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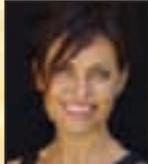
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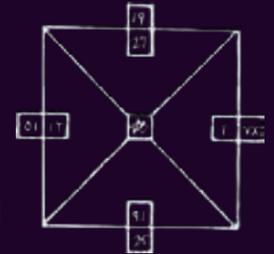
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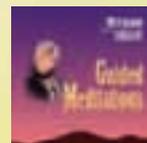
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- ◆ Remind ourselves that our light and our sense of humor will carry us through into the adventure of forever.

DECEMBER 2009

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Achieving Conscious Transference from Light Sleep to Deep Sleep Enables You to Move to The Benevolent Focus While in a Physical Body

Founder/Time through Robert Shapiro

29 August 2009

There is an image forming, so wait a moment please. I see it now, your planet. I had forgotten about it. You might say I am one of the Founders, but my job has to do with time. The acquaintanceship that you have with time is going through a profound change right now. I have not looked in on your planet for some time [laughs], but the coordinates are such that I am surprised that anyone can function on your planet. You are all brave souls, every living being on the planet. That means humans too.



ROBERT SHAPIRO

YOU ARE MOVING THROUGH THE VEIL WHEN YOU ARE AWAKE

So I see you have decided that the only way to create peace and well-being between all species on the planet is to move through the veil that you usually move through

KEY POINTS

- As you move into a deeper state, you are experiencing the loss that comes with releasing the bonds of attachment.
- Mother Earth has accommodated your abbreviated time by speeding up her time so you can experience life together.
- You've acquired this personal experience with polarity and discomfort because you have volunteered to help others make the shift to benevolence.

when you are in your deep sleep. When you go from light sleep to deep sleep, you release a cord in your physical body that allows your soul to travel to all points. When that happens, you are in complete accord with all other beings or it could not happen, since your travels would take you to places where your radiance—the energy that comes off of you—would be felt by others.

It's important to know this because what you are doing now as living beings on the planet is almost identical to what you do as living beings moving from light sleep to deep sleep. So with your desire for peace and calm and the release of the need of urgency that results in violence—to demand one's way, or at least to demand change in the way you've been told to demand it, if you are a warrior—then what you have is that you are all going through a version of the transference from light sleep to deep sleep. When this transference takes place in the sleep level, you release all the aspects of your personality, your conditioning, your experience on Earth in the lives you are living now, and as that soul traveler, you become your natural, native personality. In your natural, native personality—the being you are beyond the life you are in now—you are completely radiant, a clear being. Then you can travel to be with your teachers, your guides, your angels, maybe make a brief visit with Creator possibly, and be anywhere in the universe and be welcome. This is something you all do almost every day.

I want to bring that to your attention because what you are attempting to do and what you've apparently agreed upon in some sort of consensus is to do this as living beings essentially awake—though, of course, somebody's always sleeping

on the planet and some people are always awake. In order to do that, you have to have the complete cooperation of the planet. So it's as if all things are changing at the same point.

You are now in the light-sleep stage, using my comparison. The light-sleep stage is a place where there can be visions, pleasant dreams, but it's also a place where there can be nightmares. Nightmares do not usually happen in the deep-sleep state, regardless of research that says the opposite. Nightmares can be triggered in the deep-sleep state, but they do not actually occur in that state. If they're triggered in that state, it is usually because of something external to the sleeper, perhaps a loud sound nearby that instantaneously puts the deep sleeper into a lighter sleep stage and might trigger a nightmare.

YOU ARE ATTEMPTING TO ACHIEVE THE DEEP-SLEEP STATE CONSCIOUSLY

I mention this since my analogy, which is based upon fact, has just as much to do with dreams as it is about your motion from one focus to another. Since you are in, you might say, the light-sleep stage, this is why you are still having violence. Your goal at the moment is not to achieve some numeric equivalent of a shift between one focus and another. I think that's not the best way to put it, though I understand your desire for such digits. A better way to put it—because it is reachable, understandable, and it is experienced by all beings on the planet, including plants and animals—is that you are attempting to achieve the deep-sleep state, something you all do and all have done. You are attempting to do that as all beings on the planet, and the planet herself can do that anytime, so she's accompanying you since she must be with you that you might be.

So you are well and early into the light-sleep stage then, and part of the reason many of you are so nervous is that here you find yourself literally moving in the sleep stage from your way of understanding your personality to the deep-sleep version of your personality, which drops all aspects of your Earth life, including your way of recognizing who you are and other people's way of recognizing who you are in your day-to-day life. Thus you have nervousness instantaneously.

Why do you think the Creator has it set up so that you don't go into this stage until you are deeply into sleep? So that you are not shocked. So that you are not shaken to the core of your being when you essentially step out of your body and resume your natural, normal life in soul travel: moving from one place to another as a lightbeing, which you all are. But you have decided and Creator has allowed—so it's clear that Creator has been involved in the decision—that the only way to release the level of violence and polarity on the planet by the human being (and to an extent even by the animal and plant world in their acquiescence to such violence) is to do that thing that you do all the time, only to do it while you, at least some of you on the planet, are awake. Some of you will go through this transference, by the way, completely asleep—you will be in deep sleep.

This is how it can happen: There have been questions in the past, "How is this possible, to go through such a transformation from one focus to another while everyone is alive?" Well, you go through that deep transformation every time you go into deep sleep—that's how it's possible. For those of you who are unable to do this in your conscious, wakeful state, although it will seem like wakeful sleep to some of you, like a moment of dreaminess, dreaming, daydreaming, many of you will actually be asleep and thus it will be easy. You will wake up and things will be different, in a good way.

YOU ARE RELEASING THE BONDS OF ATTACHMENT

I bring this to your attention now because you are moving into a deeper state of the light-sleep stage. What happens when you move into that deeper stage of the light-sleep stage is you begin to "forget"—that's the word you would use in your English language—who you are in your day-to-day life. In other words, you release the bonds of attachment to this or that belief system to this or that conditioning and so on.

That is why so many people are so nervous and why even a certain amount of forgetfulness is occurring that is not typical to the individual, perhaps, in a conscious state, or at least the individual doesn't remember being forgetful like that in the past. You might very well forget the name of your pet for a moment. You might forget the name of your wife or husband. You might forget the name of your father or mother, and by that I mean, not that you would forget their first name, but you would forget the name "father" or "papa" or "dad" or "mother" or "mama" or "mom." For a moment, you would say, "Am I crazy?" Then it would come back to you, of course: mom, dad, brother, sister, friend, wife, lover. All that would come back to you. But there will be moments for you all where you have these experiences now and in the next year or two, maybe three, we'll see.

