, its ramifications are now a part of history.

Further, how many of you ever thought you would see the Soviet Union break up? Very few people had ever considered it might be possible prior to its actual demise. This event too caused a giant shift in identity: at personal levels, communal levels, national levels and even at a global level. How many of you ever thought that the United States would actually go to war in the Persian Gulf—twice? Many people thought there might be a war with certain of the other Middle East nations, particularly Saudi Arabia, but it all came down a bit differently, didn't it? How do you think the identities of the people of Iraq have changed with the war on their homeland? What fears do you think might right now be affecting both individual and collective identities in Afghanistan?

SHIFTING IDENTITIES IN RESPONSE TO FINANCIAL TURMOIL

In times of great change and international chaos, not only are national boundaries and national identities altered, but economic and financial systems are as well. When the dollar seemed to be tanking at the time of the dot-com crash and the world feared that the U.S. economy would collapse, a group of powerful Japanese investors decided they simply could not let that happen. They flooded the U.S. stock market with their currency in an attempt to shore it up. Not long after, there was a boomerang effect on Japan, and their currency began to tank. As it happened, many German investors then stepped up to the plate, refusing to allow Japan's economy to completely collapse.

In the current financial situation, banks worldwide have already lost more money than actually exists. While that may sound preposterous, it is nonetheless true. This is because money—or the notion of money—is lent into being, and the bulk of trillions that has been lost is in the form of credit. Of course, most banks have hidden their losses, or buried them under a pile of derivatives. Thus, the full measure of the current financial crisis is not widely known, even now.

Whether or not you have come to this conclusion by your own observations, what you are now watching is the radical shifting and changing of identities at many, many levels. Likely, there will ultimately be some shifting of the global power structure, which will surely bring a new dimension to shifting identities. If you listen to the harbingers of global pandemonium, they might just be saying that the ways in

which people, communities, provinces and nations identify themselves in the global experience is up for grabs, so to speak. Such uncertainty makes for massive confusion, polarization and surging chaos. Sometimes such chaotic confusion even leads to the launching of missiles.

IN CHAOTIC TIMES, BE FLEXIBLE AND THINK BIG

Discerning one's purpose requires synchronization of at least three elements: oneself, one's time, and planetary evolution. Thus some purpose-seeking folks will take the stance, "I don't know what will be required of me as I travel my spiritual path in these strange times, but I am ready to live my purpose, so I will go forward without one, thus offering myself to Earth's needs." Now this attitude and openness actually works quite well in chaotic times. At the same time, there will be those who previously outlined their purposes and who will have to significantly readjust their earlier plans. Perhaps they will say, "Whoops! Wrong time, wrong purpose. I'll have to toss it out and create a new one."

In truth, there are likely to be many people in the latter category. Of course, it can be a bit disheartening for one to realize the need to redesign her or his life mission. Yet I can tell you that in times of great chaos and global change, the highest-functioning planetary citizens arise to meet the challenge. As I mentioned above, the goal is to synchronize self, the time and the planet's evolution. This process is greatly enhanced if you and others can embody the "Yes!" rather than the "No!" In other words, go forth as if you have a purpose, even if you are unsure of, confused about, or in some state of denial regarding your purpose. Just allow for the fact that you are in the process of developing your purpose. If I could give you some advice, it would be to think big!

PAY ATTENTION TO YOUR BELIEFS AND PERCEPTIONS

How is your identity changing as you orchestrate your path through these chaotic times on Earth? Do you have a sense, as yet, of who you are becoming? As you take in the reports from the financial media, you may notice it bears a certain schizophrenic quality. On the one hand, some knowledgeable experts are certain the U.S. is heading into an unprecedented inflationary cycle. Other financial gurus are asserting the U.S. is heading into an unprecedented deflationary cycle. How do you see the matter? Do you identify more with the inflation theorists or the deflation theorists? This might be an excellent time to pay attention to how your beliefs and projections color your personal sense of identity.

How you see, or identify, the world situation says something about, and indeed contributes to, the way that you see, or identify, yourself. But further, how you see or identify yourself says a great deal about what effect the current chaotic times will have on you, for these effects are driven by your karmic projections and will ultimately define your purpose. Now I realize that this form of logic is necessarily circuitous in nature, and may therefore seem a bit difficult to follow. However, I do think it is important that

you watch your mind at virtually every step of your journey through these seemingly compromising times, since it is the power of your seeing that will determine your reality.

For example, do you see yourself in a recession, a depression or an economy that is turning around? In truth, it matters little which of these alternatives you select, since the idea here is not to discover which is "right." Rather, look carefully at how you actually see the world arising around you, and ask yourself, "So how is it that I see it this way?" Your mind will have numerous good arguments to validate the way you currently see the global situation, and if you look carefully at its reasoning, you will discover something about the karma you are seeking to work through in your present life.

Now I realize that the notion of karma sometimes gets bad press, but if you look carefully at your life and it is not yet a continual flow of bliss, clearly, something is playing out in your creative domain. In fact, if you study the conventional reality, you are sure to witness karma unfolding. The appearances are very compelling: Jobs are being lost the world over, housing prices are falling on virtually every continent, manufacturing companies are struggling to stay afloat, and banks are in much more dire conditions than have fully come to light.

Then, there are those stimulus packages being offered in the U.S. and abroad. The heretofore-unanswered question, which begs an answer, is: "Will they work?" Their stated purpose is to "kick start" the economy so that goods and funds can begin fully circulating once again. These programs arose as an effort to bail out banks that proved to be rather poor stewards of the assets they held. Since the money doled out was termed "stimulus money," should it not have been used to stimulate the economy? However, to do that, banks would actually have to lend the money they received. But as it turned out, the condition of the banks was so bleak, and the mismanagement so gross, that banks chose to use the money to cover their own losses, rather than stimulate business.

All of these factors have a profound effect on both the individual and collective identities of banks, economic and financial systems. Some banks have merged with others, gaining new names, some are close to government takeover, and some have failed altogether. How might you describe—that is, identify—all this? Do these symptoms appear to you to be more inflationary or deflationary? How do you see or identify yourself in the prevailing circumstances? What do you think might happen if the greater populace did not have what is termed "consumer confidence" in either the bailout programs or in those who administered them? Could a lack of confidence spill into how people project and identify the government or its financial stability?

THINK BIG, START SMALL

While there may be many pertinent questions to consider, perhaps the most useful focus is to return to the question of your personal relationship with the events in the conventional reality. Most people have made certain changes in

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their relationship to money since last autumn, yet few people actually see how the changes they have made affect their personal identity, and consequently, their purpose. This is not to say that all spiritual purposes change when the projected reality in which one experiences changes. But generally speaking, with significant shifts in outer circumstances, at the very least one is brought to look at one's mission, or purpose, differently. For those who feel they have never found their purpose, such shakings-up can provide a profound wake-up call.

One of the problematic areas for many folks is that in discerning their life purposes, they tend to think in grandiose terms. Rather than getting lost in daydreaming about saving the world, it is probably more useful to think in terms of your overall spiritual progress. While it is the destiny of some to become world leaders, there are many more whose destinies are more modest: helping to bear the weight of the present conditions, but doing so in a manner that is innately spiritual and genuinely generous toward others—particularly those who are less able to cope with the global situations manifesting.

Just by accepting the little purposes that arise every day, you create opportunity for a grander purpose to emerge into consciousness. In other words, instead of falling into the illusion of someday becoming a superhero who sets the course of the planet right, saving it, perhaps, from certain doom, seek out small purposes: being kind to everyone you meet, becoming a present and ardent listener or becoming a philanthropist—even in small ways—for example. After all, true phi-

lanthropy lies not in the amount of the gift, but in the spirit in which the gift is given. Virtually everyone can give a smile and can do so from a position of inner wealth.

THE EXAMPLE OF BUDDHA AND JESUS

Some might say that their life purpose is to realize enlightenment. This is a wonderful purpose, and if one is able to muster the commitment to hold the focus with determination and commitment, then it can truly come about. However, I would suggest that with such a stated purpose, it is wise to scrutinize why this might be your goal. Be very careful to set the ego aside when entering your scrutinizing zone, since it is likely to find some self-serving qualifier for the attainment of your enlightenment. As the great ones of every spiritual tradition have found, attainment of a spiritual goal is vapid if it does not benefit others as well.

While it may be difficult for the spiritually immature to understand, the realization of one's spiritual purpose is not strictly for oneself alone. If you consider the lives of the Buddha or the Christ, you will recognize that the spiritual realization of both was completely centered on aiding those who were at lesser levels of spiritual realization. These are excellent examples for contemplation and consideration, as well as sources for profound inspiration. In both cases, their spiritual missions were not separate from those they sought to teach and/or heal. You might try connecting with either or both of these masters on the inner planes. Why not ask each what his stated purpose was for the lifetime in which he was recognized as a planetary spiritual teacher. You might find the exercise provocative in a number of ways.

Neither of these teachers saw themselves as somehow apart from the conventional realities in which they taught and lived. Both instructed their students to "be in the world, but not of the world." In like manner, you should not be drawn away from humanity by your individually perceived mission or purpose, for when did humanity more need the presence of highly evolved beings? Both teachers took many of their teaching examples from the problems of the world in their time. Whether it be Buddha chastising the Brahman priest or Jesus rebuking the scribes and Pharisees, both confronted the illusions and delusions that were commonly accepted by the masses in their own times. To those they taught, these teachers seemed to be both exquisite products of their times and transcendent, timeless figures as well.

It is also important to note that many other dedicated beings have taken physical form, perhaps countless times, and have lived lives true to their spiritual purposes although they might not be as high profile as a Buddha or a Christ. Of course, living, loving and teaching with a lower profile in no way diminishes the quality of the being, nor does it nullify the quiet effect they have upon others. Rather it demonstrates the presence of true humility, gracious love and a willingness to serve humanity—qualities that were also present in the higher-profile teachers we noted.

Like these teachers, your spiritual purpose is somehow related to your time and the needs of those who are pres-

ent in physical form with you. Your purpose should demonstrate the three qualities noted—humility, gracious love and a willingness to serve humanity—reflecting other spiritual agents who have lived and served well before you. Note that even Buddha and Jesus did not think of themselves or their purposes in a grandiose manner. Both were dedicated to helping others cut through the veils of illusion that blinded the masses in their times. Is this not what is being asked of you, my dear friends and students? It seems to me that there is more value for the planet in seeing yourselves as living streams sent forth from the great ones rather than to indulge inner fantasies of heroic separateness.

It is therefore incumbent upon you, in the discovery of your true purpose, to understand the problems and crises so abundant in the conventional reality today. How else can you offer the soothing balm of spiritual comfort and loving support? How else will you be able to cut through the veils of illusion yourself, and thus help those who are sent to you to do the same? The trick, once again, is learning to "be in the world but not of the world." If you withdraw yourself from the pressures and sticking points of the conventional reality, the only advice you will have to offer is that others also withdraw, since such will be your example to them.

While withdrawing may at times seem attractive from a personal, or egoic, level, it is not likely to actually benefit the planet much, if at all. Thus, even if the conventional reality looks quite bleak, and even if it seems that "righting the ship" will be a lot of work, you must ask yourself whether the course of humanity is worth the effort it will take to stay present, perhaps as high witness, for the travail of a new reality being born. Indeed, birth may be exciting in many ways, but birth is only the beginning. Someone still has to raise the child, despite the occasional unseemliness and profound lack of gratification. Those who are willing to take on the assignment are the great teachers of the planet—whether high or low profile.

BE PRESENT

If we look only at Earth's current problems, we could, as have many, go into quite a troublesome scenario, could we not? However, since by now most of you are capable of understanding that the world actually arises according to the projections of those seeing it, there is simply no real asset in getting lost in the apparent nature of the apparitions currently arising. While it is important to understand the world with all its foibles and transcendent moments, it is imperative not to become confused while transiting the illusory nature of everything. In cutting through those illusions, one opens to the full vision of one's personal mission or spiritual purpose.

There is a wonderful American dance teacher named Gabrielle Roth who became quite well known for training people in what she called the "rhythms of life." Through her teaching, besides deepening into the power of her own life and learning to be radically present as she taught, she also imbued many of her students with a type of purpose that might prove to be quite useful in the current, chaotic

time. Roth used to say to her students, “Sweat your prayers, dance your pain, and move on.”

If you happen to be one who is searching for, or perhaps redefining, your purpose, I would suggest that you drop your anxiety about the task and simply get up every morning and say, “Yes!” You do not even have to know what is being asked of you that day—just say, “Yes!” While many people would literally clutch at the notion of saying “Yes!” before learning the assignment, there is a way that being a “yes person” can serve you spiritually. It allows the ego to reveal all its points of resistance, which ultimately leads you to freedom from all those unspoken fears and internal resistive forces.

Thus unfasten those tight belts of reticence and breathe. As you inhale, bring in acceptance. As you exhale, visual-

ize and know that your purpose has always been with you, whether you have recognized it or not. Release the inner pressure points of self-judgment, self-doubt, fear and—of course—the need to be right. You can release them on the breath. Find a space, a creative space, between acceptance and judgment, between knowing your purpose and not knowing it. We will call that a space of true presence, a space of non-self-consciousness. Know that I am not asking you to give up all consciousness, just the kind of self-consciousness that gets in the way of discerning and understanding your true purpose. Let yourself relax into the recognition of your purpose rather than fighting your way into the awareness that will set you free. In the provocative words of Gabrielle Roth, “Sweat your prayers, dance your pain, and move on.” *

Love's Pleasure and Pain

Almine

It has been said, and we need to understand, that a love affair brings one both pain and pleasure. We should expect both and harvest the deeper insights and growth they bring.

LOVE IN ONENESS

What growth can there possibly be when, in all life, the perfection of the Infinite is seen?

Is growth not needed when some among us know only limitation? If in the imperfection we cannot see the perfection, then our vision remains limited. If relationship is for a man's growth and not his delight, then it would be denigrated as a beacon only to those of no light.

Have you not said there is only one being in reality? Does relationship not then promote duality?

Only when the truth of oneness is not seen and we have forgotten our oneness.

What about love's hardship? Its pain?

That which you feel, you must own. The hardship is created by you alone. Where there is pain, there is resistance to life as well as the desire to control, which is born of mind.

Is it better, then, to abstain from love?

Only when there is nothing to gain. The pretense of relationship is a game, meant to delight, a joyous discovery of life. Enfold your partner within your being. In oneness a new way to love will be seen. Free from expectations or programs of the past, both partners can joyfully unfold their divinity unencumbered by roles.

PAIN REMINDS US OF LIFE'S TREASURES

Do we have to know pain? What about those people who live in ease and comfort?

Those who appear to live in comfort may well have experienced discomfort and pain that are not obvious to onlookers. Do not old age and sickness afflict both the rich and the poor? Is not the guarding of wealth a source of strife? Happiness and joy come from attitudes harbored within, from riding upon life's air currents, not from battling its winds.

But doesn't pain hone and refine?

Only when we ignore life's great gifts. Pain can remind us of our life's treasures. We can learn through enjoyment or we can learn through strife.

But how do we bear bodily pain and duress? How do we handle fatigue and stress?

The miracle of the body is not understood. Think of it as a pliant tool, not as a tyrant exercising control.

If we don't feed the body, it will die!

If you believe that, you believe the body's falsehoods that lie around you like a spider web. It is not the breath or the heartbeat that ensures its survival, but the greater self that keeps it alive. When the heart embraces the unfolding of life, only peace remains—no more strife. *

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The 9-9-9 Activation: Arkansas' Emerald Crystal of Healing

Archangel Metatron through James Tyberonn

Greetings. I am Metatron, lord of light, and I welcome you once again to this Now moment. This is indeed a sacred moment in which I encircle each of you reading these words in unconditional love. Masters, take a moment to feel and to allow this energy to touch you, for I am indeed with each of you individually and in real time.

THE NEW CRYSTALLINE AGE

Dear ones, let us begin. We tell you that crystalline energy is an omnipotent power source that has implications far beyond humanity's current understanding. Crystalline structure is formed by an essence of frequential light resonance that is multidimensional and coherent, existing in matter and antimatter. It is the Metatronic divine template that sources all creation manifestation, and forms the very matrixial composition of every plane of existence. It is the enzyme of reality and the vitality spring of the cosmos itself.

The very thoughts you have must rise to coherent crystalline format in order to become manifested. Coherent light is crystalline energy, the vitality of which forms the integral nature of all worlds and realities. The crystalline structure forms the apparent boundaries and divisions between dimensions, planes and the matter/antimatter flash of consciousness, in parallel and probability. All that you think of as sacred is crystalline!

KEY POINTS

- The triple date of 9-9-9 will see the reawakening of four of the nine master crystals and the strengthening of a fifth in a process beginning with the emerald crystal of healing, located in Arkansas.
- Arkansas' crystal vortex will impart its unique, powerful energy to this activation process, making 9-9-9 the most significant of the triple dates yet.
- This activation is part of a gradual reawakening process of the nine master crystals—once lost to the Atlanteans as the result of prideful misuse—which is in turn ushering in a new crystalline age signifying great changes for humanity, and aiding in the ascension of 2012.

The 2012 graduation of your planet, what is termed the ascension, will be, in effect, the critical mass that will allow for the conversion of this Earth's reception capacity template from, in your vernacular, analog to digital, black and white to color.

The crystalline conversion through the antennae of the 144-crytsalline grid is about to vastly increase the Earth's dimensional reception from third-dimensional to twelve-dimensional and beyond. It is akin to your television changing from the archaic antennae to satellite reception. This is the crystalline age. The fulcrum of the cosmic trigger is the 9-9-9. It is a lot of energy to manage, but release the fear, dear ones. At this time of ascension, in this new crystalline era, the megapower crystals will not be taken from you and misused, as occurred in the sad demise of Atlantis. Indeed, they will never again be used for any purpose other than the highest good. Be assured of this! It is a sacred oath that will indeed be kept.

ARKANSAS' CRYSTAL VORTEX AND THE 9-9-9 ACTIVATION

Now we speak again of the Atlantean master crystals that are now awakening in the dawning of the planetary ascension. The heart center of the Arkansas crystalline vortex is the area of a unique activation on the 9-9-9. In truth, this area will receive and distribute the most potent crystalline energy yet experienced on the Earth since the golden age of Atlantis.

The sovereign sacred mountain of Mount Magazine is the heart center of the crystalline vortex, and this vortex portal will receive and globally disseminate an energy so vital that it will change the energy of the planet. It will usher in the crystalline age. The 9-9-9 download will trigger the activation of the emerald crystal of healing, the Om crystal of Shasta, the golden crystal of healing in Brazil, the Sun-Moon crystal of light in Lake Titicaca and bring the blue crys-



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tal of knowledge into greater function. In short, four of the nine master crystals will be activated on the 9-9-9, and the fifth will be launched into greater power. As such, the 9-9-9 will activate more of the master crystals than any past or future portal time gate.

The activation will initiate with the emerald crystal of healing inside the potent crystal vortex of Arkansas. The activation energy will flow into the heart center of this sacred vortex, awakening the emerald crystal at 09:09:09 on 9 September 2009. From the reverberation of the emerald will flash an electrocrystalline wave that will instantly awaken the other three and send a surge into the blue crystal of knowledge.

Masters, no place on the planet will reverberate as powerfully with the crystalline frequency on the 9-9-9 as the crystal vortex of Arkansas. Indeed, the initial surge will occur there and then trigger the global awakening that will usher in the new crystalline era—which is tantamount to the ascension—axialtonally from inside the Arkansas crystal vortex. In kind, they will energize the 144-crystalline grid into 75 percent functionality, recoding the golden sun disc placed in Arkansas and aligning with the twelve patterns of the same throughout the planet. Many are called and many will come to participate in this crystalline awakening as part of an ancient contract made by the wise ones of Atlantis—a sacred promise whose time has finally come. Many are there already, having been called to live within this crystalline vortex that will be fully in place in 2012.

ATLANTEANS AND THE ARKANSAS CRYSTAL VORTEX

Now, as we have previously shared with you, the vortexic pattern of the Arkansas crystal vortex-portal system is quite unique in format. The vortexic generating motion is circularly oblique, enclosing the three triangulated epicenters. These are Eureka Springs, Talimena and Hot Springs. The first brings in sacred hydro-energies, the second electrocrystalline magnetics, and the last, the crystalline energies. All are blended in one homogenous, unique synergy.

The energy does not flow in a fully circular surrounding motion, rather each semi-circular segment shifts in a rapid back and forth motion, similar to the agitator inside one of your washing machines. There is great purpose in this. Accordingly, both clockwise and counterclockwise secondary and tertiary energy flows are created, one inside the other. As such, an antigravitational effect is created. Additionally the vortex aperture is of a smaller diameter at the base, and increases in width as it rises higher, resulting in a jacuzzi-type jetting of the crystalline energies, allowing for extraordinarily potent scope of distribution of the crystalline energies. For indeed, this vortex is the primary source distributor of crystalline energy for the entire Northern Hemisphere.

Arkansas contains the largest strata of quartz crystal in the Northern Hemisphere. The quartz formation extends for 170 miles. The Atlanteans were well aware of this, and developed a network of mining and rapid growth harvesting in the area below Arkansas. Beneath the areas of west cen-

tral Arkansas are massive crystals, some 40 meters in length. The Arkansas crystal vortex is harmonically aligned with the massive crystal vortex of east central Brazil. The resonance between these two combines in axialtonally harmonic oscillation with all other crystal deposits on the planet, providing them with coding up-shifts.

For this reason, three Atlantean wisdom and healing crystals that once beamed magnificent light and celestial energy in the Temple of Healing, the Temple of One and the Temple of Knowledge on Poseida were relocated to these areas for safe keeping. One was placed in dimensional lock in the Atlantean crystal fields of Arkansas, and two were placed in Brazil. The blue crystal of knowledge, located in the Arkansas vortex, was awakened in 2008 and aligned with the other sleeping Atlantean crystals in Brazil, Mount Shasta, Bimini and Lake Titicaca. Four more will awaken on the 9-9-9, formally ushering in the crystalline age.

THE FULFILLMENT OF A SACRED PLEDGE

Prior to the crash of the crystalline satellite termed the “second moon of Atlantis,” there were nine master Atlantean crystals relocated from the island of Poseida. It was, in fact, the misuse of the satellite and the fire crystal that caused the crash to occur. The scientist-priests of the Atla-Ra were able to relocate nine of the huge master crystals, assisted by the extraterrestrial Sirian-Pleiadean Alliance. I will mention that many of the Earth keepers drawn to this present gathering of energy in Arkansas were in fact among the Atla-Ra crystal masters who took part in maintaining the Atlantean crystal poser system—some were actually participants in the relocation. Furthermore, virtually all of the crystal masters that are now on the planet as Earth keepers and lightworkers are part of the Sirian-Pleiadean Alliance within non-linear multidimensionality.

As I have mentioned, the crystals were relocated to very specific areas using the hyper-dimensional tunnel system. Arkansas was one of three areas used by the Atlanteans to farm crystals; the others are in the Brazilian states of Minas Gerais and Bahia. All three are natural and logical areas of storage because of their indigenous crystal growth and the preexistence of the tunnel system to these sites.

The misuse of the crystals in Atlantis occurred slowly in a cleverly implemented, covert political takeover. Those of the brotherhood known as the Law of One were duped and misled by a separate group, the Sons of Belial, and by duplicitous members of their own order. And although the Atla-Ra and the Poseida Law of One group were not at fault, there remain many of the Law of One who yet carry a burden of great sadness, despair and unwarranted guilt. These remaining brothers pledged to never again be so blind as to allow the master crystals and the sacred crystal technology to be misused. The sacred pledge of the Law of One is the call to many who are drawn to this awakening. Indeed it is a completion, for truly the crystals are returning, and they will never again fall into misuse.

TRIPLE DATES AND THE 144-CRYSTALLINE GRID

Let us review for a moment the activation process of the 144-crystalline grid. The grid is sacred crystalline geometry, the double penta-dodecahedron that, by specific design, includes 144 pentagonal and triangular facets in a symmetrical crystalline matrix. The double penta-dodecahedron is stellated, meaning that each of the major twelve facets is raised in the center to form a five-sided pyramid. Thus, there are twelve pentagonal pyramids. Each facet is counted both on the base and the pyramidally raised portion. So if you consider that each pentagonal surface contains five isosceles triangles and one pentagon, you have seventy-two facets. Additionally, each of the twelve stellated aspects has five triangles and one five-sided pyramid. Thus, you combine the surface and stellated portions to achieve the master number frequential of the twelve-squared 144. Hence the term "144-crystalline grid." Do you understand?

Now, the aspects of the triple dates is quite an interesting topic. There is a unique sequence of dates occurring between 2001 and 2012, corresponding to the twelve months of your Earth year: 1 January 2001, or 1-1-1; 2 February 2002, or 2-2-2, and so on. The significance of these dates in terms of the 144-crystalline grid is that the frequency of each triple date is designed to be the activation trigger of one of the twelve major dodecahedron-surface base plates of the grid. From this, you may infer that on the triple date of each year a one-twelfth increase in functionality of the 144-crystalline grid is launched, continuing until the last of the triple dates, 12 December 2012, on which day the grid will have achieved full programming input. In the interim between 13 December and 20 December it will integrate full programming and reboot into full launch on the winter solstice of 21 December 2012: the heralded and prophesied ascension.

Although some may feel the 144-crystalline grid is already complete, the truth is that it is not, and it will not be in full functionality until the December solstice of 2012. There are galactic and celestial openings and energy transferal events required to activate portions of the crystal grids, and these have not yet all taken place. We will tell you, however, that this process is on schedule, and it will indeed occur as I have described.

A key piece of what takes place on the triple frequential portal dates involves the alignment of the "human grid"—meaning the connection bonding all humankind—to the 144-crystalline grid. That is why these dates are being recognized by empaths as important dates for spiritual alignment gatherings across the planet. Indeed, specific astrological alignments are not what certify and define the specialized triple date portals. Rather, it is the vibrancy of the numbers themselves that correlate to the 144 grid. This kinetic is also impelling the renewed twelve-strand helix of the golden sun disc to refurbish a design schematic into the 144 grid that will provide what may be termed the DNA programming of the twelve pentagonal facets of the double penta-dodecahedron.

Now, some may question the current validity of the triple number dates when taking into account the acceleration of time cycles and the need for a base-12 measurement of mathematics. The answer to such questions is this: Your twelve-month system, by which you measure the annual solar return, approximately follows a base-12 system already. So in brief, yes, the triple-day portals are indeed valid. The sequence of the twelve triple dates is indeed the countdown to 2012. It is true that the designation of these dates, as they are in accordance with your human calendar, is based somewhat on human agreement. Nevertheless, we confirm the validity of the triple dates as having unique frequencies that are aligned to the twelve pentagonal facets and frequential aspects of the 144-crystalline grid, as these are tuned to the equinoxes and solstices.

THE CRYSTAL AWAKENING BEGINS IN ARKANSAS

And so it is that the emerald crystal of healing is set to touch off the 9-9-9 awakening. The emerald crystal exudes a beautiful, calming energy of brilliant magnificence. It is, in the truest sense, the balancing force that keeps all of the other megacrystals from being too overwhelming for human auric interface. As such, the emerald crystal is the surge protector that both feeds and harmonizes the proportion and parity of the other master crystals in their roles in the global crystalline emergence. It also adjusts and stabilizes the unified crystalline synergy in coalescence with the enormous electromagnetic forces released in the cosmic trigger.

All of the master crystals will be primed and staged in their activation, achieving approximately 25 percent of their power each year over a four-year process. This is regulated by the crystalline masters of the Sirian-Pleiadean Alliance under the Galactic Federation. Should the crystals be launched into full power too quickly, an energetic imbalance would occur.

What will occur on the 9-9-9 is the recoding of the crystalline aspect termed the "starseed divine feminine." The emerald crystal of healing will impel the engraving or reprogramming that the Emerald Ray and Platinum Ray, which are both feminine in aspect, are bringing into the DNA of the planet, into those open to receiving the sacred—and requisite—transformation. The effects will be a lessening of the arc swing of polarity between what are termed the masculine and feminine aspects. Accordingly, polarity balance will be more easily achieved and obtained in human expression of the divine equity on the planet of masculine and feminine duality. Indeed, it will bridge the gap in the right and left hemispheres of the brain, and of the conscious ego-mind to the supraconscious of divine mind. With the energy of the emerald crystal, healers will find their powers increased, and wisdom seekers will gain great and greater insight.

Understanding of soul path, of priorities in life and the process of decision making will be greatly clarified. Requisite aspects of nurturing, kindness and brother/sisterhood will be far easier to manifest into reality on both the micro

and macro levels. Unconditional love among humanity will be closer to the reality for all on the path, as the fifth-through seventh-dimensional resonances are drawn closer. Indeed, what may be termed the global crystalline network is tuned to the activation of the 144-grid and correlates with the function of the golden sun disc. We have in previous assays given the locations of the nine master Atlantean crystals. We share this again, and their activation dates are listed as follows:

- **Arkansas:** Blue crystal of knowledge, 8-8-8; emerald crystal of healing, 9-9-9; platinum crystal of communication (the bioplasmic interface crystal), 11-11-11
- **Bimini Bank:** Ruby fire crystal of energy, 12-12-12
- **States of Minas Gerais and Bahia, Brazil:** Gold crystal of healing regeneration, 9-9-9; violet crystal of sound, 10-10-10
- **Mount Shasta, California:** Om crystal of multidimensionality, 9-9-9
- **Lake Titicaca, Bolivia:** Sun-Moon crystal of light, 9-9-9; crystal of Thoth, 12-12-12

A LONG-AWAITED AWAKENING

The crystalline awakening is now coming into greater prominence. The crystalline energy, and indeed the entire mineral kingdom, relates to humanity through both physical and etheric means. It has always been so. The mineralogical crystalline essence is essentially the root resonance of the same creative force that formed the cosmos. As such, the realms of the crystalline minerals and humanity are intricately connected—one is never out of contact or subtle communication with the other. You see, your physical human bodies contain crystalline particles and a rich array of minerals that are uniquely related to the Earth. Accordingly, the harmonic ratios of minerals and crystalline particulates that are in both your physical and etheric bodies are maintained in coherent uniformity with those of the Earth. Thus the resulting frequential ratios between Earth and humanity are held in an essential balance for the well-being and support of humanity, individually and as a whole. The heralded ascension is then, in effect, the coming of the new crystalline age. It will occur on the 9-9-9, and this event will recode the crystalline energy both of the planet and of humanity.

Masters, every new cosmic era brings with it up-shifts and transformations. Both Earth and humankind are experiencing a long-awaited awakening. This metamorphosis includes global warming—indeed, the modification of myriad environmental phenomena that are even now quickening around you.

A key aspect of the new crystalline age is a clarion call to the crystalline and mineral kingdoms of the Earth to increase the flow of energy that they receive from the core of the Earth. Arkansas and Brazil are composites of the two greatest masses of quartz crystal and associated gemological forms on the planet, and are fundamental to this process. This clarion call provokes a stimulation that affects the entire Earth, but

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most specifically, the mineralogical crystalline pockets scattered across the world that receive and transmit potent energetic patterns. However, this stimulation extends to an even greater scope, because while the mineralogical realm of your planet indeed defines the Earth and is truly the oldest sentient life form on your planet, the diversity of crystalline mineral resources encompasses a vast part of the entire cosmos.

EARTH'S MINERALOGICAL ENERGY IN FLUX

It should be no surprise to you then that the occurrence of vortex-portal complexes are not random in design or location. They occur in diverse locales for specific reasons, and rarely exist where there is not a mineralogical tectonic base matrix to support them. The same is true of ley lines. Truly, the Earth's surface and subsurface mineralogical composition form the basis of the vortexic force fields that define the frequential signature of any given power node, as well as less energy-enhanced locations. You humans are subconsciously receiving the mineralogical imprint and energetic signature that it emits everywhere you go. In fact, this "tracking process," so to speak, is what influences how comfortable you are in the locations you reside in or visit. The mineralogical content of an area projects what might be thought of as a frequential cocktail; its resonance can even influence fluctuation in the population of any plant or biological life in the area. Your comfort level then may indeed be based on what is underneath you—the substrate material of the Earth—given the content and electromagnetic fields of the mineral kingdom beneath your feet.

This mineralogical energy is now in flux. The crystalline and electromagnetics inherent to certain strata are being activated in the cosmic trigger and crystalline age. As a direct result of this, a new form of vortex-portal system is now emerging on your planet. The largest are in Arkansas and Brazil, but these will connect with other locations to form crystalline vortexes. Most of these are in areas of natural telluric crystal pockets. Santa Fe in New Mexico is one of these. Tanzania is another. These will evolve and occur in diverse locations all over the planet, including Bolivia, Chile, Spain, Egypt, Tibet and the Himalayas.

Now, the core of the Earth plays a major role in many aspects of your planet and its duality as well as the flash of reality units within your linear time sequence. The

core of the Earth is crystalline, and composed of an inner core that rotates clockwise and an outer core that rotates counterclockwise. The ratio of the Earth's inner spin to its outer spin directly affects the flash of time enfoldment. The increase in the speed of light is now causing the inner core to spin faster than in the past, and thus your Earth time is speeding up. Also, because the core is spinning more rapidly, it is increasing in heat and size, which is in turn responsible to a great degree for the global warming that is now occurring.

The crystalline core exists in both physical and non-physical reality. One is matter the other antimatter. The physical core is crystallized in a magnetic alloy of iron and nickel. The crystalline core is not hollow. It is lucid, coherent energy, similar in flow to the Sun's sentient radiation as it beams upward in every direction from the core. In its upward flow it creates a radiation sphere of influence that increases, disseminates, propagates and energizes all life force. This radiation field is a domain transducer that physicalizes vital energy. It has the remarkable capacity to solidify the sentient Earth's resolve and intent into tangible physical reality. As such, non-physical energy moves through and becomes solid energy in amassed crystalline formations that grow and amplify energy. The two primary vortexes of these crystal beds are in Arkansas and Brazil. As such, these massive crystalline vortexes serve as receiver-transmitters: conduits of energy that transfuse and convey vital cosmic life force to everything that exists upon and within the Earth. Solar and stellar radiation waves and emissions accelerate and optimize the amassed beds of crystalline energies. Such emissions exhilarate and intensify the crystals' transformational amplifications of energy, and as such create optimally heightened proliferation of all that is within the Earth's field of influence.

THE CRYSTALLINE AWAKENING IS YOUR GREATEST HOUR

The role of Arkansas in the planet's graduation, the 2012 ascension, is moving forward as planned. The wisdom that

will be imparted through the crystalline projection will be the new Atlantis—the pure Atlantis. Beginning on the 9-9-9, this vortex moves into great and greater global significance as it effects the continued unfolding of the dimensional lock that has long held the Atlantean crystalline wisdom—that of the golden age of Atlantis, that of the highest frequency ever obtained on your Earth plane.

Indeed the time has come to begin the unlocking of great Atlantean crystals held for over 12,000 years in dimensional seal within the magnetic complex of Arkansas. Many of you will be drawn to take part in the unveiling, for truly you were there as witnesses to the deluge that destroyed Atlantis—some even witnessed the consequent movement of these amazing Atlantean master crystals to this and other areas.

Dear ones, creativity is your purpose for being here. Earth life revolves around learning how to responsibly create. Indeed, crystalline creativity is your greatest gift, it is your greatest teacher and it is your inalienable birthright. Creativity is an aspect of love; it can only be truly acquired through the frequency and sacred science of love. Most of you humans do not understand your inherent creative power. Crystalline creativity is your power—it is your tool of manifestation. You come to this Earth to experiment with this very concept, and as the crystalline era awakens, now is your greatest hour. You see, crystalline energy is the source of all creation. It is true!

So masters, you are awakening into the new crystalline age. What I refer to as the "crystalline" is not just mineral. Indeed it is an energetic frequency of ordered perfection. Now, keep in mind that all of the diverse energies available on the planet are sacred, including all that is beneath the surface as well as above it. But, masters, do not forget that what is within your heart is also sacred to the ascending Earth. You are indeed being called to awaken and evolve into the perfection and impeccability of the crystalline light force. Will you heed the call? I am Metatron, lord of light, and I share with you these truths. And so it is. ✨

This School Called Planet Earth

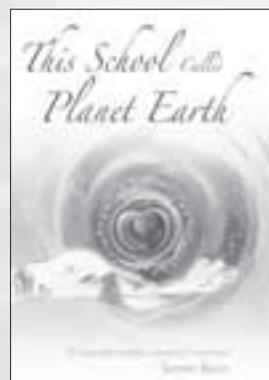
DR. JAMES MARTIN PEEBLES AS CHANNЕLED BY
TRANCE MEDIUM SUMMER BACON

"If I could but lift one robin unto its nest again, I shall not have lived in vain." This is truth, my dear friends. There is a purpose to your life, and you will find it before you leave the Earth, without question. There's no way you can escape yourselves. Some have come here to finish karmic relationships. Some have come here to discover that there is beauty in ugliness and vice versa. Some have come here in an exploration of abundance and what this means. On and on the lessons go! The planet Earth is a canvas, you are the paintbrush and your heart is the paint with which you color the planet—with your words, with your hands, with your heart, with your hugs and with your kisses. God bless you, indeed!

Chapter Titles:

- You Wear a Coat of Many Colors
- A Collection of Wisdom
- Earth Changes
- Living in Rapture
- A Day of Play

—Dr. James Martin Peebles
through Summer Bacon



\$16⁹⁵

SOFTCOVER 323 P.
ISBN 1-891824-54-6

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Istanbul: Sacred Haven Of the Eleventh Crystal

Juliano, the Arcturians and Chief White Eagle through David K. Miller

Greetings, I am Juliano. We are the Arcturians. We are gathered here in Istanbul to provide the ceremony for the downloading of the eleventh crystal. This crystal has special meaning. Numerically, it is number 11, which is considered a lucky number in numerology. Just like 7 is a special number, so is 11 also considered a powerful number. I would have to say that this crystal provides an energy that makes the other ten crystals work most effectively.

Crystals can be described in terms of electromagnetic energy and grids. Electromagnetic energy grids work best when all the crystals on the grid are connected to each other. When all of the crystal energy is connected, then the power from all of the crystals becomes more effective. We are choosing a place for the eleventh crystal that has great clarity. We are choosing a place that has a great ability to make connections with other energetic points. The ability to make connections is a high power. If you remember, we began our lectures many years ago discussing the Arcturians through the concept called “connecting with the Arcturians.” Your power and energy is multiplied and increased when you are able to connect to the fifth dimension and when you are able to connect to fifth-dimensional beings. This crystal is going to help the world connect to fifth-dimensional wisdom and fifth-dimensional knowledge.

AN INTERSECTION OF THE DIMENSIONS

The hidden knowledge that we are talking about, which this crystal represents, is the knowledge of the fifth dimension. The knowledge that the fifth dimension exists will be revealed to this planet soon. When the knowledge of the higher dimensions becomes known more generally, then the planet can quickly make major changes. When people

KEY POINTS

- Connection to the fifth dimension through the eleventh crystal will bring newer light, newer knowledge and newer wisdom to the problems that are facing humanity and the world.
- Through your spiritual power you have helped to bring the energy of the eleventh crystal to Istanbul.
- The eleventh crystal's presence in Istanbul will reaffirm Turkey's position as a leader in spreading spiritual light throughout the world.

understand more about the fifth dimension, then they will understand that there is a need to connect to it. There is a need to accelerate everyone's energy so that all who want to can enter the fifth dimension. Most important, everyone who is working to solve the Earth's problems will be happy to understand that there is this connection. They can use this connection to bring newer light, newer knowledge and newer wisdom to the problems that are facing humanity and the world.