I bring this to your attention because you have decided, with Creator's support, maybe with Creator's leadership (I'm not certain), that the only way to get rid of all this violence and polarity—at least to get it down to a manageable level of 1 or 2 percent of discomfort—is to go through wakeful, deep sleep, and that is what you are doing. So be alert to this so that when you are moving through that stage, you will have moments not only where you feel nervous and upset: "Who am I? Where am I?" But since you go through this as a practiced expert every time you go to sleep—and this might sound silly, "An expert in sleep? Sleep is natural!" but you go through it—you will also have moments of beauty once you begin to go from light sleep, slipping deeper into light sleep, then straight into the early stages of deep sleep, and then well into deep sleep.

In all of these stages you release, you're releasing, you're releasing. Once you get into the deepest stage of deep sleep where your soul immediately exits (on a cord from your body, so your body doesn't get frightened with your soul departed), once that happens, there's no sense of loss. But all the way to

deep sleep, especially through the stages of light sleep, there is a definite physical feeling of loss. Think about all the things that you cherish, not just property but people, places, things, memories. Think about losing that, how nervous and upset you would get. It's shocking that you go through this every time you go to sleep, or almost every time.

So if you think about it in that context, you can understand much easier, since you all have gone into light sleep and then woken up suddenly and felt nervous and then felt calm as after a while your heart started beating smoother. You get that fright, a little panic maybe. But you've all also gone into the deepest sleep and woken up gradually and slowly without the alarm clock at times, and then you feel like you're migrating from some place very benevolent. It's like coming out of the well: the well of consciousness, yes, but the well is really the well of spirit, and you reengage with consciousness and then you reengage with your perception of yourself and your world. When you're in the world of spirit and even to a degree coming out of it in the world of consciousness, you are feeling very good indeed, and that is the goal for the next focus: from which you have now—spirit and the early stages of consciousness—compared to waking up slowly without the alarm clock or being bothered in any way from sleep.

YOU'VE ALL HAD THIS FEELING BEFORE

I tell you this so that you will have a sense of the physical feeling you will have when you shift from one focus to another, because you've all had this feeling before and many of you will have it again, of course. So it will be something to think about: "What am I going to feel like in the next focus that we're attempting to achieve consciously here so that we can release not only violence and polarity, but so that we can release our attachments to that which stimulates violence and polarity, even though sometimes they just seem like pleasant memories?" The feeling you are looking for is that good feeling when you just begin to wake up and you haven't come to complete consciousness yet. Now you know what it's going to feel like.

You know, having a physical marker for it is very helpful, isn't it? It is no longer something vague and something you only believe is achievable, but it is something you have achieved before: going through light sleep to deep sleep, deep sleep to light sleep and awake. You have all done this before individually. Therefore, you know it can be done and it doesn't have to be so hard. You also know that since you do sleep at different times for different individuals, that some of you will be able to sleep right through it.

Your soul might have made a bargain for those moments and said, "I'm willing to do that; I'm willing to take that ride. But please, please let me be in the deep-sleep stage while it happens." Then Creator and angels, guides and teachers, and everyone else in their natural soul state on the planet all said, "Okay." But others were just the opposite and said, "Oh! I want to be awake for that! Won't it be exciting? Won't it be wonderful? I want to experience it all!" Then Creator

and guides and angels and teachers and everybody else on the planet in their natural soul state all said, "Okay."

There'll be other variations, but I am pointing out those two because they are the most significant and have the most participants.

What percentage roughly want to sleep through it and how many want to stay awake?

Oh, that will change up until the last second, so there are really no percentages involved. You'd be surprised; it varies, okay? I know you want numbers, but they're irrelevant because it's all based upon your last-minute decision. Have you ever had a last-minute decision where you think you're going to do something and you go right up to the edge of doing it and then, "Oh, no, no. No, no, no, no." Have you had that experience? It'll be like that for everyone. No matter how committed they are to, "Oh, I want to be asleep" or "I want to be awake," they really won't choose until the very last split second. So I can't really give you a figure that's accurate.

YOUR SOUL IS FUNCTIONING IN "NO TIME"

When you said "daydreams," I've been floating around here, like living in another reality—it's just amazing. It's such a creative process; my imagination is just going crazy.

Yes, it's a good thing. Daydreams, the daydreaming state, is very much like the early light stages of sleep where you've already let go of a good portion of your attachments and all of that—in the light-sleep stage, past the initial stages. So daydreaming is a lot like that.

You might reasonably ask, "Why is somebody involved with time so focused on sleep?" I'll tell you why: When you are in the deep-sleep state, your physical body rests, sleeps, yes? Things slow down: measurable changes in body chemistry and all of that. But your soul travels in no time. So your soul returns to your physical body when your physical body begins to wake up because your physical body requires it, but your soul is not traveling five minutes here and ten minutes there. Your physical body is resting five minutes here and ten minutes there in the sense of my analogy. But while your physical body is functioning in the world of time, your soul—albeit corded to your physical body—is



functioning in the world of no time or where time is not a factor within the context of the linear time that you personally are experiencing—to be more accurate and unfortunately more wordy. [Laughs.]

MOTHER EARTH HAS SPED UP HER TIME FOR YOU

Can you say a few words for people who haven't read the early Explorer Race books as to who you are as a Founder?

The Founders are beings who have helped to define planets. Only Creator can create planets, but we help to define them on the basis of those beings who may come to populate those planets. So here's an example of a definition: Perhaps the beings who are going to populate a planet will be ones who are not air breathers. They might breathe air in some form, but if they're not air breathers, then there's no need for an atmosphere, not one that you would recognize. It might be an atmosphere of gases that you would not be able to tolerate, for example. Or they might very well be able to be underwater or even under land, you see?

So we would have an idea based upon what Creator's vision for this people would be—the beings (might be all forms of beings) and why Creator creates a planet (if you think of it, uncountable numbers of planets, most of which are livable). They may not be livable for human beings on Earth right now, but they are livable for some beings. Thus we help to form the planet in a way that makes it easier for those beings who are going to be there to be on that planet. That's a good definition of what we do. It's something we're doing all the time, which is part of the reason it took me a moment to remember who you are, where you are—because it's been a long time since your planet has been defined.

Can you tell me about your actions on this planet to define it?