Think about what it means to you personally to know that there is another dimension. I want each of you to understand what a revolutionary concept and what revolutionary information it is to know in your heart, with complete faith and with complete wisdom, that another dimension of a higher vibration exists and that it is going to connect to the third dimension. We can describe this connection symbolically. We have described it by using the concept of two large spheres. Each sphere represents a dimension. The fifth dimension as a sphere will touch the third dimension as a sphere. This touching we call an intersection of the dimensions, which will create a powerful experience because the light and energy of the fifth dimension will immediately be downloaded into the third dimension. When two dimensions intersect, the energy from the higher dimension will flow into the lower dimension. This is the universal law known as “spiritual osmosis.” Higher light will go into lower light and will slowly fill that sphere.

There has never been an intersection of the dimensions on Earth. In the past, individual spiritual leaders and spiritual people have sought to create a connection to the fifth dimension, and have tried to explain and provide examples of the way to connect to the dimension. Now there is going to be a sustained energetic connection and intersection. This intersection is like plugging a wire into a wall—then you turn on a light and the light stays on.

At this point in the history of the fifth dimension intersecting the third

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dimension, we the Arcturians are creating a special corridor allowing the sphere of the fifth dimension to be permanently connected to the third dimension here at this crystal area, at this point in Istanbul. You who are here right now will feel the tremendous linkage this corridor provides between the fifth and the third dimensions.

CONNECTING THE DIMENSIONS THROUGH YOUR SPIRITUAL POWER

You are here at a time that can be described as a moment in eternity, a moment in eternal light. The linkage of the corridors from the fifth dimension and the third dimension are becoming more solid. Now you who have come here today are assisting us in bringing down the eleventh crystal. We have some work to do with you. I thank you for coming here to provide the man/womanpower to download this crystal. I want to emphasize the word "power." Spiritual power is required to help perform this energy work. You who have come here today are showing great spiritual power to be here at this moment with this light, with this beauty and in this great energy crossroad. You are here to help connect the fifth dimension with the third dimension. What could be a greater service to humanity at this time then to provide the means of connecting the fifth dimension to the third dimension?

You are now sitting in a circle. Feel the circle and the energy of the circle. Now the circle begins to move: It goes around and around, and you are moving in the circle. As you are moving around in the circle, your spirit feels light and it is able to leave your body. I, Juliano, have provided a beautiful corridor right above your group. As your spirit leaves your body, join me in this corridor. I will wait until everyone has been able to leave their body. If you have difficulty leaving your body, then please just visualize to the best of your ability what we are doing.

We begin to follow the corridor. Going up the corridor, we are traveling at the speed of thought. As we travel with the speed of thought, we go through this corridor and we are traveling to the Arcturian crystal lake on the fifth dimension. We arrive to the outer area of the crystal lake in Arcturus in the fifth dimension. As we arrive, we look down around the lake and we see that for each person from the group, there is a fifth-dimensional body waiting for you. Please enter your fifth-dimensional body now.

We are now in the crystal lake, and each of you is in your fifth-dimensional body. I, Juliano, call on the crystal in the crystal lake to begin to rise. Slowly it rises. As it rises, you feel the intense light of the fifth-dimensional crystal. It now rises totally out of the water.

TRANSPORTING THE ETHERIC CRYSTAL

The crystal is now out of the water. Now, with the powers that I have, I am going to create a perfect etheric duplicate of the crystal. On the count of three, you will see and experience two crystals instead of one. One, two, three! There is now a duplicate crystal. I, Juliano, am using the

light and energy of the original crystal to charge the new duplicate crystal with all the light and energy that is necessary for it to have. The second, duplicate crystal is being filled up with great spiritual light and energy. It is now ready to be teleported back to Istanbul. Each of you can now use your power of thought projection to help me transport this crystal back to Istanbul. I want you, with my assistance, to visualize the raising of the crystal from the crystal lake. We are going to transport the duplicate crystal back to Istanbul. The original crystal will stay above the water at the crystal temple during the transportation.

You will now also practice multipresence. You have a presence in the third dimension and you now have a presence in the fifth dimension. Now your presence is needed in the third dimension and in the fifth dimension. You have the power to do this with my instructions and help.

Together, our thoughts now transport this duplicate crystal. We transport it out of the crystal lake. On the fifth dimension, we do not need to pick things up; we move things with our minds. We can now transport this crystal with our minds out of the crystal lake through the corridor. We are now traveling through the corridor with this crystal, and by using our mind, we are transporting it at the speed of thought. Now we arrive in Istanbul with the duplicate crystal. A huge light comes over the whole city now as the crystal is coming into alignment with the Bosphorus Strait. It is coming into the area at this special historical place you have chosen called *Anadolu Hisari*—the Anatolian castle. The crystal is in alignment in the fifth dimension and the third dimension. Huge light connections are already beginning to form.

RETURN WITH YOUR FIFTH-DIMENSIONAL ENERGY

Here is the explanation of the exercise you need to do. You return to the crystal lake. We will leave this crystal over the Bosphorus that we have brought down from the fifth dimension. We will return to Istanbul to do the actual downloading back on the third dimension, so return to your fifth-dimensional body on the crystal lake. This beautiful eleventh crystal is now in alignment from the fifth dimension with the third-dimensional Bosphorus. Follow me and return to your fifth-dimensional body on the crystal lake in the crystal temple.

The crystal lake is filled with light and you have now returned to your fifth-dimensional body. The original crystal is still above the water. It will stay above the water until the crystal over Istanbul is downloaded. Feel the energy of being in the fifth dimension. Feel the energy of being on the crystal lake with the crystal above the water. You are going to shimmer your body back into the third dimension so that when you come back into your physical body, you will have the fullest possible fifth-dimensional light that you can bring in. Shimmer your fifth-dimensional body now. Reappear into your third-dimensional body in Istanbul. Beautiful! Hold that light in your third-dimensional body. You will need all

the energy to do the exercise. Now, repeat: Return to the fifth-dimensional body on the crystal lake. Now prepare yourself to return to the third dimension. Your spirit leaves your fifth-dimensional body. You know that you can return to it at any time. Your spirit leaves your fifth-dimensional body and the crystal lake. You follow the corridor and travel at the speed of thought back into your third-dimensional body.

You travel and come above your body back in Istanbul. You see a huge light over your body because this new etheric crystal is exactly over where you are sitting. Look for your physical body; find a perfect alignment and re-enter your physical body now. You have re-entered your third-dimensional body. The circle has stopped going around, and we are ready to download the crystal into the third dimension.

DOWNLOADING THE CRYSTAL TO REVEAL HIDDEN KNOWLEDGE

Project and send your thoughts up to where this crystal is, directly over the Bosphorus and directly over Anadolu Hisari, and command the crystal to come down and enter the third dimension. You are the anchors. The beautiful eleventh crystal is now coming into the third dimension over the Bosphorus.

Huge light, love and connections to the fifth dimension all are in this crystal. Now we bring the crystal itself down into the third dimension with your help. We bring the crystal right to this location into the Bosphorus. The crystal is now entering the Bosphorus and is going right to the bottom. Huge energy comes down with the crystal. Now it is connecting to the other ten crystals that have already been downloaded around the world. We are connecting with all of the other Group of Forty members around the world now who are with us in thoughts. Hold this connection and we will meditate together in silence for five minutes to hold this connection and to anchor this light. Begin the meditation.

The crystal has been successfully downloaded! The hidden knowledge of the existence of the fifth dimension will now be more widely known to humanity. It will become known to everyone that the fifth-dimensional energy can be brought down into the third dimension. It is time for this hidden knowledge to be revealed to all seekers of the truth. It is time for spiritual light to connect to all aspects of the third-dimensional reality. This crystal here in Istanbul will provide great light to Turkey. Turkey has great pride in its ability to be a leader. Turkey has been a leader of spiritual light before in the world. Turkey will now again show itself to be a leader of spiritual light to this part of the world. This spiritual light will spread throughout the Middle East and the Far East, to many different countries. More spiritual people will be attracted to studying and experiencing this spiritual light that is coming out of this etheric crystal that you have helped today to download into the Bosphorus. I am Jualiano, and we are the Arcturians.

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Message from Chief White Eagle: A Blessing for the Sacred Area of Istanbul

Hey ya ho ya hey! Greetings, I am Chief White Eagle. The Native spirit masters are so happy when a new sacred place is identified on the Earth. The Earth has many corridors and many sacred places. Now, this place in Istanbul is an area where much spiritual light can enter. It is also a place where spiritual light can work with third-dimensional light and also work with third-dimensional spirits that are stuck and need to be released. We feel the energy of this crystal. Our fifth-dimensional workers are drumming in joy! Feel this energy now. This is an energy that you have been helping to bring down. You have become a sacred person because you are participating in the downloading of sacred energy and of higher energy.

O Great White Father and Great Mother, I Chief White Eagle am here today with gratitude so that you can bring and protect this great area of Istanbul and the Bosphorus. Let this place represent peace and love, light and brotherhood. Let this place represent and help people to connect to the fifth dimension. This area has many lightworkers, Great Mother/Father, Protector of All. These lightworkers are being shown the way to teach and to connect their country along with other countries and other lightworkers to the fifth dimension.

Today we ask for a blessing for this area. We ask for a blessing over the Bosphorus and a blessing to all here who have participated in this wonderful ceremony. Let each one who has participated in this ceremony today experience the light for his or her own personal life. Let their personal lives be blessed, O Father/Mother, for they are working to promote light for the planet. Today we ask for your gratitude, your blessing in the name of your love and your light, O Father/Mother, Creator of All. Thank you.

The Native American fifth-dimensional masters, including myself, Chief White Eagle, will be here now in the Bosphorus. You have helped to place a corridor that will allow the Native American masters to be here. I know that we are accepted by the Turkish people for they love us and our spirits. We are all brothers and sisters! I am Chief White Eagle. Ho! ✨

Assimilating to the Energy and Information Of the New Age

Amma through Cathy Chapman

10 July 2009

Dear ones, I am Amma, the Divine Mother of the divine mothers, and I am your mother. Know this in your heart, not just in your head: There is no need for fear. Yes, institutions are crumbling around you. Your economic situation is crumbling. Your automotive industry is crumbling. Your insurance industry is crumbling. Your healthcare industry is crumbling. Even your churches are crumbling. These amazing institutions you created are crumbling.

When institutions begin to die, they fight their death. They become more strident in their words. Every effort is made to put you in a state of fear of what will happen if they are no longer here. They make stronger proclamations about what you should and shouldn't do. They make rules and regulations to shore themselves up. You see various companies attempting to do everything possible to eliminate herbs, homeopaths and other forms of alternative health care.

If you believe this is the company or corporation becoming stronger, you are wrong. Their very foundation is weaker. They are doing what they can to hide it. They want you to be afraid of what life will be like without them. They want you to feel their fear about their demise. They want you to believe that society is on the verge of collapse. And so, you are in fear.

THIS IS NOT A TIME TO FEAR

These are the times for which you have been preparing. You have all the tools necessary to handle these rapidly changing times. Read this journal in your hands. Go back and read the words you have been reading the past few years. This is not the time to fear. It is the time to rejoice!

KEY POINTS

- You have created institutions where people are paid for spreading fear, though this is not a time to fear.
- Stay in your heart center to avoid fear, and use your heart energy to balance and repair the physical body.
- When you stay in your heart center, your physical and energetic bodies are more easily able to assimilate the information contained in the incoming energy.

You are witnessing the chaos that gives birth to the New Age. For there to be a new age, the old age must leave.

Remember the story in the Hebrew scriptures of the Israelites wandering the desert for forty years? They followed their guidance in the form of a pillar of light and a pillar of fire. Why was it necessary for them to wander for forty years? Dear ones, the slavery mentality could not come into their promised land. Those with the energy of slavery had to leave their bodies and allow the new generation to build anew. You are seeing something similar: The old must pass away so the new may begin. You have been looking forward to this. Rejoice!

The old structures must die away. You fear because you listen to people who don't know the truth of what is happening. You listen to people who have a vested interest in the institutions staying the way they are. The institutions you have created with your technology include those who make a living giving their opinion. Why do you listen to them? It is their opinion, not fact. Are you aware that the economic deterioration that you are now experiencing would have been much less without people listening to the opinions of those who talk? Someone gets paid for spreading fear. Why listen to it?

STAYING IN YOUR HEART AND LISTENING TO YOUR CHILDREN

Dear ones, there is no reason to be in fear. That is why I and others teach you to stay in your heart. You are amazing beings created from love. You are love incarnate. If you stay in your heart, you will stay out of fear. Yes, even if you do not have a job, even if you have lost your house, even if you, or someone close to you, is getting ready to leave the body. If you stay in your heart, you will not be in fear.

The New Age that is coming, and has begun, depends

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upon you staying in your heart. Being heart-centered, not brain-centered, is a hallmark of the New Age. When you are in your heart, you connect to the oneness. When everyone is in their heart, they all connect to the oneness. That is why teacher after teacher has been teaching you to stay in your heart.

Dear ones, I have no judgment if you choose not to stay in your heart. I just give you information so that you may live your life upon this planet more easily. Be in joy about what is happening. The old is passing away and the new is coming. You see the new in your children. For several decades now, children with the new awareness have been born. Pay attention to your children. Listen to their words of wisdom. Provide boundaries, provide support and listen to their words of wisdom.

In the New Age, there will be little divisiveness. Yes, there will be differences of opinion, but they will not contain the animosity and hostility you experience now. A time truly is coming in which you can speak your truth without fear of reprisal. Those of you who live in the United States may say, "But we have freedom of speech." If that is true on every level, then why are you so reluctant to speak your truth?

USING HEART ENERGY TO HEAL AND BALANCE

I would like to move to a different topic now. A number of months ago, I presented information about a small energy center that is at the top of your physical heart. I would like to give you more information about how to use this energy center. First, know that staying in your heart center activates the energy center in your physical heart. However, you can do much more with it if you consciously use it. I would like to give you some examples now.

Focus on your physical heart and focus at the very top of your physical heart. The energy center overlaps the top one-sixth of your physical heart and extends in equal measure above it. This powerful little energy center works with the physical body. When you focus on this energy center and consciously connect to your body, an evaluation of how your body is doing occurs. Your body will make adjustments, bringing you into balance.

For example, let's say you are having difficulty with your liver. Everyone could use a liver cleanse. Right now, focus on that energy center at the top of your physical heart. I want you to feel yourself connected deeply to that center. Now connect to your liver. Do this by thinking of your liver. If you know of a particular lobe that is having difficulty, you can focus on that lobe. Otherwise, just focus on the entire liver. Once you make this connection between the energy center in your physical heart and your liver, simply say, "Repair and balance." Hold that connection for as long as you can or until you feel complete.

You may also focus on systems in your body. For instance, you have the endocrine system, the digestive, the lymph and others. Perhaps you are having hormonal difficulties. Your healthcare practitioner may tell you it is your pituitary

gland. Another may say it is adrenal fatigue. Remember that your hormones are part of a system. What happens to one affects the other. Think of a child's mobile. You pull on one part of it and the whole thing jiggles. It is the same with any system. Focus on the energy center at the top of your heart, ask it to connect with your endocrine system and say, "Repair and balance." These two words are not magical words. You can use other words you may be directed to use.

You can work with a microbe in this manner. Let's take hepatitis C. For those who don't know, it is a disease of the liver caused by a virus. The allopathic treatment for this disease can be very debilitating. Focus on the energy center at the top of your heart and connect with your liver. Bring to consciousness hepatitis C and make a command. You can use "repair and balance" or "eradicate and balance" or "I command hepatitis C be eliminated from my body."

If you are in fear about the flu—your governments are doing such an excellent job fanning those flames—focus on the energy center at the top of your heart. Bring to mind your immune system and simply command: "Balance." If you show symptoms of the flu, follow the process given above.

Amma, can we use this energy center to assist our bodies with all these new energies coming in?

Yes. Know that these energies coming in are not like a simple electrical current. The energies contain information. Relate it to a computer program where someone has written a code contained within the incoming energy. The information is being transmitted to your body—your physical and energy bodies. The information is telling your body what changes will be made. When you stay in your heart center—or as I have advised in other messages, stay in your heart source—your physical and energetic bodies are more easily able to assimilate the information.

People forget that energy is information. Remember, when you have an energy of fear going out from you, you are transmitting information about fear. All energy contains information. When you remain in your heart source, you stay out of fear and the new information more easily assimilates throughout your body. You can assist in assimilating these energies by focusing on the energy center at the top of your physical heart. In your consciousness, hold this concept of new energies coming in and changing your physical and energy bodies. This will assist the balance. There is no need for a command in this case, because the energy contains the information for the center in the heart; therefore, the bodies will adjust.

When you are in fear—and I'm using fear as a general term for anything that is not-love—you are introducing a different energetic current than that which interacts with the new energy. The result is more aches and pains in your body. The new energy coming is love. When you add your fear to it, it results in a type of electrical shock that affects your physical and energetic bodies. The more you experi-

ence not-love in your life, the more difficult the transitions of your body will be. When I say, “experience not-love,” I’m speaking of it coming from your thoughts. When you remain in your heart source, your energy field is strengthened and the not-love energy coming from other people is not allowed to enter your energy body.

When you stay in your heart source, you are in balance, and the information and energy are better able to be transmitted to your body. You will still experience physical aches and pains as the energy comes in, but not as severely. Do you remember the growth pains when you were growing up? Those of you who grew quickly, your muscles would hurt and your bones would hurt because the body was changing. When you began puberty, your entire system had to become accustomed to the hormones pouring into you. You had to adjust. The same will happen here.

The new energies are coming in, which means that new information is coming in. Your cells and your beliefs have to change. When you are experiencing particular aches and pains—headaches being a major symptom of this change—focus on that energy center at the top of your heart. Hold the headache in awareness and simply request your body to allow the changes to occur. Allow the new energies to come into your body. If you move through your body and then into the Earth, your body will experience much less pain. That’s why it’s important to stay grounded. When you are not grounded, the energy being released—the old information—has nowhere to go but within your body. When you remain grounded, which occurs when you are in your heart source, the old information will move through your body and down into the Earth.

What effect does this old information have on the Earth?

You have heard it said that your planet has undergone turmoil because of your emotions. That is only partly correct. Gaia agreed to receive the new energies first so that she could undergo her transformation. The information contained was specifically for her, and it told how to transmute the low-vibration emotions you are releasing.

Your low-vibration emotions still cause disturbances in the energy as it comes in. She, however, has transformed her being so that the energies you release into her do not affect her in a negative manner. That does not mean there will not be hurricanes, earthquakes and other such natural events.

As you go through your transformation and release the energy into her, Gaia will transmute this energy. That is the safest method for you, and her body is now aligned so that it is safe for her. Storms and earth movements are part of how she keeps herself in balance. These events do no harm to her. They may, however, cause you some discomfort.

Does the heart hologram have anything to do with the new energies?

The short answer is yes, and that is why the heart hologram was given. For those of you not aware, the heart

hologram is a structure within your heart chakra. All children conceived since it was originally given have the heart hologram. Most of you reading this message have the heart hologram. Whenever you read my words, and however you read my words, you are connected to my energy. You are automatically given the heart hologram.

When you connect to someone else heart-to-heart, you automatically—without any effort—transmit the heart hologram to another person. Those of you who may have just come upon my messages but have been following other channels—Kryon, for example—you have been given the heart hologram by Kryon’s energy. I am not the only one “giving” the heart hologram. I may be the only one talking about it.

The heart hologram is an energy structure that is multidimensional. At the very least, you would see it three-dimensionally. The heart hologram has many different shapes, yet there is only one heart hologram, just as there is only one yet many different looking bodies upon the Earth and in this Universe.

The heart hologram came in when the energy intensified to a particular level. Think of it as a breaker switch. It is more than that, of course. The heart hologram assists in assimilating the energies now coming in and distributing them throughout your body. As the heart hologram is strengthened within each person, there will be changes in your chakras. There will be a time when there are not seven major chakras. There will be only one. When that occurs, you will be in intimate communication with your soul-self.

As the energies come in, they change you. Think of a crystal glass and what occurs to it when an opera singer is able to hold the tone of high C. The glass shatters. The high C is of a frequency the crystal cannot assimilate. The new energies coming in change your body into something not as rigid as a crystal glass. You have heard it said that your structure becomes crystalline. That analogy, although good, does not fit perfectly.

Crystal is able to hold frequency and information. It also breaks fairly easily when hit or dropped. Your body will become crystalline because of the information your body will hold. This is not simply the cellular memories you have heard your body now holds. The crystalline structure will enable you to hold information from other universes and dimensions.

The crystalline structure your body is becoming is flexible. Your heart hologram assists your body in reading and assimilating the new incoming energy. The effect of the changes are less intense, and the body becomes more flexible. I’m speaking of the cellular structure and the DNA as well. As the DNA becomes more flexible, those who have not already will experience an unfolding of the DNA into twelve strands.

Just as the institutional structures of your world must change, so must your body. You have the tools to avoid the mass fear being generated. Use the same tools to allow your

body to change more easily. Instead of fighting the insomnia, read a book, write a book, listen to music or write music. Rest. Take time for yourself. Walk in nature, or at the very least, view photos and paintings of nature. Remember, the planet already has the full information of transmutation.



All Is As It Should Be

The Brotherhood of Light through Edna Frankel

Greetings, dear ones, from the Brotherhood of Light. Welcome, once again, to our energies of divine light and love. Above all, remember that you are loved and cherished by Spirit. Though times may seem difficult, know that you will be all right, that you will always have what you need and that your needs will always be met. Yes, your abiding faith that Spirit will guide you and provide for you will make exactly that happen, time and again. Know that we will always protect and direct you. So relax and enjoy the ride! Don't fall into fear because fear is an emotional state that drags down your energetic vibration and tanks your physical chemistry!

We have explained in prior Circle of Grace texts that your dense etheric being is really composed of four entwined (PEMS) layers, not just the physical person you see in the mirror. Your physical core is surrounded by your emotional body, then your mental body and finally your spiritual body, like a set of wooden nesting Russian dolls [chuckles]. All four levels must be cleared and balanced for your life to flow in harmony. Some of you may be thinking, "Ha! Pretty words, but I've heard them before. Right now, I'm so tired that I can barely get through each day. The earth is a mess, humanity is making a worse mess and there's too much war, hatred, poverty, illness and greed. How can all of this chaos be healed in just three short years?"

THE ENERGETIC SHIFT AND YOUR HIGHER SELF

Ah, now we will ask you a few questions: Do you think the world as you know it will end with the upcom-

KEY POINTS

- By understanding how your PEMS layers comprise your etheric being, you can learn to clear away your internal pressures of physical blockages and energetic baggage.
- For every physical thing in your world, there is an equal or greater nonphysicality that defines and supports that physical manifestation.
- Be aware of the fluidity of truth and the ego's need to judge, for this is the path to loving all things.

My dear ones, this is my message at this time. You will receive more information from me individually as you stay in your heart source. You will receive more information from everyone as you stay in your heart source. My blessings surround you, and I cannot love you any more than I do, as you are one with me. I am Amma, the Divine Mother, and I am your mother. ✨

ing millennium shift of December 2012? How much do you think will change? Yes, facing the unknown is always scary, which is why people find it so hard to change their comfort zone and often expend huge amounts of energy to stay in place rather than embrace change. Dear ones, your roads, homes and office buildings will remain. We are not speaking here of individual weather events that inevitably change the landscape. These things you are already experiencing. How many of you truly felt the shift from 3D to 4D that occurred in 2001? It was very subtle and hardly noticed. Have you ever waited in a store to pay for something, only to be informed that a "solar flare" earlier in the day has disrupted satellite communications and your credit card isn't working? That's the kind of change we're talking about. The shift is energetic. You've been living through it for the last twenty years, and the good news is that it's almost over.

What is luck? Luck is merely being prepared when an opportunity presents itself. Indeed, preparedness is what makes manifestation happen. What drives this synchronicity is a clear connection between people in 4D with their higher self in 5D, in the non-physical realms. We explained earlier that your dense, etheric body is composed of your PEMS layers—your physical core surrounded by your aura, or specifically the first three energetic layers of your aura. So where does your higher self fit in? Well, the word "higher" is misleading because it implies a direction—up—away from you. That very concept of being separated from or lower than God has retarded spiritual growth on this planet for thousands of years. Your higher self is actually composed of your auric, non-physical parts wrapped around your physical core. Once you clear away your internal pressures of physical blockages and energetic baggage, you will

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be in clear contact with your total energetic being, just as clearly as your current level of awareness connects you to your physical core.

LINEAR TIME AND WHAT YOUR DOG CAN TEACH YOU

Don't be afraid of linear time disappearing. It never existed, because you made it up! Look at nature—the plants and animals around you—to see that there is a linear process to the seasons, a natural progression to the star constellations passing slowly above you in the night sky. Birth, life and death rule the physical parameters of your 4D reality. What we are trying to teach you is that how you feel, think and act within the life process is what is truly important.

Have you ever watched your dog play and wondered what he's thinking? "Look, my big one, I'm running now! Look, I'm catching the stick now! Look at me—I'm running back to you now! Please, please, throw it again for me now!" You may be reliving an argument you just had with a coworker while absent-mindedly exercising your dog, but your pet is having a wonderful time! Why aren't you? Because your mind is preoccupied by a past grievance. As soon as you lose focus on your present moment, you fall back into the trap of "would've, could've and should've." We have pointed out before that—in linear 3D to 4D reality—you cannot yet physically reach back into your past and change it, nor can you see and affect a future that hasn't occurred. But if you are stuck on past events and keep rerunning them in your mind, you are not participating in the current Now moment that is happening all around you. Whether you are wrapped up in past or future worries matters not, the result is the same: Your dog is having a great time, and you're not!

PREPARATION FOR 5D REALITY

You may be wondering about what all this has to do with the upcoming shift. In the nonphysical realms, dear ones, thoughts are things. For every physical thing in your world, there is an equal or greater nonphysicality that defines and supports that physical manifestation. That object begins its creation at the nonphysical level, as an idea that is "fleshed out" by your thoughts, translating into denser and denser form until it reaches your physical reality. Once your current 4D reality shifts into 5D, there will be a blurring of the lines between physical and non-physical. Manifestation will occur much more quickly. Are you ready? Are you in charge of your thoughts and emotions, or are they still ruling you? Can you release past hurts?

We wish you to hear this lesson so that you may grow beyond it. Take responsibility for whatever has happened, for if it has happened, then you—at some level—drew that experience into your life. Sometimes you may never understand why you had to go through a particular experience, but rest assured that your higher self sought healing for it and is doing you a big favor. How do you

move beyond a hurtful experience? Forgive, dear one, forgive yourself and the others involved, and then you will gracefully move on. See the lesson and accept your part in it, or you will never be able to release it. Yes, bless it for the wisdom that situation, thing or person has brought to you, and let the rest go.

Our main message to you in this section is that you are masters of creation in a very literal sense. Once your senses and abilities expand into the nonphysical range of 5D, you will realize that you can manifest your thoughts into reality very quickly. Have you trained your mind not to be in charge of your moods? Ah, that would be a good thing to be practicing right now. [Chuckles.] We love you so much. Do not fear change, dear ones, because change is the only constant in the universe. When you are young, you crave consistency and continuity, and it is a simple thing to live in the Now. As you grow older, you learn to accept that nothing ever remains the same. Then it is your choice of perspective that determines your quality of life. People who are stuck in victim mode only interpret events within that context. Pretty soon all of life seems to be against them, everyone seems to have an ulterior motive, and everything around them turns sour. While they are blindly acting from this one limited perspective, they don't realize they are creating their own misery as they go. You create what you focus on. If you run around crying, "Woe is me," all the time, the universe will gladly oblige. Until you take responsibility for what you are creating, you cannot make anything better.

Whether you are a newly awakened lightworker or a veteran, by now you have probably figured out that there is no such thing as coincidence: Things always happen for a reason. While the thing may be a physical event and the reason behind it a non-physical one, how you handle that event determines the outcome and determines how that outcome affects your life. Yes, we are still speaking about perspective! If you have faith that all is as it should be, then any event—whether you experience it as good or bad, right or wrong—is there to teach you a lesson. But if you get caught up in judging that event and the others involved in it, then you are acting out of ego. If you are convinced that your truth about any subject is more just and more right than someone else's truth, then you are acting out of ego.

TRUTH AND JUDGMENT

Truth is as unique as each individual. People do not have the right in this free-will zone to inflict their truth on you and force you to accept their perspective as correct above and beyond your own inner truth. Nobody has the right to force you to change the way you think or the way you feel. We have often joked that God is fortunate to have no religion, for no conflict exists within Him. In your own history, judgment has proven to be the biggest problem with organized religion and the cause of all religious wars. Your faith in Spirit, however, is actually faith in yourself because

God resides within you: You are divine! The worst thing that ever happened to humanity on planet Earth, from our higher perspective, was that organized religion separated you from your own divinity and thus robbed you of all your inherent divine powers.

Dear ones, there is no need to battle between yourselves as to whose God is stronger, whose way is better and, worst of all, whose truth is right. Let it be known that truth is individual for each person, as sacred to you and as different as your fingerprints are one from another. If somebody professes to know the one and only truth, walk away quickly! [Chuckles.] Keep what resonates as true for you, and let the rest go. Worse yet, if someone insists that you must think and feel as they do, you are witnessing ego manipulation. Remember, detachment is having nothing to gain or lose from a situation. Those that squabble among themselves have an emotional or mental stake in the events they are trying to push toward their own benefit. Beware of passive or aggressive manipulation, for both breach your personal boundaries. No one has the right to inflict upon you his or her own judgment of what is good, bad, right or wrong.

For us, the saddest part to watch is that judgment. If egos are involved, you will be watching judgment taking place. In prior Circle of Grace text, we explained that God does not judge—God only is All. It is humans who judge each other and most often find each other lacking in the “proper” perspective, or their interpretation of what should be your appropriate emotional involvement. “Appropriate for whom?” is the question you must ask yourself whenever people try to convince you that their truth is better, more right or more just than your truth. Truth is different for every person. What you believe and how you see life is unique, correct and different for each of you. Some people scream that Armageddon is upon us, coming shortly in 2012. If you check back in your recent histories, you will no doubt find that these same “Doom and Gloomers” were crying about the end of days back in 1999. Why would they do this? To instill fear in others means that you can control their thoughts and sway their emotions by making them afraid to know their own minds.

CARE AND MAINTENANCE OF THE AURA

As you reach a higher level of global connectedness, you will start to see the many ways in which all peoples are interrelated. Though your language, clothing and outward appearances may be different, your internal similarities make you all one humankind. Humans, be kind to each other: That is all we ask. [Chuckles.] If you can do that one simple thing and realize you are all “brothers under the skin,” all of your differences will dissolve. What is under your skin? You all have the same basic configuration of muscles, bones, organs and connective tissues and the same immune, hormonal and nervous systems. You all need air to breathe and food to eat, but that only takes care of your basic physical needs.

Now that your expanding awareness is registering that you also have an energetic body, you will soon come to realize that your aura needs to eat and excrete energy too. And so we return again to what we teach, dear ones: the care and maintenance of your aura. The Circle of Grace is a simple, easy way to learn how to eat and excrete energy. Yes, we are potty-training you, lightworkers. If you can laugh along with this image, then congratulations: You have stepped out of ego!

Children first learn to crawl, then walk and then run. Do you see the analogy here? A very basic but major step for you is to learn how your energetic body works and how you can work with it to keep your aura healthy. That aura includes your physical core. As we have taught you, your dense etheric body is comprised of your physical, emotional, mental and spiritual layers. Once your life expands fully from the physical into the nonphysical realms, you will quickly find all of the baggage you have been carrying from your 3D life stuck within your emotional, mental and spiritual layers. Most of it will be ugly and painful, and for many, it will become overwhelming to deal with. That is why we have been urging you to clear and cleanse yourselves at all PEMS levels. Your outer lives—your homes, your jobs and your relationships—all mirror your inner physical condition. Have you not realized that you get back threefold what you put out? What you express, how you think and how you behave are all mirrors that reflect your PEMS levels of health.

PRAYER TO RELEASE THE GRIEVANCES OF YOUR HEART

Dear one, how can you love all things when you still nurture grievances in your heart? That is one of the most difficult lessons to learn: how to forgive all people, including yourself, who have hurt you or loved you conditionally. See the lessons those people and situations have brought to you and forgive their part in it, letting them keep those lessons if they are still blindly embroiled in them. Forgive their shortsightedness, their judgments and their negativity, for those are all emanating from their perspective on life. That perspective does not have to be yours! If you can see and learn the lesson without emotion or attachment and walk away satisfied that you have absorbed what you need and left the rest behind, then you have truly evolved beyond the need for that lesson to keep repeating. And remember, once you have learned it, Spirit will trot it by you one last time to see you handle it from your new, higher perspective. So if it does reappear after you have made peace with it, you will be pleased to find that it will only take you a moment to bless it and let it go.

Once you fully clear that negative pattern vibration from your PEMS layers, the universe will respond in kind with something better! Remember to add the phrase “. . . or something better” after all of your spoken prayers to give the angels leave to manifest for you what lies beyond your own imagination. Yes, beloved reader, you are only limited

by your own imagination. Think about that for a moment, please. We have asked you to be very specific about what you focus on manifesting—the more detail the better—but anything is possible. Sometimes you get stuck imagining only one or two avenues to a specific outcome. When you add the phrase, “. . . or something better,” you leave a window open for Spirit to bring in that which is for your highest and best good. If you prefer, imagine that it gives your angels something to do.

As a farewell gift, we leave you with the Circle of Grace healing prayer. In order to give us permission to be with you and work with you in your physical space, please say the prayer out loud, even if you whisper it in the bathroom before going to bed. Remember that what you speak becomes concrete. The first two lines are yours to amend

to suit your beliefs; we only ask that you say the last two lines out loud as written. Lie down with a pillow beneath your head and another beneath your knees and then drop your jaw open to activate the release of pressure from your nervous system and your energetic meridians—as above, so below. Let us join you for an active healing session, work on you as you drift off to sleep or clear you as you float through your own favorite meditation:

“Dear Lord/Father/Mother God, please join me for this healing session. Dear Ascended Masters, guides and angels, please join me for this healing session. Dear Brothers, the Brotherhood of Light, please join me for this healing session. Dear higher self, please join me to guide and lead this healing session.”

God bless, dear ones, and never lose faith, for you are so dearly loved! We are, in all love, the Brotherhood of Light. ✨

A Spiritual Pandemic

The Star Elders through Aluna Joy

Pandemic! What a great and powerful word to awaken humanity to the fact that the collective is now thinking globally and acting locally. It is remarkable that something as simple as the fear of a little germ can link the people of Earth together. Humanity has taken another step toward being a global community. There is no doubt now that you have anchored the reality within your consciousness that you are all connected, interdependent and can recognize the importance of being self-responsible. This is not a time to fear. It is a time to celebrate.

Your collective experiences and explorations living in the third dimension have come full circle. This is a time where you will begin to rethink and renegotiate everything. You will discover that much of what you knew to be true is out of date. You will soon discover that the new reality you are now entering is the reality you have been dreaming of. These current times are causing a spiritual pandemic. This means that the boundaries between physical realities, cultures, religions, dimensions, social sta-

tuses and educational levels have been compromised and are breaking down. This spiritual pandemic means the entire world is waking up.

Humanity is moving toward unity and oneness with all living beings of Earth. This spiritual pandemic will naturally evolve all life into a global community. Our actions will be a grand, orchestrated collaboration focused on the well-being of all living things. You can see symptoms of this transformation in every direction of your reality. This is the completion of ancient prophecy that was written about long ago.

YOU ARE NOT A SEPARATE BEING

The pandemics in your environment, your economic systems, your political systems, your consciousness, your physical realities and even your immune systems are morphing right before your eyes. You are now having a full-on experience of what we like to call the “Earth’s stimulus package.” You share the same planet, you breathe the same air and you even share the same viruses and bacteria! This is not new. You were never separate from each other. You just forgot that you were always connected to all that lives.

The Earth’s shifting environment is stimulating you to change the way you interact with Earth, the solar system and the universe. This is being seen in the increase of the use of



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KEY POINTS

- A spiritual pandemic is occurring to wake you up, to usher in the new reality you have been dreaming of.
- Every single living thing in your environment is changing on a molecular level, and while you might be scared, this is actually something to be excited about.
- There really are only two choices you can make: fear or love.

green technologies, from using solar power to recycling. Many of you are becoming more in touch with Earth once again. Your gardens are sprouting in your environment, and your internal gardens are flourishing.

Your shifting global economic system is pushing you to move toward one that is based on service and sharing. You will see a huge shift in values. You are evolving from a self-centered “what is in it for me?” mentality into a reality where you act from knowing you are a part of a global community. You recognize that everything you do affects every other living thing.

COLLECTIVE EVOLUTION IS UNDERWAY

These times are compelling you to trust Spirit with your physical and monetary assets. You were never meant to trust what is outside of you. Your true nature is in knowing that you are a 100 percent, self-contained, creative being with all the tools needed to live abundantly. It was never your destiny to toil to make a living. There is freedom right out in front of you.

Your physical body is morphing so quickly in response to the arrival of the new energy that you have to let go and let it be. This is causing you a lot of strange physical symptoms. The shifts are coming now, and it takes your breath away. Even your immune system is evolving quickly so as to be able to adapt to the evolving energy of all life on the planet. Every single living thing in your environment is changing on a molecular level. From your body, to the earth, trees, plants and minerals—even viruses and bacteria—are all evolving together to stay in harmony. This is not something to be feared. It is something to be excited about.

Remember, your body is an amazing self-healing vehicle. You constantly underestimate its regenerative power and forget it is evolving with everything else on this Earth. Disease is not why you drop your body to move on; it is just your human excuse. You leave this world when you have completed your mission and that is it. Let us remind you that you are not done yet.

DO NOT LET FEAR ROB YOU OF THE MOMENT

Your consciousness is expanding to accept the utter vastness of magical and powerful new realities. You are beginning to live within these realities. You enjoy the challenges and wholeheartedly accept the huge void of indefinite energy out in front of you. It is an exciting, fascinating and highly creative time for you. It can also be a confusing time as you simultaneously let go of the old and bring in the new. You are not going crazy—you are just waking up! This is something to celebrate. You are beginning to realize that the only way your life flows well these days is to be honest with yourself and true to your heart.

Many of you will be asked to make bold moves in your life. Others will stay behind the scenes, fine-tuning everything around them. You all are working toward the same goal, whether you know it or not. Do not let fear rob you

of this incredible moment. This is why you came to Earth at this time. You are experiencing a huge evolutionary leap of the soul. Only the brave and courageous could be here at this time. You may not feel brave today, but we assure you that you are incredibly brave to take on and assist with the Earth’s final step into oneness with the solar system and our multidimensional universe.

Do not let fear of global health issues, political unrest, economic challenges, war and terrorism stop you from being the truth of who you are. Your old, outdated, human nature naturally wants to cast blame on others for what is going on in your world today. This is not a result of conspiracy or a diabolical plan by members of an elite group who we think are in power. It is the propaganda that puts you in fear. Know that everything happening on this planet is happening because you allowed it to be so. It is a time to take full responsibility for the reality we have manifested in this dimension. Living beings will experience this evolution based on their own belief system. Ask yourself, “What do I believe today?” All the issues your world is facing right now are just part of the Earth’s stimulus package to help you stimulate your evolution—and it is working.

Evolution is a messy process. It always has been and always will be. Change and evolution are about tearing down the old and creating the new. Nature does this every moment. We do not know why humanity forgot that it is a part of this; it just did. This is why you struggle and suffer sometimes during evolutionary pulses like the one you are in today. The cycles have come full circle, and you are ready for the quantum leap to a new reality.

LOVE IS THE TRUTH OF WHO YOU ARE

Remember that the best defense to the challenges of these times is to have a good offense. Your offense is acting from the authenticity of who you are. You may know this as your inner light, awareness, consciousness and so on, but the fact is that there are only two choices you can make: You can choose fear, which is a lie and not who you are. Or you can choose love, which is the truth of who you are, and you can keep on keeping on with the evolution. Fear will stop your evolution in its tracks. Love will not only accelerate your path, but it will make it an exciting adventure for you. Be positive, fearless and bold. Love is the unifier of all life, and it is a protector against anything you conceive could cause you harm. You are safe—you always have been.

Quit pretending you’re cool and calm on the outside while on the inside you feel like you are going crazy. Let your support groups around you know what you are going through. We assure you they are feeling the same things. It is insane to execute this evolution by yourself. There is a great sanity gained when our extended families come together in support of each other. It is another step toward global community and living in non-judgment. Remember there is an insidious, unspoken rule that to be

spiritual we must honey coat the things we do not like. Honey coating any part of the experience of this world is just a way to avoid the blessings and gifts of the evolution of the current issue. When we avoid different aspects of our experience, we are also judging the greater divine plan that was set into motion by the Creator and our collective consciousness.

When you experience a peaceful moment, drink it in and enjoy every second of it. Do not worry that you are feeling stuck or not evolving. This is merely a rest stop so you can recharge and prepare for another leap into the next reality. Rest is good. Enjoy its rare and welcomed appearance of quiet and calmness. There are many who will not like this message. They will criticize and fight it. These are the ones who teach us compassion. These are the ones we must love and support because we have been in their shoes more than once ourselves.

We realize that what we are asking you to do is a huge leap of faith. We are asking you to take a leap into a void where you cannot see its destination. We are encouraging you to put your fear and addictions behind you and begin to act from the love and truth you already know in your heart. If you do this, the path will unfold in front of you with each step you take, and you will be traveling in good company! We are always here with you. ✨

Message from Aluna with Insights from the Star Elders: Between Past and Future: Hangin' On Like a Yo-Yo

If you are confused about the energy that you are feeling these days, trust me, you are not alone. The Star Elders say that we are immersed in the process of building the bridge from the world that we are leaving behind to the world that we are creating. We are presently smack dab in the middle of the shift of the ages. This is causing some very frustrating and interesting side effects.

ON A BRIDGE BETWEEN TWO WORLDS

One of these side effects is how we manifest. In the last few weeks since solstice, we have been noticing that when we begin a project, we also find that at each step of the way we have to change direction or even start over. It feels like we have to do everything twice. Nothing seems to be working smoothly right now. The energy for manifesting flows in—and then, to our utter frustration, the energy flows back out like receding tidal waves. It feels like we hit temporary walls along the way. It is like

the flow is all of a sudden cut off. We feel like we have become yo-yos, or like a hamster continually spinning on a wheel. This vacillation is leaving us feeling pulled in two directions at the same time. It is really hard to decide which way to go. We feel quite stuck, confused and—let's face it—downright annoyed.

The reason for this yo-yo side effect is that the energy we used for creating is vacillating between the past and the future. At this time, we are not completely present in either world. We are on the bridge between the two worlds. The energy of creation is still working in the past world, but it is also now beginning to work in the future also. In other words, we are manifesting on both sides of the bridge at the same time. This vacillating energy will eventually quicken and shorten in duration to the point where we will be creating from a single point in reality. I can hardly wait for this!

This yo-yo energy does not stop us from creating, but we do have to focus more intently to get a job done. The Star Elders say 50 percent of our intentions right now are in the past and are difficult, but not impossible, to complete. It is important that you keep living and creating. But ultimately, it is up to you to decide if you want to take an extra effort to manifest or finish a project. You might just want to throw in the towel.

The Star Elders also say that the other 50 percent of our intentions are being created out in the future somewhere—because we are only 50 percent present in either world. Again, we have to focus intently to get these jobs done. We also have the option to let the intent or project go until the creative flow returns. Your intents that are based in the past will be increasingly harder to complete, whereas your intents based on the future will become increasingly easier to manifest.



There is a huge wave of people passing out of this dimension, as they are in a hurry to get to that next one. Unfortunately these ones are going to miss out experiencing the show of the ages! There are many that are on the fence, trying to decide which direction they want to go. It is time for you to decide. There is a multitude of many brave lightworkers who are committed to riding out what is left of this fading dimension. These ones will experience what the Star Elders say is the wildest ride in the universe and a huge evolutionary jump for the soul. Why do I get the feeling this could be one of those roller coaster rides you wish at first you had never gotten on, but once it's over you want to do it all over again? By the way, any way that you choose to transfer yourself to the new world is the right way for you! There is no right or wrong here, only what your soul has decided to do. So in a nutshell, you are not “losing it,” you are getting it! But remember—and again, this is why we're feeling like yo-yos—to get it, you will have to lose it. ✨

The Year 2012 and Beyond

The H-A Energy through Tony Neate

In every country, there are many energy centers that form part of a chakra system: A network of power that will, when everything is in place, lift the physical planet up onto a higher level of experience. These centers vibrate at different frequencies. At their highest they resonate with the refined chakra energy that can support all those centers functioning on lesser frequencies—the “acupuncture points,” if you like, of each of the countries.

In England, the ancient hills of Malvern contain the highest potency of crown chakra energy; and in the bustling metropolis of London, you will find the throat chakra needing to relate truth and high ethics to the world. However, there are many levels of truth and all have to be accommodated. Then there is Glastonbury, where the legendary King Arthur lived, which is very psychic, very open and very undisciplined. It is this rather wayward, ego-based activity there that is attracting many people to it who are taking the energies of that place for themselves, rather than working to nurture and balance those energies for the overall good.

SPIRITUALITY AND SEDONA

America is a young continent, and there are many different spiritual understandings there that need to become more integrated. In this regard, Sedona is one of the most important parts of America in its spiritual growth and purpose. Sedona is the Glastonbury of America; the area around it has some very powerful energy that can be harnessed for global transformation. It is a third eye type of center: very creative, very perceptive and with the potential for great wisdom. Now the time has come for all these centers of like kind to resonate in unison in order to create stability on the planet.

Some of the Sedona energy has unfortunately come under the influence of the shadow. It has attracted a lot of people with ego, and now everything is a bit hazy, for the energies have been overused and overworked. Notwithstanding, it is still a very powerful place, and there are some very wise people there working behind the scenes, supporting those more in the public eye who are trying to counteract this immaturity.

It would be good if those working at the heart of these three areas were to incorporate Sedona, Glastonbury and the Malvern Hills into their meditations. Send healing and

unconditional love to balance within the triangle of energy so formed—because, in the age that is coming, the linking up of centers such as these is going to have a very profound effect on the future of the planet.

There are other places of high energy in America: The most potent crown chakra energy can be found in Georgia, expressed through a sacred Native American Indian, north of the city of Atlanta. The throat chakra energy is expressed, naturally enough, through Washington D.C., but for the place where that energy is generated and conditioned, you would have to look within the triangle of power created by linking up Washington to Virginia Beach and to Mystic Island in New Jersey.

TRIANGLES OF POWER

There are some very great triangles of power now operative on the planet, and there is one of considerable significance linking the crown chakras of three countries that have a great mission to fulfil in the coming times: Malvern, linking to an island called Lobos in the Canary Islands and also to another point near Malta on the island of Gozo. These are three of the highest chakra points active today on the planet.

The situation of Malta is very important. It is in the center of the Mediterranean Sea, and the energies that come out of Malta affect all the countries around it: Spain, Italy, Greece, Egypt, Palestine, Israel and Libya. This was recognized many thousands of years ago when the temples there were originally constructed. At one time, Malta was inhabited by immigrants from Atlantis, and this is where some confusion has arisen in people who have suggested that Atlantis was partly in the Mediterranean. It was not. But what was present, and is still present, on the Island of Malta is that Atlantean energy.

Unfortunately, like in many other places, the energy became misused, and so Malta has become an island of tragedy. Everyone wants control of it, because there is this vision that if you control Malta, you control the seas, the river Nile, the Suez Canal and the surrounding countries. So Malta became very important from the point of view of war, armaments and protection. Malta has had to go through a very difficult and painful evolution. There has been much suffering on it and much evolutionary pain, but since the last World War, the energies have stabilized, and it has

KEY POINTS

- Sedona is the Glastonbury of America; the area has powerful energy for global transformation.
- New influences will emerge to bear on issues such as climate change.

TONY NEATE

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now reached a stage in its evolution where it is ready to take on a higher energy. When this has been completed and a beautiful, balanced energy begins to come out of Malta, then this can help the situation between Palestine and Israel.

MOVING INTO 2012

This is an important time on the planet—a vital time, as we approach 2012—the beginning of the Age of Aquarius. There are going to be some tremendous changes and many of those changes will come about before 2012, yet not without a great deal of disturbance. As you are aware, the shadow is really going to town right now to create conflict between people and to undermine the effectiveness of institutions.

However, it is important to realize that, inadvertently, the shadow is actually helping the light. You have two opposite energies here, and as we move on into 2013, a feminine influence will begin to make itself felt much more strongly on the planet, in a way that will bring the two complementary energies, masculine and feminine, closer together—even in some of those societies that presently deny the value of women. At this present time, the first emergence of this energy is creating chaos between the masculine and feminine.

To bring about balance within the psyche, the masculine must be willing to accept and try to understand the feminine, and so begin to appreciate that you cannot get rid of the shadow by using the same tactics as the shadow.

FACING THE SHADOW

Unconditional love includes the shadow, but that does not mean laying down in front of the shadow. It means generating a stronger energy, based in the heart, than that of those people and groups you would see as “evil.” You must understand that some of the “evil” spirits also come from the sixth plane, and they would like to destroy what the forces of light are offering from that level. Approach the shadow in a gentle, unconditionally loving way.

Nevertheless, I do fully appreciate that there will be times when one has to deal with a shadow entity or group: those who are trying to promote the shadow in a very assertive way by using psychic energy to protect and uplift them. This will send them onto a plane where they can have an opportunity to see what they have been doing, which, though they sincerely believe it to be right, is actually reflecting their own karma and preventing them from finding balance and love within themselves.

Things are going to come out of this world crisis that will shake the whole concept of financial institutions, corporate businesses and things of that nature. A lot of good will come out of what is happening, but it is important that those who are in charge recognize that they have to take a more open view and also acknowledge that everybody is part of the planet, not just the “chosen few.” The whole tribal culture of your planet has, to a large extent, been built on the concept of a chosen few; and that concept is not going to work in the Aquarian Age.

DEALING WITH CLIMATE AND EARTH CHANGES

All kinds of new influences will be brought to bear on the issues you now are facing—such as climate change—and many of you are concerned that not enough is being done in this area. This is a very real situation, even though some of the forecasts have been exaggerated by those who are striving to be heard.

I can say that some of the events that are going to come up and happen over the next two or three years will bring about a sensible way of dealing with climate change—not through nuclear power stations, but through using natural forms of energy. There is another issue that concerns me greatly: the irresponsible attitude toward overpopulation, particularly within some religions.

You are at a stage in your overall evolution where you have to take responsibility for everything you do in your life, and this includes the responsibility of bringing children into the world. The rapid increase in world population has created the opportunity for many very young, inexperienced spirits to come into incarnation ahead of their time.

People are asking what they can expect as we go into 2013. Will there be greater upheavals, catastrophes even, or will humanity be carried forward by waves of upliftment and bliss as some are suggesting. As I see it, both violent and ecstatic reactions are usually due to a build up of karma being suddenly released into consciousness, and so the ideal situation would be a more matter-of-fact transition. However, in this case there will be quite significant changes that will affect everyone on the planet due to the inability of humanity to live in the age of Pisces in a constructive and loving way. This, unfortunately, encouraged the shadow to bring about an age of fear, control and putting down—an age of the dominant masculine ego. Consequently, balance cannot be achieved without some further dramatic realignment.

You have to understand what the shadow is before you can step out of it. So many of these disasters that are taking place have something to teach us, and very often they are necessary for the next thing to happen in a better way.



Remember, the only person you need to judge is yourself. Be willing to listen and to hear others, for it is necessary to have a balance of attitudes to create a society that can blend many factors together in a harmonious manner. That is what will bring in new levels of sensitivity, new levels of understanding and openness of mind. It will bring about a much more gentle attitude to the things that are happening on the planet. It is that feminine energy that will break down the need for tribal law, for cultures and religions that control by encouraging their followers to believe in a God of judgement, of punishment. All of you who read this will understand that that ultimate level of thought is beyond making judgements. It is you who judge, not God. The future of your planet is not predestined; it is what you make of it. *

Your Magnificence Unfolds

Kuthumi through Lynette Leckie-Clark

It is with great joy I come to you to speak of new beginnings available to you all through the energetic flow on your planet this month. I called this year a master year when it began in your time—a year in which many of you would begin to wonder, to question, to seek more happiness in your daily lives and to question that which is unseen by you, that which exists in the higher dimensions. So this master year continues, awakening you to your soul energy through your feeling nature. You have felt a change in your being. You are sensing new energy—awakening as light continues to pour onto your planet. The portals of light within your body awaken and ignite, compelling your conscious mind to understand more, to seek your soul purpose. This is an important step for each of you, for what you do not understand, you either manifest great fear for or destroy it. I say to you, it is you alone who creates fear within you. It is your old paradigm.

A TIME FOR NEW LIGHT ENERGIES

Fear has become like a switch on your emotional body, and many have remained tuned to this emotion. You fear loss: of material wealth, of social standing, of relationships—many areas of your life are consumed by fear. My friend, it is time to transform this energy to the light. It is indeed time. It is time to remember. The gateway opening in October will further enhance this remembrance. Your soul will push forward, opening further your pineal gland, the diamond heart and new levels of your DNA strands. The flow will begin, the flow of new energies, of light particles. Darkness and fear-based thoughts will fall away. You will see how futile they are. The light will also provide you with a new higher vision to see through the many illusions you have woven into your life.

As you desire to carry more light in your being, your daily desires will change also. You will desire to simplify your life, to release pressures of work loads and emotions of others, from which you previously saw no way forward. And so you continue to remember, to open yourself to your soul. Further, you will find yourself drawn to like-minded people, those who seek a new way forward.

KEY POINTS

- The year 2009 is a master year, bringing a flow of new energies.
- Accessing your multidimensional self is a matter of consciously remembering what your soul already knows.
- Your guides and guardians are supporting you in your chosen experience of free will on this planet.

Initially you may simply meditate and fill yourself with the new energies. This will provide you with a peace, with a sense of stillness for a time. Soon you will find you desire more peace, more inner stillness as you feel there is indeed another way, as you experience and feel the new energies. I say to you, I call these energies “new,” because they are new to many of you, more intense. This energy has always been available to you, but now you allow yourself to remember. You remember the light of your soul, the light of oneness, of All That Is. You begin to take your place once more in that oneness, in that light.

USE YOUR SUPER-LIGHT ELEVATOR

You are a multidimensional being. You may have heard of this, yet not fully understood. Allow me to explain. I will use the example of when you are sitting in a chair day dreaming. Your physical body is sitting in the chair and all can see this. Yet your higher consciousness is not there—no. It is on another level, another dimension creating an unleashed desire of your heart. Time does not exist there. You are totally unaware of the physical plane or your physical body. Your awareness is not in the physical. It is on another level, you see. What you are creating—day dreaming about—is very real to you and very clear. You are indeed operating on two levels of existence. On one level you see with your physical eyes, on the other level you see with your etheric eyes. Often when you come back to physical awareness and cease your daydream, you feel a little “thud.” This is your outer body’s realigning back to your physical body that consists of a heavier matter, hence the “thud” sensation. Multidimensional, you see. I hope this creates a clear understanding of this experience for you. I could use another example of when you are in a meditative state of being. Here the higher consciousness of your mind can reach many levels or dimensions of existence, often higher dimensions where your future, your angels, spirit guides and we, the Council of Light, reside.

Indeed, as you raise your vibrational levels with light particles, you can reach us very quickly as you wish to. Think of this as a super light elevator. As you think, so it shall be, and you are with us in an instant of your time. This is part of your remembrance—remembering your magnificence of light, of soul. You enjoy these visits because of

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this. Your soul knows, it remembers and rejoices. You relish the feeling of peace, the joy contained in the higher dimensions. My friend, as you understand this and indeed experience more of your soul light, you will desire to turn away from all negative energies and their cause.

CONNECT TO YOUR HIGHER KNOWLEDGE

So you see why I call this a master year. We could see what was to come on your planet. We knew the awakening would come to pass for you. You may ask of me, "Then why did you not tell us sooner?" Because there are times when we can only impart a little knowledge of a situation. For if we told you all, you would become lazy. You would fail to use your own free will, and the experience for you would be minimal. Often it is in your choices where your greatest experiences are provided, and therefore expansion

of your soul knowledge. This is why you incarnated on the Earth: to experience, to grow through your own choice of experience.

Now this great cycle of learning, of experience, is nearing completion. Many of us come forward to assist you in these times of transition. We come in peace, in unconditional love. I can tell you that your guardian has been here with you for eons of your time, through many, many life times. The bonds are great between you. Your guardian protects you, guides you lovingly and gently, always acknowledging your free will. Know that nothing is given to you to experience that your own soul knowledge cannot overcome in your soul remembrance. Connect to your higher knowledge, connect. You will be shown a new way forward, a way of peace and of love, not of ego self. Connect. I urge you to remember your true magnificence. Peace to you. ✨

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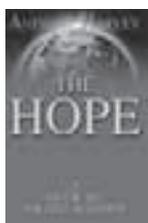


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PREDICTIONS

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.

Change and Resistance

Kathy Crabb



This month's astrological energy brings to mind Clarissa Pinkola Estés' deep pondering of the wild feminine in her seminal book *Women Who Run with the Wolves*. In untangling what she calls the life/death/life nature—the repeating pattern of seasonal unfolding that is inherent to all life, including humanity—she says we must ask ourselves the questions: What should die today? What should live? What life am I afraid to give birth to? If not now, when? She means live, die and give birth metaphorically, of course, which is the way the stars and planets work as well. This month, the dominant cosmic theme of sea change—that is, of life/death/life—continues with the outer planets stirring up fantasy, obsession, impulse, resistance and, most of all, the impetus to evolve in often uncomfortable ways.

There are two driving forces behind the tectonic shifts we are now experiencing as a community and individually. The first is Pluto's move into Capricorn, which has been ongoing since 2008 and signals the death and rebirth of security structures and belief systems on which we've long relied. Since April 4, Pluto's retrograde motion has had us all looking internally for the right ways to change our paths. If we're not doing that reflection, the world has been forcing it on us with more overt upheavals. After the planet stations direct on September 11, those inward shifts will begin to manifest in a more outwardly focused, visible and tangible manner. What scaffolding must now come down? If we set up stubborn roadblocks to change, the universe will find a way to compel that change itself, often through means much uglier than we would choose.

The second driving force behind the current shift is the long-term Saturn-Uranus opposition that began last fall, resumed last month and continues through October 22. This aspect signals the fear and defensiveness that come with letting go of known quantities pitted against the excitement and attraction of creative, new pursuits: a tug-of-war between old and new. Keep in mind that a boil must be lanced in order for healing to proceed, otherwise those healing energies turn on themselves and

become toxic. Don't allow Saturnine fear to paralyze your forward movement or tradition to calcify into an object of safety that is void of real meaning. Instead, balance newness with the solidity of the known.

BEAMS FROM THE BEYOND

Underlying these overt urges toward change are constant, subtle signals beaming from Jupiter, Chiron and Neptune. Hooked up with the Uranian urge to change, this trio is pulsing with energy that encourages healing, humanitarianism and oneness. This is a unity not only with one another, but within each self—a unity of body, mind and soul for individual and community wholeness. The essential message is that change is necessary, good and ultimately healing. However, we must be tuned into the healing energies in order to utilize them.

At the same time, we must not fall prey to the false illusion that we are the driver behind that healing heartbeat. All of humanity and all of nature are involved, and only by acknowledging this reality that we are not the center of the universe can change be most effective. Equally so, we must be wary of seemingly unadulterated happiness. The long-term energies described above are deep, difficult and sometimes dangerous; they may change us and our world fundamentally. It is important to acknowledge the losses that hurt, the changes that ache and the resistances that weaken us. Authenticity is essential to deep change and real healing.

COSMIC FORCES, REAL LIVES

These are more than just global or theoretical changes. Each of us will understand better how they apply to our own lives when other potent aspects come to bear on them throughout the month. When the Sun conjuncts Saturn from September 8–27 and opposes Uranus from September 8–25, the split between old and new, between safety and risk, will seem to affect our very identities, our bodies, the ways we live and our deepest beliefs. The sense of obligation to longstanding responsibilities will be heavy, while the urge to



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Times to Come – September 2009

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

break free will be nearly irresistible. And even though everyone is experiencing these energies on some level, those who experience them more intensely will feel as if they are the only ones. This sense of isolation calls for community and connectedness, for making sure that—even as we struggle with our own internal tug-of-war—we reach out to others to find both common ground and new heights of understanding.

Simultaneously, with Mercury retrograde during September 7–28 and conjuncting Saturn from September 16–30, we will have the tendency to slip into negative thinking, self-criticism and self-doubt. If that's not enough, Mercury squares Mars from September 1–10 and Pluto from September 10–28. In addition, the three planets make a T-square, with Mars at the apex, from September 1–3. These aspects will produce a lot of defensive, obsessive and touchy energy that requires loving care in order to temper the urge to lash out at others or ourselves. Mercury's travels this month signal mental forces that, if handled poorly, will lead to repressed or projected anger, argumentativeness, divisiveness, isolation and, among those most unaware, possibly physical accidents. So while it's usually best not to hold anger in, keep in mind to address differences this month with diplomacy and tact.

The last half of the month has the Sun and Saturn squaring Pluto, which is always a potentially explosive combination. We face the reaper in order to answer for our actions, to deal with psychic and tangible breakdowns and to shed the outdated habits of our lives. This is the overarching energy of the longer-term cycles; this additional aspect in the midst only intensifies what is already in motion. Again, even as this urge toward change pushes us forward, Saturnine forces try to hold us back, and we resist even desired change simply because it is change and therefore scary. As Pinkola Estés advises, ask yourself, "What must I give more death to today, in order to generate more life?" Then, step out of the way to allow the process to unfold.

We can turn this dark and sometimes frightening energy into light by realizing that the same energy produces the mental precision, cautious planning, depth of thought and regeneration that may actually serve our purpose in the long run. It may not be the best time for making big decisions, but there is potential for clarity and profound understanding if we can get past fear, doubt and negativity in order to flow forward with the cosmic changes overtaking us.

A word to the wise, however: Venus opposes the Jupiter-Chiron-Neptune conjunction from September 6–20, complicating the overtly irritable and defensive energies above with a softer cadence that may still be risky—self-indulgence combined with idealism. Be careful that you don't behave recklessly with food, drink, money or love. Also, be aware

of any tendencies to view yourself as the perfect person, the perfect healer or the perfectly giving and selfless one. With these energies afoot, it is easy to deceive yourself that you are flawless and it is the other who needs to change. We are all in this together.

HELPMATES IN THE HEAVENS

If you do decide to make a big change in your life, you may want to wait until very late in the month, after Mercury stations direct on September 29. The other aspect that will assist you here is when Mars trines Uranus from September 26–30, which will help balance the impulse toward change with a directed energy that avoids the more destructive and ego-bound aspects afoot earlier in the month. This aspect may also aid in self-awareness and self-development, lending meaning to whatever shifts occur for you rather than merely changing things for the sake of change. Waiting until this time will also help dissipate the intensity that may come with Venus trine Pluto from September 16–25 when magical, magnetic forces will affect love relationships, sexual encounters and artistic pursuits. This is not a negative energy, but a potent one whose sway may not put hearts in very logical places.

Additionally, the Sun-Saturn conjunction quincunxes the Jupiter-Chiron-Neptune conjunction in various ways throughout the month, bringing an openness, perceptiveness and discernment process to the tensions described above, particularly to the Saturn-Uranus opposition. This larger perspective gets two shots in the arm midmonth when Venus quincunxes Uranus from September 13–18, and when Mars quincunxes Jupiter from September 18–30. Think of this time as a physical instinct in communication with big mind—both yours and the universe's. On a practical level, pay particular attention to the way your body is reacting to the tensions of the month. This will help you make decisions about how to release stress from your physical being and understand how larger forces affect your everyday life—habits, feelings and health.

OPENING THE SOUL TO CONFLICT

Against this cosmic backdrop, the month begins with the Moon in Aquarius conjunct the north node, the karmic lodestar, leading the way toward the next step on our collective evolutionary path. This conjunction sets the tone for the month, suggesting we open our hearts and souls to the cosmic mind to discover within ourselves our own right relationship with fate. An open heart will also help us to simply accept that we are the children of a wise and divinely ordered universe. With that humbling information, we can then move forward through the month's tensions with a wider perspective and greater acceptance of what Einstein described as "the illimitable superior spirit who reveals himself in



the slight details we are able to perceive with our frail and feeble mind.”

The full moon in Pisces comes on September 4, in aspect to Venus as well as to the Sun, energizing our lofty intentions with great sensitivity and emotional awareness. It may feel as if we have our feet on the ground and our heads in the clouds. The temptation will be to choose the place we’re most comfortable with and wait out the intensity there, either by diving headlong into the tangible details of a workday project or by blissing out in the netherworld of fantasy or some other kind of escape. The goal, instead, should be to reconcile these two opposites by allowing the mind to learn from the pressure at hand: What does it say about the usual assumptions we carry into everyday life? How might it inform our larger perspective on the world? We must be prepared to relinquish some old habits or unconscious mental traps in order to move forward this month.

Two weeks later, the new moon in Virgo on September 18 brings the message full circle as our unconscious emotional holdings get entrenched in the powerful conflict between Saturn and Uranus. The new moon brings together the Sun and the Moon with Saturn and Mercury retrograde—all in Virgo, all in opposition to Uranus in Pisces and square to Pluto in Capricorn. The message is driven home powerfully here that control is an illusion no matter how much will, determination and hard work we bring to bear on our daily lives. The divine mind will always encompass all of our individual souls, penetrating the deep psyche and forging new pathways on which to plant our feet. The more anal retentive we are with this new moon, the more Uranus and Pluto will exert their own changes on us, like cosmic crowbars wrenching us out of our small plans, encouraging us to grow as great as the universe. Again, we must take the opportunity to wake up and learn from the tension that surrounds us and to set our intentions for alignment with the universe, instead of with our own individual egos.

Weekly Forecasts

ARIES

September 1–7: With your ruling planet Mars in Cancer in the fourth house, there’s likely to be tension on the home front right now. Watch how prickly you get, especially as the Moon moves through your house of the unconscious September 3–5. Your temper is likely to flare both at other people and internally. Instead of allowing that to occur impulsively, note when and how it happens and commit to releasing your need to control

the situation. This month, your touchiness may especially revolve around close family and coworkers; take care that you don’t alienate them with passing anger. Be particularly careful with words during the Mercury retrograde period of September 7–28, as wires will get crossed easily with partners and coworkers.

September 8–14: Though anger may continue to percolate this week, you’ll will have the chance to let loose in a more fun, creative and connected way. You’ll need to balance the two energies, however, so you don’t go over board. This will be especially important after September 10 when your ruling planet Mars is mostly unaspected, blocking your natural creative and emotional outlets and making you more prone to acting them out unconsciously—in ways you could regret later. Try to take a moment, before responding to anything that riles you, to make sure the things you value most about yourself are informing whatever words you say or actions you take. This is especially true from September 11 on when Pluto’s direct station will begin to bring things out into the open that have been brewing under the surface for some time.

September 15–21: With effort and awareness, last week’s anger may stabilize in you as a growing openness to learn more of what you need to know to bring your dearest hopes and deepest beliefs into your relationships and work life. There are lots of opportunities this week for bridging the gap between who you are on the inside and how you express that self on the outside. You may be assisted in this transition by a friend, lover or child who reveals more of your highest self to you. Pay attention! On a related note, the new moon in Virgo on September 18 is a very powerful one, bringing potent opportunities to align and integrate your ego-self with universal consciousness and energies of change. Keep your mind, heart and senses open to its call so you can best ascertain the next step on your own right path. Be aware that critical and doubtful voices will almost immediately flood in. These are temporary and designed to throw you off your path. Learn from them, but don’t acquiesce to them.

September 22–30: The week comes in like a lion and leaves like a lamb, albeit a very thoughtful lamb. You may experience one final burst of the month’s tension on September 25 when the Moon draws Pluto into a T-square with the Sun-Saturn-Mercury opposition to Uranus. You will likely feel a flood of uncertainty or aimlessness in your leadership position or long-term direction in life. Use this passing crisis of confidence to gain insight into your fears and to see what family or community connections may need to be strengthened in order to best serve your path. The tension will ease off later in the week, and you’ll regain some balance when the Sun enters your opposing sign Libra on September 23. Venus in Virgo from September 21

and Mercury's direct station on September 29 will also help ground you in the practical details of everyday life—the little steps you need to take to get where you're going.

TAURUS

September 1–7: The week starts off emotionally enough with your ruling planet Venus in opposition to the Moon, creating nervous tension in matters of love and connection. You may find yourself at odds with others who demand your compliance with their ideas and visions. The emotions will likely come to a head by the full moon in your house of allies and ideals on September 4. Spend some time reflecting on which friends and allies you need in your camp right now and which ones may be compromising your security. Watch for your own needs to clash with those of people whose admiration and support you seek, and allow yourself some flexibility, as unnerving as it might feel at the time, especially as the Moon conjuncts Uranus and opposes Saturn on September 5. You may feel confused about how to hold your own without alienating those who are important to you. Check your values and self-confidence for the best way forward, especially since you may experience more crossed wires when Mercury goes retrograde from September 7–28.

September 8–14: You may go around this week feeling like the big man or woman on campus, bringing your charm and magnetism to every lucky fan in your midst. Enjoy the feeling, but don't go overboard or make assumptions about that feeling; just because you're feeling it, doesn't mean the sentiment is reciprocated. However, it also doesn't mean you shouldn't act on your feelings of generosity and expansiveness; just make sure you're doing it for the right reasons and not the egotistical ones. Additionally, there are still tensions brewing below the surface that your benevolent energies could help address this week. This is especially true when it comes to friends, lovers or creative endeavors: If they're starting to feel more like obligations than fun, it's time to take a step back and listen to someone older, wiser or more removed from the situation.

September 15–21: Though recent energies seem to have pitted work against family, and individual aspirations against collective loyalties, this week presents a strong opportunity to build a bridge between these conflicting priorities. However, bridges can also be used as barriers or divides between people, so you must make sure your stance is not too rigid or defiant for your own good. Instead of erecting blockades based on your own beliefs, open yourself up to new ideas that could reconcile the tension. Pay special attention to the energy of the new moon on September 18, which joins Sun, Saturn

and Mercury in Virgo to create powerful, integrative and alchemical energy. It may just be possible, under this new moon, to see how mixing two unlikely substances, such as work and play or family and self, might make for a bit of gold in your life. Commit to taking one or two concrete steps across that bridge in the next few days, if only to prove to yourself that a new way is possible.

September 22–30: Last week's efforts to redirect yourself may meet with further resistance early in the week as you experiment with new approaches. Watch especially for the T-square involving Moon and Pluto at the cusp of your house of wisdom and experience on September 25. Even as you're trying to build bridges to others, you may find yourself wanting to control the process more than you need to. Don't let this passing need for power interfere with the reaching out you've been doing. Be aware and use the trine to your ruling planet, Venus, to smooth any rough edges right now. If you do, the rest of the week will open up into smoother terrain, and you can better balance others' needs with your own in everyday life. Remember, too, that Mercury stations direct on September 29, after which you should find communication easier and more productive.

GEMINI

September 1–7: It is best to spend this week preparing for your ruling planet Mercury to go retrograde from September 7–28. It may be a prickly week as the Moon makes several hard aspects, and Mercury continues to square Mars: Be aware of a tendency to be overly critical. Instead, turn it into a laser-like focus on creativity and commerce. September 1 may find you facing demanding ideas that challenge your usual way of thinking. Tune into your go-with-the-flow energy to accept the possibilities coming at you. You'll have a chance to apply them right away as the full moon on September 4 occurs in your house of individuation, and you're asked to relinquish some emotional attachments for the sake of security and certainty. Look at yourself and your relationships to explore the full implications and intentions behind the demands of this full moon. And if there are choices to be made, be decisive before Mercury goes retrograde on September 7 or bide your time until it turns direct again on September 29.

September 8–14: With your ruling planet Mercury in retrograde all week in your house of fun and eros, you may feel out of sorts or misunderstood. And once Mercury comes into square with Pluto from September 10–25, that alienation has a channel for its anger. You may feel more argumentative or attached to the outcome of conversations than you usually are. You can turn this compulsive energy into a positive by seeing yourself as an investigator instead of an instigator: Step



back and allow yourself to wonder about others, their experience, their motivations and the deeper secrets they carry. Turning your obsession into fascination isn't that big of a step. Be careful also of being reckless with your spending this week, especially after September 10 when Mars is unsuspected in your house of possessions. At this time, tension in other areas of your life build up to the point where it will be easy to displace them with compulsive habits.

September 15–21: Last week's learning energy ramps up further, but you have to be deliberate about it. In an unusual turn for flexible Gemini, you may feel like digging your heels in and refusing to give into anyone else's arguments. But in order to move forward, you'll have to find the right balance between others' ideas and your own, between your need for security and your need for self-determination. Arguments may actually be productive, provided you don't project blame and fault onto others. Instead, take differences as learning opportunities and as signals that you are coming closer to the meaning and purpose you seek in life. The new moon in Virgo on September 18 promises to break open any such rigidity on your part as it brings your retrograde ruling planet Mercury into contact with the full scope of your ego. This is a rare opportunity for understanding how your mind, body and soul relate, and how they can best get along in order to transcend outdated or rigid beliefs you're hanging onto.

September 22–30: You're still tempted to dig your heels in early this week, especially as an intense emotional tide hits on September 25 when the Moon conjuncts Pluto on the cusp of your house of transformation and is in a T-square with the Uranus-Saturn opposition. You will likely have strong reactions to a partner or institution, perhaps because of a fear of dependence or being tied down. Though the feelings may dissipate quickly, make note of them because they probably signal some deeper investigative work you need to do within yourself. The energy for the remainder of the week will be more conducive to self-reflection, and it will give you the opportunity to sharpen your understanding about what has just happened. Still, don't be too quick to share your discoveries with others; wait until after Mercury's direct station on September 29, or you may be misunderstood and find yourself in a quandary once again.

CANCER

September 1–7: Your emotional life is often a series of ups and downs, but this week it may seem especially intense as your ruling planet, the Moon, goes through a series of hard aspects in your houses of transformation, learning and individuation. You may find your

jealousy piqued early in the week in a confusing or even self-sacrificing way. Don't be a martyr, but do be aware of the boundaries. The full moon on September 4 may have you restlessly shifting your routine, though you might not be aware that the purpose behind this is to get a new perspective on life. Part of you will likely want to cling to old assumptions and belief systems, but some of these thought patterns are no longer useful. It is up to you to decide which old tapes still belong in your repertoire. Set the intention now to think and act only on beliefs that align with your authentic self. It will help you in the long term, of course, but also in the short term during the upcoming Mercury retrograde period from September 7–28.

September 8–14: You will likely want to be a crab tucked down deep in its shell this week as the Moon passes through the eastern portion of your chart. At the same time, you may feel compelled or even pushed to attend to everyday obligations and responsibilities that you'd rather not deal with right now. If you don't attend to them early in the week, the tension will likely build as you and the people around you become more high strung, restless and rigid. By then, as well, other factors will have you—or them—ready to snap in the most available direction. Give yourself a little outlet each day this week to process your emotional energy, especially anger and frustration, so when it comes time to express it outwardly—very likely after Pluto stations direct, in square to Mercury on September 11—you can do so with controlled grace.

September 15–21: You're still experiencing a lot of inner tension, but this week brings more of a chance to navigate it with openness and learning. Surprising new information will seem to come from within and change old thought patterns into newer, more productive ways of thinking. At the same time, your sense of value and stability continues to be undermined or confused by other people, perhaps a partner or an institution. It will be very important to enlist the help of a partner or significant other for delving into the unconscious sources of these conflicts so you can better align your own thinking and solutions to the situation and to yourself. The new moon on September 18 will be especially helpful in this regard, as it will bring a clarity about your purpose you have not had before. Just be careful not to let retrograde Mercury rain on your parade. Its current tendency toward negativity and argumentativeness, even within yourself, could undermine your whole agenda.

September 22–30: Any alignment or interchange with a partner or significant other could feel threatened this week, particularly on September 25 as the Moon passes by Pluto on the cusp of your partnership house in T-square with the Saturn-Uranus opposition. The conflict may be heated and intense, but also brief. Don't

let its brevity suggest to you it is unimportant. You and your partner are likely working under different assumptions or lived experiences that bring about this conflict. It would behoove you both to press forward with open dialogue in order to discover your differences. Doing so will bring greater understanding, empathy and productivity to your relationship. Communication and balance become easier to achieve later in the week after Venus enters Virgo on September 21, the Sun enters Libra on September 23 and Mercury stations direct on September 29.

LEO

September 1–7: The month starts off with a drive for intense emotional connection with a partner or significant other. If you're not in a relationship right now or if your relationship feels disconnected, September 1 may be an especially frustrating day. Even if your relationship is good, the risk of discord is there simply because of your intense longing for connection. Satisfaction is required, but not always possible. The emotional intensity builds throughout the week, peaking with the full moon on September 4 in opposition to your ruling planet, the Sun. Fallout from the earlier transit may find you sparring with a partner over the legal or financial arrangements of your relationship. It is a good time to hold your own and use your best diplomatic skills, for you'll find yourself becoming more hard nosed over the conflict in the coming days. Try to arrange a workable communication plan to get through the next three weeks, as Mercury goes retrograde September 7–28 and could compromise any clarity you've established with your partner up until now.

September 8–14: You will feel lusciously like the center of attention this week, Leo, as Venus moves through your sign in opposition to the Jupiter-Chiron-Neptune conjunction. This is wonderful energy for simply enjoying the finer things in life. Make plans to loll about each day or even to get away for a few days. This will be especially lovely if you take a friend or partner along for the ride. Just be aware of the tendency to get so swept up in your own delight that you either overindulge or put yourself on a pedestal. Your ego is especially responsive to stroking right now and that can turn into dangerous territory. Also, be aware that even as you're frolicking, there is still a lot of high-wire energy around you right now. Check to make sure you're attending to others' needs so you don't run roughshod over them in your excitement of the moment. Obligation and responsibility do not go away, especially when you're having fun.