The most important action, I think, was the water and the land. Typically, on planets where there's water, there's not much land. But on this planet you've got water and land, and the land is in motion, albeit on a time that pleases Mother Earth. (I like the name Mother Earth; it's a nice one.) Her water is also on a different sense of time.

Part of the reason you have trouble with Mother Earth's weather and earth motion is that your time is very short as an individual, maybe a hundred years. But Mother Earth's time, meaning her lifetime, is millions, billions, trillions of years—who knows, eh? So in order to accommodate to your time, she has to essentially express herself more quickly so that you can experience her personality. If none of you were here, no humans, it would be a *very* long time between earthquakes, and I'm talking about small ones as well as bigger ones. It would be a very long time from one rainfall to the next, like that.

But because you are here so that you can experience a living, breathing planet expressing her personality just the way you express yours, she's essentially compressing her personality so you can experience storms and tornadoes, earth motions and waves, and all of this kind of stuff. It's not so

that you can suffer, but so that you can experience a planet's personality that is very similar to your own, because you all have stormy aspects to your personality. You all make sudden shifts from one thing to another, just like she does. Your bodies are made of Mother Earth's body, so naturally you're going to be able to make sudden shifts. You might not be happy all the time, but you'll be able to do it. Sometimes it'll be fun, but other times it'll be frightening. But then again, things also happen for Mother Earth that feel a little frightening to her at times.

So you and Mother Earth experience life together. Mother Earth supports your personality that you have here on Earth, which is totally different than the personality you have in your natural, native state—although certain essential personality aspects are present in both places. Your basic personality, who you are—are you a humorous person, are you a philosophical person, like that—that kind of stuff is the same here as it is in your natural, native personality. It's how you might know someone. Say you meet somebody in the street or on a bus or on a train, and you know for a fact you've never met this person before, but in five minutes you're best buddies because you've probably known each other in another life. You see it in each other's eyes, and that vision gives you instantaneous permission to be friends.

YOU HAVE VOLUNTEERED TO HELP

Now, we're in a loop of time; we're cut off from the universe as a whole. Someone recently said that our little bubble was sticking its nose and sort of indenting into the universe. Are we moving farther in?

Well, the deeper you get into your sleep state, the farther you'll be allowed in, because right now you're heavily insulated and wrapped to protect everybody else so they don't get exposed to the level of polarity and discomfort that you're exposed to. It would be a disaster for them. But the more you let go of all of that, the more likely you'll be able to be welcomed.

You talked about our being heavily insulated. From your perception, are we living in a bubble or an illusion or in our perception of reality?

Yes, because you are insulated and protected from experiencing the actual space around you. Conversely, those others in the actual space around you—including some who are able to traverse through your actual space, provided they travel in light—are also insulated and protected. So you can be here, but you have to be within a different focus—a different past, you might say. It's like this: Right now, in your radio, television, your broadcast stations, your telephone calls, these all travel in a big jumble but going from one line to another. In this means of communicating right now, the channel is speaking into a telephone and you are hearing at your end, but you understand, it all travels in a big pile. It is winnowed out at the other end so that you hear only this voice and your voice is heard only at this end. I don't know if that helps.

We've been told that day and night are real but our time is not. But there's this sense that time is going faster.

Yes, because it's not normal for you to be traveling in such dense, slow time. But you've had to do that so that you could slow everything down and examine all the aspects that go into even the most minor creation. Your physical body is such that if you reach down to tie your shoelace, you can feel things going on in your physical body. Whereas, euphemistically speaking, if you had to tie your shoelace in your lightbody state, you wouldn't feel a thing. It'd be, *boop*, and there it is. You wouldn't feel anything, though. But if you need to understand every possible aspect, it's possible to be understood; even some who practice various stages of physical consciousness might feel the blood moving in their veins and so on.

You slow it down like that or it's slowed down like that for you, you understand, so that you can actually experience it, feel it, know it. This tells you something right off, and that's that whomever it is you're going to be working with initially or at some point when you depart this planet after your teaching and learning . . . at some point you're going to be working with beings who are traveling through a dense form of time slowly, and you will not be able to help them unless you have had personal experience with this. My guess is that you're going to be troubleshooters around the universe, to help out beings who may be shifting from a difficult situation—maybe a negative, as you call it, or polarity, some polarity planet. There have been polarity planets in the past, you understand, here and there, and their shift from their polarity to the normal state of benevolence has been uncomfortable, to say the least.

So you will cover all times—this is my best guessing, upon my observation of you as beings—to help those beings shift from their polarized situation of discomfort and comfort into a benevolent stage of comfort or their natural, normal state. If you were to look at them in the universe as they exist right now, if those planets do not exist anymore—and I am looking at them; they don't exist—there's like a ripple and that ripple is not normal, not healthy. So that tells me that area is insulated and protected so that others are not being harmed from it, and that who and whatever is still in that ripple needs help.

You are being trained so that you can go into those areas. You have decided you would do this; you volunteered. You have personal experience with polarity, you have personal experience with discomfort, and it won't be as extreme when you go into those areas as you have experienced here. So whatever it is, you'll be able to go in there and actually help because you will be able to identify with what these beings have gone through. So you'll go back to before they made the shift, and you'll help them through that shift in a benevolent way for them because you will have already done it! That's what you're doing now!

I got goose bumps [laughs]. That's incredible.

Yes, well that's the only way to do it, and that's another reason why I'm here, because it's about time, isn't it?

Yes.

If something has occurred in the past that is not good, it leaves kind of a bump in time, so to speak—a ripple, maybe. That's how it might look. So it needs help. Somebody's got to help, and you volunteered to help. Creator must have told you—or your angels, your guides, your teachers, I'm sure they did—that it's not going to be fun. You're going to go through a lot of stuff that isn't fun. You said, "Well, does it need to be done?" and they said, "Yes!" "Well, we'll do it," said you.

But if we do it right here, we won't leave a ripple, right?

That's the whole point. You are trying the system that you are trying because you believe it will work. Assuming it does work, then that is the exact system you will apply to those other places where the shift from discomfort to comfort, combined with polarity added into a more neutral and benevolent state, didn't go so well. You will apply what you have learned here and see if that works. If it does work—and I believe it will—then all will be well.

WHETHER AWAKE OR ASLEEP, EVERYONE WILL HELP

Will time continue to speed up? It just doesn't seem like there's enough time to get done during the day what needs to get done anymore.

Oh, but you don't have to get it all done during the day. You do it at night, while you're sleeping and deep sleeping. When you go through that shift I was talking about on your planet, do you think that the people who are in deep sleep are doing nothing, that they're just getting a free ride? Part of the reason that it's able to happen is that there will be so many people in deep sleep already having achieved a portion of that stage, including some people who will be in almost deep sleep and some people who are coming out of deep sleep from the well of spirit to the well of consciousness but are not completely awake. They will help because it's like stepping stones in a stream. Everyone will help whether they are awake or asleep. Everyone must participate. You couldn't really do it at all if there weren't going to be some beings in deep sleep. They are stepping stones and vital ones at that.

Well, I'm awed. This is incredible information. Thank you.

You're welcome.

[Laughs]. You pick up our stuff pretty fast.

Only what I need to. I must continue my work, so I will take my lunch pail and leave, okay?

[Laughs]. Thank you very much.

Good night.

*Good night. Good life. **

The preceding channel is an excerpt from a Light Technology Publishing book coming in Spring 2010—*Explorer Race and Time* through Robert Shapiro.

Forgetting/Forgiving Enables You to Move To a Benevolent Focus While in a Physical Body

Isis through Robert Shapiro

28 August 2009

No: LONGING FOR A FICTIONAL “GOOD OLD DAYS”

All right, this is Isis. Greetings.

There is a situation that is developing inside people. It is a longing for the perceived past, meaning a past that possibly existed to a degree in their own lives but that actually is a fictional past. This attachment to the idea of a fictional past has largely been fostered by the media and other fictional stimulations like that. Even in the old days before the media was so influential, you would hear people talking about the “good old days.” Of course, in the situation with the “good old days,” what’s remembered is often either the benevolent highlights or the fictional benevolent highlights—meaning what you thought, what you hoped for, what you wished for, what you dreamed for, but not necessarily what was.

This is something that will be a temporary situation that’s going on for a great many people now, not just people over forty. I’m speaking particularly now—and this might surprise you—to people under twenty. There is a belief in you that certain realities existed in the thirties, forties, fifties, sixties, even seventies, that were somehow much more desirable than the reality you’re living in now. But, in fact, even though there were good times in those days, just like there are good times in these days, those days also had extremely bad times—just like you have in some cases, in

KEY POINTS

- Nostalgia for the past must be released for you to move forward.
- You must also shed the “us versus them” mentality that allows you to unilaterally place blame.
- Forgetfulness will be almost overwhelming in 2010, but it will help you to let go.
- This forgetfulness will lead to forgiveness as patience, forgetting and forgiving become the watch words for the next few years.

some places, for some people, maybe for many people at different times, bad situations these days.

I’m not here to try to rain on anybody’s parade. I am bringing this up because the attachment to fictional possibilities in the past has the tendency to create a desire for such a “utopian ideal” that somehow, through some usually benign practice, that so-called wonderful past can be re-created in the future if only you do (dot dot dot). This attachment to the wonderful thing that can be created has been used by politicians, but more importantly here for my talk today, by despots for thousands of years. You’re going to have to watch out globally for the influence of “If only you do (dot dot dot), then wondrous happiness can be yours.” For the next two to three years, this is going to be particularly seductive. Sometimes it will come from religion; other times it will come from politics. Other times it will simply come from this or that discomfort with this or that group of people.

This stumbling block you’re going through right now has been something that has stopped benevolent progress hundreds of times in the past. But you can get through it if you remember just a couple of very simple things. It might help to write them down and carry them in your wallet or purse, or make a note of them some place that you won’t forget about. Memory cannot be counted upon, because when there are such attachments to this kind of unrealistic ideal, then your notes are easy to forget in moments of excitement or passion.

So here’s one of the things that’s important to remember:

- **Everyone on the planet is almost exactly like you in their feelings.**

Here’s another one:

- **You have much more in common with everybody else on the planet than you have differences.**

And the last one that’s so important:

- **If I’m really going to get ahead in life, I’m going to need help from every single person on this planet who allows in their soul that I deserve that.**

No: "THEY DID THIS, SO THEY DESERVE THAT"

That last one is really important, because you are all really more united with each other now than you've ever been. This unity is going to keep you connected through these next two or three years when you hit this stumbling block. You will all hit it at least once, usually more than once, and it might feel very justified to you: "They did this, so they deserve that."

Many times you will feel that way and be able to be surrounded, if you wish, with others who agree with you. The thing about this particular stumbling block is that even though something might have happened historically in the past, the people who are "they" now may not be those people at all. As a matter of fact, they are most likely to be souls who are cooperating in some way to support your happiness and to allow you to get ahead.

So try to keep that in mind if you feel yourself being inexorably drawn toward, seduced or otherwise attached to some apparently simple solution that will make everybody happy: "If only we can just get rid of *them*." Here's the reality: In order for everybody to get happy, you're going to have to accept the fact that "they" or "them" are going to have to come along. They don't have to harm you, and you don't have to harm them, but everybody is going to have to go along together. This is a challenge because there are (and I understand this) a great many wounded people out there: some of them wounded physically, some of them wounded psychically or mentally or emotionally, and some of them even wounded, to a slight degree, spiritually.

YES: PATIENCE

Therefore, you will have to develop, strengthen and even embolden, to a degree, your capacity for patience. Why do I say "embolden"? It means that you may have to call upon others to be patient, and it won't be easy because very often these others will be friends or people you might want to accept you. Sometimes, as you know, since you've all had misunderstandings—people have misunderstood you, you've misunderstood them—those misunderstandings take a little while to sort out. You go back over it with somebody and you say, "Oh, *that's* what you meant." Or they say, "Oh, I was confused. I didn't understand that that's what you meant." Then things smooth out.

However, it takes patience to allow that examination. In this so-called civilized world, patience is applied by various institutions. Sometimes it's the court system, sometimes it's the religious system, sometimes it's simply family systems or neighborhood systems or a friend. You're going to need to be patient to get through the next two to three years when you hit the stumbling blocks and sometimes in other situations. You will be able to do this, but I feel it's important within the realm of these predictions for 2010 that you be alert to that.

YES: LETTING GO OF OLD MEMORIES THAT HAUNT YOU FROM THE PAST

Now, there's something else I want to bring to your attention because it might seem to be a complication for

the coming year. It will go beyond the coming year, but you will notice it more in the coming year, 2010, than you have noticed it in the past. In the past, it's been an annoyance; it's been one of those situations of, "How could I have possibly forgotten that?" But in the coming year, you're going to really need something. I'm going to recommend that in the coming year, you don't just count on your computer to remind you that you need to do something. Get a tablet or a book or an agenda or something that you can write things in that you need to remember, and write some things that would seem to be obvious, like the names and birthdates of friends and loved ones and family members. You might think that's silly because you'll always remember that, but the coming year will be one in which there will be more awareness around yourself and awareness from other people about you that you and others are forgetful.