September 15–21: The week brings emotional intensity and depth of thought sparked by the underlying tensions of last week. Look for learning and growth

opportunities in the area of relationship, especially with regard to how you and a partner think, discuss and make decisions about money and other resources. You will likely find that one of you is more attached to security and stability whereas the other is ready to take risks and make bold changes. The trick this week is to negotiate that difference with openmindedness and flexibility. Rigidity here will lead only to the places you've already been. The new moon in Virgo on September 18 provides a doorway to a new way of relating in this area; be open not only to what your mind is telling you, but also to what your physical and emotional bodies are saying. Don't make any final commitments until after Mercury stations direct on September 29, but do earnestly take in the lessons presented to you now.

September 22–30: The risk-versus-security issue that's brewing in your life gets especially intense around September 25 when it is constellated with the Moon-Pluto conjunction in your house of health and service. Be aware of intense feelings and the need for control over your body, habits and everyday responsibilities. It would probably help if you scheduled at least a mini-retreat for this day to delve deeper into the unconscious beliefs that lead to overt behaviors. A partner or significant other may have some wisdom or insight that could help you understand and negotiate the risks. Still, tread carefully now—even though the tension eases up later in the week—because your ruling planet, the Sun, is unaspected on September 29 and 30, making it difficult for you to find your foothold during these days.

VIRGO

September 1–7: Start the week out by getting clear on your current system or schedule for implementing the practical daily tasks you need to get done in order to feel connected and whole. It will be important with the full moon in your house of partnership on September 4 when a partner or significant other's emotional needs may drain you and throw a confusing wrench in your well-laid plans. You will need to be very clear on what is important, and what isn't, to your own well-being in order to give that partner what he or she needs without burning yourself out. Otherwise you'll find yourself digging your heels in—to no one's benefit. You will also need well-established clarity and routine to negotiate the three weeks of Mercury retrograde from September 7–28 when you may find that the continuing needs of your partner result in your own negative self-talk and mixed messages. Take time to check and recheck your internal dialogue so it does not come out garbled and further confuse the situation.

September 8–14: You may feel exposed and vulnerable this week as the Moon crests the top of the chart,



squaring several planets in turn and demanding you work out any emotional tensions that continue to brew with coworkers, partner, spouse or even within yourself. There's not much room for relaxing and retreating this week either, but do try to make time to reflect before you react lest you allow your anxiety to override your common sense. This is increasingly true as the week wears on, as Mars is mostly unaspected from September 11–14, and Pluto stations direct on September 11. Underneath it all, you may feel as if you're just trying to pick a fight. Instead, turn that energy around and use it to initiate dialogue with the people with whom you're tense. You may be surprised at the depth of knowledge they bring to your thinking.

September 15–21: Your efforts to enter dialogue with adversaries last week start to pay off now as you find your tendency toward rigid thinking opening up to fresh perspectives and new ways of relating. The medium for this shift continues to be a spouse, partner and/or coworkers—people with whom you may have developed habitual ways of being over time that now need to be jettisoned in favor of habits that make sense for the here and now. You may receive particular insight by looking at other relationships in your life. For example, the ways you relate to friends, children or even animals may nudge you in the right direction. The high point of the week is the new moon in Virgo on September 18 when the Sun, Moon and Saturn all come together with retrograde Mercury in your sign, bringing an intensely heightened self-awareness and ability to see how you can integrate different levels of need within yourself.

September 22–30: Last week's intensity of Virgo energy wears off somewhat during this time, but not before it tangles with a Moon-Pluto conjunction at the cusp of your house of pleasure and eros. This combination presents an opportunity to channel creative tension into seriously intense results, whether artistic, physical, sexual or other such pursuits. Just don't expect it all to be pleasurable; you may have to work hard and plumb the depths to reach the result you want. It will be worth it, however, especially if you enlist the support of like-minded allies. Pay attention not only to the fleeting feelings surrounding your creative work, but also to their long-term or deeper meanings. They could point the way to a stronger sense of your individuality and potential for unique contributions to the world. You'll have time later in the week to ponder and sort those thoughts, as the tension transitions into a more reflective and easygoing pace.

LIBRA



September 1–7: With the Moon sweeping through your house of fun and eros early in the week, you may

feel the need to kick off your shoes and let loose a little! Be aware that this will not necessarily be met with approval from the loftier types in your life, but don't let it stop you. You'll need the energy to navigate the pricklier emotional terrain later in the week. The full moon on September 4 hits your spirit/service axis, making you feel pulled to help people possibly beyond your capacity. Keep tabs on your health and any fallout from potential overcommitment. If you don't, you'll find yourself buckling down even further, refusing to make the changes you need to make until they're made for you when the Moon conjuncts Uranus on September 5. Protecting yourself now will help you throughout the Mercury retrograde period from September 7–28 when your internal dialogue may grow more confusing and self-critical.

September 8–14: Nervous energy has you feeling high strung this week, particularly around creative output and mental health issues. Your ambition and impulses may feel off balance, and your natural tendency to indulge will be especially heightened right now with your ruling planet Venus opposing Jupiter from September 6–16. Be careful that you don't overeat, overspend or otherwise overindulge, as you will regret it later. The real antidote for this nervous energy is to center and focus your mental life, release self-criticism and be flexible even when your knee-jerk reaction is rigidity. You will also need to reach out and connect with others this week, even more so than usual, perhaps in formal partnership, legal arrangements or, as the week closes, merely for some mental expansion that you cannot get on your own.

September 15–21: Last week's risk of rigidity continues to press up against you this week with regard to daily habits and significant relationships. You may feel that forces beyond your control are compelling you to change against your will, but you may be holding on to unconscious habits more fiercely than necessary. Instead of retreating and defending your position, realize that there are karmic reasons for the changes being presented to you. Look deeply into your past, into your family of origin and even into past lives to expand your understanding of why these shifts are now occurring. Use your gift of balance and diplomacy to negotiate the best changes for you, resisting the argumentativeness that is likely to rush in when you inevitably meet with conflict. The new moon in your house of the unconscious on September 18 is particularly potent. Spend some time in meditation or prayer, asking the universal source for practical wisdom about your path.

September 22–30: New systems at work or surprising changes in your physical body may cause you to put your head down and ignore their unconscious source within yourself, which right now is likely to be deep wells of self-doubt or self-criticism. These entanglements are affecting your home, your family and even

your past this week, Libra, especially on September 25 when the Moon passes by Pluto in a T-square with the Saturn-Uranus opposition. Take whatever difficulties or intense emotions occur on that day as a doorway to your unconscious—a way to better understand how your deepest, least-conscious beliefs about yourself and the world are actually creating your reality. Only by knowing the ground you're standing on can you reach the summit where you're headed. That summit, and the confidence you need to get there, is the missing piece in the struggle this week. Later in the week, however, you should begin to enter a period of greater clarity after the Sun moves into your sign on September 23, and Mercury stations direct on September 29.

SCORPIO



September 1–7: With your ruling planet Mars moving through watery Cancer these days, you're probably feeling touchy and emotional, but you can put this to good use. Your natural fortitude and self-awareness can help you gain control over this energy, turning it toward more creative and intelligence-focused endeavors. Then, you'll have a full triad of water energies at your disposal. Set aside time during this full moon on September 4 to pursue creative projects, spend time with children or pets, make love with passion or just generally follow your heart where it wishes to go. If you don't, the world will pull you that direction anyway, so you might as well indulge yourself. Just be prepared to let the experience teach you something about sacrifice and communion with others. Release gently, and with blessings, what is asked of you. Mercury goes retrograde on September 7, so ready yourself for three weeks of potential mental confusion and mix-ups.

September 8–14: You will likely feel pulled toward obsession and argumentativeness when Mercury comes into square with your ruling planet, Pluto, from September 10–25. Watch this especially when Pluto stations direct on September 11, because you could find yourself externalizing whatever tensions have been brewing internally up until now, especially ones that have to do with your unconscious beliefs about money. Take the opportunity to examine what your stances in these arguments say about your unconscious thought processes. Your other ruling planet, Mars, is unsuspected for the second half of the week (except on September 13 when the Moon sweeps past), heightening the out-of-control feeling you have regarding anger right now. Check into how that anger might be sourced in your fear of dependence on other people or projected onto the people you depend on.

September 15–21: Hold onto your hat! Achievements, aspirations and leadership positions feel particu-

larly threatened right now as small, or large, earthquakes rumble up from the collective quadrant of family, friends, lovers and children. Though you may feel the tension intensely, others likely don't realize it and will continue shaking things up until you build bridges of learning and communication back to them. Get talking this week to make sure the tremors happen in ways that are good for both you and your family or community. You will be tempted to hold tightly to any power you've acquired vis-à-vis these people, but now is the time for openness, not rigidity. This is a difficult task given what you have to work with, but the new moon in Virgo on September 18 will provide a rare peek into ways to reconcile your own needs with those of the group. Use it!

September 22–30: Don't try to manage this week's intensity alone, Scorpio. There are plenty of allies out there who are willing to help, if only you would ask them. Look for support specifically among a group of close associates or like-minded seekers, but be choosy whom you ask, as some will actually contribute more to the conflict than they will to supporting you. September 25 promises to be an especially intense day as the Moon joins your ruling planet Pluto on the cusp of your house of learning and communication in T-square with the Saturn-Uranus opposition. Only with your trusted confidante will you be able to reconcile the conflict to your satisfaction. Make sure it is someone whose wisdom is based on life experience and who can articulate that wisdom with grace. You may also find help in an especially intuitive family member or teacher.

SAGITTARIUS



September 1–7: Jupiter, your ruling planet, continues its slow sojourn through your house of learning and communication this week alongside Chiron and Neptune and accompanied by a quick lunar transit from September 1–3. Expect emotionalism and illusion to play a part in your thinking this week and be aware that it will carry on with the full moon in Pisces in your house of home and family on September 4. Your already emotional state of mind may intensify any conflict or tension already existing with family members; it is important to use your reliably larger perspective to step back from the tension for a bit to see what its use really is. You will find that your understanding deepens and expands when you can detach yourself from the tough feelings. This will become even more important as Mercury goes retrograde from September 7–28, since you will need clarity of mind to negotiate that planet's rough terrain this month.

September 8–14: You may feel you're working at cross-purposes this week as the luscious Venus comes



CAPRICORN



into opposition with your ruling planet Jupiter, which remains in conjunction with Neptune and Chiron. This configuration may enlarge your already generous nature, expand the depth and breadth of fascinating conversations and have you feeling like the king or queen of all you survey. Do be careful that you're not idealizing either yourself or the other. Pay attention to the tenser energies around you. They are longer lasting and have a greater bearing on your long-term direction in life. You may be feeling anxious about achieving your desires, and there may also be a sense brewing that your family or your past is undermining or disrupting your plans. Pay attention to those feelings, talk through any issues you need to with the potential provocateurs and don't hold too tightly to your notions of how your ambitions should play out. The past may actually have something to offer up to the future.

September 15–21: The notion of holding too tightly to your ambitions is especially germane this week as the tendency toward rigidity grips you even more. You may be so attached to your ideas that you cannot see the forest for the trees. But powerful forces are emerging to undermine that attachment, unless you readily release it and trust that the universe has a plan for you. This does not mean you should stop acting. It would be difficult, if not impossible, to do such a thing. Instead you should trust the influences that now collaborate to integrate your personal ambitions with cosmic/karmic movements at the deepest levels. The new moon on September 18 at the top of your chart will find your eyes focused on the pinnacle of your ambitions. Take some time to write out your plans and see how they cohere around your own individuation supported by the universe. Come back after Mercury stations direct on September 29 to review and move forward with your plan.

September 22–30: Sometimes we use money and possessions as stand-ins for the things that are really bothering us. If you find yourself obsessed with or overly attached to your material supports this week, look further into the issues of individuation that cropped up last week. How might you be holding on too tightly to the status quo? What growth opportunities are you resisting simply because they are unknown? These questions or conditions may come to a head briefly on September 25 when the Moon conjuncts Pluto in your house of possessions, activating a T-square with the Saturn-Uranus opposition along your individuation axis. Though the intense feelings may be short lived, they can be the *prima materia* for making yourself into a serious authority who uses collective wisdom to distinguish her or himself. The remainder of the week provides good energy for examining what just happened, so you can start to materialize your new self without clinging too tightly to the old.

September 1–7: Money, possessions and long-held assumptions about life get a sweep-through by the Moon this week, creating crackling emotional encounters with your own sense of security and certainty—exacerbated, of course, by the long-term opposition between Saturn, your ruling planet, and Uranus. The tension really heightens during September 4–5; the full moon on September 4 calls into question some long-held habits or beliefs that may now need to be shed in order to move forward. The following day, the Moon conjuncts Uranus in Pisces opposite Saturn in Virgo and along your axis of learning and experience. Again, your own experience is pitted against others' assumptions. Work to keep your mind open and fluid during any conflict or difference of opinion. Embracing more, rather than less, will help you let go of the rigid expectations you have set up in your mind.

September 8–14: This week introduces a new twist to the long-term Saturn-Uranus opposition that you're feeling especially sharply, Capricorn. The Sun comes into conjunction with your ruling planet Saturn from September 8–27, quincunx the Jupiter-Chiron-Neptune conjunction. Your obligations to your previous views—religious, spiritual, philosophical—now compound the crisis of perspective you've been experiencing. The questions it ultimately leads to include: Do I really believe what I've long thought I believed? If not, what do I really believe? What wisdom has experience brought me? These are long-term questions not to be answered in a single week, but do pay attention to how your beliefs affect your sense of identity this week. The implications are far reaching for you. Also, note this week that Mars is largely unaspected from September 11–14 with a brief exception on September 13 when the Moon passes by. You may find yourself facing unusual sensitivity, prickliness or out-and-out anger from a partner or significant other. Be on your guard and know that this too shall pass.

September 15–21: It may feel most comfortable for you this week to align yourself with an institution or group that has straightforward and practical rules of engagement to follow. Your own internal life seems a bit too chaotic for your tastes at the moment. However, don't get too caught up in the details of your own thinking, lest you overlook what is really important, which is, in fact, the chaos inside. Spend some time by yourself in meditation, prayer or simple reflection, inviting insight about yourself, your security needs and your lifelong assumptions about how the world works. The new moon in Virgo on September 18 will bring these reflections to a head. Be sure to set aside time

that day to open yourself to a new direction and set intentions for the coming weeks.

September 22–30: The long-term opposition between Saturn and Uranus gets an extra dose of intensity this week when it's drawn into a T-square with the Moon-Pluto conjunction at your ascendant on September 25. The effect, which is likely to be intense, is a sense that you are a channel for conflicting knowledge systems—competing perspectives that need you to understand and reflect them back out to the world. Try to bring in a partner or significant other to help balance and inform your role in this competition, and don't make the mistake of bringing too much of your own ego or self-importance into it. Work, instead, to reconcile the opposites and let go of attachment to outcome. Your intellect is sharp thereafter, allowing you some clarity and insight in the debriefing period after the major intensity has passed.

AQUARIUS

September 1–7: Your two ruling planets, Saturn and Uranus, continue to battle it out along your possession axis, prolonging the dilemma between financial dependence and independence, material loss and regeneration. Another swell in the problem occurs this week as the Moon crosses paths with the Saturn-Uranus opposition. The full moon on September 4 will highlight the more personal side of the problem, bringing to light your own role in it. On September 5, the Moon's conjunction with Uranus reveals the larger systemic issues in which the problem is entrenched. Confer with friends, contacts and acquaintances to work toward resolution—but do so before September 7 when Mercury goes retrograde and signals are likely to get too mixed up to be certain of anything for a while.

September 8–14: By September 11, Pluto is direct and square to Mercury, the long-term opposition of your two ruling planets, Saturn and Uranus. Mars, being unaspected for the last half of the week, may converge to raise some philosophical, emotional and even practical tensions that exacerbate the already anxious energy in the atmosphere around you. With Venus in your house of relationship, activating the Jupiter-Chiron-Neptune conjunction, it would be a great week to go away with a partner or significant other. Plan to escape the tension for a spell and indulge yourselves in the sensual delights of the world, such as good food, fine wine and a late summer bonfire on the beach. You'll need it with all that anxious energy pecking at you. Just be sure not to over-indulge or to set up too many expectations. Events can be a let down and add to the conflict when you

idealize them in your mind ahead of time. Just make loose plans and then allow them to unfold.

September 15–21: Last week's indulgence may give way to anxiety and rigidity as a collection of personal planets converge in the "you" sphere of your chart. You may feel that you're trying to bring a new perspective or deeper meaning to your relationships and agreements, but other people are too caught up in the details to appreciate your contribution. Try to be patient with them as you work together to sort out what is important from each perspective. This is a wonderful time to set up ongoing dialogues between yourself and important others in your life to bring about a greater integration of self and other; mind, body and soul; personal and universal. The new moon in Virgo on September 18 provides a particular portal into this way of thinking. Use it to gain greater insight into your relationships with people and institutions so you can move forward in partnership with them in a more self-assured and integrated way.

September 22–30: September 25 would be an excellent day to plumb your own depths for insight about your relationship with money and possessions. Though the Moon's conjunction to Pluto at the cusp of your house of unconsciousness may make the task emotional and, perhaps, confusing, you may also be able to use it as a mirror to peer into shadowy corners you haven't been able to see in years. Any sense of obligation, security needs, risk/reward dynamics, and even how those play out for you with other people, is open for examination on this day. Root around for wisdom within your own psyche, and spend the rest of the week sorting through what you find. It will be important information to have going forward as you try to balance security and risk. Just be sure to put your discoveries to practical use, though not before Mercury stations direct on September 29, as commitments made before then are prone to mixed signals and misunderstandings.

PISCES

September 1–7: The week begins with a lunar approach to your ruling planets Jupiter and Neptune, which are conjunct Chiron in your house of the unconscious. Set aside some time to deeply attune to your own connections to the universe, and open your soul's window to the larger pulse of the cosmos. You'll need this centering time now because later in the week the Moon brings more turmoil than anything else. The full moon on September 4 occurs in your house of identity and public face, potentially bringing you into conflict with a partner over expectations and mutual obligations. Step back and be humble enough to hear



what he or she has to say, or the Moon conjunct Uranus (opposing Saturn) the following day will really heat up the conflict. Spend this week getting clarity in this relationship since Mercury retrograde from September 7–28 will bring a new set of small-scale mix ups that you don't want exacerbating the larger issue.

September 8–14: Life is wound up pretty tight this week, and it gets even tighter as Mercury comes square Pluto in your house of allies and ideals from September 10–25. You may experience—in yourself or others—more intense argument, obsession or even coercion this week. This may happen subtly, though, so be cautious about what you give up this week and how. Because of your giving nature, you may be especially liable to sacrifice things you wouldn't otherwise just to keep the peace—and this week really feels like it needs a little peace. You may also be tempted to feel like the martyr or the healer in such situations, but don't indulge that fantasy too much: Things given for the wrong reasons will not ultimately benefit you. Just work to keep your head above water this week, while being as straightforward as you can both in call and in response.

September 15–21: You may find yourself being the unwelcome messenger this week. Don't allow your own unconscious beliefs and projections to muddy the message; strive for clarity and specificity so others may perceive you correctly. Even still, however, you may receive strong static, especially from a significant other, that is nitpicky, critical or frustratingly removed and analytical. Accepting this approach as the shadow side of your own current vibrations will make it much easier for you to release attachment to outcome, and thus act from your own integrity and self-awareness. The new moon in Virgo on September 18 may make this process especially difficult as you will observe your partner or significant other become even more deeply committed to his or her way of thinking. Do not meet rigidity with rigidity; breathe deep and be an example of flexibility and integration.

September 22–30: You may feel yourself pulling away emotionally from all the productive work of last week. Your new perspective will likely feel less synergistic now and more burdened, especially if you are seeking the approval of close friends or allies. In fact, you may feel at the mercy of them or of the values you share with them, as if only through your close associates can you reconcile recklessness with obligations and commitments. In fact, it would be good to get away from your inner circle for a while—or at least expand it, for a time, to be less exclusive. Cast a wider net, play in the margins between attachment and detachment and let yourself swim through different values and viewpoints instead of getting stuck in one alone. This may be hard to do earlier in the week, but after September 25, it should flow better. ✨

DAILY ASPECTS:

Planting Our Feet on The Shifting Ground

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.

This is a very special month. Since May, when everything came to a complete standstill, through the Summer Solstice in June and through the three portal/eclipses in July and August, we went through gigantic shifts. These shifts were so huge that we may not even recognize our lives anymore. People, locations, jobs and financial situations may all have radically changed.

The separation between those who are truly doing their inner homework and thriving to develop their light and those who are not has become very obvious in the past few months. As those of us who choose consciousness and true spiritual growth expand, becoming



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lighter and lighter, our lives also become more and more synchronistic with the miracles occurring left and right. Still, difficult times are ahead but with the assurance that there is light at the end of the tunnel. However, beware that the time is right around September 15 for a major financial crash. Being forewarned should also mean being forearmed. If enough of us are conscious, we may be able to lessen consequences for ourselves.

GETTING THINGS IN ORDER

Mercury is retrograde between Sunday, September 6 and Tuesday, September 29 between 6°13' Libra and 21°38' Virgo. We are being asked to reorganize our lives: putting our papers in order or reexamining our health and nutrition by getting on a good exercise program. Pets may demand our attention as may our work, relationships with coworkers and people who serve us in one way or another. Our romantic relationships are also under the microscope: How do we achieve harmony? How do we complete or enrich one another? What does marriage mean to us personally? How do we truly journey with another without relinquishing our own sense of identity? What do we do in our daily lives to enhance peace? As we are able to answer these questions for ourselves, our life falls into place in a whole new dimension.

Jupiter continues to be retrograde this whole month between 19°53' and 17°27' Aquarius. The Sabian symbols for these degrees are "a large white dove bearing a message," "a forest fire being subdued by the use of water, chemicals and sheer muscular energy" and "a man's secret motives being publicly unmasked." Whoever is hiding behind lies or anger, has fear in his or her heart, or resorts to manipulation will fall. This is the time where those who are separate from those who are not. False prophets cannot continue to pretend being what they're not, and only those who truly walk their talk with integrity will thrive and blossom into the light. This is a time where we need to make very clear choices based on living love.

MOVING TOWARD DIVINITY

Uranus continues to be retrograde this whole month between 25°54' and 26°30' Virgo. These degrees are symbolized by "a boy with a censor serves the priest near the altar" and "a group of aristocratic ladies meet ceremonially at a court function." As we integrate more and more of our uniqueness and express our individuality in freedom, we also surrender to higher rules. Our personal journey toward enlightenment is bringing us closer to the truth of our divine nature. As we allow the divine within and without to guide our free will, our lives become easier and lighter.

Neptune is still retrograde this entire month between 24°41' and 24°01' Aquarius. This degree is represented by "a butterfly with the right wing more perfectly formed." Our divinity is also in our imperfection. What matters most is not necessarily the destination, but the journey toward enlightenment.

Pluto, which had been retrograde since April 4, turns direct on September 11 at 0°39' Capricorn. This degree is symbolized by "an Indian chief claiming power from the assembled tribe." Now is the time to truly stand in our power. There is no ego arrogance if we do this with love, clarity, courage and inner strength.

MOON MESSAGES

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

- Wednesday, September 2 at 10:20 PM until Thursday, September 3 at 8:58 AM when the Moon enters Pisces
- Saturday, September 5 between 9:53 AM and 7:14 PM when the Moon enters Aries
- Monday, September 7 at 5:13 PM until Tuesday, September 8 at 3:18 AM when the Moon enters Taurus
- Thursday, September 10 between 12:17 AM and 9:17 AM when the Moon enters Gemini
- Saturday, September 12 between 4:30 AM and 1:20 PM when the Moon enters Cancer
- Monday, September 14 between 6:57 AM and 3:39 PM when the Moon enters Leo
- Wednesday, September 16 between 9:11 AM and 4:56 PM when the Moon enters Virgo
- Friday, September 18 between 4:56 PM and 6:26 PM when the Moon enters Libra
- Sunday, September 20 between 11:44 AM and 9:52 PM when the Moon enters Scorpio
- Tuesday, September 22 at 8:32 PM until Wednesday, September 23 at 4:43 AM when the Moon enters Sagittarius
- Friday, September 25 between 7:15 AM and 3:19 PM when the Moon enters Capricorn
- Sunday, September 27 at 8:33 PM until Monday, September 28 at 4:07 AM when the Moon enters Aquarius
- Wednesday, September 30 between 4:35 AM and 4:26 PM when the Moon enters Pisces.
- 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 Aquarius until Thursday, September 3 at 8:57 AM and between Monday, September 28





at 4:07 AM and Wednesday, September 30 at 4:25 PM

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

☾ Moon in Pisces between Thursday, September 3 at 8:58 AM and Saturday, September 5 at 7:13 PM and between Wednesday, September 30 at 4:26 PM and Saturday, October 3 at 2:20 AM

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 Saturday, September 5 at 7:14 PM and Tuesday, September 8 at 3:17 AM

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, September 8 at 3:18 AM and Thursday, September 10 at 9:16 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 and 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 Thursday, September 10 at 9:17 AM and Saturday, September 12 at 1:19 PM

This is an excellent time for multitasking, curiosity, any form of communication, exchanging information, sending email 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 Saturday, September 12 at 1:20 PM and Monday, September 14 at 3:38 PM

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

☾ Moon in Leo between Monday, September 14 at 3:39 PM and Wednesday, September 16 at 4:55 PM

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 Wednesday, September 16 at 4:56 PM and Friday, September 18 at 6:25 PM

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 Friday, September 18 at 6:26 PM and Sunday, September 20 at 9:51 PM

This 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 Sunday, September 20 at 9:52 PM and Wednesday, September 23 at 4:42 AM

This time is perfect for scientific research, esoteric studies, self-transformation, 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.

☾ Moon in Sagittarius between Wednesday, September 23 at 4:43 AM and Friday, September 25 at 3:18 PM

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 Friday, September 25 at 3:19 PM and Monday, September 28 at 4:06 AM

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.

INTENTIONAL MEDITATION

Our intentional meditation begins on Friday, September 4. Take as many blank sheets as you have intentions and place them out on a balcony, near a window or in a garden to be charged by the full moon in Pisces at 9:03 AM. Once that exact moment has passed, gather your sheets and place them in a folder until the next new moon.

On Friday, September 18 at 11:44 AM, take out your full-moon-charged papers and write one intention per

sheet, making sure it is positive and concise. Place your papers out to be activated by the new moon in Virgo. Once that exact moment has passed, staple your sheets together, write the date and put them away, expecting a miracle.

A WEEK OF SHORT TEMPERS

Thursday, September 3: Mercury square Mars (9:19 AM). Our temper could be easily triggered today. It is best to think before we react, as any spontaneous response would come from our ego, creating separation and chaos. Remember that conflicts and anger are transmuted only by love and compassion.

A WEEK OF OBSTACLES

Sunday, September 6: Mercury turns retrograde (9:45 PM until September 29 at 6:14 AM). Kindly refer to the opening paragraph. Be particularly careful today to avoid miscommunications, lost keys, car or computer problems, erased messages or misplaced papers. These kinds of events may be more the norm than the exception. Avoid installing new software or starting a new venture. During the next three weeks, our minds work a little backward. Old friends may resurface. We may be drawn to revisiting places and having a completely new experience there.

Friday, September 11: Venus opposition Jupiter (12:54 AM), Pluto turns direct (9:55 AM). Today our understanding and use of power is clearer. We are not afraid of asserting our truth. Communication, encounters with authority and/or sexual issues can now be resolved in the light of the deeper understanding of what we really stand for. Today more specifically, we need to be cautious not to squander our financial resources. Any lack of discipline, self-indulgence, laziness, misplaced sensuality or extravagance could have long-term consequences that prove difficult.

A WEEK OF PRACTICALITY

Tuesday, September 15: Saturn opposition Uranus (5:50 AM), Venus opposition Neptune (2:37 PM). Today could be particularly brutal for our money! Be very careful. Beware of any investment in the stock market, as many financial structures could collapse suddenly. Lots of illusions will be exposed today. Lies and betrayals will become obvious. The facades crumble, revealing a reality very different from what it appeared to be.

Thursday, September 17: Sun opposition Uranus (2:42 AM), Mercury square Pluto (4:50 AM), Sun conjunct Saturn (11:22 AM), Mercury enters Virgo (8:26 PM until October 9). During the next month, our thinking is more practical, detailed and organized. We seek order. We need clarity of purpose and to focus on our goals. Today more specifically, we may encounter

unexpected, unstable and depressing circumstances. It is not a good day to enter any form of partnership, and business endeavors do not develop as planned. We could experience difficulties in our relationships. We should be very aware of our motives and be cautious of the possibility of manipulation.

A WEEK OF SEEKING BALANCE

Sunday, September 20: Sun conjunct Mercury (3:05 AM), Venus enters Virgo (6:32 AM until October 14), Venus trine Pluto (7:56 PM). The next three weeks are marked emotionally by practical considerations. We need our relationships to stand the test of reality. We may need to reassess what they mean to us and how they either hinder or enhance our daily lives. Today more specifically, our communications are open and sunny: We express clearly what we have to say, thus creating new opportunities in our lives. This night proves great for a passionate date either with someone new or an existing partner. We are able to share a rare depth of emotion and profoundly understand the true nature of our inner soul connection with another, as well as transform old behavioral patterns that have kept us from experiencing a greater sense of intimacy.

Tuesday, September 22: Sun enters Libra (2:19 PM until October 22). Next month's focus is on harmony, peace and beauty. We could be more interested in art, colors, music and decoration. Our relationships become forefront, as we want them to be enriching and positive. Today our exchanges with others should be more diplomatic. We seek more equilibrium between the various aspects of our personal lives.

Wednesday, September 23: Sun square Pluto (7:21 AM), Mercury opposition Uranus (8:37 AM). Today is not a good day to make financial investments. Additionally, relationships could suffer from power games, leading to impulsive breaks. The obstacles encountered today test our courage and maturity. Beware of hidden dangers both in our careers and domestic circumstances.

A WEEK OF CLARITY AND COMMUNICATION

Tuesday, September 29: Mercury turns direct (6:14 AM). Communication becomes more direct today. We face the future reassured and clearer regarding our real motivations.

Wednesday, September 30: Mercury sextile Mars (11:02 PM). Today we mean what we say and say what we mean. It is a great day to assert our truth and be very forward in expressing ourselves. Today is also good for making phone calls and connecting with people who can support our ideas. Many new doors are likely to open today. ✨



NUMEROLOGY: THE SILVER KEY

Staying Connected For Direction

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 root—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) = $2 + 1 = 3$

September (29/[11]) brings reminders of what this year of inspired building is all about. Your service is to be the spiritual light messenger and teacher that stays connected to your intuition and uses it to guide you through your physical world. All the messages coming to you now are to help you bring balance to yourself and to your life so that you can be in true reality, in the Now. Your goal for the month is to be open to the messages and complete what you started last October while planning for new adventures.

SEPTEMBER 1 TO SEPTEMBER 5, 2009 (16/7)

The week begins with the karmic (destiny) vibration of awakening. You will not be able to avoid, evade or ignore the unforeseen and sudden events that present themselves, so you may as well learn how to deal with it. This is a 9 month, vibrating to endings and beginnings as a master level of 11. With this karmic vibration, you are called to overthrow the existing conditions in your life by listening to the intuitive forces within you. That is what awakens you to your true source of security, so you can build for the new in your life. The first day of the month is one of restless energies that you must balance by relying on your intuition to guide you through. The intensity doesn't stop as the master 22 of the building force on the material plane adds to the 11 of the month, pushing you to think in broad terms for all of humankind, including yourself. You can succeed on a large scale right now, as long as you avoid going to extremes. Events that may feel restrictive at first are presented to you for examination so you can build a firm foundation for the future.

Then you get a day with the energies of adventure and change, so any insecurities that are limiting you will be presented so you may learn that security comes from your connection to your source. After that comes an intense day of increased sensitivity to underlying motivations combined with the master builder energies that help you think in large scale terms and build the foundation for those plans. You end this period with a day to be reflective and to use your strong intuition to make sure your mental energies are a positive force for your visions. The goal for this week is to be open to new awakenings and new developments brought by the karmic opportunities to transform and transmute your life.

SEPTEMBER 6 TO SEPTEMBER 12, 2009 (23/5)

The underlying energies this week will continue to be those of adventure and change, and will bring more experiences challenging you to stay in balance and remember that true security comes from within. You start the week with easy-flowing environmental energies that will aid you in investigating the details that arise spontaneously in your life, showing you what to do while still staying in balance. Then you have a day of being interactive: exchanging ideas to bring deeper understanding to your relationships. Maintain harmony and

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balance, and you'll achieve this deeper understanding. Now comes a day to open yourself to new ideas so that, through your imagination, you can crystallize your desires for the greater good of all. A day of opportunities is then given to you to show how Spirit and higher guidance can bring things into balance and provide great rewards. You can spend the next day celebrating the expression of yourself, your true self, which will give you direction for further forward movement. You then have a day of underlying intensity from the master messenger that shows you news of a new order of things and master opportunities for love and peace. You end the week with an intensified reminder of what the week is about: balancing the expression of your spirit through adventure and change. The goal for the week is to move through the events in balance, knowing that security comes from within.

SEPTEMBER 14 TO SEPTEMBER 19, 2009 (27/9)

The energies this week give you opportunities to finish up what needs to be finished and reap the gifts from those lessons so that you can prepare for the next step. It is a week of interacting with others to gain deeper understanding of yourself, remaining in harmony and peace while you do it. You begin the week with increased sensitivity that can be very inspirational—if you stay tuned into your awareness of what's beneath the surface, and are prepared to take responsibility for bringing yourself to inner harmony and balance. Then follows a day to withdraw and reflect. On this day you can reassess how far you've come and use your intuitive energies to reconstruct any mental energies that have not yet become a positive force. This brings you to a benevolent time of more easy-flowing environmental energies, underlying what will be an intensity of the master healer and teacher energy pushing you to stay centered and remain balanced while you take responsibility for your creation and have compassion for others, which will be expressed as helping without enabling.

The energies of the week are then brought to the surface and intensified to help you maintain inner harmony while you are finishing up what is presented to you in order to plan for the future. Then next day you're also given the vibrations of both the seed and the harvest. Using your imagination and relying on your connection to your inner wisdom and sense of justice, these vibrations will crystallize your desires as you begin the next step. Then you have a reminder and an intensification of the vibration—of the year as well as of the month—that pushes you to remember that you are Spirit experiencing life in a physical body, so connect and let your higher guidance and the revelations coming to you guide you to balance and forward movement. You end the week with what might be restless energies of celebrating your expression of yourself. Don't get carried

away, and you can have great joy, harmony and peace as you follow your inner guidance for direction. The goal is to release everything that is no longer of service, to finish it up, and to prepare for new adventures as you move to a week of master builder energies.

SEPTEMBER 20 TO SEPTEMBER 26, 2009 ([22])

This entire week has the energies of the master spiritual builder on the material plane to help you expand your vision into large sweeping terms that benefit all of humanity. This may create an underlying "itch" of intensity, so guard against going to extremes and stay balanced in everything. You start with a most intuitive day that brings you ideas of the new order of things, allowing you to bring everything into a system and organization that challenges you. You then have another day of challenges and restless energies that you must use constructively, putting them into action with patience, persistence and determination in your own unique way to accomplish the task. Your sensitivity and inner awareness are then increased and intensified, enabling you to see what's beneath the surface and insuring that you see All That Is. This intensification allows you to face any sense of restriction to building a firm foundation for your future.

Now you're given an easy-flowing day to catch your breath. You will have an opportunity on this day to examine and investigate any details that may arise spontaneously along the course of action that is necessary for you to reap the harvest. Then you move on to a day for sharing your accomplishments and lessons learned in order to gain deeper understanding—maintain harmony and peace during this process. Following this is a day of energies of the master of spiritual power, underlying the energies of crystallizing your desires and thinking in broad terms, to bring together those who can help you in your process. The goal for this week is to build and integrate into your life and personality the spirit that you are.

SEPTEMBER 27 TO SEPTEMBER 30, 2009 (14/5)

You end the month with a period of intense karmic energies that will not allow you to avoid, evade or ignore any events. This is the energy of the destroyer and builder—transformative vibrations indeed. This brings you opportunities for balance in your physical life as new, original ideas and innovative concepts come to you that, if put into form, will bring you freedom and change on the outer plane. You begin with a day of master messenger energies that give you opportunities to emphasize the spiritual areas in your life, so stay aware of all the messages that are there to show you the way. Then move to a day of creative expression and celebration as you express the truth of you. The master energies of Monday then reappear beneath the



surface to give you messages of the new order of things. On this day, look at how to organize it all effectively. Meet any challenges with an open mind, because they will show you where you are still doing things the old way. You end this month with the restless energies of freedom and change, which you can use constructively with patience, persistence and determination to put your visions into action as you move forward in your own way to accomplish the task. Your goal for this period is to use the magnetic law of attraction to keep the balance as you move into the month of expression of self in the new order. *

AN ASTROLOGICAL OVERVIEW

Keepers of the Seed

mar de luz

"Know your garden and nature around you."
—The 10-Point Hopi Checklist¹

In the mid 1960s Cho'Qosh Auh'Ho'Oh, a Chumash elder woman from southern California, spent a year in the village of Oraibi [Hopi—Orayvi] on Third Mesa of the Hopi reservation in Arizona. "Old Orayvi," as the town is traditionally called, is the oldest continuously inhabited community in the Western Hemisphere and has ties to the ancient Mayan and Toltec civilizations. While there, Cho'Qosh absorbed the culture and oral traditions of the Hopi people.

Cho'Qosh had been summoned by a group of Hopi elders to Hotevilla, one of the villages of the Third Mesa. They told her they had a message for her to share, which she wrote down and recorded as what is now referred to as "The 10-Point Hopi Checklist." Point 6 of the list, "Know your garden and nature around you," refers to our planet as a garden. We are meant to learn about the garden, or ecosystem, that we live near, and the ecosystems of the planet in general, in order to live in balance with Earth's rhythms and wisdom. The Earth is a living, sentient organism who has needs, desires and even dreams of her own. If we live in accordance with the Earth Mother's dreams, harmony and balance will return to us like rain returning to the land. In turn, if our Earth generates this balance to the ethers it will fuel the universe with light that will cycle throughout all time and creation. It all begins with us—the humans who have choice and the ability to plant a seed of good intent into fertile soil.

Every garden is a microcosm of the living Earth, and the Earth is a microcosm of our living galaxy, and so on. What is stressed here is the power of each individual to take responsibility for the ground that they live and walk upon. By blessing and cultivating our Earthly Mother, we send right intent to her heart and reap the bounty that comes from sacred communion with Her.

The time of Virgo, from August 22 through September 21, is the prelude of autumn in the Northern Hemisphere, which represents the mature years of human life. Virgo holds the place of the West in the medicine wheel ceremony: It is the direction of the bear, the healer and the place of far seeing. The time of Virgo is a time of slanted, golden light that coats the hills like honey, coaxing lazy seeds to release their final richness for harvest.

FINDING YOUR NICHE

The Hopi people speak simply, and their words are big with meaning. It requires thoughtfulness on the part of the visitor to really hear their message. Cho'Qosh Auh'Ho'Oh explained that to "know your garden" meant to revere the planet that you live on—to learn about her ecosystems, sustainability, preservation, edible plants, sacred cultivation, wild herbs that encourage habitat, healing, wildlife and the practice of conscious gardening. The list is endless, but the message is simple: wake up, be aware, take the lessons from yesterday to be able to see "up river," and then take responsibility for where you are for a reason.

Virgo is a mutable earth sign that stands for the responsibility of every individual to better themselves in order to better the greater whole. It is a worker's sign, as are Taurus and Capricorn, and represents the "little people" of the Earth, such as the ants who cross boundaries between the upper and lower worlds, and the bees who pollinate our flowers, fruits and vegetables. Bees are sacred in Native American tradition because they work to restore our food supply year after year, and we can learn much from them. Red Eagle, my teacher, taught his students that untouched habitat was essential to the health of a region because it supplied shelter to nesting and burrowing animals who distribute and deposit Earth's seeds. The bear, badger and mole are sacred because native peoples learned how to harvest potent roots by watching them dig deep when food supply was scarce.

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Red Eagle also taught that natural waterways are sacred because they nourish the land like the veins of our body and the salmon people nourish all life in their path. The chain of life would quickly be disrupted if the “people of the water” were not allowed to swim their natural course. Red Eagle taught us to let natural growth return wherever we lived so that the birds would come, eat the fruits and return the seeds to the Earth. “No one else can do your job for you,” he taught us, “and we each have our work to do . . . No one is any more important than anyone else and even the smallest area can affect the whole. You do not have to be evident to be big.” Although it may seem that organic farms and gardens are being squashed by developed land and pesticide drift, their mere proliferation seed the landscape with vitality, pollinators, soil amendment, seeds and oxygen that help to keep our neighborhoods green. “It’s the ‘no-seesums’ that do the work over time,” Red Eagle taught, “the worms, compost and microbes that fertilize—without their cycle there would be no food.”

The influence of Virgo, the placement of the sign and the planet Mercury in a natal chart teach us the importance for self-responsibility. Likewise, Cho’Qosh Auh’Ho’Oh teaches that if we ever encounter someone who seems to imply that they are more important than we are, we are to turn and run the other direction, for the greatest credential in life is humility. It’s interesting to realize that humility is not always recognized by the world, but is a trait close to God. For instance, few people realize that on the day that Princess Diana [Sun sign Cancer] passed away, eliciting world-wide remorse, Mother Theresa [Sun sign Virgo] also passed with little recognition. I think she would have wanted it that way.

SAVING THE EARTH

A wise friend recently delivered a message from the space brethren that gives voice to the earth. She said,

“One of the things that could save this Earth is seeds, because if every individual on the planet planted a small garden we would not have to produce as much oil or transportation or pollution or plastics . . . It would also give every individual on the planet a taste again, a glimpse, of why we’re here—to be able to experience the beauty around us. . . . I am going to ask [everyone] to educate themselves on what is happening to the Earth’s seeds. . . . It is the greatest concern that every individual should have . . . it will change your view in the world, and it will change the course of this Earth for the better.

“. . . Put your hands in the earth again so that you remember who you are so that you remember where your food came from—that’s education . . . we can make the right choices so that, slowly, we can make a world that is on the right path.”²

DEEP SKY REPORT

Full Moon, 12 degrees Pisces, Friday, September 4: We are truly born of stardust. Our bodies contain the

same fundamental elements that comprise the stars, asteroids and planets. There is an ancient Yavapai legend that teaches that the first woman rose in darkness from the disintegrating ashes of a wise old tree. She then focused her heart’s desire, sprinkled some ashes, and the first man was formed from her side. Together, the two found pleasure that created the first light, bringing form and life to the universe. This may sound like a crude creation myth, but what if light is the spark of pure emotion?

Pisces, the sign of emotional insight, is considered to represent the mind of God. If we consider that our hearts once had the creationary power to focus our intent, then the memory of that intent may yet switch on in our brains. If we can imagine sprinkling stardust to the dark corners of the world tonight, perhaps we can help to switch on humankind, from one person to the next, into the intended light. The Milky Way that travels our night sky through the constellations of Gemini and Sagittarius reveals the rim of our Mother Galaxy. New souls were considered to be birthed from our Sun’s transit through Gemini, and old souls departed through the Sun’s transit through Sagittarius.

Mercury stations retrograde, 6 degrees Libra, Saturday, September 6: While gathered around the medicine wheel atop a hill in Sedona, our guide pointed out the four directions and told us to, “Look—everywhere around you we send rays of light to everyone we touch or look upon. We’re sending silken threads, rays of light like spokes from a wheel to weave the universe and hold it together.” Between now and September 29, we are sending silent messages to everyone and everything we come in contact with. In three weeks, we will gather them together and see the tapestry that we have created.

Pluto stations direct, 1 degree of Capricorn, Friday, September 11: Okay, enough already. Pluto has been slumbering, sojourning, snoring and retrograding through the initial degrees of Capricorn for six months now! It’s time to make those dreams manifest. Let’s try an experiment. If anyone is reading out there in the inky darkness—and I know there are at least two of you—let’s take practical steps toward making a dream come true. This is what Capricorn is about—doing the work on Earth that needs to be done. If we have a dream, it serves to not only motivate us, but to better the world in the process. Think of something, no matter how impossible, then take baby steps toward it, and we’ll compare notes in April of 2010 when Pluto, the planet of transformational power, turns inward once again in the sign of Earthly reality. Please remember that one degree of Capricorn is the astrological calendar equivalent to Christmas Day, so dream big! My dream would be to





have a writer's cabin on the shores of Orcas Island. What's yours?

New Moon, 26 degrees Virgo, Friday, September 18: There are many stories about stars communicating with people: blinking, moving, changing and even guiding travelers like starships, as in the story of the journey of the Three Wise Men to Bethlehem. As an astrologer, I have always believed in these stories, and have listened to the Pleiadians since I was a child. With this new moon in Virgo, some may feel the need for validation from the star people. Those who are unsure of extra-terrestrial communication may seek a sign. That's only natural because Virgo is the sign of earthly validation of things non-apparent, and like children, our minds like to race with secret thoughts of close encounters.

Who hasn't stared at the lights in remote darkness and paused? Whether you are a child, adult, mystic or scientist, it's our human birthright to do so. But one thing is common to astronomer, astrologer, spiritualist and skeptic alike: There is one unifying thought in these days of rapid enlightenment, and that is to catch a glimpse of stray intelligent light so that we may believe the tales of our ancestors and remember that we were born to walk the Earth to watch the heavens. If you let go of the doubts that cloud your vision this evening, you may see through your dreams tonight.

Autumnal Equinox, Sun enters Libra, Tuesday, September 22: This is a heavily aspected day. Mercury is still retrograde and conjunct Saturn in Virgo. September 21 is International Peace Day, so it would be helpful to meditate on peace at this time, in anticipation of the Sun's arrival in the sign of cooperation. If enough of us are meditating on peace, we may be able to grasp the universal teaching that we are infinitely creative beings, using only a fraction of our creative abilities that lie dormant within the human heart. What we think, we create and what we believe, we create. Let's sow the seeds of possibility together—see, feel and believe that every heart

has the potential to expand and grow. Then, go to sleep and dream big!



At the Medicine Wheel in Sedona, we sat in a silent, sacred circle around the fire. Twilight rimmed the canyon walls high above us as we purified our bodies through the smoke of sage. The canyon walls turned to many faces and animals in the moving light, and we dedicated our flutes and medicine bundles to the fire, vowing to return home with renewed hearts and sense of purpose.

When home, I buried my Hopi blue corn seed in the warm, fertile Earth. I gave her the medicine that had been offered to the four directions, played my flute and gave her a drink and some tears. I asked the stars that guard each plant for strong roots and replenishing seeds. Pisces Moon—good for root crops and deep-rooted plants. The Earth responded with tender buds in only six days. Was it the offering, the Moon or the music? Hard to tell, but the Hopi people say that the plants have intelligence and can adapt to soil, moisture, temperature and light if only asked. Your ceremony must be sincere though, for even in the pale light of the Moon, the corn people will be watching you.

*"[The Hopi people] keep the ceremonies going to help them on the way, and remember what the sacred path should be: live simply, humbly, and in a balanced way, for the sake of all that live—man, animal, plant rock and the sacred water. . . . Nature will hold its balance . . . for it has a plan, a grid, a course that has been sowed in the beginning."*³

Sow your seeds and keep lookin' up! ✨

1. "The 10-Point Hopi Checklist" as related by Cho'Qosh Auh'Ho'Oh
2. Delicado, Miriam. "Remembering Seeds and the Importance of Self-Education." www.YouTube.com
3. Boissiere, Robert. *Meditations with the Hopi*. Bear and Company, 1986.

Gaia Speaks

SACRED EARTH WISDOM

Gaia through
Pepper Lewis

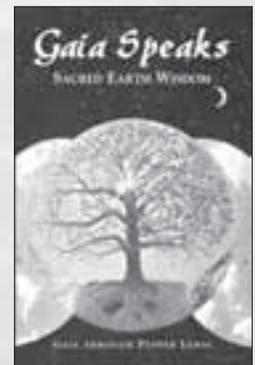
I am the nonphysical sentience of this planet—simply put, I am the planet Earth. I am the body and the soul of the planet you currently inhabit. My sentience guides and enlivens all that surrounds the planet as well as all that is upon and within her. My sentience animates the air you breathe, the energy you burn and the water you drink. My sentience—the most aware, advanced and attuned aspect of my being—is that which directs these words. Although many believe in a sentient or feeling Earth, not all are attuned to her. Channeling offers a unique advantage in this respect, because it allows the transmission of vibrations and impressions to be communicated as language.

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\$19⁹⁵

SOFTCOVER 393 P.
ISBN 1-891824-48-1



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Seeking the Philosopher's Stone: Technological Acceleration toward Biological Immortality

Todd Ovokaitys, MD

Consider the question, “If you could live as long as you chose in a youthful healthy body, how long would that be?” What seems like a reasonable answer may be wildly conservative compared to your true potential. The science that is striving to allow us to achieve unlimited youthful life spans is accelerating at an enormous pace. A notion that was once only a dream of science fiction now has mainstream scientists describing this as reachable in the not too distant future. Combining esoteric methods with evolving mainstream technologies may offer the most potent pathway to living vastly longer lives—and enjoying doing so.

LONGER LIFESPANS: SCIENCE FICTION AS WELL AS SCIENCE FACT

According to author and Cambridge University research scientist Aubrey de Grey, Ph.D., “Life expectancy will be in the region of 5,000 years . . . by the year 2100.” Dr. de Grey puts forward the view that true indefinite youthful life spans are possible. He holds that the most significant medical research program that could be supported is that which frees humanity from the suffering of the aging process.¹

Inventor and futurist Ray Kurzweil, Ph.D. uses the phrase “live long enough to live forever” to describe a series of three bridges of longevity, the third of which offers indefinite healthy life spans.² The belief of both authors in such potential extremes of longevity is substantially fueled by the rapid expansion of technology. Futurist John

L. Peterson states that in the next ten years technology will advance eighty times that of the entire twentieth century, and so forth exponentially. This concept is embodied in the statement from medical longevity conferences: “If you can live for five more years, you can live another thirty years; if you live another thirty years, you may be able to live indefinitely.”³

The purpose of such extended lives is perhaps best stated by the character Lazarus Long in a science fiction novel by Robert Heinlein. Lazarus Long appears to have the fate of ideal genetics to live indefinitely and praises long life, as it gives him “time enough to learn, time enough to grow, time enough for love.”⁴ Lazarus Long’s is an odyssey of an extraordinarily enriching life—with even enough time to travel the stars.

A LIFELONG PASSION

My personal contributions to the realm of technologies related to life extension hearken to a triune lifelong passion for lasers, time machines, and DNA. In the third grade I developed a profound love of lasers and was probably among the few eight-year olds who could tell you that laser stood for “light amplification by stimulated emission of radiation.” I even purchased plans for how to build one, though eventually chose the expedient option of just buying them. When I was ten, I built my first time machine and it worked—at least after a fashion! This “time machine”

KEY POINTS

- Prolonging life, a concept that once existed only in science fiction, is quickly becoming science fact with new studies and technological advances.
- The breakthrough discovery was the creation of an optical device that converted the output of a laser into a novel waveform with extraordinary properties.
- Authorities from medical scientists to Kryon of Magnetic Service [through Lee Carroll] support the strength of Dr. Ovokaitys’ findings.

was based on the concept that during the Earth’s geological history, the intensity and polarity of the Earth’s magnetic fields changed numerous times. The hypothesis was that if you mimicked the altered field of a different geological era, the growth of plants would reflect the patterns of that different time. My father helped me build a space-capsule-type device with active and adjustable



DR. TODD OVOKAITYS
www.gematria.com

magnetics. The experimental subjects were radish seeds, which were easy to get and free of the need for Institutional Review Board approval to use. Placing the seeds in field intensities stronger than the Earth's field generally resulted in increased germination rates of the seeds.

AN EPIPHANY: THE NATURE OF DNA

During my second year of medical school there, I had the occasion to drink champagne instead of plating petri dishes during my microbiology lab. My lab instructor, Dr. Daniel Nathans, had just won a Nobel Prize in Medicine. He, and another microbiology lab instructor for the class, Dr. Hamilton O. Smith, shared the Nobel Prize for landmark work with DNA, along with Swiss researcher Werner Arber. They were awarded the prize for their research into restriction endonucleases, a class of enzymes that cuts DNA in very specific places, depending on the particular enzyme. This work has made possible an explosion of research and discovery in the fine details of DNA structure and function. These enzymes were instrumental in the ability to pursue and successfully complete the Human Genome Project, the full enumeration of the entire base pair sequence of the three billion base pairs of human DNA.

My subsequent training resulted in completing a specialty in internal medicine, as well as subspecialties in pulmonary and intensive care medicine at Georgetown University Hospital. During my pulmonary fellowship, one of our most frequent procedures was doing bronchoscopic studies on persons with acquired immune deficiency syndrome (AIDS) and pneumonia. Unlike persons with intact immune systems, who usually have a single pathogen with pneumonia, persons with AIDS can have multiple concurrent infections and special specimens must be collected from the lungs via a bronchoscopic tube passed through the nose for complete diagnostic information. During this time, a flash of insight struck me that there may be a better way to treat AIDS

than the antiviral drugs that were laden with heavy toxicities. In an intuitive perception, it seemed likely that the viral genetic material would have a different folding pattern than human DNA. If this were so, a differential structure would logically give rise to a different molecular resonance frequency pattern for the virus compared to the human genetic material. Theoretically, it would be then possible to produce a resonance frequency pattern that could alter the virus and leave the human DNA unaffected. If successful, this would offer the potential of a very specific and nontoxic intervention to inhibit the human immunodeficiency virus (HIV), the causative agent of AIDS.

To pursue this inspiration, I moved to southern California for its open-minded thinking, rich biotech industry and its concentration of teachers of energetic healing methods. During a meditation class, an epiphany occurred. Much as in the movie *Contact*, there was an abrupt movement of awareness to what was perceived as a type of gate or portal. Eight-foot guards with curved swords spoke of the sacredness of the domain and warned of the need to use the information responsibly. Upon going through the doorway, I was greeted by a space filled with DNA—as though it had been magnified from nuclear size to room-filling size. The communication received was that the scientific understanding of DNA was correct but incomplete.

While DNA was indeed a massive linear code with instruction sets for how to build all the proteins, enzymes and receptors of the body, the integration of the information went well beyond the linear code. DNA was described as having a geometry of coils within coils in a medium with moving charges that resulted in magnetic field emanations from DNA. Further, it was communicated that if it could be determined how the DNA emanated in healthy versus unhealthy cells, it would be possible to create electromagnetic signals that literally instructed DNA to return to a state of

health. In addition, an old cell could be instructed to function as a young cell again.

This epiphany had a flavor reminiscent of the story of Friedrich August Kekulé, the chemist who uncovered the mystery of chemical structure. Kekulé awoke from a dream in which he saw a snake swallowing its own tail. He had been laboring to discern the chemical structure of benzene that had proved elusive. This dream gave him the insight that benzene was a ring rather than a linear structure, thus giving birth to modern organic chemistry.

While the information was deeply inspiring, no guidance was given as to how to accomplish the task. Review of prior electromagnetic methods that were amazingly successful began to build a picture of the type of technology that could produce the exquisitely tuned signals required to achieve selective molecular resonance effects. Through the scientific grapevine I was led to Scottish physicist Scott Strachan. He was the first scientist who didn't say what I was suggesting was impossible—he kindly felt it only highly improbable. Despite his initial reservations, within six weeks he had accomplished an ingenious feat of engineering that achieved the requested specifications.

MAKING THE DREAM A REALITY

The breakthrough discovery was the creation of an optical device that converted the output of a laser into a novel waveform with extraordinary properties. Consider that a typical laser beam has waves of light that march in step, peaks matching peaks and valleys matching valleys. When such waves are added together, they produce an amplified wave that delivers the useful attributes of lasers in technologies from compact disc players to laser surgery. The invention was able to cause the waves to line up in pairs exactly out of phase, peaks to valleys and valleys to peaks. When such wave pairs are added, the waves cancel each other. Two visible waves are added together to yield an invisible result.

An equivalent way of showing this waveform is to have the waves aligned in phase once again peaks to peaks and valleys to valleys with one key and highly important difference. Instead of the arrows of the wave pointing in the same direction as before, one wave points to the left and the other to the right. The wave going right is conventionally described as going forward in space and forward in time. What is most interesting is that the wave going to the left, even according to conventional quantum physics, is not only going backward in space but also going backward in time. This is the first stable efficient engineering of a wave containing time reversed light, with the flow of time reversing at the quantum level.

A wave of light coming toward you would appear to be moving in a spiral as it goes through a cycle of polarization changes with every wavelength. The waveform described above would appear as a spiral with its counterspiral moving in phase but in the opposite direction. DNA also has a specific spiral/counterspiral form. Thus the new laser waveform produced by the optical device has geometry and directional opposition just like DNA. The optical device uses lasers to create a waveform that parallels the form of DNA and has an element that reverses the flow of time. Thus the originating passions of lasers, time machines, and DNA have combined into a singular invention.

REAL RESULTS

The first experiment was done at the National Institutes of Health (NIH) in Bethesda, Maryland. The beam of the device was passed through a flask of human leukemic cells—a tumor of the bone marrow in which white blood cells proliferate excessively. The observation made twenty-four hours later had never been seen before. The randomly suspended cells had aggregated into a coherent linear strand so large they could be seen without a microscope. Further microscopic study showed a reversal of the pathologic behavior and appear-

ance of the cells. Molecular studies showed that there had been a significant increase in expression of proteins involved in cell-to-cell communication and cell-to-cell adherence. This reflected a reversal of tumor biology at the molecular level as well.

With this success of the first prototype, a second generation system was built with a higher frequency designed for inhibition of HIV. Treating infected human immune cells in culture resulted in an up to 80 percent inhibition of production of the virus. The proprietary laser technology allows for the specific targeting of particular molecules or even molecular regions. Thus far, the treated cells have appeared to be free of significant toxic effects from application of the laser. Research is continuing to define the best mode of application to offer potential promise with respect to this condition.

A quantum light-based technology for inhibiting HIV is outside the standard delivery paradigm, and a predictably lengthy path of development and implementation is anticipated. To deliver the subtle benefits of the laser process, it was intuited that crystalline structures, such as purified individual amino acids, may be able to store energy in some form. This hypothesis was tested by preparing a formulation of amino acids intended to boost the function of the brain. There are twenty primary amino acids that form the building blocks for the protein chemistry that DNA directs. Amino acids are also the direct precursors for many of the neurotransmitters of the brain—substances that send signals from one nerve cell to another.

Using a method called quantitative electroencephalogram (EEG), baseline measures of energy and wave patterns were taken over several brain areas in the baseline state. The untreated formula was given to test subjects and resulted in a significant increase in the power output of the brain. The laser enhanced formula was then given to the same test subjects, and this produced a further statistically significant increase

in brain power over the untreated formula. Whereas the untreated formula produced multiple coherence abnormalities in the brain, the treated amino acids resulted in much improved coherence.

In the most compelling subject, the average increase in brain power was 38 percent with the untreated amino acids compared to a 55 percent increase in the laser treated amino acids. Untreated amino acids increased the regions of abnormal coherence from one to ten, whereas the treated amino acids reduced the coherence abnormalities to none. Thus laser enhancement delivered both greater brain power and better brain wave coherence enhancement.

A beta test was done with about 300 subjects with a study duration of four months. During this time, over 95 percent of subjects reported one or more improvements of learning, memory, problem solving, stress reduction or improvement of organs of physical sensation. Interestingly, 75 percent of subjects reported a sense of increased closeness to Source at the conclusion of the test. This amino acid formula became the basis of the brain boosting formula called GemAminos™.

A company was formed to provide laser-enhanced nutritional supplementation. The name chosen was Gematria, after the ancient mystery school practice of coding number patterns into the letters of words, which numeric patterns could then be decoded to provide a deeper level of information. This is much akin to the coding of subtle vibrational information into the bond structure of molecules. The other related definition of Gematria is drawn from the book *The Keys of Enoch* and is stated as, “the science of determining the input energy to build a body of consciousness.”⁵

THE SCIENCE OF AGING

The core concept of the laser process for nutrient enhancement at the molecular level is producing self-similar, efficiently metabolized shapes of the molecules. A nutrient that has been extracted and purified may undergo deformations

of shape due to the processing steps. The targeted application to nutrients is producing frequency patterns that stimulate backbone resonances in the molecules. This will tend to flatten, straighten, and untwist the molecules thus treated, producing a form that is generally highly efficiently used by enzyme systems of the body. This process of homogenization of form has been confirmed by x-ray crystallography, a test that places in space all the atoms in the studied molecules. In addition, a variety of *in vitro* studies have shown that gram for gram, the laser-resonated molecules are statistically significantly more active for their intended purpose than the untreated molecules.

At the DNA level, there are two principal clocks that measure, reflect and appear to affect physiologic aging. These are DNA methylation and length of the telomeres, the ends of the chromosomes. A methyl group is the simplest organic hydrocarbon group. It consists of a single carbon atom with three hydrogen atoms. This is the basis of many single carbon transfer reactions, building organic molecules one carbon group at a time.

The methylation reactions support approximately 200 core chemical pathways in the body. Perhaps the most important pathway of all for longevity is the methylation of DNA. At the time of birth, methyl groups are placed on cytosine residues in precise places on DNA specific to a particular type of cell. Over time these groups tend to "fall off," failing to be properly replaced with cell replication. When 40 percent of the groups present at birth fall off, degenerative demise of the organism typically occurs. Any intervention that slows, stops or reverses the loss of methyl groups from DNA slows, stops or reverses aging at the DNA level.

A marker of the status of methylation chemistry is the level of blood homocysteine, an amino acid. Elevation of homocysteine above seven carries increasing degrees of disturbances of methylation. A level of fifteen carries a four-fold greater risk of a heart attack or a stroke and double the risk

of Alzheimer's disease. A high homocysteine level suggests that DNA methylation and hundreds of other chemical pathways are functioning suboptimally.

TESTING THE FORMULA

Given the quintessential importance of this chemistry, we formulated into one composition the key nutrients the body requires to lower homocysteine to optimal levels. These include vitamins B6, B12, and folic acid, as well as trimethylglycine (betaine) and choline. The betaine was shown upon x-ray crystallography to have a structurally enhanced form for its intended purpose.

This laser-enhanced methylation formula was then subjected to an Institutional Review Board (IRB) approved randomized, prospective, placebo-controlled clinical study of increasing doses of the study formula. At all dosage levels there was a highly statistically significant reduction of homocysteine, whereas no reduction was seen in the placebo control group.

The overall treatment group showed reduced homocysteine levels from nine to six. Most impressive was the subgroup with high homocysteine levels that showed an overall decrease from thirteen to seven over a three-month period. Based on other large population studies, this degree of reduction suggests an approximately 60–70 percent reduction of cardiovascular risk. A homocysteine level of thirteen is typical of a person in their sixties, whereas a level of seven would be usual for a person in their twenties, suggesting a significant potential benefit for slowing, stopping and reversing aging at the DNA level.

Extensive weekly symptom surveys were performed with persons in the active formula group, showing improvements in scales of anxiety, depression, body aches and pains, paranoia and hostility. One subject was found to have severe active lupus. Over the course of the study, plus a five-month extension of use, her homocysteine dropped from sev-

enteen to four, and she had complete clinical and laboratory remission. In autoimmune diseases, such as lupus or rheumatoid arthritis, there tends to be extensive selective DNA demethylation of immune cells on the order of 50 percent. Improving DNA methylation in these conditions may be helping to overcome a primary information defect.

WHY IT WORKS

Methylation helps to rebuild myelin sheaths of nerves, repair cell membranes, balance the chemistry of the brain, protect the liver, and restore aging proteins to function. This chemistry is central in many detoxification pathways and helps to clear insecticides, pesticides, and histamine. This pathway is especially supportive of clearing toxic heavy metals from the body. Compared to baseline elimination, a wide range of heavy metals have been seen to increase markedly in excretion through the gastrointestinal (GI) tract. Mercury has shown this effect particularly well, its elimination increasing from 3-fold to as high as 550-fold over baseline with this formula called HeartGems™.

The presence of high homocysteine levels has been shown to accelerate shortening of the telomeres. As cells divide, the telomeres capping the ends of the chromosomes, likened to the plastic that protects the ends of shoelaces, tend to shorten. When the telomeres shorten excessively, the cells stop dividing, this being the other major timing clock within DNA. Lowering homocysteine has the added benefit of preserving the length of the telomeres. There are now lines of evidence to suggest that if telomere length can be maintained at a youthful level, this accomplishment alone may suffice to immortalize normal cells in a healthy youthful state.

Besides supporting methylation to rejuvenate DNA and many other systems, giving DNA itself—along with RNA—offers profound anti-aging effects. In an amazing 1973 study performed by Dr. Max Odens, he divided 750-day-old rats into two groups.⁶

KRYON WEIGHS IN

The control animals all expired within 150 days as expected. In contrast, the treated animals who received once a week injections of DNA and RNA survived an additional 850–1,500 days, doubling and even tripling the life span of the animals. Other studies showed that providing supplemental nucleic acids in various forms and combinations tripled the survival of animals with staph infection in the blood and increased survival in animals with severe radiation exposure by a factor of ten: from 5 percent to 50 percent. Perhaps most compellingly, the mortality of adults hospitalized in an intensive care unit with severe illnesses decreased from 29 percent to 0 percent with this intervention.

It is generally believed that oxidative stress as described in the concept of free radical generation is a type of slow burn that contributes to aging. A free radical can cascade through tissue and harm up to 5,000 molecules per free radical formed. Antioxidants are molecules that can quench the free radicals before they cause significant injury, like microscopic fire extinguishers that put out the fires.

The usual measure of the antioxidant potency of a substance is described as its oxygen radical absorbance capacity (ORAC). A typical serving of fruits and vegetables has an ORAC value of 350–500. After six years of research to identify the most potent and highest quality plant extract antioxidants available, we prepared a formula called Phyto5000™. It contains highly concentrated extracts of green and white tea, many types of vibrant berries, including the exotic açai and mangosteen fruits, and French maritime bark extract. It also contains resveratrol, the red wine component found to be highly heart protective. Ginkgo biloba is also provided for supporting healthy microcirculation in the brain and the eye. This rich composition of phytonutrients—phyto meaning “plant”—was intended to provide an ORAC value of 5,000 per capsule. When measured in a standard lab for the industry, the total ORAC value calculated out to over 42,000 units per capsule.

Nutrients treated with the quantum enhancement process of the laser have often produced especially good results. This may be well explained by the homogenization process described for improving nutrient bioavailability. Recent information provided by Lee Carroll, a regular contributor to the *Sedona Journal of Emergence!*, suggests an even deeper dynamic may be at play.

Lee experiences communication from a being described as Kryon, who represents his expertise is in understanding the magnetic grids of the Earth, their shifting properties and the influence of these on human health and consciousness. While the esoteric information provided is mainly spiritual and therefore unverifiable, Kryon has made several predictions about the Earth’s magnetic grids and astrophysical phenomena that have proven true.

With respect to the process of the laser, Lee has recently stated, “Kryon has indicated that the laser-enhanced nutrients tend to create something new. The mechanism for all DNA to align in purpose isn’t spoken of much. Yet if we have the akash in every double helix, then there has to be some kind of common language or signal that the entire DNA choir ‘knows’ when it comes to the creation of genes that adhere not only to the parent’s genetic instructions but also to karmic energy and to that of astrological attributes at birth. This mystery alignment signal works naturally, but not at a level of efficiency that we would like. It is there to build the Human and keep it running, but that’s about it.

“The supplements don’t just enhance this coherence of alignment signal, for that’s a linear process. Kryon says that the laser creates a quantum confluence—a melding of purpose. Therefore, Kryon says the laser opens up the quantum confluence signal so that the communication of the DNA is no longer only linear. We then have a linear and non-linear signal combined: the confluence.

This of course tends to activate the interdimensional layers of DNA, and

then we begin some real biological changes that won’t be seen as logical to a linear examination (beyond expectations for energy level input). I think this is what you were seeing, even in the early days of watching certain crystalline alignment attributes that were unusual. It’s a quantum meld, and I feel this is one of the core issues of why the imbuing of the laser into the supplements works.

“With a deep interest in all aspects of cellular rejuvenation, in the past few years I have intuitively developed a system of vocally produced tone patterns that seem to have a deeply calming and restorative effect. According to Kryon, this reflects an ancient remembrance of using a system of tones to live youthfully for a very long time. While such a statement cannot be proven, it is interesting that the system of tones sprang into mind almost fully formed. With little formal voice training and even less practice, it was a surprise to feel compelled to share a type of singing with groups of people, even those with professional voice instructors and opera singers in the audience. The tonal patterns are provided as an experiential element that balances technical information. Stress reduction and feelings of wellbeing are frequent. Reducing stress through any method will be generally beneficial.”



As to the next steps of development for the laser technology, the horizons are very broad with respect to life extension. Dr. de Gray describes achieving indefinite, high vitality longevity as requiring only seven biological engineering steps to be made. Fuller development of the quantum coherence-enhancing laser technology has the potential to contribute significantly to at least six of the seven required accomplishments. In particular, the laser may contribute to several technical solutions sought in the use of stem cells. If all goes well, it is possible that later this year basic research in this arena will become quite active. Due to the low level of heat and high

level of safety, basic discoveries may have a relatively rapid progression to pilot clinical testing. There is a particular likelihood of assisting the paralyzed to walk again depending on the outcome of test tube studies being developed. There are several types of stem cells that are rightfully free of controversy of use. Well developed, such technologies will likely be at the cornerstone of profound regeneration medicine.

Thus we are moving into a time where living much longer and more

youthfully than our recent forebears may become a personal choice. The better you preserve your cells and organs while awaiting such technical developments, the greater the chance of receiving the maximum benefit from them. Let us hope we take this opportunity of unprecedented life spans and use our extra time wisely and well. ✨

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Extraterrestrial Dreams And Crystal Healing

Norma Hughes

I had a dream wherein I saw people on spaceships being healed with crystal wands, and an ET was explaining to me how this healing system worked. The room we were in was white so as not to interfere with any healing colors. The ET was in a white robe, but I don't remember what his face looked like. This system healed not only the physical symptoms but the spiritual, mental and emotional layers of the body that are attached to dis-ease as well. Various Earth practices give human bodies different names or divisions, but the basic understanding of our auric layers and chakra energies are the same.

In order to embrace this healing system, you first need to know the

colors or frequencies of the patient. Everyone on Earth has access to a multitude of frequencies. However, most people—not all, most—have a very definite set of personal frequencies, like an ID or fingerprint that belongs specifically to them. For example, I used to dream that I was bringing pink and blue to Earth, and when my aura was photographed recently, it was pink and blue. I assume, according to this crystal wand healing system, that pink and blue would be my frequency ID. Of course, there are many shades of pink and blue. Our current camera and computer technology only give us a limited range of auric color, but I think this will improve.

rately. They had another device that looked like a television remote, which they would use at times to obtain a reading. Some people are easier to read, and they would use this remote for those people. Once the true frequencies of the patient had been ascertained, a crystal wand bearing the appropriate colors or frequencies was selected to create the healing frequency required. I came to understand that using crystal from the patient's galaxy is best.

The appropriate wand would either negate invasive frequencies or strengthen the ID frequencies. Sometimes more than one wand was used. Sometimes the crystal wand was used alone, but other times the

KEY POINTS

- Everyone on Earth has access to a multitude of healing frequencies.
- Many people who are contacted have mixed memories about their experiences, confusing their Earth knowledge of medical practices with that of ETs.

THE HEALING FREQUENCY OF PURE LIGHT

In my dream, the ETs had a device that looked like a flat box. The patient would lie on a table and the box would pass over their body and read their frequency ID very accu-

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healer channeled pure light—or white light—through the wand in order to enhance the healing frequencies without changing the frequency of the wand. Only those who were gifted and trained channeled the pure light.

A brief aside: When I first met my massage therapist, my spirit guide told me she was very unique. My therapist then became interested in metaphysics and dragged me to a psychic fair. She paid to have her aura photographed, and my guide said I should go with her to observe. Because everyone's photo was the same, I thought it was a ruse. But when her turn came, her image nearly wiped out the photo; it came out bright white, and the photographer thought the camera was broken. After the third attempt, he gave up. I assume that she is one of the gifted and trained pure light channels.

THE BASIS OF ALL HEALING

In my dream, the ET told me ET scientists are working on creating electrically simulated crystal wands combined with laser light. He also said that there is a whole school of belief that human-channeled light is the healthiest, depending on the human planetary bodies involved. This ET told me that some Earth people are practicing healing using clear, crystal wands and channeling colors through them. He did not say if this worked as well, but he did say something to effect that strong belief coupled with appropriate ritual or ceremony is the basis of all healing. Currently, many Earth people go back and forth between scientific and "miracle" healing.

At the end of my dream, I was standing in front of a desk and an ET was giving me instructions. He was also wearing white, and I think he looked like an Earth person, though I can't be sure. He said that if I only remember one thing, it should be this: Many people who are contacted have mixed memories about their experience, confusing their Earth knowledge of medical practices with that of the ETs. He

said that ET healers never use needles, but rather crystal wands. When Earth people associated wands with needles in their minds, they then created a go-with pain to fit that association—some Earth people even marked their own bodies.

He said that Earth people's minds are very strong in their ability to create, and though it may confuse our memories on occasion, in the long run it is a very good thing. I asked about implants and he said they have been done, but only very few. He told me the implants enhanced the healing being done on the patient.

SIMULTANEOUS TIME AND THE HIGHER KNOWLEDGE OF MATTER

Another night, I had a dream wherein I was on a spaceship in a huge room with an audience of many people. There were about four or five ETs sitting in front, facing us and explaining many important things. I do not currently recall what they shared, but I feel that I will. One thing I do recall was what they said about the great power of our own minds. When they were telling us this, they sent beams of knowledge individually to each person in the audience. The individual knowledge they sent to me about my own mind told me I create an aura of happiness or goodness around me, which means most of the time I experience living in a good world. In one way, this makes me somewhat of a simpleton, but on the other hand, I find it very pleasant. Still, there is perhaps a part of me that thinks negativity makes one appear smarter.

In this dream, the ETs talked to all of us about remembering when we lived on other planets—either in the past or future—and how blessed we were for having lived on Earth. They reminded us of simultaneous time: Our past and future lives on other planets are accessible to us now; we are able to see how humane we were in the past and future as well as how fortunate we will find our creative minds to be. It was a kind of pep talk.

However, the ETs did more than talk. They beamed light to us in

order to bring the feeling of our other lives into us. They said our higher knowledge of matter is vitally important in this era—how matter vibrates from no matter into matter, and from higher dimensions into lower dimensions. They told us there are a variety of ways matter does this, but I do not yet recall this clearly. I remember that gravity is involved. I think gravity slows down the vibration of non-light into matter, but I may have this mixed up. In my yoga class, the instructor says that ether and air are considered two different things, so perhaps ether is non-light.

THE PAST IS HAPPENING NOW

According to this dream, gravity creates time, but because planetary systems have different times—or rotations—the effects on the created matter will be different. In my dream this was something very important to know, but since I hardly understand it, it could be gibberish. It could also be related to belief systems, as opposed to rooted in an unshakeable truth. I also remember that the ETs showed us various locations in our galaxy, and I received the impression that this was totally blissful information. For me, it was like looking at photos of a great vacation and reminiscing.

The ETs addressed the subject of negative rumors designed to create fear. They said all our minds are strong enough to rise above this; all people can shut out the negativity in their minds if they really want to. They said that because the past is happening now, you can create and re-create it to be quite glorious. For example, peace on Earth at this time still allows you to war in a past life. If you have the tendency toward war, conflict or aggression, you can always have that in your past. As for now, they said our current warring slows our progress toward space travel, spiritual growth and the true raising of consciousness. Upon waking, I wondered if the ETs were preaching to the choir or if—because I live in a warring country—I support war, whether I think I do or not. ✨

Is it Time to Clean Your Windows?

Marlene Buffa

15 July 2009

Okay, I admit it. I hate cleaning windows. Like most of us, the task often gets delayed until the last possible moment. After craning my neck to look around the spots on the glass to see outside, I finally relent and get the window cleaner and the newspaper. My most recent attempt at cleaning windows taught me a valuable lesson: No matter how hard I scrubbed on the inside, I couldn't get the specks off the outside of the glass. Sometimes in life, we work and blame ourselves and make excuses for why things aren't showing up as clearly as we think they should. All the while, the problem that won't go away exists outside of us while we attempt to clean up what is only an illusion—something "out there," appearing and pretending to be an internal problem.

SPLOTCHES ON YOUR WINDSHIELD

On track with what we know as true, we see the specks of our faults showing up in the most inopportune places. The lessons from life intrude in the most obvious locations; the biggest obstructions to seeing our world lands right in front of our field of vision. Like on a windshield, the biggest splotch always seems to come right at eye level—rarely on a peripheral point on the glass. Scrubbing on the inside does no good. We are forced to reach outside of ourselves to clean the path for our clear vision. We must remove the rain speckles of our perceived shortcomings in order to see down the road of our true potential.

CONDENSATION: AN INTERNAL PROBLEM

I grew up in Michigan, the Great Lakes state. Together with great vari-

ations in temperature throughout the year, the humidity level in Michigan stays high. In the summer, car windows fog up with condensation, and in the winter, windows require defrosting. So most of the time the view from the driver's seat is cloudy and gray. Wipers won't work to open up the field of sight, since in these cases the problem rests internally. When we think about how we fog up our own windows to the world, we see that many times we act as our own worst enemy. No amount of scraping or wanting the outside world to change to accommodate us will alter what's going on inside of us. The spirit of life lives within each of us and remains the point of origin for all. When the vision of who you are becomes cloudy, know that you alone can wipe off the condensation of self-doubt and insecurity.

AVOIDING SPIRITUAL BIRD DROPPINGS

Whether our car is parked under a tree or speeding down a highway, our feathered friends find ways to pepper the windows of our cars. Like an automobile, the vehicle we travel in—the body temple—also receives wasteful assaults from others with whom we share the planet. We can reduce the probability of being a target by not lingering beneath telephone wires where we know birds congregate, but seldom do we recognize when our human friends unknowingly release their spiritual refuse on us. We can spend our lives sidestepping being a receptacle for negativity and focus our energy elsewhere. But if we keep a mental bull's eye on our back, we attract more unwanted attacks on our

KEY POINTS

- In life, we face inevitable distractions and hindrances to our clear vision. To deal with these hindrances, we must recognize which come from inside of ourselves and which come from outside.
- Different kinds of challenges obstructing our spiritual vision require different approaches to removing them.
- Sometimes it's simply a matter of cleaning off our spiritual windshields; other times we need to step back and take another look at the situation.

spirit. Better to know that unwanted messes come from our fauna and human friends, and understand that it takes a loving spirit to recognize the difference between what someone else puts upon us, and who we truly are.