Forgetfulness will be almost overwhelming at times in 2010. Therefore, it's not going to be useful only to remind yourself about things on the computer; you need to have a little book you can cart around that has to do with basics: "Basic things I need to remember." This is not just philosophical things, not just, "I'm a good person and so are they," like Auntie Isis tells you sometimes, but also things "you would never forget" that are helpful to remember: names, addresses, phone numbers, of course, but also birthdays, what you like about somebody, and what needs patience to work out. Have that in your own writing if you can. That's what I recommend.

You might reasonably ask, "Why is there going to be so much forgetfulness, and why is it going to be everyone?" meaning every human, not the animals or plants. I'll tell you why. It's a necessary stage for you to be able to let go of things that haunt you from the past. I cannot tell you how much damage has been done. There is such a huge number of situations that have been perpetuated in the past and are even being perpetuated again now because "*They* did something in the past and *they* ought to pay for it." The situation is this: the "they" in the past is invariably other people, and maybe that history or that story is simply apocryphal. Maybe it's what somebody remembered, or perhaps it's a lie.

You all know with even a casual study of history—certainly in recent times, meaning the past hundred years or so—how many times things have been brought into being because of lies. You can identify with that yourself, can't you? I'm sure you've found out, at one time or another, that somebody told a lie about you, possibly even to someone or many someones you cared about, and it changed their attitude about you. Even when you were able to reveal that it was a lie and it wasn't true, sometimes those friendships or even intimacies never quite recovered from the damage of that lie. So remember that situations in the past are often fraught with lies, untruths (meaning partial lies) or even pitfalls—things that were misunderstood and then built upon in words, memories and even songs based upon that misunderstanding.

So why do you need to forget? Think about it: the history of the human being here on Earth and all of those old resentments. How are you going to achieve moving

from one focus to another, meaning this focus that you're in now with all the polarization and discomfort? How are you going to be able to shift to the benevolent focus while you're all alive, not going through the death experience? You're not going to be able to drag along all those hurts and memories with you.

You're going to have to literally let go. To be perfectly honest, the situation in your life does not lend itself to letting go of hurts and memories. Sometimes they naturally fall away through time and patience, but the really deep hurts do not easily fall away. The forgetfulness I'm talking about I'm sure you think is memory—your mental memory and your visual memory, meaning picturing—but I'm talking about a forgetfulness that goes deeper than that. I'm talking about a body forgetfulness, physical memory, things that are holding you back as a civilization (meaning an Earth civilization), even things that are holding you back as individuals because of old woundings.

So you're going to get there, you're going to be able to achieve that benevolent world through forgetting. You might say, "But isn't that dangerous, Isis? If we forget, don't you think it's possible that we can be taken advantage of again? People can harm us." You have to remember that everyone is going to be forgetting. So if you try and use that little book or agenda to remember all those hurts and wounds, it won't work—you'll forget where you put that book [chuckles]. Try to write down the important things: loved ones, friends, names, addresses, phone numbers of course, what you like and love about them, basics like that. That's all—don't write down old wounds and hurts, okay? Otherwise you're going to lose that little book or tablet because **Creator has deemed that the only way for you to be able to move into this more benevolent state is to be able to let go.**

Some of you have learned how to let go. It's not easy, but it can be done. For those of you who do not know how, there's no real time to learn now. So Creator has deemed that you will be able to let go through forgetting on the physical and mental planes. I must tell you, there is no way to avoid this.

YES: RELEASING THE LIES OF HISTORY

So if you're going to create a long agenda on your computer—a big file and even many files that have why you're mad at this or that group—you can basically let that go. That stuff will disappear from your computer or, worse yet, you'll lose other stuff in your computer, and you don't want to do that. So don't be attached to this or that resentment or hate. It's going to go away. On the other hand, reasons that people are angry at you or resent you or even hate you are also going to go away.

So given that, it suggests something else, does it not? That what's going to be interlaced with this forgetting is forgiving. That's right. So keep in mind that patience, forgetting and forgiving will be the watch words for the next two to three years. You'll all particularly notice it happening at one time or another—perhaps several times in your

individual lives—during 2010, and it will get a little more so in 2011 and a little bit more so in 2012. By the time 2013 has arrived, you will all have forgotten quite a bit.

Realize that this does not mean an end to your civilization, but it does mean a change. Although you will not have an overnight change in historical terms, over the next ten to twenty years, things will get better. So remember to say one every day, out loud as I've said before—you can whisper it if you have to, if there are big crowds around—to say with feeling,

"Things can get better for everyone."

Then say, after you pause,

"Things can get better for me."

It's important to say these things because it alters your physical memory as well as your mental memory and your feeling memory. It doesn't alter it in and of itself, but it provides support so that when that altering takes place and goes on, you will feel good about it. You'll be forgetting a lot of things that made you feel miserable and even made you feel sick. A great deal of disease has to do with remembering wounding and suffering at the hands of others. Much of that will disappear in the next ten to twenty years. So that's what you can expect from my point of view in 2010.

The "they did it" thing . . . is some piece of history going to come out that's going to make this more of an issue?

The history is present. I'm talking about anything where anyone was blamed, any group—I'm not talking about individuals—because of a lie or because of something that occurred in the past and then the entire group is blamed, a nationality. Here's an example: You know that during World War II, the bulk of the war was started and perpetuated for a few years because of the lies told by the Nazi regime and their cohorts, all right? Those lies caused death and suffering to untold millions of innocent people.

This is going to be somewhat associated on the one hand with some people who remember that as the "good old days." Granted, not many of those are still alive today, but there are a few. And there are others. The history has all been published: those lies are not true. That's the position of the historians who say that this is all lies, that none of what the Nazis said in their propaganda was true. On the other hand, people get attached to beliefs and they want to believe that something is true. You might find in religion, for example, that Bible stories will say that this or that group caused a terrible grievance. Therefore, the underpinnings of the Nazi regime and why their lies were able to be pitched with a certain amount of convincing was that maybe some Bible stories supported that, saying, "Oh, these people are bad; look what they did."

So I'm using that because it's an obvious example of something that happened in the twentieth century. But what about the recent and still to a degree ongoing strife in Africa: One tribe against the other, trying to wipe out the others, and their justification is, "Look what they did in the past to us! We'll get 'em now." They are killing men, women and little children, as if the little children had anything to do with anything that happened in the past. For that matter, most of the men who were killed and most of the women who were killed had nothing to do with what happened in the past. History is fraught with such things.

I even have a book here called Lies My Teacher Told Me, and it's someone who's saying that the textbooks in the schools need to be really looked at.

Sadly enough, that has been stated for the past 150 years and textbooks don't often change. If you want your textbook to be approved—it's economic—there's a tendency for textbooks at the basic level, K-12 in the U.S., for example, to perpetuate what has been said in the past. There's an ongoing, unrealistic belief that it's all right to tell people the truth if they want to learn it and seek it out once they get to college. Of course, by that time the damage has been done.

Do you see that changing?

Yes, or I wouldn't have mentioned these predictions.

YES: FORGETTING, RELEASING THAT WHICH HARMS

So we're going to forget our family, our friends, our coworkers?

No, not all the time. But there will be times when you might be married to somebody, you might be living with somebody, you might have somebody next door who's your closest friend, and for a moment you won't be able to remember his or her name. So, for example, if you have a situation like that, you're not going to be able to consult your little book and look up that person's name. You're going to have to have your little book be somewhat illustrative. So try and draw a family tree, just something simple. "There's me, and then there's my parents, and then there are my brothers and sisters"—a family tree is a diagram, okay? If your best friend is next door, for example, or even if there's just a neighbor you say hi to, you might want to draw a little diagram that puts a little x next to them. There's your house or there's your apartment, and the door next door to your apartment or the house next door on your block, that's where Donnie and Jackie and Phil and all these people live.

Try to make it illustrative like that too. That's why a little notebook might help. You're not going to forget all these things all the time. You're just going to have moments when you have forgetfulness that will shock you. It might very well be somebody you're living with. You might temporarily forget your cat's name or your dog's name or your bird's name or your horse's name—of course, those are not their names for themselves but are the names you know them by.

Okay, but we're only going to forget details about people, not how to drive or how to cook or how to run a computer or something like that?

If you feel that's a problem, then make a note of the basics, how to do it. There might be moments when you forget how to do something in a computer that you do every day. So make up little basics. It's not good enough for the basics to be only mental, words; that's good, but something illustrative would also be helpful. Understand that this will be for moments. It won't be that you're going to forget something and it will go away permanently. It's that the depth of the forgetting of old wounds that are harming you or harming others needs to go literally into the biology of your body very often to let go of that. That's such a powerful process—it's not going to harm you, but it might temporarily affect other things that you normally remember. That knowledge will come back to you. But you're not going to be allowed to remember things that are harming you or harming others. This is not going to happen all at once in 2010; you're simply going to notice it in 2010, if you haven't noticed it already.

What is the process of our forgetting? Is it like gold lightbeings disentangling things, or how does it work?

Why would I want to tell you that? Some people wouldn't want that to happen. Just know that this is something Creator is doing. I'd have to say that when it comes to things that Creator is doing, there's no back talk. So this is something I'm letting you know. I'm not saying, "I'm going to do it." I'm letting you know it's happening already and has been happening for a while, but that everyone will notice it in 2010 at one point or another, which in a way is good, because it'll give you something else you have in common. You're participating in the process because you are a portion of Creator as well as everybody else. But you're not going to participate in the process *consciously* because you cannot do that consciously without being involved in your attachments and resistance to the process. Conscious is conscious in every way.

You don't often like to think about the fact that you are living in somebody else's house, but it's true. This is Creator's house, this universe, and you are living in it. People like to kid about or sometimes even get serious about, "This is my house and I'll set the rules," eh? The reality is that this is Creator's house, and if Creator does do something . . . think of all the prayers in the past: "Please do something, Creator. Stop this horrible (fill in the blank)." Well, Creator's doing something, and this is what Creator is doing.

But you can use benevolent magic or living prayer in other ways. You have forgotten that when you've said benevolent magic or living prayer, that an underpinning of all of that is the most benevolent outcome. So you can't have a benevolent outcome perpetuate into the future if you're going to drag along all those old hurts and beliefs in lies. Some lies are dear to the heart, but not your real heart. They just feel good because it makes the world seem so much more sensible: "Oh, he did this. Oh, she did that. They're bad." Now you know how much mischief that has done. [Pause]. Something to think about for 2010. Good life. ✨

Against All Odds in 2010

Kryon through Lee Carroll

There have been a number of startlingly strong Kryon predictions that have happened in the past few years. In 2007, Kryon actually predicted our current economic downturn: "There is a possibility, a potential, that looms very, very strong, that one of your financial institutions, the one with the most money on the entire continent, is going to fail . . . and it's called insurance."

When AIG fell over, it was obvious that Kryon was correct and that this was the precursor for many other issues as well. In Kryon Book 10, *A New Dispensation*, Kryon predicted the fall of some of our largest American companies: "Ten years ago if I had told you that the largest businesses in this great land of yours would fall over and expire due to integrity issues, would you have believed me? . . . Well, look out the window and read your news. It's called pruning" (152).

Our beloved auto industry, the icon of Americana, went bankrupt and is now owned by the government for a while. Some of our core financial institutions are in the same boat. These complex financial interactions are not well understood by the common public.

Here we sit in the middle of something that was clearly on the "potential list" of energy even a few years ago. Painfully accurate, Kryon gave us the blueprint for the potentials that we might create if the energy of the shift remained the same. It did, and we are experiencing it.

This shift is about cleaning the slate and "pruning the financial tree" of the way financial institutions work in a Western society. It's not the beginning of a world bank or a common currency. Instead, Kryon says it's the beginning of the installation of more integrity into a former system of greed. Read between the lines: A pruned tree emerges stronger and more durable than it ever was. It has more leaves and grows stronger after the event that some say may actually have looked like the tree was being killed.

This year I was again startled by the accuracy of two more prophecies, both given in Kryon Book 11, *Lifting the Veil*: "Watch for two things politically on this planet: (1) Soft revolutions. You can define this term any way you wish. Soft revolutions in two important countries: One is China. One is Iran. And they are going to trigger a change of consciousness—against all odds—an alignment for peace with the rest of you. Watch for it" (100).

KEY POINTS

- Events that occur in the "against all odds" paradigm allow you to witness the shift that's taking place.
- Next year you will find that Iran may very well be the key to peace in the Middle East.
- As you await the shift, the past will slowly slip away.