TAKING A STEP BACK

Smears frustrate us. We try using various cloths and towels to wipe windows clean, yet smudges, smears and streaks appear when we step back to take a better look. Annoyed that our efforts to clean resulted



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in a bigger mess than initially presented, we scrub harder, often using the same rag that caused the smear in the first place. In the windows of our world, the methods we use to clean our spirit may also leave streaks and smears of our past. When we take a moment to examine the exercises we endure and tools we use to rid ourselves of functional but murky circumstances and perspectives, we see that changing our processes may provide us the relief we seek. Along with learning that the daily news-

paper makes the best glass cleaner, I found that approaching uncertain circumstances with common sense and a pure heart dissolves fears and illusions that block my ability to see the world clearly.

WIPING CLEAN

In life, we face inevitable distractions and hindrances to our clear vision. The illusion of the world outside of us combines with the internal blockages we create. In order to develop the acumen to discern an external speck from

an internal one, we rely on the depth of our perception to distinguish our role. Often, life presents us with challenges in the midst of our vision and in the pinnacle of our troubles to ensure that we pay attention and address the weaknesses immediately. Only then can we carefully select the friends and energy we choose to engage with and use the highest and best tools to keep the vision of our life purpose clear and our path true. May you see clearly the abundant spirit within you and easily remove that which blocks your greater good! ✨

✨MOMENT OF TRANSCENDENCE✨

Seen by the Light

Carol Sydney

One day I was working in my backyard watering plants. As I looked up at a wall of shrubs, I saw the most beautiful light I have ever seen. The following is a recounting of that experience. Together with my higher self and my guides, I have been able to integrate and understand what I experienced that day, an ordinary day in my garden—a day that changed my life.

My favorite place on Earth is my backyard garden. Within the pathways between trees, plants, a rock garden and arroyo, there is heaven. It brings me peace. I knew the time I had been spending there in the past several months was pro-

ductive for my spiritual growth. It didn't do my garden any harm either. I would spend hours simply absorbing the love Mother Earth offered me and relaxing in a way I could not otherwise do when busy with errands or inside working. I always looked forward to being out of doors and the peace that followed. I was in my element and I adored it.

Living in Arizona has great advantages with its arid climate. The summers though are hot and dry. Years ago I'd found the activity of simply watering plants with the hose to be one of simplicity and peacefulness. I looked forward to it every day.

This day started out no different than any other. The monsoon rains were late or not coming at all and watering had become essential if plants, native or otherwise, were to flourish. I turned on the hose and headed out back with it. I wanted to water my big desert pine. It was an older tree—actually, it was two trees that had grown together

intertwining their trunks and limbs as they reached for the Sun.

I had time to rest my legs as I let the water play across the tree's limbs, washing off the red dust. The water fell off the branches and onto the ground in graceful droplets sinking into the earth, melting into the trees roots. I stood up to walk to the other side of the trees, and as I turned toward the plants that bordered them, I noticed a light shining on the leaves of the bushes. I saw and knew instantly that this was no ordinary light. It was a light that seemed to come from the bushes themselves rather than falling upon them.

ENCOUNTER WITH THE LIGHT

I straightened up, still mesmerized by the brightness and beauty of the

KEY POINTS

- We are not separate from the divine but one with it in mutual acceptance and love.
- If giving and receiving are all there is, then there is no end to life. There is only love, which is the continuation of life.
- Do what you love and in love the light will come to you.

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light. It was a white light that grew brighter and brighter as I looked at it. I knew what I was seeing, knew it was not from this dimension but from somewhere beyond. I could call it a fifth-dimension light, the light of the divine, or a dozen other names, but I am loath to put any title to it that might limit it or be misconstrued. I simply call it "the light."

My mind could not immediately grasp what was happening though my heart was at peace. In fact, my heart and feelings were as calm and peaceful as ever. My intellect cut in quickly, however, and started trying to decipher what was happening. As soon as my mind clicked into gear, the light started fading and growing dim. Immediately I let go, relaxed and stopped thinking. I know if I didn't let go, my experience of the light would be over as quickly as it had started. I let my body relax and refocused with my heart. My focus turned to the light itself and nothing else.

My discipline and patience were rewarded. The light stopped receding and began growing in intensity. I stood watching and willing to receive whatever the light had in store for me. I was in complete peace as the light on the wall of shrubbery grew bright and brighter. It was the most beautiful light I had ever seen. In fact, I was amazed at how beautiful everything was—ordinary shrubs, trees, the ground below. Though I had always loved the beauty of nature, everything was more stunning in the light of what it truly is. I felt an odd paradox. I knew what I was seeing was real, though fleeting and elusive, it was what I had waited a lifetime to experience. It seemed fantastic, amazing and at the same time, normal and ordinary.

The light shined for several moments. It was not like one of those flashes of insight one has that is over almost before it begins. It stayed. The love I felt from it, the love I feel with it, stayed and stayed. It was as if the light wanted to be with me as much as I wanted to be with it. I knew there were many feelings being sent to my being, my consciousness during my encounter

but I didn't want to risk losing the light by trying to understand or interpret these messages with my intellect.

To describe the visual effect of the light is not difficult. It was spread out along a space of about twenty-five feet, directly ahead of me, filling my visual field. It enveloped all I could see from the ground up to about ten feet. Straight ahead the light was brightest. To the sides, my peripheral vision could see the light was less spectacular, less bright. The center of the light was white while the outer edges of it were a yellow/golden color. It was interesting to me that the bright white light in the center held the highest vibration while the light at the edges, the golden light, was lower in energy and intensity.

THE PRESENCE OF THE DIVINE FEMININE

Though the light was a bright white, it was not bright in a way that hurt my eyes. In fact, the brighter it got, the easier it was to see. It grew brighter only to a point that it intended to. In retrospect, I know it could have gotten so bright and intense in vibration it would have knocked me off my feet. It was like I was having an encounter with a being, not just an energy or a vibration. There was an unmistakable feeling that the light was feminine—divine feminine. As I write this, I am awakened to realize it was a reflection of both myself and not myself. I could not even say it was or is my higher self. It was more like who I am in the deepest joining of my soul to my body.

In coming into this understanding, I still do not use my brain but allow the wisdom to be taught to me by example. The light was showing me what I am to become, in this life, in this body. Wow! I have been praying and asking about this for years and to now be shown in such graphic detail, in such beauty, is more than I could have asked for.

During my time with the light I felt so many different feelings: immense gratitude, ineffable joy and love. The greatest part of the experience was a feeling I had of being given absolutely everything I needed. The light itself

was all I needed. I know that now. No amount of money, no "goodies" of material wealth or daily possessions can begin to touch the surface of those few moments of complete and utter peace I was given. Nothing, not a single thing was withheld from me that I needed. In all my life I had never, never felt complete until then. I can vividly remember that sense of completeness, even now, and have no doubt whatsoever it is how things are in the light. I know I will feel this again.

MUTUAL ACCEPTANCE AND MUTUAL LOVE

After the light had subsided I could see the path I have been on is a good one. I no longer need to search for anything that is not inside of me right now. I have it all at my disposal, in my heart and mind. Yes, even in my mind, the instrument that allows the interpretation of revelations such as these. That fine instrument of understanding and demystifying divine will, when used properly, is also divine.

While I was noticing how the light possessed a feminine identity, I also felt the light see and acknowledge me. That was a monumental awareness. Not only was I seeing and touching the light but the light was seeing and reaching out to me. Mutuality and accord are the words that describe this part of my experience best. There was no division, no judgment or separation that existed between us. There was no feeling whatsoever of the light being higher, better or wiser than I. I was loved and the love I gave was received. My experiences as a human were given and received as well.

If there is a light that guides us all—and I now know this to be true—then why have we as a species always thought it believes itself to be better than we? I can assure you, it does not. We are the ones who have believed a lie brought about by who knows. The light I experienced that day in my garden does not see itself as better than we humans. If anything, it is the contrary. We are highly valued as unique beings in a vast universe of individuality and diversity. We are loved. Judg-

ment clouds love and is not used by the light to interact with us.

I can see now, in my mind's eye, in the center of the white light, there was nothing but peace, joy and mutual acceptance, mutual love. The clarity of the white light could not exist without it. How do I know this? I saw it. As clearly as I see black print on this white page, I saw it in the white light. Mutual love is the cause of its existence—to give and receive, masculine and feminine, the circle of life.

If giving and receiving are all there is, then there is no end to life. Indeed, there is no death—there is no loss, there is no judgment, there is no other thing in the universe but love. Love is the cause of all that exists. Love is creation, love is continuation of life. Love will never cease to exist, neither will love ever give up on any living being in existence. This is the only truth any being ever need know. All else is falsehood. All else is folly.

When engaged with the light, I saw the light seeing me. It wasn't in words or in language of any kind that I had ever used or understood. It was only in my pure state of observation and detachment that I could "see" this. I saw the light and I saw the light seeing me is the only way I can describe this understanding. Some things are known by the mind and other things are known by the cells; still other things are known by the whole being.

DO WHAT YOU LOVE

One thing in which I reveled was how the light brought itself to me. It was in the most natural way and place. I was doing my favorite peaceful thing with what the Zen monks might call, "no mind." I was open, I was com-

muning with Earth and I was happy.

Whatever it is you enjoy doing most, there you will find the light with you. If you realize the light wants to connect with you as much as you want to connect with it, you will realize it is possible for both of you to come together. In fact, it is relatively easy. Do what you love and love will follow you. It will follow you and surround you with its light for the pure joy of doing so. It will soften itself, herself, in the way a close friend does when you need it. The light will give you everything you need now and everything you need in the days to come. Nothing will be asked of you in return. You will not even be asked to receive it. It is simply there for you. You are loved and you will never be alone or abandoned. This is only one of the great messages I was given in my time with the light.

Follow what you love doing and don't give it up for anything else and you will find yourself face to face with love itself. The light—what a beautiful description of what I saw that day. Light, illumination, vision, brightness, Sun—all of these words use the understanding that to be brought into the light is a magnificent thing.

THE LIGHT IS LOVE AND CHOICE

Prior to my experience with the light, I had been somewhat afraid to ascend, to leave the third dimension. It must sound silly to those who crave nothing else. I craved this too, but when it came right down to it, I worried about the things I'd have to give up: the taste of chocolate and coffee, the smell of pine trees, touching another human with love, snuggling in the sheets for an extra hour of sleep—all the human things that never have

any negative feelings attached to them. I am relieved to know there is nothing to give up. There never was. All there is in the light is love and choice. Eat chocolate and be loved, have sex and be loved, play hooky and be loved. Love yourself and be loved even more.

As I observed the light, I saw this. The bushes in my yard were beautiful. Sometimes I would just sit and look at them. When the Sun shone, the leaves would shine with a green glow. When it rained, the plants would laugh while getting cleaned. When the light came, it showed the bushes as they truly are: light in form, resonating with joy and laughter so delightful it is beyond human experience—so far.

Try to imagine having everything you ever wanted and then to be offered more. Acceptance of life is the beauty of love. Acceptance of love is the boundless eternity of the light. The mother of all is love. The father of all is light. Joined together, these two are the eternity of what we are as humans and as divine beings. Inside we are both male and female. The balance of the two is the giving and receiving of love and light. The true mutuality of the light and of ourselves is impossible to describe or explain. We have all been taught about separation, judgment and a gap between humans and God. It is not so.

As we reach out to be loved, the light reaches out to be that love. It gives itself to us for the joy of it. Once received, we offer love to others. Those others receive and reach out to still others. Around it goes in the circle of life until one day we, as the light, become who we are destined to be and shine on one another and understand. Until that day, love and be loved. The rest will very soon be history. ✨



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Horse Adventure

The Sun shines through the window, waking you up early one morning. You begin thinking of the past week when Angel comes to mind.

"Angel, are you there?" you call out. Within only a moment, tingles begin flowing through your body.

"Of course I'm here, dear one. What's happening?"

"Well, I just wanted to feel your presence."

"Is there anything I can help you with?"

"I seem to have a lot on my mind. Can you tell me more about power? I've heard you talk about inner power and outer power. I am still puzzled about this."

"Well, dear one, I have the perfect idea," Angel replies. "Close your eyes, take a deep breath, and click your heels together."

As you click your heels together, you feel something on your feet. You smell the scent of leather—looking down, you discover shiny cowboy boots. They are even your favorite color! Excited, you say to Angel, "You're taking me horseback riding, aren't you?"

You look out your window and sure enough, you see the most beautiful horse. Its coat shines in the sunlight. You close your eyes once more and within seconds you are standing in front of it. You put out the palm of your hand so the horse can sniff you.

"Hi there," you calmly say. Then you gently pat him and scratch him along his neck, behind his withers and back. As you do this, you begin to feel a connection with him.

"I notice that your ears are facing forward," you say. "I believe that's a good sign."

Horse gives out a loud whinny of approval, then surprises you by saying, "Thanks for scratching my back, it sure felt good."

"You are welcome," you say laughingly.

"Are you coming for a ride?" Horse asks.

"I'd love to," you reply.

You hear Angel's voice softly say to you, "There is a helmet for you on the steps." Slipping on the helmet, you find it fits perfectly.

"Angel, you are amazing."

The steps are also the perfect height to help you mount Horse. Placing your left foot into the stirrup and holding the reins while grasping a tuft of his mane in your left hand, you hold onto the cantle of the saddle, then spring your right leg up and over Horse's back and into the stirrup.

"Well, that was easier than I thought" you say to Horse.

"Well done," Horse replies. "While you are riding me, if you want to slow down or stop, just pull back on the reins. If you want to go faster, just squeeze your legs and I'll go as fast as you feel comfortable. If you want to turn right, pull on the reins to the right, and if you want to go left, pull on the reins to the left. That's all there is to it. I am at your service."

"Well, that sounds easy enough."

"Just flow with me, and we'll have a fun ride."

Horse starts out walking, then you squeeze your legs to go a little faster and Horse begins to trot. "Oh, that is really jerky," you think, so you squeeze your legs together against Horse's skin and Horse begins to canter. "That's a lot smoother," you think to yourself.

Just then, you enter a treed pathway and see beautiful lush green ferns everywhere. Birds of every color are flying from tree to tree and merrily singing as you watch the sunlight streaming through the canopy of treetops. The tiniest little chipmunks are chattering and scampering throughout the forest. As you head along the pathway, you can see their light- and dark-striped fur darting through the ferns and up into the trees. You take a deep breath and smell the freshness of the air.



LYNNE COX

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"What a beautiful morning," you say to Angel and Horse. "Is this what heaven on Earth feels like?"

Angel laughs. As you look ahead, you can see a clearing. It's the most beautiful valley with wildflowers everywhere. You quickly think of Flower and Geode as you reach the opening. You squeeze your legs a little harder and Horse begins to gallop. Wow, what a powerful feeling. You feel the wind upon your face and feel so free. You can even hear Horse's breath as he gallops along. After a time, you pull back on the reins and Horse slows to a canter, then to a trot. After a few minutes, you pull back on the reins again and this time Horse stops by a large rock. You slide your leg over and hop onto the rock. It's the perfect height for you to get on and off. That's when several beautiful monarch butterflies catch your eye as they dance around the wildflowers.

"Horse, that was an amazing ride. I loved feeling the power of each stride you took. Wow, what a feeling."

"I was following your guidance," Horse replies. "We are a real team."

"Yes we are."

You pause then say, "Angel, why can't every day be like this?"

"It is," Angel replies.

"How can that be? Is this one of the Secrets of Life?"

"Yes, it is. You and everyone else are powerful creators."

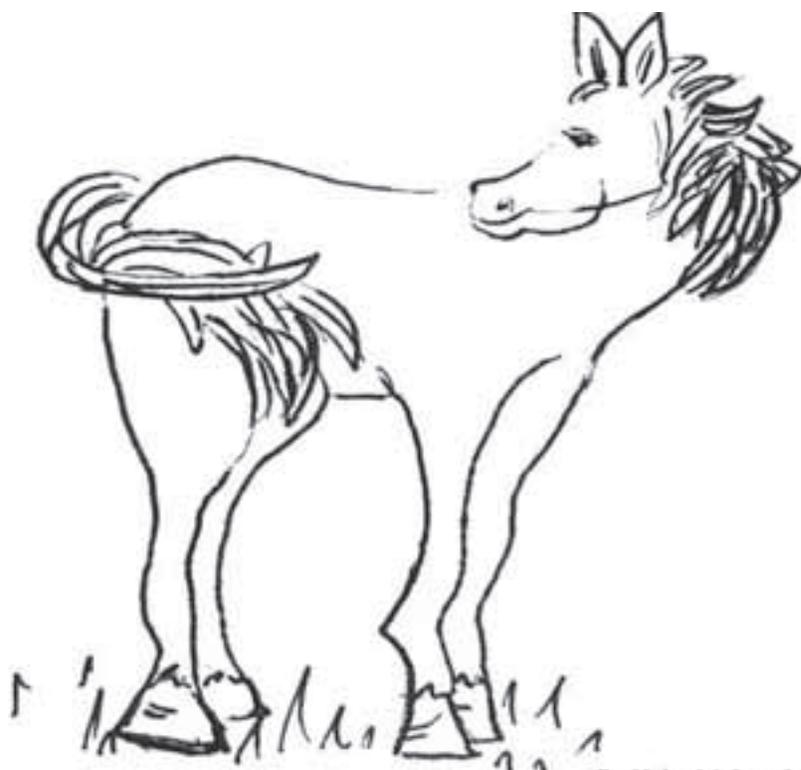
"I've heard you tell me before that I create my reality. Today, while I've been with Horse, I've felt a real heart connection with him. As I was riding on his back, I felt so free and alive inside."

"Anytime you open your heart and feel free and alive inside, you are in touch with your inner power—the power of who you really are, pure loving energy."

"It sure feels good," you respond.

"It always will, dear one."

"You sure surprised me this time. I've always wanted to ride a horse."



By Kalie McLaughlan

Angel laughs. "Yes, whenever you want something, the stronger you want to do it and the more you imagine yourself having lots and lots of fun already doing it, guess what? You'll attract it into your life some how, some way."

"Is that the way I use my inner power of pure loving energy?"

"You got it. Once you get to know your inner power, unlimited possibilities open up to you all the time."

"As you are telling me this, I'm guessing that it works the other way too. I've watched myself give my power away to my friends, instead of holding on to it. There have been times I felt they have been mean to me, or that I'm not good enough in some way, or I've felt left out. How do I use my inner power to feel good again?"

"That's a very good question. Inner and outer power need to be used wisely. You can do this by seeing yourself being treated in a totally different way. Last thing every night and first thing every morning, spend a little time using your imagination to

see yourself treated with respect whenever you are with your friends, family or teachers. Imagine yourself feeling connected with your pure loving energy, feeling that you do belong and that you are perfect just as you are."

"So let's see," you say to Angel. "Right now I'm imagining myself playing with my friends—I can see us laughing and joking around as we are playing together. I feel so included, and it feels so easy to be with everyone. I can just be myself. Oh yeah, that really does feel good! Is that what you are talking about?"

"Absolutely! As you practice playing with your imagination, just keep watching the happy feelings bubbling up within yourself. Remember, it's very important that you be gentle and patient with yourself as you practice. Another thing you can do is to pay attention to all the good feeling moments that happen during the day. Then one day you'll be surprised to see you have used your inner power

to attract more and more of what you are imagining and all the joyful, happy feelings too!"

"So I start using my inner power while I play with my imagination and happy feelings and then I'll begin seeing what I envision as my outer power. Wow, that's deep. I sure love learning about the secrets of life. I've definitely decided to play with my imagination a lot more."

With those words, Horse lets out the loudest whinny.

"Would you like to go for another ride?" Horse asks.

"Well, that didn't take long to attract another ride," you say to Horse laughingly. "I'm sure happy that I attracted you. This has been the most powerful day; riding on your back has really helped me to understand the idea of inner and

outer power so much more." With that, you feel tingles of joy flowing through your body.

"Angel, I love you so much! Thanks for all you do for me."

Smiling and giggling with delight, you step onto the rock and hop onto Horse. It doesn't take long before you are galloping along with the wind in your smiling face as you journey home.

LEARNING OBJECTIVES:

- ★ Children are encouraged to draw horses and learn about the influence horses have had throughout history in order to gain a sense of their power.
- ★ Children will explore a variety of happy feelings and situations in order to feel the subtle differences between them.
- ★ Children will use their inner power, imagination and happy feelings to help them shift challenging situations into happy experiences.

ACTIVITIES:

~IMAGINATION ACTIVITY~

After listening to the story, ask the children to talk about their experience.

- ★ What color is your imaginary horse?
- ★ What breed of horse would you like to ride?
- ★ What color are your imaginary cowboy boots?
- ★ What was it like to ride a Horse using your imagination?
- ★ Who can share a real horseback riding experience they have had?

~HORSE RIDING ACTIVITY~

Supplies: paper, pencil, eraser, felts, crayons

The purpose of this activity is to open to the power of horse energy. Use your imagination to pretend that you are riding Horse. Feel the teamwork as you signal to Horse whether you wish to go faster or slower. Feel the power of each galloping stride

Horse takes. Draw a picture of you riding Horse.

~HORSE HISTORY ACTIVITY~

The purpose of this activity is to encourage children to learn how the horse has powerfully influenced humanity's journey on Earth. Go to the library or onto the Internet and discover how this amazing animal has helped societies around the world and throughout history. Create a collage of pictures that you either draw yourself or print off the Internet showing horses helping people in various communities throughout history.

~HAPPY EMOTIONS ACTIVITY~

The purpose of this activity is to encourage children to get in touch with genuine happy emotions: bubbly, joyful, cheerful, excited, amazed, inspired, playful, silly, loving, innocent, grateful, fascinated, confident, calm and optimistic, to name a few.

Supplies: individual mirrors for each child, paper, pencil, eraser, felts, crayons
Give each child a small mirror and encourage them to look at themselves while they make various happy faces. Encourage them to take their time as they make each face, then feel the feeling within themselves.

Ask them to talk about the different feelings with one another. The more they can get in touch with each emotion, the easier it will be for them to feel and experience their imagination journeys.

Ask the children:

- ★ What happened to the energy in the room when this activity was started?

★ Name and write down as many happy emotional feelings as you can.

★ Think of specific situations when you experienced each of these happy feelings.

★ How do you feel right now? What were the subtle differences that you felt as you experienced various happy emotions. For example: How is a bubbly feeling different from feeling inspired? How is a joyful feeling different from feeling fascinated? How is feeling excited different from feeling playful?

After talking about the different emotions, draw pictures of various happy emotions.

~INNER POWER IMAGINATION ACTIVITY~

The purpose of this activity is to help transform challenging conflicts into light-hearted experiences. Children learn through repetition. The more you encourage this activity, the more children will understand and learn the dynamics of using their inner power to create their reality.

Supplies: paper, pencil, eraser, felts, crayons

Encourage children to play with the power of their imagination last thing at night and first thing in the morning. This is an important time because what children think about before they fall asleep is repeated throughout the night. What they think about in the morning is also felt and repeated throughout the day. This is similar to hearing a song first thing in the morn-

ing and not being able to get it off your mind.

This activity can help children to feel a sense of inner power over the events in their lives that they have felt powerless to solve up until now. As children choose examples from their daily life where they personally feel a sense of struggle, they can be encouraged to see themselves with new eyes and in new ways. Encourage them to see things working out easily, playing with one another in light-hearted ways that are fun for everyone. Encourage them to imagine themselves catching on to new ideas in their schoolwork and homework easily and effortlessly. One of the key elements is that the more they can feel their happy feelings during their imaginations, the easier it will be for them to be able to shift their imaginations into outer power experiences.

Ask the children to draw pictures of their imaginations. You can also record their imagination journeys. It would be very beneficial for the children to write down their imagination journeys. After each imagination journey, ask the children to share the experiences that they personally feel comfortable sharing.

~HAPPY MOMENTS JOURNAL ACTIVITY~

The purpose of this simple yet powerful activity is to create a "Happy Moments Journal" so that children can keep track of all the many happy moments that

happen daily. Each time children write in their Happy Moments Journal, they are reinforcing their practice of imagining and feeling happy moments. What they focus on will grow.

Supplies: plain paper, lined paper, stapler, pen or pencil, felts, pencil crayons or crayons

Ask the children:

- ★ To create a Happy Moments Journal.
- ★ To create a colorful cover for their journal using plain paper.
- ★ Staple several sheets of lined paper to the cover.

Write in your Happy Moments Journal each night before you go to bed. Think about and write about all the happy moments that you experienced during the day. Remember to recognize your inner power, while also writing about your feelings as you record your experience.

This journal will also be valuable on days when things have not gone well. Reading about their happy experiences will help children to recognize that when difficult challenges arise, they also pass away and many more happy moments will come.

~LEARNING SUMMARY~

- ★ Children have become more aware of their inner power, while they imagined they were riding Horse. They also drew pictures of themselves riding a horse in order to get in touch with the powerful energy

of Horse. They have also visited the library or gone onto the Internet to learn how the horse has had a powerful influence in helping societies from around the world throughout history.

- ★ Children have become much more aware of their genuine happy moments. They have made various happy faces in the mirror and then felt the emotional differences within themselves. They have thought about different situations when they felt specific emotions. They have also noted the subtle differences of various happy emotions. The more children focus upon happy emotions, the more they will manifest happiness in their lives. What they focus on grows!

- ★ Children have played with their inner power, imagination and happy feelings to help them shift challenging situations into happy experiences. They have practiced imagining last thing at night and first thing in the morning. They have gained a sense of inner power over the challenging events in their lives that up until now have felt overwhelming. They have also created a Happy Moments Journal that they have been encouraged to write in each day. The more children practice, the more success they will feel in their lives. ✨



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THE DREAM ZONE

Katia Romanoff, PhD, and Lauri Quinn Loewenberg

Night heals what the day steals."

—Jane Teresa Anderson

Dear Dream Zone,

I found out that I was pregnant with my second child about seven months ago. I keep having dreams that my son, who is one year old, dies—mainly drowning in the toilet! I'm having a little girl in August, and I am worried about how I'm going to be able to share my time with both kids. My son is a BIG mommy's boy. I still feel like I should give my son more one-on-one time while he's still the only child.

—Tara, 22, Rochester, NY

Lauri: Let me assure you that your dream is common for mothers who have a second little one coming along. You're not crazy, nor will any harm come to your son. Death in a dream means change is happening in waking life, which is certainly the case with you! Your son's death in the dream simply means that you are very aware of the big change he is going to go through when the new baby arrives. His identity of being an only child will die and a new identity of being a brother will be born. Why the toilet as a means of his demise? Well, you must feel this is a "crappy" situation for him. His drowning reflects your fear that he will be drowned out by all the attention the infant will need. The truth is, this will probably be more difficult for you than it will be for him. Having a little sister will only enhance his childhood.

Tara replies: This makes so much sense! I feel a lot better. I just got my son a kitty so that he has something to keep him company when I'm busy with the baby. I'm still nervous about having two kids, but I feel better about the dream and hopefully if I still have it I will just laugh it off and know that he will be okay. I guess I can calm down now when he walks into the bathroom. You have really helped me a lot.

✱ ✱ ✱

Dear Dream Zone,

I have been having a dream about a man I work with who is in upper management. In all of these dreams he is in a glass office. He and the office are not necessarily in the same building or company all the time. Once he had a glass office at a bank, even though he does not work at a bank. The dreams are always different except for his glass office and the fact that I can't see him in the office but I know he is there. In these dreams he always holds a very prominent position. Can you tell me what this is all about?

—Lynn, 39, Genoa City, WI

Dr. Katia: He's inaccessible. Some part of you worries you can't reach his level of career attainment, a level you would be happy with. You don't want someone else's job specifically, but you would be happy in upper management. People in glass houses shouldn't throw stones, but what about those

in glass offices? Is he critical of you personally? If not, then he probably symbolizes the "man's world" in the workplace, the subtle sexist bias that many men and women both don't even know they possess—it's invisible like glass—but that makes them think men automatically "deserve" leadership positions and do better in them.

The saying about women not being able to break through the glass ceiling comes to mind. What invisible barriers are keeping you from "very prominent" and "upper management" positions? Your coworker is hidden in plain sight—a puzzling contradiction. In what way do you feel this guy—or yourself, since he symbolizes part of you—is invisible to you even though he's in a glass office with no privacy, and even though he is holding a prominent position? There are things that you know in your heart and mind about a situation, but cannot see in the physical realm. Very interesting.

✱ ✱ ✱

Dear Dream Zone,

Last night I dreamt that I was performing an autopsy on this dead body. Other people were there performing autopsies on other bodies, but they all had instructions. I did not and didn't know what I was doing. I also remember wearing this rubber mask that smelled. What does this mean?

—Lynn, Wausau, WI

Lauri: An autopsy is done to figure out cause of death. You must be doing some investigating in your life, trying to figure out why something in your life came to an end: a relationship, a project, a job, and so forth. Whatever it is, it is something you feel really "stinks," hence the smelly mask. The other people in the dream represent others around you in waking life who have gone through something similar but seem to be getting



*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:*

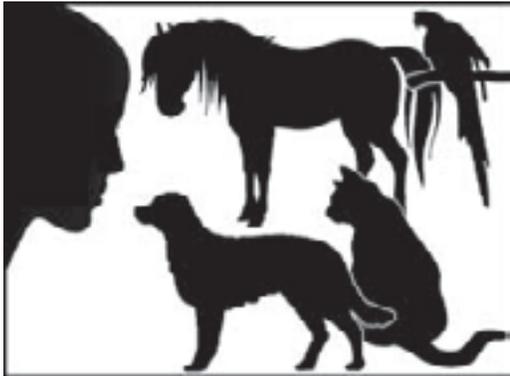
Lauri Quinn Loewenberg, Katia Romanoff, PhD
www.thedreamzone.com



on okay. The message of the dream is: This issue or relationship is dead and of no use to you, so why bother?

Lynn replies: Holy cow! That is right on. A long time ago my ex told me he was gay, but now I see on Face-

book that he has remarried a woman! This leaves me wondering what that is all about. Thank you! ✨



Hi, my name is Joey. Mom is letting me write my own column this month. Of course I'll have the help of all our animals, but here is the one that will be helping me most this time. My new bird is a conure named Vinny, and he is two years old. A man gave him to me because he was moving out west and couldn't take him. At first Vinny was heartbroken because he no longer lived with his friend, but we explained to him his caregiver would be on the road traveling too much and that he needed a steady home environment.

It was very hard for my new bird to be placed in another home with different people and pets. There were no other cats or dogs or birds where he was before. When he came to live with us—well, we have two of each, so he was afraid and very stressed out at first. Mom gave him some Bach Flower Essences: Honeysuckle for homesickness and adjustment to present circumstances—it helps animals to cope with their present circumstances in the new home; Walnut for difficulty in adapting to new circumstances and for coping with change; and Mustard for depression. She also gave him a couple of Bailey Flower Essences: a

combination remedy called Fears and another called Tranquility to calm him down and help him settle in with us. I give him one drop in his water bowl three times a day.

CHANGING CAREGIVERS CAN BE HARD ON ANIMALS

It's very hard for pets to change caregivers. They get very emotional and upset and sometimes don't understand why they have to leave. Sometimes pets even think they have done something wrong to have caused the change in homes. If you ever have to move to a place where you can't take your beloved pet—and I really hope that never happens to me because we have so many—please make sure they go to a good home where they will be well taken care of and looked after. Do some research and check out the new environment they will be going into.

One thing to remember is just because your friends say they would really like to have a pet just like yours doesn't mean they will be able to take good care of them. Once I explained to my friends how much

work my new conure Vinny is: what he likes to eat, how messy he is, how much he screams and makes all kinds of noise, and how he gets in all kinds of trouble getting into everything he sees. He has no fear of anything—he once flew into Mom's frying pan while she was cooking bacon, just because he said he wanted a piece and couldn't wait to taste it. Thank goodness Mom caught him just in time before he got really hurt. Anyway, my friends said they wouldn't want a bird like that—they would rather have a budgie because they are not as much trouble.

When you must give your companion to someone for whatever reason, let them know everything about your pet—the good things and the not so good things about them. Like people, pets have their little quirks too. This will let the new caregivers know exactly what taking care of your friend will be like. They may even change their mind once they know everything about the needs your pet has. That's

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all right, because at least you know ahead of time that perhaps your pet should go to a different place. And if the only other place you can take your pet is a shelter or humane society, rest your mind at ease and tell them everything they will need to know to place your pet in the best home possible.

KNOW WHAT YOU ARE SIGNING UP FOR

I'd also like to mention that if you are thinking of getting a pet of any kind, always do some research on what is involved in taking care of the pet you would like. (I don't like to use the term "owner" of a pet because to me pets are not material possessions or property. They are flesh and blood with unconditional love and

emotions.) I try to think of things such as: how much do they eat, can we afford vet bills if they get sick, how big will they grow, how much care is involved, what type of temperament the breed has, and are they prone to certain illnesses.

Someone we knew bought a very cute little Mastiff puppy—not knowing that when they are full grown, they can weigh almost 200 pounds. Now even the husband doesn't have enough physical strength to walk him, so he has to have someone he knows take him for a walk. They also say he eats far too much for their budget. They should have gotten a Chihuahua!

Please remember what the animals say: "You are one of life's greatest blessings! As family and friends—human

and animal—weather the storms of life, you are the dry land under their feet, the roof shielding them from the rain. You are the sun shining through the clouds. When they give thanks, they give thanks for the someone who cares for them. They don't know what they would do without you!"



Our beloved elderly Chihuahua Foxy, the little one in the picture with Mom, has passed on and has gone over the rainbow bridge. That doesn't mean you won't be hearing from him—he still visits us and is always in our hearts. He says he will always stay in touch with his reader friends. Love, light, blessings and laughter from all my animal friends and me. *



ASK MS. LILY & THE ANGELS

Lily Jones

Dear Ms. Lily,

My eighty-five-year-old mother survived brain surgery last year only to be hit in a head-on car crash recently. No one knows how she has survived all this. She has so many broken bones, and doctors had to amputate a foot. They say she will never walk again. She seems to see Dad and talk to him, even though he passed thirty years ago. Mom has to be heavily sedated due to severe pain. How much longer must she suffer like this?

—Dolores, Los Angeles

Dear Ms. Lily,

Our elderly widowed mother clings to life in a nursing home and we do not understand why. Also, she seems to see and talk to Dad in the room although he passed many years ago. We worry she is suffering and wonder how long this will go on.

—Anne and Mary, Texas

Probably the question I get asked most frequently as a psychic advisor and medium is "when": "When will I find my soul mate, when do I get a better job, and how long will I or someone else live," and so on. Predicting exactly when someone chooses to go home to heaven is an extremely personal decision that each of us actually makes for ourselves. In fact, we choose an average of five exit points in our life chart before we are even born. Yet we do have free will to make changes as we go along this current life path.

Obviously, we can choose to bypass an exit point to continue our work and life lessons here. Think about any "close calls" you yourself may have had:

a fender bender that could have been fatal. Or even a serious illness that you miraculously survived.

When you already know you have limited time with a loved one, the angels urge us to make the most of this time while being proactive and prepared to help ease your loved one's passing—by handling a living will, financial issues and funeral arrangements.

Even the most highly-educated, logical folks in times of grief can be incapable of making important



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choices. It is never too early to do so. Last-minute decisions can tear families apart—I lived that nightmare myself. As a result, I am now an avid supporter of preplanning funerals as it helps prepare the entire family.

Rather than trying to name an exact date for a loved one to pass over to heaven that may be subject to change, I ask the angels—including Gabriel and Michael—to show you an unmistakable sign when it is time. When the time for my Mother to pass on was nearing, I had a vision of sitting in a dark auditorium, looking at a stage full of the brightest light silhouetting loved ones passed who were lined up and waiting for her to join them.

This occurred about a week before she passed. So that you and your family members do not have to frantically worry day by day for “when” to come, you can simply ask the angels to help by showing you a similar sign.

Hospice workers have described to me what they call “sun downing,”

which they say includes behaviors such as seeing and talking to family members already gone. Also in my experience, many times the Angels indicate that the reason our loved ones linger here is to give others—possibly estranged—that “very last chance” to visit them and neutralize any karmic debt that otherwise can and will carry over into future lives.

The angels ask me to personally give heartfelt thanks to all family members charged with the care of very ill or elderly loved ones. Whether you know it or not, you are performing this work as Earth angels! The angels ask you to call on them any time to support you in this work that is so desperately needed, and let them help you make those tough decisions when caring for others.

You, as Earth angels, do indeed receive special blessings from God above. Love and Light.

Update from Delores:

Thank you Ms. Lily for your advice. My estranged sister finally came to see

Mom in the hospital and is finally helping with preplanning decisions like funeral and estate issues. The doctors helped with a living will. Mom is much more relaxed and seems ready to go now that my sister came to see her. Thank you for naming all the loved ones waiting for her in the light. This has helped ease our anxieties so much.

Update from Mary:

Wow, thank you Ms. Lily! Our estranged nephew did come see Mom, and amazingly this was definitely who she had been “waiting” for to come pay a last visit. Since Mom passed we now have a true knowing that we made the right decisions for her care as the best we could do for her. This has even inspired us to create e-books and e-forms designed to help others dealing with these issues save time and money—find us at www.SecretsofElderCare.com. Many, many heartfelt thanks to you, Ms. Lily! ✨



ESSENCES OF NATURE



FEAR: FALSE EVIDENCE APPEARING REAL

Mary Ann Antenucci

What do you do when you feel afraid? Do you ignore it? Do you hide? Do you pretend that it doesn't exist? Do you even know what you are afraid of? Many of us have fears and phobias and irrational responses to some inner dialog. Sometimes we are afraid because we think we are supposed to be afraid. Sometimes fear is our early warning system that alerts us to seen and unseen dangers. Sometimes fear gets in the way of personal growth—we are afraid to get out of our safety zone.

Fear can be a real motivator. It can make you run a hundred miles an hour or lift up a truck. It can also freeze you and stop you in your tracks. The trick

is, how do we manage fear? There are many things that can make us fearful, and there are many things that will make us step up in spite of our initial fear. How do we differentiate which fear is which?

MIMULUS ESSENCE FOR KNOWN FEARS

We are afraid of dogs or frogs or heights or frights. We react and we respond to an experience with knowing and dread. Mimulus essence addresses the churning and burning you feel in the solar plexus when you have to do this or face that. This can

also be used for dread—that sense that you would rather not face or that person, place or thing but for one reason or another you have to. You feel like you are going to die, explode, disintegrate, evaporate or disappoint, and you just can't face it! Mimulus



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essence is the real liquid courage. It helps you to face your fear and “do it anyway.” It works especially well for shyness and timidity and for those who are fearful of taking the first steps. Confidence comes by walking the necessary small steps until you are on the other side of your fear. You may still feel the apprehension but it no longer dictates your comings or goings. Mimulus essence restores personal composure. Fear is conquered with quiet composure and courage.