As I write this, both of these events happened only a few months ago, and I remain interested in one of these things specifically, since Kryon has spoken of the Middle East many times and how we need to create some stability there that will lead to a long-lasting peace. So in this short article, I am asking Kryon to come in and give us some more information about the potentials before us.

Greetings, dear ones. I am Kryon of Magnetic Service. At my partner's request, I will give to you an explanation of what might be one of the largest turning points in your very near future.

Spirit cannot give you the future. The idea that "God knows everything" might seem like a nice linear idea to a 3D consciousness, but it doesn't work that way. Indeed, God knows everything in a quantum state, but the things that Spirit "sees" in Humanity are the largest potentials that might be created, not the actual manifestation of future events on a linear track. The concept of free choice creates a constant and continuously changing track in front of you. God knows the potentials of your vibration, and this allows us to give you a very high probability of what is before you. But understand that we are only giving you the potential of what you are most inclined to do; we are not giving you some magic future created by energies that are not yours. It can change quickly—ask any futurist.

In these past years, the most startling things that have happened to you have been what we call "creations of synchronicity outside the potential of the current paradigm." In your words, this would be translated as "against all odds." So "against all odds," the most profound events since 1987 are able to be listed and looked at for what they are. Note in this list that they are unexpected, out of the normal linear idea of what is before you, and filled with a message that there is a shift happening that is changing the way Humanity thinks.

"AGAINST ALL ODDS" SYNCHRONICITIES OF PAST YEARS

The fall of the USSR was against all odds. There were no signals, no prophecies and no warning that it would happen. It changed the very dialogue of what the fortunetellers of the past told you would happen, and you are still trying to rework your culture to compensate for fifty years of an enemy who



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suddenly no longer exists [speaking to the West]. There were no quatrains from the prophets, no biblical references and no hints that this would happen. It indeed was “a creation of synchronicity outside the potential of the current paradigm” of your cultural expectations.

Notice that it was synchronous, in that it was created by a series of seemingly random events by individual Humans who were going against tradition, against what was expected, and against everything that was “normal.” This is the shift at work. There have been many of these “against all odds” synchronicities in the past years, and they all fly in the face of logic of what you thought would happen, or for the very linear reasons you have set up that bias of what you think is on the horizon.

Your last U.S. election was the same. You placed a man of color in the office of the president. Sociologists will tell you that this event needed perhaps another two generations to “go beyond the bias” that is still prevalent in the U.S.A. So what happened? Look at the synchronicity of two things: (1) the former president and what his energy was as a setup to (2) the election of a young new energy who is Lemurian and a hybrid of races. His reign will create still another setup and a potential surprise. But in the meantime, look at the “against all odds” paradigm that is present here. Do you see how this works?

Perhaps even within this month you might hear others declare that your future holds doom or visits from extraterrestrials or death and destruction. Then the clock goes by and these things do not happen. Again we tell you that even some of the best of your futurists are simply “reading” a constant potential of what is “out there,” and these are not necessarily the highest potential but only the ones that “smoke.” This means that they are the most dramatic ones, and Humans are biased to see the most dramatic potentials when they go to the place where these things are seen.

Indeed, it is also important that you realize that Gaia is involved in this! The shift is about Earth, not just the Humans on it. Therefore, things that may provoke much fear, that many say the Earth will create, will be voided as well. Gaia is part of the cooperation energy vibration of the shift. The Earth’s actions are not separate from the life upon it. It’s just the opposite—Gaia supports Humanity.

THE REVOLUTION IN IRAN IS NOT OVER

So I will give you a potential “against all odds” scenario that is profound and dramatic but is not going to enthrall you with movie-like events, cataclysmic upheavals or space creatures. Instead, let me tell you more about Iran.

Some time ago I told you to watch for what I will now call the primary upheaval in Iran. It was a revolution in Iran that lasted a week or two and then seemingly went away. Well, it’s not gone; it was only the opening act. Unreported in your news are the many executions going on in that place. There is horror there that will only be reported later. There is a massive structural pressure that is like an earthquake ready to erupt. Last year I gave an answer to a question that has just been published. You did not see it [Sedona Journal readers], for the publication was in French. This will change shortly [the publication will be in English], but you need to see what was given now:

“The people of Iran are very wise. Many of them are young . . . younger than the average age of your civilization. They don’t have the number of older ones you do, so they think differently. Rather than being radical and ready to vaporize themselves in some kind of final battle for their God, many are instead silently wondering how to bring their leadership into check but still hold on to their faith. Many wish to create a situation that might bring them into abundance and a more peaceful life within their own religious beliefs. Make no mistake. They are not allied with the West, or about to be. That is not their desire. They love their own lineage and their own prophet. But they wish to change the idea that they are all disposable martyrs, led by their older ones who seem to be ready to gamble and take them to the brink of destruction.”

The revolution in Iran is not over—it is the opposite. The potentials are that this nation will reinvent itself. It has always seemed to be part of the sand in the oyster of the Middle East and has always irritated the West. In addition, the government there has covertly been brewing up old energy ideas that would have eventually created limited destruction and death for many. This is being weighed right now by the overwhelmingly younger population of Iran, and they are looking at how to change it. It seems to be the plight of Iran that suffering comes to it on a regular basis. That is the paradigm that can be potentially broken at this time.

Although this potential will vary depending on the timing of the revolution, the days of the older religious leaders controlling the country are going to pass. The revolution may happen in ways that are “against all odds” and, similar to the USSR, changing seemingly overnight. This is only one of the scenarios that we see. The other is a more violent one and short, but with the same outcome.