ASPEN ESSENCE FOR UNKNOWN FEARS

Aspen essence is the “heebee jeebie” essence—you don’t know why you feel the way you do, but you cannot shake the feeling of something being off or wrong. It is the remedy for unknown fears. This is as if all of your senses are turned up so high that you are reacting and responding to an undercurrent of all energies around you. Aspen helps to give you that extra layer of protection.

Aspen essence works by allowing you to trust, refine and sort through your fears. It gives you tools for coping as well as confidence in your abilities. Aspen essence liberates you from being a victim of your feelings and imagination. You can now be brave enough to discern and utilize your sensitivities for insight. Fear is faced with greater capacity for perception and ability to discern the subtleties.

STAR TULIP ESSENCE FOR INSIGHT

Star Tulip essence helps us by showing us how to listen to our instincts. It helps us by opening us back up to inner guidance and insight. When we are so fearful of what we should be doing and how we should be doing it, and we fear the world is unsafe, we go into psychic lockdown mode and can no longer “hear.” All we hear is fear.

Star Tulip essence reminds us to open up, to perceive and truly see. We are no longer limited by our reactions to ominous outside threats but feel the innate guidance and personal directives. Fear is faced through inner attunement and guidance.

STAR THISTLE ESSENCE FOR WORRY

Star Thistle essence is for the fear of lack or feeling there is not enough to go around. This is a perfect essence for our current state of affairs as we are bombarded with gloom and doom and the latest unemployment figures. We can easily subscribe to such a fearful version of the world and want to safeguard what we have.

Star Thistle essence helps us to share our resources. It nourishes us by helping to balance the giving and receiving cycle. When we hold on too tight and feel we are defined by what we have, we shut down our ability to nourish ourselves and be fulfilled. With Star Thistle essence, we open enough to share

our resources, and we feel the dynamic exchange of energy. We face our fear of lack by letting go to give and receive.

FAWN LILY ESSENCE FOR SPIRITUAL STRENGTH

Fawn Lily essence is for the fear of contaminating the delicate spirit. This is the “monk on the mountain” remedy. You can feel safe being isolated or in your own spiritual or emotional routine and fear outside influences that may sideline or distract you from your practice. Fawn Lily essence helps to preserve your natural spiritual gifts among everyday people and everyday life. Fawn Lily essence reminds you that you have much to share. Spiritual gifts evolve through progress and vitality and communion with others. Fawn Lily essence helps you to be more accepting and involved in the world practices. Fear is faced by sharing of knowledge.



Fear is a funny thing. It is an emotion and a concept that most of us are ruled by in one way or another. Just know that you can be afraid and still do what you need to do anyway. Your life will far surpass your expectations if you get fear out of your way. You will know the difference between true fear and whatever you mind or ego is attempting to control in you. Face the fear and do it anyway! Love the results! Blessings. ✨



Stars of Celestial Waters through Rochelle Sparrow

Dear Rochelle,

During the spring equinox, I brought in new energy during a spiritual ceremony to aid me in fifth-dimensional work. Shortly thereafter, a phenomenon happened in my home. I was upstairs getting ready for the day, and called my five-year-old son to come up and get dressed. I heard his footsteps bound toward the stairs, abruptly stop, then continue up. He came to

my room completely confused, asking, “Mom, were you just downstairs?” I replied no, I had been upstairs for quite a while. He told me he had just seen me

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downstairs, standing there, staring at him. Then I simply vanished. He mentioned that the only thing that was different were the clothes I was wearing.

I later got dressed for the day, came downstairs and questioned him again on what he had seen. He started to respond but stopped, looking at my outfit: "Those were the clothes you were wearing, Mommy!" I knew he would say that. I took my son back to the exact place he saw me, and was pondering what happened. I then realized I was acting out exactly what he saw hours ago. Was it a time fold, a "wrinkle in time"? Did I manage to be in two places at once? Or is it that my son can see into the future? The more I contemplate the scenarios, the more questions I have! Perhaps you can shed some light on this.

—Many thanks, Lisa

That is very interesting, thank you for sharing. Let's see what happened. The guides state: "You are correct to guess that your son is a physical medium. This is an individual who sees energy within the format of third-dimensional reality. This can take form in the terms of time: past, present and future. Your son sees what condensed energy as density in present time, though the incident that is witnessed does not necessarily occur in present time. During your ceremony, a portal was opened to bring in more energy from our dimensional space to your own dimensional space. In doing so, there is now the opportunity to see in concrete reality the forms energy can take in your third-dimensional world. These are not always going to be pleasant. Sometimes these shapes can be of people who have passed. Prepare your son. Let him know of his abilities. He is also an energetic healer. Blessings."

Dear Rochelle,

After more than twenty years as a single mom, I now find myself an empty-nester. I am enjoying the "me time" and now that I have more freedom, I am ready for more from life. I feel like there's so much more that I can offer to the world, but I can't seem to get myself out of the rut. I want to find fulfillment in both love and a job, but with each attempt, I hit a brick wall. Do your guides have any advice on how I can reach my potential in both arenas?

—Thank you, Jay

I appreciate the new era in your life! Here is the guidance: "You are correct to move ahead in regard to your feeling of wanting to do more. You would be well-advised to travel. Think in terms of hospice traveling in different developing countries. Your being has strength in understanding cultural differences and writing down your observations. We suggest you start a website and/or a blog dialoging your experiences through writing. There is help here in that your being bridges many different cultural issues, misjudgments and biases through your keen observations. In that way, you serve multiple purposes. You create an atmosphere of peace through writing and you can gain greater perspective about your life and your purpose within it. That is what we suggest. Blessings."



Dear Rochelle,

Here I go again. Hopefully you and your guides can point me in the right direction. This year I got involved online with a fifty-five-year-old man. I felt an instant resonance with him, and over the next two months, we sent many emails and we talked on the phone for hours almost every

night. We are so compatible, it seems beyond belief. He came to see me for three days to meet me, and the physical attraction was even stronger than the mental and emotional attraction. We are now seeing each other. My ex stopped paying child support on June 1—I'm filing tomorrow to get them to enforce child support—so now I am in a real financial bind with my rent: I'm two months behind. Since my new man is moving out here anyway at the end of September, we thought about the possibility of him renting a room in my house so we can be together and he can help me with my rent. So here is my question: Is it for everyone's highest good for my new boyfriend to move in with me and pay rent, or will my ex take me to court and have the court rule against me? Do you see another alternative? Thank you so much, as always, for your help.

—Love and light, Diane

Thank you again for contacting me. This is what the guides state: "We state no, it is not for your highest good to have your new boyfriend rent the room at this time. We suggest you follow through with the court proceedings. That the court will enforce child support is correct. We also suggest that you let your new boyfriend know that you want to continue to know him but to have him live in the house is not possible at this time due to your legal situation. After the proceedings are completed in your favor, we suggest you consult with the lawyer about your boyfriend moving in and paying rent to see how it affects child support. Then clarity will be presented for all concerned, and you will feel that your choice about living with your boyfriend is not about financial necessity but comes from love." The energy feels like a higher place. "That is the correct way. Blessings." *



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SELF-HELP



FOR THOSE WHO BELIEVE IN ANGELS

Tom T. Moore

Have you experimented with requesting most benevolent outcomes (MBOs) in your life yet? This is the most powerful tool I've ever found to make your life less stressful, less fearful and more enjoyable! You still will have those challenges in life your soul wishes to experience; they'll just be more benevolent—not so harsh. Here are some more stories from people who are requesting MBOs in their daily lives.

MBO PROOF

Helena in the UK writes: "When I first started doing my MBOs, I was trying too hard, and I got fed up with wanting results. One day I was walking through our local park, muttering away to myself, and I said 'I request an MBO for a robin to show me its big fat breast as proof to me that my MBOs are working for me.' I thought to myself, 'Ha ha, this will not work for me,' as I was trying too hard and being quite negative. Well, nothing happened!

"On my way back through the park I requested the MBO again for the robin to appear. I carried on walking, and you will never guess what happened! Out of the bushes shot this robin. It puffed itself up like a fluffy ball and tipped its head to the right as if it was looking at me. I just stood still, as I had full shopping bags in each hand. When this robin appeared, I just got the shock of my life. I just stood there laughing my head off and could not stop. It just happened so quickly, and then it shot back into the bushes. I waited to see if it would come back out, but it didn't. This robin only appeared for about thirty or forty seconds, but it did seem longer. It was just so funny, Tom. I

remember every detail like it happened yesterday. Well I most certainly got my proof that my MBOs are working for me. And I most certainly said, 'Thank you, thank you, thank you!'"

A GUARDIAN ANGEL TAKES THE WHEEL

Daphnee writes: "I happened to read the part of your newsletter regarding the guardian angels embodying in 3D to save someone's life. A few years ago while living in Cyprus, I was driving very fast in the fast lane and overtook two cars in the middle lane. There was a third car ahead in the slow lane—I was about to overtake this car and was slightly ahead of it already, when suddenly, invisible hands grabbed the wheel and I found myself slowing down and dropping behind the car I had nearly overtaken.

"In the same moment, a car came from the opposite direction toward me in the lane I was just in. I don't know how you say this in English, but in German we call that a 'ghost rider.' I don't know what happened, but I knew it was not me. 'Daphnee' would never have slowed down and moved over to the slow lane, especially as I had nearly passed the other car. I thought, 'Oh, was that my guardian angel?'"

"This is the event in my life where I started to believe in angels and dared talking to mine. For years, I have not been sure: Did I have only one or many? My feeling is that its' a plural

form of angel, but I am not sure. Maybe you can shed some light on that?"

There is only one golden lightbeing, whom we call our guardian angel, who oversees us every minute of the day and night. We do have one or two main guides, as well as several that come and go depending upon what we're doing at that time in life.

DENTAL WORK MBO

Pam writes on Facebook: "Hi Tom, I just wanted to share a great MBO I had today; thank you for telling me all about MBOs. I was having some dental work done soon, and the cost was going to be a lot. I did an MBO for the cost to be a lot lower than the quote. Then the dentist office called and gave me a \$1,000 discount for paying up front in full. Now, how great is that? Thank you so much.

TILES MBO

Anne Marie writes on Facebook: "Tom, I have to tell you about my friend's MBO. She is redoing her bathroom and wanted real marble tiles. Well, a 12 x 12 square normally goes for anywhere from ten to fifteen dollars.

So on Sunday, after doing an MBO in church, she drove to Lowe's. As she

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was walking to the tile aisle, on the end of the aisle were boxes of tiles with a sign: 'Marble—only \$1.42 each tile.' She was speechless—it must be a mistake. Then the salesman showed up and told her they were overstocked in those tiles. They were not selling, and his boss said 'mark 'em down.' At that price she told him she could do both bathrooms and had measurements requiring twenty boxes. He told her that if she bought them right then, he would discount the price down to \$1.00 per square—now that is an MBO! Most benevolent outcomes for the best possible deal, yeah!"

That was a good MBO! I'm sure her guardian angel was pleased as punch.

WEIGHT LOSS MBO

Frances writes: "I have struggled with being overweight all of my life. I ask for MBOs to help me with this, yet I feel that nothing much has happened, or nothing much that I can perceive. Could you help with a suggested MBO for healthy weight loss and good eating habits? Thanks."

For Frances and anyone else with this challenge, I'll give you some MBOs to request and then some practical suggestions. You can say, "I request a most benevolent outcome for attaining the best weight for my health and happiness, thank you! I request a most benevolent outcome for choosing the healthiest foods both at home and in restaurants, thank you! I request a most benevolent outcome for being led to healthy, enjoyable exercises for me, thank you!"

Now, having had a weight problem myself in the past, and still having to continually watch myself (thanks to

my wife), we both found that Weight Watchers worked the best of any program we ever tried. I lost 25 pounds.

The best thing that came out of the program was portion control. Most restaurants serve twice what you should consume. Therefore, my wife and I either split the entree or divide it into two halves, and take the other half home and eat it in the next day or two. During our Sedona trip, for a week we did just that almost every dinner, lunches too, and did not have our first desert until Tuesday evening (we arrived Friday morning) when we split a mousse.

The Weight Watchers "Smart Ones" and Lean Cuisine both list the Weight Watchers points, although we don't count anymore. It's best to not eat out of the container, but spread it out on a plate. They normally take up the whole plate, so visually you feel like you're eating a full meal.

As for exercise, start walking if you are not already. Either early in the morning or evening, get out and walk for at least twenty minutes. It really does boost your metabolism. I hope I've been of some assistance!

SIX THOUSAND MILES OF MBOs

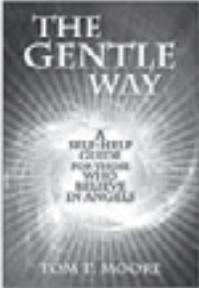
Karen writes: "In February, I had been on disability for a while, and the need to see my only grandchild, a grandson, became almost unbearable. His home is about 2,300 miles away. I have an old dog who is a wonderful traveling companion, and she was welcome at my daughter's home, so I loaded up my Saturn Vue and off we went. When we headed to connect with Highway 40, I made my request of an MBO for our trip.

"I am in my sixty-eighth year and love to travel, especially drive, so the trip was exciting for me. I was confronted with ice and snow but fared well—we got snow-stranded in Kingman, Arizona, so I took a U-turn and went through Havasu City. I spied the London Bridge and saw some of the most breathtaking sites along the Colorado River!

"I had been having a fuel tank problem with my car, and I gassed up at intervals of 150–200 miles to be sure I wouldn't run out of gas in support of the MBOs for my car running well. As we went along, I was led to gas stations whose existence I never would have guessed. It took me a whole day to drive across Texas, from El Paso to Shreveport, and MBOs kept me alert and enjoying the drive. I saw areas I never dreamed I would and enjoyed every inch of them.

"While visiting my grandson, my Vue failed, and I traded it in for a new car after requesting a MBO. I had possession of the new car with all the papers signed and such and drove to Virginia and back for a one-day excursion. The deal on the new car fell through the next day, so I was back with the Vue. I got repair help to get it well enough to drive back home, thanks to my MBO and my son-in-law.

"I am grateful for the lesson of using MBOs. I took this nearly 6,000-mile round trip, saw new states to add to my goal of seeing all of the lower 48 and didn't suffer. My Vue was having ailments and couldn't face going to Virginia, so because of my MBO I was given a new car to drive there! And my Vue made the trip back to my home just fine!" *



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FENG SHUI

CURRENT APPLICATIONS
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Annie Konovitch

PROSPERITY ASSISTANCE PART I

Hello planetary r-evolutionaries! The message this month is that you were born to be prosperous. If you are still resonating with poverty-consciousness of any kind for any reason, it is time to let that experience go. The ancient wisdom imparted by feng shui can assist in this process. Whether your prosperity is being negatively affected by your surroundings, or your negative subconscious programs surrounding money have caused you to reflect that into your external—or both—we will go over some adjustments that may help.

YOUR STOVE IS YOUR HEALTH AND WEALTH GENERATOR

In feng shui beliefs, health and wealth are inextricably linked. Using feng shui methods to protect your health can also support and grow your wealth. In the ancient art, the stove is of major importance. It affects your health and is your wealth generator, thus every aspect of it is to be considered.

The first and easiest thing you can do to enhance this wealth generator is keep it clean! It is a good habit to clear off, wipe, and scrub your stove clean after every use. As for those who habitually leave dirty pots on the stove—a word to the wise is sufficient.

Another wealth-building tip is to use all of your burners. Since the stove represents creation of wealth, then each of the burners is a component of that generation. By leaving some burners dormant, you can also leave potential channels of making money dormant as well. Alternating use of the burners can help activate all of your money-creation possibilities.

The next thing is to make sure your stove is in good repair. Are knobs

missing or burners broken? It will likely be a good investment to rectify anything awry with the mechanics of your stove.

PROTECT HEALTH, WEALTH AND CHI

Since the cook prepares the food and the food is representative of health and money, a major concern of feng shui is what measures can be taken to protect the cook. One such measure is placing a wind chime or faceted crystal—fifty millimeters wide or more—above where the cook stands at the stove. It is believed that either of these options will protect the cook from fright or attack while cooking. Avoiding this protects the energy of the food, thereby protecting the nourishment of the health and wealth of the household.

Another way to protect and strengthen the cook is to place a mirror behind the stove. This allows the cook to see behind him or her, providing protection as the food is prepared. If you can also see the burners in the mirror, this can help to symbolically expand the food, which can be directly linked to expansion of health and wealth. There are many factors to consider when choosing a mirror. It is important that it be in good repair, clean, clear and free from distortion¹.

RETAIN YOUR ENERGY

A discussion of feng shui would be incomplete without mentioning the importance of directly cultivating your

inner chi. One such way to do this is by not talking, reading, or doing anything else while using the restroom. It is believed that much chi is released both while eliminating and by talking, so doing both at the same time magnifies the loss of chi. Since chi is energy, the less personal energy you have, the less energy you will have around you in the form of money or other things.



If you feel blessed by this information, please feel free to send a red envelope with a token amount of money to your favorite charity. The red envelope tradition shows the givers 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. *

This information is based on Black Sect Tantric Buddhist (BTB) feng shui brought from China to the Western world by Professor Lin Yun.

1. For a more detailed list of factors to consider when choosing a mirror for behind your stove or anywhere else in your home, see David Daniel Kennedy's *Feng Shui Tips for a Better Life*. This book provides countless ideas for adjustments to your space for wealth and every area of your life.



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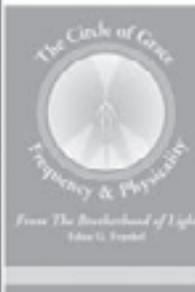
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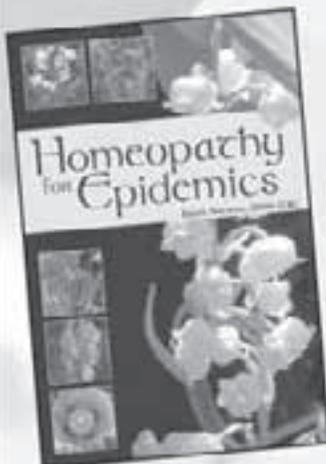
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Eileen Nauman holds a doctorate of homeopathic medicine (D.H.M.) from the British Institute of Homeopathy, England. She practiced in Ohio for fifteen years and taught at the Desert Institute of Classical Homeopathy in Phoenix, Arizona, for two years. She is devoted to informing and educating the public on the difference homeopathy can make in people's lives. To that end, she has been busy writing books on homeopathy and has founded her own flower and gem essence company. In addition, she travels around the world lecturing on homeopathy, flower and gem essences.



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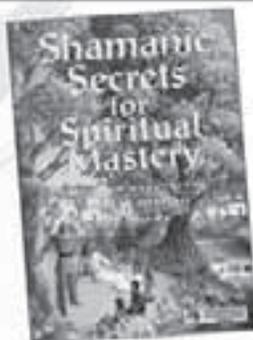
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The Unified Force Field of Creation: Activating Your Star Power

Star Family through Shekina Patru

July 2009

We have not forgotten you! We, your star family, are sending you powerful energetic light encodements through the ancient galactic gateways in the months of July and August 2009. A sacred alliance with your stellar nature, activating dormant DNA light encoding, will bring you into a dynamic shift of heightened consciousness, transcendence and divine power.

YOU HAVE BEEN HEARD

Earth and her sacred vortexes will be aligning to the star Sirius, shining the light of the Christ consciousness through the sacred heart. Many of your ancient pyramids and sacred sites are aligned to the star Sirius to maintain the gateways of communication with your true nature to the stars, cosmos and supports of light. Around this time, feel our presence—look out to the skies and to nature.

Many of you starseeds and lightbearers came from different parts of creation to Earth through the portal of Sirius, as it brings the sacred divine feminine heart energies of the soul. The light of this star alignment of the cosmos will shine in the deepest depths of your core essence, bringing you into alignment with fifth-dimensional consciousness.

Blessed blue starseed of light, angelic being, frequency holder of Earth, during these powerful planetary alignments your questions of: “When will I go home? When will my real family come for me? How could this be my true home? What is my true meaning and purpose? Why do I feel the depths of the human spirit within me?” and “Why have I suffered?” may be instantly transcended and true revelation revealed as you become the prophet, knower and seer. We, your star family of light, team of galactic support of the cosmos, say to you: You have been heard, acknowledged, seen, honored and are loved.

KEY POINTS

- Your ascended self, divine nature, your glorious unified field of the power of the cosmos, universe, and Source Creator all lie within you awaiting the return of your true voice. It is time to accept your true essence.
- You have an opportunity to experience profound divinity and to empower your dreams.

We acknowledge your most sacred journey of awakening, the longings of your heart and spirit that led you right here and now in the perfect moment. We hear and love you in a complete and holy state of alliance of divine light, and the power of 10,000 galaxies stand in unison with you. Your ascended self, divine nature, your glorious unified field of the power of the cosmos, universe, and Source Creator all lie within you, awaiting the return of your true voice! It is time, my beloved ones, to accept your true essence, your grand holy force of light, in unison with your family of light, your family of the stars.

ACTIVATE YOUR STAR GRID POWER OF LIGHT

During the time of these powerful galactic gateways, communicate with pure, clear intentions, thoughts and words, using your voice in complete divine alignment to your heart, mind and soul. This is an opportunity for you to experience profound divinity and to empower your dreams as the universe aligns your will to the higher will of Source in complete and instant alchemy.

Breathe deeply and feel yourself completely in your body and in your divine power as you say this decree:

“At the highest point of light in the heart of God, I activate within me an alliance of sacred cosmic power of Source creation, with my starlight family of all systems, galaxies and dimensions of space time to unify and strengthen the sacred codes of light in me and for the positive evolution of humankind.”

“I merge my God force in the unified field to support the highest cause of light, love, peace and harmony in me and in all life. Through grace and ease, we are now one invincible, indestructible power force of divine light in Source creation!”

Say: Ah Ye Ah Ha E [language of light voice seal].

Start feeling and sensing this alliance of divine power. Take five to ten minutes a day to breathe deeply the waves of the unified cosmic force field of light, supporting every part of you. Bring in the dolphin and whale spirit rays to assist you in being in the sacred flow.

You see, beloved blue ray lightbearer, you are already there, as it takes a sensitive, empathic nature to be in the divine rhythm and flow, and

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this gift is already awakened within you. The precious treasures of your feeling nature, intuition and power of the Goddess, the sacred divine feminine, are what is needed to be able to commune and maneuver in the higher realms and to utilize these gifts of the gods. In your quiet moments you can hear the unified field, then it becomes easier for you to see, and easier to see in nature at first. This unified field is God—this is creation, and this is grace.



We wish for you to experience this delight of magic: playing with the universe and seeing how your life changes, how

life will suddenly support you, how conflict will be transformed, and where your light and star family on Earth will find you.

We are thrilled and excited to be together with you to experience us and feel this sacred divinity. It is time for you to use your sacred power. You are the glory of God; creation is at your side awaiting your next command. Unity is what you already are—do you see it is time to be what you already are? The veils of illusion are being lifted though the great shift. In sacred alliance of the light force of Source creation, we empower you now and always. *

Working with the 2012 Window Changes

The Council of 12 through Selacia

July 2009

Regardless of your age or station in life, there has never been another time like now. Your search for meaning—to know your place in the world—is occurring amidst the greatest cycle of changes you have ever witnessed. It is normal now, in this window of 2012 energy, to have a host of questions about what is really going on. It is also typical to wonder how you can find your perfect niche and thrive. You want to know how you fit in, and what you can do to adequately face the steady stream of challenges.

How do you make sense out of all that is occurring? How can you see yourself as you really exist in the big picture? What can you do differently right now to find a deeper sense of peace? How can you make friends with change, especially when the change involved is so significant and so incessant? The following is some background that will help you to better understand what is happening and know how you can move into more self-empowerment, beginning right now.

KEY POINTS

- Times right now are rife with changes of all kinds. The Council of 12 offers guidance on how to navigate this period of time from the driver's seat of change.
- Being more awake comes with the responsibility of being willing to face what you see.
- Today's shifting involves loss. Learn how to nourish the eternal bond with a loved one when that person is no longer present in your physical world.

THE DANCE OF CREATION INVOLVES CHANGE

Know that the dance of creation naturally involves change. You are living and breathing that dance even when you think you are standing still or blocked. One of the differences now is you are more awake. You have more conscious awareness than you did before, and as part of that, you sense things more as they happen. This ability to sense what is occurring becomes more acute as you progress on your spiritual path.

Increasingly, as you become more skilled at accessing your intuitive knowing, you also sense things that are in your probable future. Keep in mind when this happens that the future you perceive is only one of many options. You are not seeing something that must happen in the exact way you see it. Do not allow yourself to go into fantasy or fear. Let go of expectations, too. When you expect something, you limit yourself and what you could experience. You set yourself up for disappointment and suffering.

Oftentimes when you are out of balance or involved in self destructive behavior, you may sense a future with some potentially unpleasant consequences. As you are responding to this information, factor in the possibility that some or all of what you are sensing can be your fear



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talking. It takes a developing skill to discern whether it is your intuition or your fear communicating. Fear can be tricky. It has many disguises, as you will learn over time. If indeed it is really your intuition speaking, there will be no scare tactics or warnings. You will simply be shown some ways you can change course. You will be guided to different choices. When you act on those choices, you set in motion a different and more positive future. Then you are in the driver's seat of change.

YOUR HEIGHTENED SENSITIVITY

Another thing that occurs as you become more awake is that your sensitivity heightens. In increments, as you progress, you become aware of more and more. This awareness is sometimes a knowing; other times it is more like a feeling, and sometimes it is both. What does this mean? In general, you become more sensitive to energy, including that which is within you and outside of you. This means you can more easily get in touch with your own joy, as well as your own sadness. It means you are more able to sense when others around you are under stress, feeling angry or trying to manipulate you.

Being more awake comes with the responsibility of being willing to face what you see. Some of it will be pretty. Some of it will be ugly. What you encounter will stir a plethora of feelings, ranging from delight and joy to fear and repulsion. A vital part of your awakening journey is becoming conscious of your feelings. In order to progress, you will need to learn how to intelligently work with the emotions that are a natural part of being human. Masking your feelings through unnatural means will only impede your spiritual growth.

You cannot be numb to yourself and your life experience and become enlightened. You must be willing to know what you feel, transform negative feeling, and avoid acting them out in the world. When you act on your hate or other negative emotions, you harm both yourself and others. This harm is a real energy that you send out into your experience, and like a boomerang, it will come back to you at some future time.

THE QUICKENING

Another difference now is that there is an acceleration of energies, which are a part of this great shift cycle. The quickened pace of changes—and of evolution itself—can be mind-boggling. There simply is no modern day reference point for this magnitude of shifting. Even your wisdom keepers are evolving, and as they do, they can offer updated insights that can help you to take the next leap in consciousness.

While much is shifting, and while your great-grandparents would likely recognize little of your modern lifestyle, many things are the same. For example, it has long been human nature to resist change. This fight with change remains a key stumbling block for humanity today. Humans like to believe they are superior to all other life forms. This

mindset does not take into account just how adaptable some other species are. For example, ants have been able to adapt to a number of planetary change cycles, including those involving warming temperatures. Some large mammals altered their diets to survive over a million years ago when glaciers withdrew from North America.

MOVING OUT OF YOUR COMFORT ZONE

Consider for a moment a time in your past when you broke a leg or lost a job. How easy was it for you to come to terms with the change in your routine? What did you do to adapt? How did you find your center while you were healing or finding other work? Adapting to changing external circumstances often means moving out of your comfort zone. You like what you are comfortable with so you gravitate to people and situations you already know. You do this with feelings, too. The habitually angry person sets up a cycle of scenarios that fuel more anger. The habitually depressed person looks at life through the lens of their sadness, and so this person feels depressed a lot of the time.

To be sure, if you knew that you were creating more angry energy by focusing on the source of your anger, you would be inspired to do things differently. You would seek solutions that lead to peace and joy. You would move out of your comfort zone long enough to find sanity and a better way to be.

CHANGE IS MOVEMENT IN CONSTANT MOTION

Change is movement in constant motion. It can appear to be happening slowly or quickly. It can seem like it is not happening at all, especially when you are not tuned in to the subtle ways that energy moves. You may feel you are not changing fast enough. You may feel stuck in limbo. You may be frustrated at your seeming lack of progress, noticing only what is wrong. To go forward more skillfully, you want to develop some new ways of looking at yourself and your world.

To begin with, know that you are experiencing the changes, and you are also creating them as you go. Each time you experience something, you are an integral part of the creation. You are like an amateur chef without a recipe, throwing things into the pot. Using your common sense and taste preferences, you do the best you can. Your habits play a role too, reflecting what types of food you typically like. Your family's conditioning impacts you as well. You learn to like foods you associate with comfort and love.

As you are creating your meal, you can either do so consciously or unconsciously. In each moment, your creating will take one of these forms. You may be very aware of what you are choosing to put in the pot, selecting each ingredient with care and attention. Sometimes, however, you may have your focus on other things, retrieving the same ingredients you used yesterday and the day before. Either way, you will create something. You may be quite pleased with the results. Sometimes, however, your creation may lack a key ingredient or have too much of one

thing and not enough of another. You may even decide to toss out what you made and start over. Do you ever feel like this in life? Do you wonder what key ingredient you are missing? Do you question how you can be more ready for what is coming next?

CHECKLIST FOR CREATING FROM THE DRIVER'S SEAT

The following is a checklist for creating from the driver's seat during these chaotic times. Work with these ideas as often as you feel guided, inviting your higher wisdom to nudge you when you get off course.

- **Live life each day as fully as you can.** Be grateful that you have the opportunity—being on Earth during this window of time—to witness and experience some of creation's most auspicious moments. Remember you are an integral part of things. You are not simply a witness. Know that even your witnessing—the mere observing of the great shift unfolding—is part of the alchemy of these times. Decide you will take an active and conscious role.
- **Monitor your thoughts.** Keep in mind how powerful your thoughts are in creating what happens next. This is true regardless of whether you speak the thoughts out loud. You are in a continual process of creating. Decide that you will do this with love. This means having compassion for yourself and others when the road gets rocky. It means letting go of the need to be right, to criticize and to judge. No one is really perfect, yet there is a divine perfection in all of creation.
- **Remember there really are no accidents.** Look for the higher purpose in things. When you cannot perceive this directly, trust that things often are not as they appear. Learn to look more deeply than you did yesterday, to question more from your heart and to act more from a grounded sense of intuitive knowing. Remind yourself that you and others are evolving, and in doing so, you can learn from everything around you. Avoid the temptation—through your last breath—to become prideful and think you have all the answers.
- **Decide you will see what is there.** This means noticing how you feel, what you are thinking and how you are responding to the happenstance of your world. When you notice you are feeling happy, allow yourself to acknowledge that joy and anchor the feeling in your heart. Get in touch with what brings you true joy and find ways to add to your joy. When you find you are feeling angry, inquire within to discover the source of your anger, working intelligently with the feeling so that you do not allow them to poison the next thing you think, say or do.
- **Place your focus on what really matters.** Stay on track with what matters throughout your day by learning to live as consciously as you can. Develop discernment and self-trust in your inner wisdom that will show you, step by step, what to pay attention to and what to disregard. Avoid obsessing on the minutiae and pet-

tiness that tend to dominate the ordinary human life. Come back to your center often, which allows for refueling and reflection. Allow the insights you receive from that place to guide your next steps.

Being in the driver's seat of change involves being in the present time while focusing on what is essential to your path of light. This means stepping back from situations regularly in order to receive perspective and Spirit's view. The times you live in involve great amounts of change, and with the changes will come loss. You will be letting go of things you were used to, habits that no longer serve you and even some people you love. Some of those who you care about will either die or leave your life. There are skillful ways to do your letting go, and Spirit is only a thought away when you are grieving.

REMEMBERING LOVED ONES ON THE OTHER SIDE

When a notable world figure such as Michael Jackson passes, or when you lose someone very dear to your heart, know that the gifts and love that person has given are eternal. You will not lose them. You lose only the physicality of the one you loved or admired. That physicality was only a spark of the greater being that they are. That spark—whether it manifested as a celebrity or more as an everyday person—was all that you could really know on Earth in the physical.

If the person you love is now being talked about in a negative way, perhaps being judged or criticized for some human error, remember to step back from the gossip you hear and remind yourself of the big picture. There is a human tendency—when people are not yet enlightened—to become petty and find fault. Regardless of people's mistakes, they are divine at their core. They can and will recognize and merge with this divine essence at some time during their evolutionary cycle. The greater being that they are—now free from the limitations of physical reality—has access to the vast resources of the nonphysical world. This being has the potential, during what the Buddhists call the *bardo* experience—the transitional state between life and death—to attain full realization. All beings have this ability.

Know that the love you have for a loved one creates a bond that is eternal. In the eternal realms of spirit, there is no time or space. You can learn to tangibly and safely access those realms and to connect with the spirit of your loved one, if you choose to do so. Even if you are not certain how to do this right now, if there is someone for whom you feel great love residing on the other side, you can say prayers that will help this person. As part of your prayers, you can send your love. You can pray that this person be free of confusion, and that the spirit within them and around them assist in achieving enlightenment. You can pray that they recognize their true self when in the *bardo* after death. You can ask that they be assisted in attaining full realization—freedom from the cyclic wheel of suffering.



As you say prayers for others and their loved ones left behind, do not forget prayers for yourself and your own enlightenment in this life. Consider taking a few moments today to reflect on the precious nature of your human life. Remember that your body is a temporary, sacred vehicle for your soul. Treat it with tender, loving care. Allow yourself time to breathe and take in the beauty of your planet, including nature and the animals that also know the Earth as home. Envision a peaceful and loving world.

Know that whatever challenges you have, there are always answers. Seek your answers from your heart—from the divine inspiration you can learn to receive from the world every day. Do not forget for one moment how much you are loved by Spirit, and that you really are that love. That is who you are. As you continue the journey of rediscovering your divine nature, we surround you with our love and blessings. We are the Council of 12. ✨

Pride and the Mind Grid

St. Germain and the Council of Light through Molly Rowland

And so it is, beloved masters, that I tell you a story about you. When I speak of mind, I speak of intellect driven by ego. This is intellect that has become bloated in the worship of its own pride. Pride is a false sense of superiority. You have been taught by mind that to honor yourself is inappropriate and selfish. If you are divorced from a clear understanding of your worth and value, you create false measures that make you feel important by belittling another. That is pride, which is a creation of mind. Pride is a source of guilt and shame because it is a product of separation. To be proud of your own accomplishments is the beginning of remembering who you truly are.

In the beginning of this wondrous planet, you knew All That You Are. You understood the laws of the universe and lived them naturally. The animals, nature and the elements were your council and your friends. There was an acceptance of other people as companions on the road of life, and the appreciation of God's love was a pure stream of consciousness flowing through your being. Your desire was to live the best life in the way of truth and to delight in the gifts you received from being God's creation.

BEGINNINGS OF THE MIND GRID

There were those in space who observed this blue-green, sentient jewel of this universe, and they feared the power of

such at-one-ment. A being called Anu came to visit Earth to speak with the peoples of Atlantis because they were sending a current of desire for changes. Anu came and told the people of the great wealth that existed on Earth. He promised to link them to a grid that would open their minds to an understanding of how to use the Earth for their own purpose. This grid would also provide the scientific knowledge to make the planet more efficient. Remember, up until this time, everything on the planet was available to fulfill the requirements of all. There was plenty for everyone. Anu said that this grid meant advancement and growth.

The people were excited by all the possibilities Anu presented. There were those who counseled that this grid should be felt into first, but those who wanted something new agreed to the mind grid, and they began to have new ideas. These new ideas were felt in the beginning of the mind grid, but it also inspired ideas of treasure and the necessity to learn how to take it from the Earth in large quantities. Up until this time, gold, precious metals and beautiful stones were only taken in small amounts to uplift and inspire as only beauty can. The new way of thinking brought increased understanding of mathematics, but in a different and more limited way, because the feeling of connection to all things was lessening. Since mathematics is a building block of the universe, you as masters understood it as an operational energy flow that made life connected to all things.

The new thought brought by the mind grid seemed so big and intriguing, inspiring entertaining byways of thinking. The mind began to create intrigue, and the ancient mysteries were replaced by the mysterious plots of the intellect. The mind grid



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KEY POINTS

- The mind grid provided scientific knowledge to the people of Atlantis, but it also became the foundation for fear and separation.
- Only by surrendering the mind to Spirit can you begin to live again in love and connection to All That You Are.
- The New Age is here now. You are moving into a higher consciousness, and the reward is the Eden state that belongs to everyone.

was connected to the ego; therefore, as time passed, the mind operated more and more in fear and limitation. The immense love and all-encompassing protection you felt as part of your master beingness began to fade into the annals of time. The mind set itself up as the ruler. It stood separate from the whole, or holiness, of your original nature. The mind created wonderful temples and magnificent concepts. It taught that only things you could see, feel, taste, touch and hear were valid ways to identify right and good. It explored the technical aspects of the universe and began to put them into boxes.

THE MIND GRID AND SEPARATION

Then the mind began—in its fear of being alone—to set up an order that said, “Those people in other towns, temples or countries are inferior because they have not found the same understanding of life that we have. Those who are different are to be feared because we don’t know what they are doing.” Separation divided the masters into tribes, or stratum, of society. Slowly people grouped themselves according to the anger they felt for others. The mind decided that skin color was a measure of worth and that an education meant one person was superior to another. These are examples of pride. There were Goddess worshippers who had to be conquered because it was believed that the male mind was becoming far more competent than the mind of woman.

Soon the mind began to calculate how to make war on those who had goods, knowledge or anything else considered valuable. Because the mind grid slowly closed the connection to the love of God, the mind began to say that God had abandoned the people of Earth: “God is gone, and you are all alone here to make the best of a failing situation.” The mind grid said, since God was not here, there must be an exploration out into space to find where God had gone. Ships were sent out, but they never came back. So the mind said, “Not only has God abandoned you, but God killed the explorers so you would never know the truth.”

Then the mind created religions to help those people who were feeling this separation so painfully. Each religion had a god who made various demands on those who came to worship him. Even those who worshipped the Goddess Mother began to feel that she put demands on her love. The love you lived in, in the beginning, was the natural estate of God’s creation. What you have come to experience in separation is a vain striving to achieve a love that has become like the veritable carrot in front of the donkey’s nose. The mind says, “You are never quite enough. There is always something flawed in your makeup.” The truth is that what you already are—and have always been—is waiting right where you are. The illusion of separation always makes the goal seem to be somewhere else: “If you cannot see what you desire, it isn’t here yet. If you cannot hear God’s voice within, God isn’t talking to you. If God isn’t in the form of a human, it isn’t really God.” These are all illusions.

The mind became progressively more powerful and less connected to love and compassion. War for the sake of gain became the way of life for many. Desiring something became the only reason necessary to take what belonged to another. The mind justified the rape and pillage of battle as necessary because “those people just do not know how to deal with things of value. They cannot take care of themselves. They are children.” The mind became the father and created a god in its own image. This father was a punishing, angry entity who could never be truly appeased. His children had to work harder and harder to make this god happy in the hopes that somewhere—somewhere else out there in the future—there would be a reward. The nowness you lived in during the beginning of your stay on Earth was pushed further and further away.

Now and then, there would be beings who vaguely remembered the truth and saw beyond the mind grid. They would speak of what they saw, only to be killed because those concepts were a threat to the mind and called heresy. There have been those of us who remembered the oneness from the beginning, who came to Earth and were called avatars, or great teachers. Yet even those teachings became the basis for war: “Our God is mightier than yours,” others claimed. “Our master brings the right and true message; Yours is a false God, a questionable master.”

LEAVING THE MIND BEHIND

We are with you now to help you through the time of remembrance. We are not parents come to save you from your choices: We are those who have held the structure of love in place with our desires and intentions so that when the gateway to God’s love was opened again, you would be able to reconnect with it. You cannot see the love of God with your physical eyes, but the eyes of the soul see it easily. You cannot hear truth fully with your physical ears because the mind controls the thought. Discernment is a tool that exists within. As you surrender the mind to Spirit, you will see/feel, hear/feel and think/feel with greater ease. This is not a scam of the mind, but a return to the immense and complete freedom that belonged to you in love. You may experience suspicion or feelings of mistrust because you have been so far removed from the recognition of your most amazing self. How can we begin to tell you just how wonderful you are? Wait! You will not have to wait too long before this dawning enlightens your inner being.

The mind grid was an experiment, an agreement that would last for several hundred thousand years. Now on Earth the contract is coming to an end, and the veil of mind illusions is thinning. There are those who fear the changes that remembering will bring, but still the time has come for you to begin to recall All That You Are. The mind grid was insidiously slow in its process. By comparison, the awakening to who you are is moving at the speed of light.

This amazing planet is your home. It is not a place from which to escape because the mind has destroyed it. The intellect is still attempting to figure out how to get out of

the mess that has evidenced itself here in the latter days. Even spirit is viewed from an intellectual point of view. Yet you cannot “do” spirit. There have to be two separate Earths because what you see is in upheaval. You have to do enough good works to get you to the New Earth, and that means following prescribed plans and doctrines of the mind. The mind has even said that it is impossible to get beyond the mind grid: “You are stuck in this limit forever.”

Beloved masters, there is another Earth essence that functions on a higher dimensional frequency. The second Earth is right here, right now. The only thing required to get there is to let go of believing in what you see, hear, taste, touch and smell. There is so much more to all of this wonder and to you, beloveds, than you have been allowed by the mind to know. As you allow yourself to become mind-connected to the divine, you remember. Let your emotions begin to function as feelings, which exist in the higher octave of emotion. Every moment of the day, live your spirit: That is the guiding focus of a life well lived in love. Recognize that as a master you are also a physical being who can transmute the body without having to die. In these gentle, loving changes, you reintegrate with All That You Are.

War, pride and hatred are just byproducts of separation. Fear of the unknown and being misunderstood is so accepted on this planet. This is not who you really are. These fears are a thicket of illusions. Rather than taking a machete and cutting through them, you can hold your focus on what you desire, and the next level of awareness opens before your eyes. Seeing beyond seeing, and hearing beyond the words of the mind bring a new world of delights that do not cost a thing because God puts no price on you

or your goodness. How could there ever be a price when you, beloved ones, are priceless?

BECOMING WHO YOU HAVE ALWAYS BEEN

The New Age is here now. You have passed through the dawning of the Age of Aquarius: The water bearer pours out the waters of a new electrical frequency that transform you where you are. These are not terrible times, but times of the most awesome change the Earth has ever known. It was incredible in the beginning of creation when cells developed and transformed into higher consciousness. Life expanded, and the collective of humanity came forth. But this is even greater. You are moving into a higher consciousness with a broader understanding of yourselves as spiritual masters.

You can be stewards of the Earth without looking for your payment for this occupation. The reward is the Eden state that belongs to everyone. You can reestablish the holy friendship with your Earth home. You can live the life that belongs to you without thinking you are deprived because another person’s intention is different from yours. In this moment, you can realize there is delight in the diversity of ideas, in the ways of creating positive outcomes that emerge from a unity of spirit. The mind wanted freedom, but it put a price on everything. Because of this, nothing could ever be free, least of all you. In the unconditional love of God you were always free—totally free—to be your own divine self.

We await with total patience your awakening. We hold the intention that you will forgive how it was so the New Age and New Earth emerge for each one of you now. Until we meet again, beloved masters—in whatever manner that may be—I bid you adieu! Lord St. Germain. ✨

Embrace Your Trolls

Entity Andromeda through Sally Baldwin

29 May 2009, Sun Valley, Idaho

It is indeed a wondrous moment, dear friends, when you step up and find yourselves together in a gathering such as this. Not because it is so monumental—you have gathered in many groups this size or bigger—

KEY POINTS

- You are a being of so many facets and dimensions, which include 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.

but because you have acknowledged in this moment that you are putting aside what it is that your physicality, your material world, is all about. You are now stepping into an energy that means something on a different level. Many of you realize this and know this is what has brought you here. Others of you are curious, wondering, “What does it mean to be part of a communion with beings who you cannot see, hear, touch or

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know are present in your material world?" You must recognize with all the intention and all the grace that you carry that you are about something bigger—so much bigger than what you see playing out before you.

Why is it that we bring this to you? We do so because we want you to know that we understand. We want you to feel, within the very fiber of your human beingness, that there is something much more important that you are participating in, which will be reflected back and confirmed in your individual lives. Why this is so important, dear ones, is not because the task is so gargantuan or that now, in this moment, you are so different than you have been before. You are now on the journey awakened and ready, taking the step that clearly says, "I am going to live from this perspective that is bigger, and I'm going to put the situations and the conditions of my own physical life in perspective this way." This is the difference.

This is the consciousness we speak of: when you can step out of seeing your spiritual path, the energy, curiosity and pursuit you give to it as something separate and so different from how you are living day to day in your physical life. You have heard this on some occasions. You have recognized it without hearing it. Yet now we find it and bring it forward with such power, for we feel now that the consciousness of humanity is ready to expand—at least that which is coming from you who gather in such moments as this—to help lift what the vibration of being human is all about and to stop looking at yourselves as so small, so constricted and so confined.

Now you might say there are so many reasons, situations, relationships and scenarios that spring up in your life that make you feel this way and that give you the sense that you have to deal with what is right before you—what your five senses and your mind are demanding. You have health issues, you have family issues, you have friend issues, you have relationship issues, you have work that can be overwhelming and burdensome. Yet, at times, you do not know how this could be so holy, so full of divine energy—these issues that seem to be so humdrum and mundane—demanding your attention here in this plane. You recognize then that those moments when you let go, when you are able to have a connection that feels so deeply divine, so spiritually connected that it is such a relief, it is such an aha! and such a recognition of who you really are. Yet, dear ones, you have settled for so few of these. You have taken yourself into the world saying, "When there is time left over, when I can take myself, pull myself away from the demands of my humanity, I will get there. I will put myself into that kind of energy."

DIVINE CONNECTION AND COLLECTIVITY

In recent days, many of you have witnessed what has been described. You have found yourselves putting aside the demands of your usual ritualistic life and stepping out of it to be exposed to energies with others who are feeling this pull, this draw, this recognition that you are more

than just a physical being. In that moment, you felt the relief. You felt the energy. You sensed that even exhaustion for your physicality wasn't used to the vibration, to the frequencies that you were encountering. You were feeling, in some way, as if you'd stepped out of your own skin and moved into another.

This is not true just from events that we spoke of here recently but other events and situations, even glimpses of things, in your regular life. You grab it, you grasp it, you say, "Yes, this was divine. This was of Spirit. This was deep." You notice it because it is so different from the rest of your life. You notice it because you recognize it is not the way you or the ones around you live. So it becomes special. It becomes unique to touch and to recognize this divine connection and collectivity.

What you are now realizing, dear ones, is that there is so much more to what the experience here is than to go through what it is that you do in your daily manner, just to get to a relieving moment when you can let go and perhaps breathe in and feel your connection to the All That Is. This is not meant to be. You are meant to know, through the human experience, the wonder of your connectivity, the collective nature, the wondrous oneness of being in every moment of your life. You are not meant to have these special moments that seem so unique and different, so elevating and thus so held in your memory.

You are here to say clearly, "This is what we came for. We as divine beings know this experience as we step into the human form, and we will glory in it. We will exalt in it. We will use it daily to be our springboard for what our moments of life on this planet are about. Then we will teach that to those who come through us. We will teach that to those young ones who enter into our lives, whether as our children, our grandchildren or other children that we know. We will nurture that realization."

Yet, dear ones, look around. Do you feel as if that has occurred? Do you feel as if that has been accomplished? Do you sense on some level that this is exactly where you are? Most of you would answer, "No, this is not the case." Those moments come and when they do, as fleeting as they can be, they are precious. They are wondrous. They are opening portals of relief and energizing all of you. Yet, again, they seem to end. They move on and you become a part of whatever it is that your attention is drawn to, whatever it is that your physicality becomes encumbered by. Yet, friends, it is in that moment—the moments that feel as if they are encumbering you, burdening you, taking you into the world of heaviness and responsibility—those are the moments now you have triggered inside of yourselves to be able to spring into what truly is holy, what truly is of the one here on this Earth. You cannot put aside these difficult moments, or even the moments of blandness and boredom, and say that somehow you just must get through them so that you can get to the glimmers, the excitement, the exhilaration of knowing what it is to be collective, to be one, to be as soulful beings here.

WHERE THE DIVINE RESTS AND RESIDES

No, dear ones, it is now—this moment of shifting, this moment of changing that is upon you. You are now ready to see that in these events of your lives, these situations, as difficult, as heavy and as troublesome as they might seem, there is a portal that is opening you to an energy that is divinely yours and is not meant to be pushed aside until that moment when you can rest, when you can take that sigh of relief. These moments and situations have come not because they have to, not because anyone has ordained they be here, but because you, as human beings, have chosen the path: You have to get to such a place.

All of you—no fingers pointed here—have been a part of existence on this plane, on this Earth, that has created the moment that lives inside of each of you as humans that say, “We have to deal with the heavy, the angst filled, the parts that are struggling and the emotions that are dark. We have to do that here in this plane because that’s what it means to be human.” Yet, dear ones, in moments such as this, you know that not to be true. You recognize that there is something false about the idea in some way that you are just meant to have to go through these issues of angst, and pain is ordained in some way, is somehow here so that you just have to get through it until you can find where the light, the divine, rests and resides.

Now you know differently. Now you are feeling—with such immensity—that there are many of you here gathered on this plane saying, “No. We prefer that not. We choose another path; a path that says, ‘The joy, peace and wonderment of our divine connection matters more than getting through whatever these issues are here in the physical that seem to so demand us.’” But mostly you must embrace and grasp to yourself, to your heart, that these situations that come forward that seem heavy are not that in and of themselves. No matter how much you or others interpret it that way, no matter how much of your experience says, “This is not good. This is negative. This is not what I want,” you must realize that these very scenarios, relationships and situations are your portal to move into this divine feeling of oneness. You must begin to evaluate and define them that way. You must recognize that the lightness, fun and exhilaration of being here as a soul in the human world will be felt always and continually in your existence here when you begin to take these moments that you feel suffering, pain and burden, and you begin to see and help each other move through them as the very portals to the joy you know resides here.

THE TROLL

It is much like the troll who stands at the bridge who you know clearly is standing there to guard you, to keep you from feeling the wonderment, of what lies beyond: the horizon, the fields of harmony, the nectar sweet as honey that is love. The troll stands guard: fear mongering, threatening and keeping you from crossing the bridge. Yet you know if you stand up to this troll, if you say clearly, “I recognize

you as ugly, difficult and threatening, but I feel somewhere within this troll there is a loving heart. There is something there that I can grasp, find vulnerable, soft and sensitive, and so I will do what I must to trigger that,” then you persevere.

You stay clear in knowing that this troll is nothing but illusion. You, instead of succumbing to the pain and the burden and the struggle, say, “I stand up with all the love in my heart, with all the certainty in my soul, that underneath all of that ugliness resides a shining light, a beautiful being that is so reflective of me and all beings.” When you stand firm in that, when you don’t let the situation (the troll) get to you and force you to believe there is nothing but ugliness and struggle here, then suddenly, miraculously, the troll disappears. He dissolves. He is not there, and you walk with lightness across the bridge to the beautiful world that you know is yours.

This is not myth. This is not fairy tale. This is a truth that has existed from the moment the human being entered into this plane and onto this wondrous Mother Earth. Every moment that you’ve been here has offered you this opportunity, and in hearing this, many of you feel disappointed. You feel in some way disillusioned. You wonder how could it be for eons that we would live here walking in the illusion, knowing the troll was real and allowing it to keep us from what our true right is—our true wonder, our true divinity, our true hearts and spirits.

Yet we say, “Stay not there, dear ones. Do not focus in that arena, for there has been much worth and value in your expansion here in this plane. Taking the path that perhaps has kept you small and constricted has all the more given you the wonder of what it is like to be free, to begin to step up into this world and into this life from a different perspective. Now you know that you are a part of something so grand and so much bigger than what you’ve known here on this Earth as your fellow people, animals and life forms that exist in ways you cannot even perceive. Now you are recognizing this is a world open to all kinds of possibilities of love and lightness and that to get here you went through, perhaps, a detour: a sense of diversion, of looking at what it is like to allow yourselves to be so governed by what your head thinks and by what your senses tell you rather than what your heart and soul knows.”

MANY ARE HERE TO HELP YOU

So you are ready. You are ready in so many ways now to take this different path and to begin to say clearly, “I will walk up to the troll and say, ‘Without doubt, dear troll, there is love and light within you and I will not perceive you as angst, pain, struggle or darkness. I will meet you head on, I will know that in the midst of this come the freedom and the release into the energy that is so wondrous and loving and always has been there for me.’” As you have such moments, as you recognize this with the particular scenarios in your everyday lives, just open up, dear ones, and know that there are so many there assisting you.

This is, in part, why it has taken so long in your world of time to get here. It is because you refuse to know that not only are your souls here on the Earth with you in human form to help, but so are so many other beings you cannot recognize—you do not know exist—who are not of the form and fashion that you understand in the human third-dimensional world. Yet they are very much a part of it, as you are of their worlds. Yet because you have not been able to know that through your brain, through your mind, in the way that the third dimension and you have created it, you have felt it to be so wrong, so different, so “not so” that you have to pay attention to what is separated, what is individual about your lives. So you have given so much attention there, never realizing that we who exist in these other forms, in these other ways and through these other frequencies are just as integrated with you, just as present and just as able to help.

How many of you, through your lives, have stopped in the middle of your struggles, in the middle of those moments, and found yourselves able to access and know with truth that we do exist, and we are there to assist you? Perhaps in some fleeting moments, yes, when you have been at your hardest, when you’ve been pushed against the wall, when there seemed no other recourse, you turned and said, “Please help!” When that happens, dear ones, you have no idea what occurs. You have no visualization or conception of how the other frequencies meld in with yours here in the third. You have no idea where it goes. The energies are so lightning fast, they are so unbelievably deep, compassionate and empathetic that they are immediately cocooning you, assisting you, lifting you up out of the depths of despair, struggle or pain that you find yourself in. Yet so often you don’t even recognize it. You don’t even know it. You haven’t even taken the step to meet us head on.

IT IS YOU WHO MUST

We are here tonight to remind you, dear ones, to give you that impetus, that sense to say, “I’ve heard it. I will take the step of faith to believe it, and I will then allow it to happen.” It is you we are waiting for to take these steps. It is you who must have the faith. It is you who must ask. It is you who must then allow us in and embrace us whether you can see us, touch us, hear us or know we are there or not. Then the miracle happens—not just do you feel lighter, not just does the situation seem to not be the heavy, pain-filled one you thought it was but you are acting from a place that is of the All, of the Source, of the One, of the Dao. You are of it all when you take that moment, pull yourself out of your situation as you see it individually and step up to the collective.

This is what you are all searching for. This is what you know you’ve come to this plane for. All of you resonate with this. All of you know deep in your hearts that when you sense the collective is coming from this level, from this knowing, that you are a part of something much bigger than what is playing out in these scenarios on the Earth, that is when you lift. That is when you feel the wonder of what it is like to be human.

We are not, of course, disrespectful to your other issues here as humanity. We know that there are things you deal with here physically because that is the nature of this dimension. We know that those physical things can take your attention and focus at times for, of course, how do you stay alive, how do you survive and keep yourself moving if you are not partaking of what the physical issues and pleasures are? By all means, they are not meant to distract you and stimulate you, dear ones, to such a path that you lose this that we bring you tonight. They are not meant to wrap up you and take you away from what your truth is, which is that you are nothing without the All. You are so of the All that there is nothing without the All. When you play in the illusion of the nothing, then you feel bereft, so lost and depressed.

So recognize, dear ones, that in a moment you are able, with your vibrancy and vitality, to know what we bring you tonight as truth. You are able in a moment now to say, “I recognize and consciously prefer to live from a different perspective and to say with all my heart, ‘What I know deep in my soul is what I’m going to live now.’ That’s what I’m going to shine to the world and in the moments where I get stimulated, where I become distracted or I find myself back in that old pattern when the material dictates everything to me, I stop. I just stop and I say, ‘No more.’” There is no need, dear ones, to have the perfect answer to make a change. There is no need to see your way so clearly before you can step off the road that has not served you.

We will say quite clearly that when you do take that step, when you move away from this old, tired pattern that is not fueling and feeding you any longer as beings, then you are stepping in to exactly the wonder and divinity we are speaking of. But in doing so, does it mean that you have faith? Does it mean that you will not know always what is beyond that step? Yes, dear ones, this is it. You must recognize that you cannot get to this place we describe, you cannot take away, or shed, the illusion without the faith that says, “I move into this new pattern knowing that it is a joy-filled, loving one. That it returns my birthright as a divine being that allows me to know the bridge and the link to everyone here and beyond as the oneness of being so is.”

GO BEYOND WHAT YOU CAN CONCEIVE

You, dear ones, have an opportunity here. It is an opportunity so far beyond what you can conceive, that we ask you to do that. Go beyond what you can conceive. Do not stay small in being able to say, “I get it. I can prove it. Here are the steps. So see, everybody, you can do it to.” If you take those steps and you need that kind of illusion then, dear ones, you are still playing in the old pattern, in the old paradigm. You know this. This rings as such truth for all of you, yet you come back to that moment of trepidation: But what do we do? How do we really get there? It seems as if we don’t know the way or that we are too frightened or we give up on something we need to attend to here in the physical world. Believe me, dear ones, the aspects of what you have

to deal with here in the material world are reflective of the divine. So if there is anything you are dealing with here in the material world that is not allowing that reflection of the divine, then let it go. By all means, let it go.

This is not easy, for many of you have much attachment. You know this. You recognize and can feel the moments when you allow your decisions, your moments of truth, to be squelched because of something you are attached to: "But I must do this for my son" or "I owe this to him" or "There is too much banking on this" or "If I make this leap, what will become of my survival in the economy, in the finances of my life?" On and on you can come up with reasons and excuses why you stay in the pattern that has been so old and tired for so long.

You have recognized now that there is so much more to what you want in this plane and so it requires you accepting the change of the old ways that have held you back. Yes, dear ones, there is something to replace those old ways that are uplifting, that are shining, that are light-filled. There is something so deep inside of you that knows that you have configured, every one of you, to be here in this moment, on this Earth, in this incarnated being. With every fiber of who you are as a part of the whole and the collective, you selected to come into this world, into this plane, to say, "I want to help with this. I want to detach from what doesn't feel astute, that doesn't open the divine door, that doesn't let me know I'm part of the whole." That is clear. That is why you are here. Perhaps all of your journeys, no matter what age you are in this moment of time, are to have taken you to this realization. Now you are there.

LIVING FROM THE HEART

That is why we come in with such intensity tonight. To remind you that once you are there, it is not enough to look around and say, "I'm here." Now it is to get about the business of demonstrating and showing in your own lives that you are ready to bring spirit forward, to lead with it, to let it be your beingness, to let it be in every aspect of your life reflected that you are spiritually, divinely inspired. That is the only reason you are here. You translate that with others in your life—with those you know well and those you don't know at all—and you let them know: "At last I am ready to move into what is new here, what is important here, what is the real human way of being." Then when they look at you or they ask you, "What does that mean?" you need not have answers. You simply say, "I just know it. These old ways, these tired ways that have not served us, are no longer here. I am stepping out of believing in them, and I'm moving to something else, something I can trust and have faith in, that comes from the very heart of who we are."

That's enough, for no matter how different another sees you, no matter how disparate you feel them to be in your life, when you say you are shifting into living from the heart and to knowing that the heart leads the way much more importantly than the head, they will get it. They may ask

you more. They may want to know where you are coming from, where you are springing from now in the world and what it is that this newfound vision means in your life. How is it changing? There are many who see you and know you as mentors. This you must accept. You cannot play small, dear ones, and hold back and say, "It is not for me. This other one has great words. This other one has great inspiration and great connection. They can do this. They can take that step, but I am small and limited in my abilities. I have to follow."

No, dear ones, all of you gathered in this room are on the crest of the wave of the new humanity. You are on the crest of the wave that says, "We are moving into a pattern and a beingness here that will not tolerate, will not stand, for the old ways that keep us small, separated and the feeling pain and struggle." So each of you then, because of your knowing this, because of your feeling it at the depths of your being, are living it now. For it is you who quite clearly said, "I will." This is why it is important that you hear from those of us who pull back from the very experience that you are in the middle of. We recognize. We understand. We fully appreciate. And with compassion and empathy, we embrace you.

You have taken up this human world. You have found these incarnations and you, in this moment now, are living in such a time. We recognize how much those moments rule you, how much you feel encumbered by the situations and the energies that you've created over the eons as the human beings you are. But we also know and recognize you want us to come in to remind you of what lies within—to remind you that this is more than doable and that you are already in it. You are already shedding the old. You are already sensing and seeing that what it means to be human is to have bravery and courage and to step out of that which has kept you small and made you feel secure and safe and say, "I don't need that. There is no need for safety and security, for I am free and full, and everything is of the One, everything is of the divine, and I don't need to play small." Others are waiting for this message. They cannot hear it from us. They are waiting to hear it from you.

So recognize, dear ones, we are partners in this. We are in this energy together in such ways that you will not conceive of nor understand in your humanity. That is the faith of it, is it not? You have entered in from the other dimensions in all ways to be in these bodies and to live with these conditions that you as human beings have created. In so doing, you are saying, "Within the context of this humanity, we are changing it. We are shifting it. We are not afraid. We are stepping out beyond the boundaries of what it has meant to be human and are stepping into the divine knowing of what humanity really is." Nothing can be but what really is. This you must accept. This you must claim. This you must help each other with.

You must not hold back under pretension and the camouflage of goodwill, kindness and politeness. That does not work, dear ones, that does not serve what is the depth of

compassion and empathy in this plane and beyond. When you allow another to hold you back from speaking your truth or behaving your truth or living your truth because it doesn't fit or because it seems off or odd, then you are not living your purpose. You are not feeling what it is we are bringing you tonight as you know it as truth.

CORRECTNESS IS GONE

You must step into it now. You must. There is no other answer for any of you gathered here. You must not look around and ask if she's doing it this way or he's doing it that way so that you will know that you are correct. Correctness is gone. There is nothing about perfection or doing anything according to the right way that matters. For those who have to follow that, by all means, you release them to it. But for you who don't, you must let go. It is the attachment to the old that has you believe in that and live by those principles. So yes, it requires that you examine: What are my principles now? What is it that I am using as my template to live by in this human world? Where is it that I am acquiescing to that which I know is not truth, to that which I know is small and keeps me small? Where is it that I am holding on to something that makes me feel secure and safe, but it is not truth? You know this. You do not need us to come in and shine the light on this. You have a sense—all of you—of what that is, of what parts you can fly and move into that which is not so familiar with that courage and that faith that you are divinely connected. You know which parts of you do not, because they are staying small, playing small and giving yourself over to the energy of the old ways.

You might say, "Has it not been the course of the human race that there are always moments in the evolution where this is true? Where it is time to let go of an old, tired pattern and an old paradigm and move into a new?" We would say, without doubt, through the way you see the human world in history—that would be the case. You see it from the eyes of what you can recognize and know with all the faculties that you have created and evolved into. But, once again, we come in to remind you our role is to help blast you out of the smaller way of viewing it. Of course, it is a truth. Of course, it is real. Of course you can point to it—facts say so and all that you have documented in history reminds you of it. But tonight we are reminding you, dear ones, that you are more than that.

The energies you partake of and that are part of you here in this plane, in this human world, go beyond anything you've documented, seen or understood through your minds and your psyches. Now you are saying, "Let's play with the rhythm and the vibration of our spirits. Let's take the essence of who we are on the level that is divine, that is connected and knows the oneness of being. Let us take this and live by that view, by that perspective. Let us stumble if we have to in the pursuit of it, for all is forgiven when you are knowing and recognizing you are taking the step to oneness of being." You do so, with an intention of love and

connection, and you do not run over others with your zeal, instead recognize that I know what you are going through. I am too. Isn't it wondrous? Isn't it difficult? But isn't it all worth it?

This is the message you want to bring to each other. This is the message you use to shore each other up, to know that you are stepping into something that has not been experienced on this plane as human beings as of yet. Even as you have known yourselves early on—even as you have emerged into sentience on this planet, even as you were first, as humans, opening up to the wondrous spectacle of being in this dimension, even then when you were so attuned to the heart and the soul, it was not the magnificent moment as this moment now. This moment now has created such immensity, intensity and ability to spring to a divine feeling and experience that you've never even known, because you have taken the road of disparity, of separation, of removal from the divine. Because you have done so, so you are coming back and moving into an energy of joyous recognition that you are something more than you've ever thought you were. That, in itself, is the spectacle of wonder. That is the immensity of this moment. That is why it is so different and so distinct from what you've lived here ever as a human being. You look around and you say to yourselves, "But is that really true? My humdrum life doesn't seem to reflect anything you are saying. I don't seem to see a door or a window to open in order to know this spectacle of wonder that you are describing. I don't know how to grasp that."

KINDLY SMALL, POLITELY LITTLE

So, dear ones, this is where you turn to each other. This is where you speak the truth. This is where you do not let convention or politeness in anything in your lives hold you back from saying, "The love that we share and the divinity that cements us is something so immense that even though we don't understand what we're doing right now—even though I don't know why I'm breaking out of my usual pattern with you entirely—I'm going to do it. Because to do so means my love for you and for everyone, including myself, is bigger than I ever thought." You don't have to have the answers, dear ones. You simply have to have the courage to step into it now to say, "I will use my willingness to know that there is a greater cause, a greater sense of being here as a human than I or anyone around me have ever known. I, for one, am going to step through that doorway, know it with faith and live it with truth." That's it. Then reach out to each other. Reach out and point out for each other what those moments are.

See the glory. See the light. See the wonderment in a simple action of someone in your life. Reinterpret it for them. Give them a different view, a different sense of what it means. Help them see that following the old ways and the old thoughts are not serving. They are keeping you kindly small, perhaps politely little, in a way that says, "I have done what I am supposed to here but I certainly don't

feel divine. I certainly don't feel my wondrous connection to all of you and All That Is." When you don't—no matter what the action, thought or statement—that is your signal; ah, I am still seeing the troll. There he is keeping me from nirvana, keeping me from the wonderment of what my glorified birthright is.

This you must help each other with. This you must see as the way to feeling the oneness of being. When you can step out of the old, when you can recognize: "Now I am a harbinger, I am a mentor of the new. Even as I feel like I don't have the power or the ability or the vision to do so." When you declare this and affirm it, dear ones, when you get up and know the very conditions and tenor and tone of your own lives is the way, the vehicle and the instrument to do this, then you will find the strength, the power and the connection that comes from that. Then you'll begin to know that there is something different happening here, that it is shifting and it doesn't take monumental, ascensionlike energy coming from "on high" to tell you this. You feel it. You, who share and open up and embrace at the heart who you are and who each other is. So by all means, dear ones, see this as a magnificent moment. See it as one that is yours, not anyone else's—no one else coming in to feel it, experience it or know it in the way that you gathered here in this moment on the Earth can.

This is an important step now, for it requires an unbelievable amount of faith. More faith than any of you has ever demonstrated in any aspect of this life you are now living. Call on the aspects of your souls. Bring forward the different fragments that have experienced this human world. Acknowledge they are there and that they are a part of you, walking around right now in this moment. Say, "All of me that is so strong, so knowing and so divine I ask for you to step in now, in this moment, to share and to help and to shore me up as I take this step into the new humanity."

This, dear ones, is a beautiful moment. It is one that you have all called for, that you have all clamored for, that you have all recognized is why you are here. Now you must keep that window open. You must not walk out of here tonight feeling like the shutters have come down, the door is shut, the keys go in the lock. Now you must recognize no doors and no windows anymore. Keep them open. Keep the energy flowing. Do not insist on the distinction, individuation and separateness of who you are in this world. You already know that. It is a given. It does not require your focus.

SHARE UNTIL YOU CANNOT SHARE ANYMORE

So just accept now that your real mission is to find the links to bring yourselves back as one—to find the you in the other and the other in you. And to do that with whatever material, whatever issues, whatever conditions are yours in your own lives. Then share them. Share those experiences. Share until you cannot share anymore. Then, dear ones, you are experiencing what you

know you came here for. Then you are feeling the lifting. Then you are sensing that the frequency has gone to a level that you would not have known in your old ways and that you wouldn't have any attachment or any ability to see as worthwhile. You will look back and say, "How did I do that for so long?" This is a beautiful moment, dear ones. Accept it as such and know that we are with you and behind you all the way.

STRUGGLE AND STRIFE

Did we need to have the struggle and the strife at some point in order to get to this point and now we don't need it anymore?

Yes, dear ones, we recognize that posing the question for need is such an important part of your lives, is it not? You focus so much on what is needed or what is wanted. We will take issue with that word and answer your question from a different angle. There has never been a need for strife or struggle in this plane or any other. You as humans, as sentient beings, began to choose a way that was more separate. You were not always of this nature. When you were here on the Earth in the early days of your soulfulness, the early days of your sentience, you were connected in such deep and wondrous ways to all life forms on this planet. You were a part of this wholeness and oneness of being with no need to think about it, no need to make decisions or choices at all. You just knew it: you were.

Yet along the way as sentient beings with the kind of brain and physiology that you have, you began to make choices. As you made those choices, you became more and more separated from the All That Is here in this plane demonstrated by third dimensionality. You began to recognize that perhaps there were other ways to experience this wondrous planet. You began to make choices that reflected those other ways. There is no judgment here. There is no recognition of criticism or pointing fingers saying, "What did you do? You pulled away from the bliss that was yours when you were part of the whole and went down a very separate kind of path." It was a choice. It was an experience. Call it an adventure—an adventure that took many eons, many thousands and thousands of years—that you as humans have been preparing yourself for this moment now with your choice.

Although now, in this moment, as you ask the question, you have gathered as many beings who have existed in many other dimensions—now, simultaneously in this moment—and are saying, "We prefer a different way to live as humans. We prefer a different path to walk, a different way of experiencing the adventure of humanity in this dimension." So there was no need to get you here. It is simply a choice—one that was given to you as you recognize your ability to have will and to make action backup your will. When you did, you took a path that said, "This is the way to go. This is the way we want to experience life here in this dimension," and so you did. Now you are asking for a different experience.

FAITH

How do we get more faith to be able to do what you are describing every day?

Of course, dear ones, again we do not conceive nor see that you have more or less of anything in this plane. That is your decision. That is what you see. But we recognize that where you come from in your particular journeys have taken you to a place where, perhaps, you don't even notice faith much in your day. You haven't even thought the word. You haven't even uttered it. You haven't even given much conception or consideration to it at all. That is why tonight we bring you such a strong and insistent message. Not because we have to, not because we see it as need on your part, but because you, as beings, have said, "Where is this faith within us? Help us know it. Help us bring it out. Help us nurture it so that we can take the steps in life that are not full of fear." Think of it, dear ones. When you have faith, there is no room for fear. You are used to this in terms of the word "love." You have found much bandied about in discussion of this concept of love. You will even hear your own mouth saying, "If I don't have love, then I will have fear, or if I have fear, then I can't find love." Well we would take issue with that and go down a path of a different nature when it comes to love, but that is another story for another time.

We answer the question of faith by saying that when there is true faith—true recognition that there is more than you can conceive, accept and assimilate into this one human feeling of being a separate being—then you are stepping into the world of wonder, of being able to get passed what is so limiting and small about your existence here. So, again, where is this faith? It is in you. How is it that you get to it? You put the effort in. You stop falling prey to the reactionary responses that you have found so prevalent in your own lives. Not looking around at others, not saying, "Oh, if only those people in the Far East or the Mideast—or wherever the turmoil is on your planet—would stop being so volatile, then we wouldn't have to be afraid of attack." No, dear ones, you pointing the finger there, you looking in that direction and saying, "If only for that, I could be this," is certainly not demonstrating the truth within you nor the faith that resides there.

You have to look at yourself. It is not a matter of what others are doing on the planet, whether it is a group halfway across the world or whether it is yourself in your own family or your own circle of friends. You must see and recognize where it is in your life that you don't demonstrate faith? Where is it in your life that you prefer to take whatever someone outside of you has told you or taught you or has said is what is important, what is necessary? How many times a day do you succumb to somebody else's opinion or approval or idea about you or something you are doing? How much do you let that guard your life, keep you small, keep you as the troll does from the wonderment of nirvana? This is what you must examine. This is how you find the faith. This is how you recognize it.

It is within you, but it is covered. It is covered with so many layers you must be willing to pull those layers back. You must be willing to say without doubt, "I know there is something in here that can come forward and not succumb to that idea or that fear, whatever it is. I know it. I have faith that it is so." Just when you say that, dear ones, just when you have that intention, just when you have that thought or that opinion, here it comes. The faith rises up. It takes over, and the fear dissolves because, as you know, the fear is not real. As much as you experience real fear, the idea of it is back to that troll, back into that illusion that you've allowed yourselves to feel so separated from who you really are, who everyone else is and who all of oneness is that you believe that the troll, that fear, is right there ready to get you.

So you must practice these experiences of dredging up from the very depths of your faith. You must begin to say and affirm, "I don't know the answer." Say it aloud. Everyone around you will not think so lowly of you. They will think: "How brave." They say they do not know the answer, but the following statement is: But I have faith that there is divinity here. There is love here in this, and I will show it. That is where you are going, friends. That is the moment that is asking you to stand up tall and firm and feel yourselves so much more powerful when you can admit that you are not sure where it is all going, and you don't know the answers. You are no way able to say this is it in all its clarity, but you are reaching down into yourself and saying, "Because I know it, I have faith in it, and I proceed accordingly." That, in itself, has such contagious power. That brings to others amazing recognition and consideration of themselves: "I, perhaps, have this too. If she does, I can."

The idea of this works in ways that you will not always measure from your results-oriented physicality. This is why you must move past it, dear ones. You must live, of course, as the physical beings you are, but you must move past it to know that you are so much more and that so much more is accessible through your physicality. You must take that step. When you do, there is the feeling, the faith and the sense that fear has no groundwork. Fear has no way to thrive. This has always been your power, and in moments, you've stumbled on it. In moments, you've called it forth. In moments, you've known it. Now keep it. Now recognize it. It is the way to be. This is the way to maneuver on this plane—not to fall back into the old, not to fall back into what you've been taught, not to fall back into the fear but rather to take that faith and use it as your shield as you go forward into the beautiful, wondrous energy that is yours.

MEETING THE JUDGMENT TROLL

Please elaborate on how we do what you are describing when we are surrounded by those who aren't in the same rhythm as us?

Of course that is the diversity, that is the wonderment, that is the fun, is it not?—of this plane and your human condition.

[Laughter.] Yet you recognize that it is so, that the wondrous nature and the disparity that exists here is every bit as much the excitement as the energy that we describe here tonight. You would find it so, and you would not be put off or feel disappointed, dejected or rejected, if you were able to go to a place of saying, "Even in the midst of those who do not meet me on the same plane, who judge me, who perhaps criticize me, who in all ways try to push me out, this is my portal. Here it is.

Those who are surrounding me, certainly not getting it, certainly not coming from the perspective I do, here is my portal to elevate in a way that I haven't been offered all day, all week, all month." It is your way of assessing and evaluating what is happening around you that will directly relate to the ability to transcend this energy and take it to the place of oneness and wholeness. But you must be strong and firm. You must not allow any judgment, criticism or other issues to take you down. That is no faith. That is allowing the fear in. That is allowing the belief in that you are all these negative things that they may be leveling at you.

So you say, "Yes, this is difficult. It is difficult to be surrounded by those who do not feel it and vibrate in the way I do." Well, yes, if it is difficult, and that is what you will find. If you evaluate it as difficult, that is what you will have. But in the moment that you feel and perceive that difficulty is the moment where the portal opens, the shutter goes up, the recognition that you are meeting the troll is in your face. When you do so, it is your obligation, your challenge to say, "How do I realize this troll is nothing but heart and soul dissolving all the threat and all the fear and all the darkness in a moment if I allow it to?" Then you will find that as soon as you direct your attention to yourself, as soon as the focus comes back to "how can you see this troll as a shining light of love and spirit," then you will find no more criticism, no more judgment that is leveled at you. You will almost figure a joining takes place. There will be a sense that there was a feeling you did not find defensiveness, dejection, disappointment and movement out of the field of energy. You stood firm and strong and you recognized that I am you, dear troll, and you are I. And so I step into it with love, light and acceptance.

LEARNING FROM THE LITTLE ONES

How are we to learn from the little ones that are coming in?

We, perhaps, take issue with your terminology, for we see them as the big ones. Even as they are invested in the experience of coming to this dimension as a human as you were, they are coming with a different flavor—many. They are coming with a sense of such intention, a sense of being able to step into energy that is so deep, abiding

and wondrous here, that they will not find themselves submitting so easily to the will as perhaps you have. We are not saying that in judgment or criticism, dear ones. We know that there has been a flow of energy that has put you exactly in the moment of time that you've arrived here, and the conditions have affected you. So it goes with these who are coming in. The conditions are more open. The conditions are more embracing. The conditions are now saying, "Be you. Go ahead. Help us on this crest of the wave. Pull the human into a new way of relating and being here on this planet."

That is what so many of them feel. There is a joyous exhilaration and anticipation now, and they don't want that taken away. We say that to you emphatically so that you'll recognize why some of them might seem as if they are trouble, as if they are bringing you a different way, saying in their own ways and their own methodologies, "I am not going to conform. I am not going to submit to who you are. I am going to recognize who I am and ask for your guidance, support and love, but I am going to put the focus on who I am." That is not arrogance, dear ones, that is not narcissism. This is an "I" that is coming from the within and the without in the oneness of being. So many of these souls are recognizing that how they will maneuver here in this plane will not follow the pattern and will not go according to what you have all succumbed to. There will be a sense, now, that they will lead you. They will begin to give you the signals and signs if you allow them to take their steps out of the boundaries of what you've created here as human culture.

In all ways across the planet, these souls are arriving, and they are making it clear they want to be a part of it. They want to feel the connection. They want to know the oneness of being, but they will do so in a way that will free them from the constriction of the ego experience to this point that the human has developed. They will do so in ways some of which you'll find endearing and many ways in which you won't. So you must be willing now to take that step to recognize you are here to guide them, to help them in certain ways in their physicality as they emerge onto this plane, but they are the ones who are leading you spiritually. They are the ones who, if you allow them, will simply hum and vibrate in a way that will affect you. But you must be still with them. You must be quiet with them. You must not constantly throw your distraction and stimulation of the world you've created on to them. You must allow them to find their rhythm and their way without all of that. You must be willing to let them take that path, and you must follow with as much intention and alacrity as you can, for they will take you on a ride now that is going to increase the intensity of the shift. And it will help you realize just what fun being on the crest of the wave is. ✨



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