As indicated above, there is a strong potential that Iran’s thinking is going to change. Under the leadership of a more



MAHATMA I & II

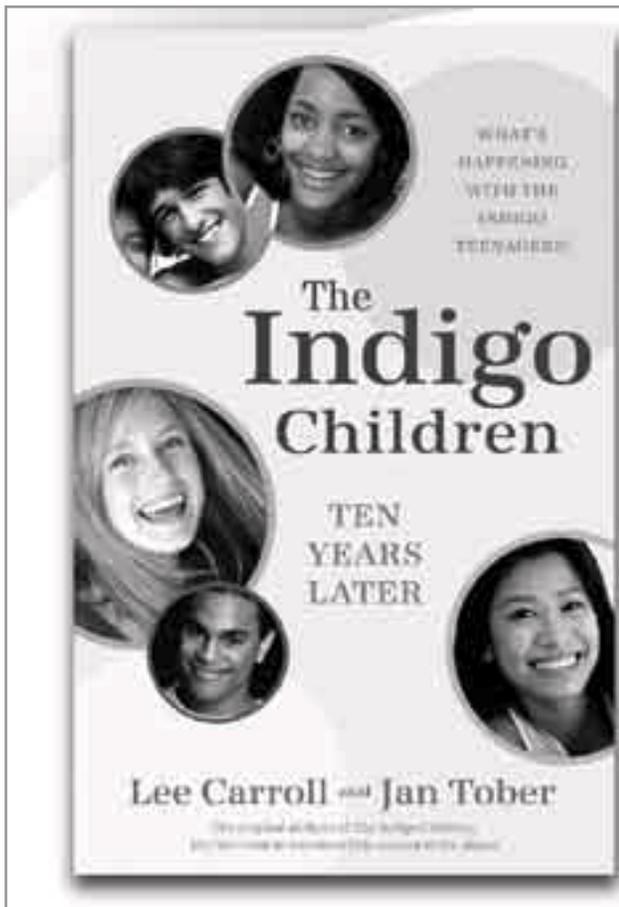
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Awaken and realize that all of humankind will create their “body for ascension,” whether they accomplish this now or later, and that this is not the exclusive domain of Christ or Buddha or the many others who have ascended—this is your birthright. When humans lift the veils of their unworthiness and recognize that they are the sons of God, that there is divine equality and that no one is greater than another, then you will have begun your journey in the way that it was intended. The Mahatma is for those who are motivated to search for the answers that can respond to their mental and spiritual bodies. No matter how contrary your current beliefs, this book contains methods for creating your spiritual lightbody for ascension and also explains your eternal journey in a way never before available to humankind.



The Indigo Children TEN YEARS LATER

Lee Carroll and Jan Tober

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

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

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

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

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aware government, they will see their future as becoming a constructive buffer between the thousands of years of struggle in the Middle East. "Against all odds," Iran may be the key to peace in that region.

In the process, ironically it will get what it has always wanted. It will be the most respected of countries in the region. It will have a positive influence without becoming Westernized and become abundant. It will share more wealth with its population, giving the Arab culture a paradigm to look at that will create unrest in areas that are uncomfortable with change.

Eventually Iran may actually broker a solution to the Israeli issue, an unsolvable one in modern times. The potential is that they will create it through a "pressure for peace" for the region. As local participants, they will be able to do what no outsider can do. They are Iran!

They will understand how a peaceful Middle East can successfully compete in a world that is increasingly becoming more economically unified. They will see that if they remain in the old ways of hate, indifference, war, denial and belligerence (exemplified by their current leadership), they will never be able to move past an energy that has kept them from having the freedoms they desire within their own belief system—not a system that is authority-driven by ancient rules, but rather one that is driven by the logic of their spirituality and a wonderful discovery and intuitive sense, told to them by their own prophet, that it is Iran's fate to eventually be seen as a profound leader in the Muslim world.

ENLIGHTENMENT IS NOT A WESTERN MESSAGE

Impossible you say? Speak to someone who went through the Cold War and watched the giant bear topple as if pushed over by a child. You see, these things do not follow existing 3D logic. When the Berlin Wall tumbled down, both sides cheered. If that is the truth, then where is the enemy? It is in the past, slowly slipping away as an old disgruntled monster who is no longer timely, no longer powerful, and whose growl is being laughed at by those who now know better. The teeth are being removed from the past.

Enlightenment is not a Western message; it is a worldwide message. A shift is upon you that will create situations "against all odds." Also "against all odds" is that there are those in your own government who are waiting for this, not creating it as in the past. They are already in dialogue with those who will emerge.

As for other items, you already sense them, do you not? There are two events in South America, one in the Caribbean, and then there is always Korea [Kryon wink]. But these are far more obvious, and they don't require a channel for you to figure out that the shift is taking its toll within the old energy ways.

Lastly, your economy is still in transit and the recovery is tentative. It is waiting for something else that you have not yet seen coming. When it settles, there will have been a bit more upheaval. Sometimes the giants take awhile to fall, but the spiritual slingshot is very accurate with the shift in your sights. ✨

The Year of Visioning

Sarrinn with the Ancients through Daniele DeVoe

Greetings, dear lightworkers. As 2009 comes to a close, with millions wishing that the chaos of this remarkable year were passing with it, it is a wondrous thing to observe the energies of 2010. And no, the chaos is not passing; it is evolving or, even better said, it is returning to the powerful tool that it was meant to be. Chaos was never intended to be a negative, fearful experience; it was actually designed to put Technicolor and pizzazz into your lives. This new year will afford you the opportunity to choose to let this advancement bless your days.

For many of you, this next year will also be the one in which you “get it.” Even while most of humanity continues to struggle with the logic and judgment that separates them from their inner being and truth, you can choose to be one of the many who will actually thrive and grow in 2010. The one power to which we would like to bring to your attention here, a power that will be circling perpetually throughout this year to help you achieve your dreams, your successes and your enlightenment, is the power of visioning, so if we were to give you one bit of advice that will hold true for the entire year of 2010 it would be to become a powerful visionary. You already know that energy follows thought, and you even understand the power of your own beliefs and the miraculous potential in meditation. Given all of that, why does life still seem so out of control?

If you are wondering what is so special about the process of visioning, visionaries use all their senses to create their awakened and vibrant lives, and the visionary has at least twelve senses: the six you know, plus six more that are soul-based. Simply add your intuitive and soul energy to sight, sound, smell, touch, hearing and intuition and you too will be using all twelve senses. This entire year will be filled with opportunities for you to practice making clear, loving

and strong choices in your lives, or you could choose to wait and see if 2012 will miraculously do it for you. We now invite you to join us as we apply the visionary process to each month of the coming year.

JANUARY: LEARNING TO RECEIVE

The first day of 2010 is a “5.” What a wonderful way to begin a year! In numerology, five represents change and unconditional love, the two energies required for the transformational shift that everyone is anticipating as part of the 2012 effect. We have been teaching for quite some time now that it is not necessary to wait for 12/21/2012 to claim your enlightenment, ascension or unity, and this New Year will clarify that truth.

As January gets going, ask yourself what you want to experience in the coming year and, more than simply setting a New Year’s resolution, imagine a powerful, deeply felt picture of what you will feel like when you succeed with those resolutions. In your picture, whether you hold it as an inner vision or actually bring it into matter as a vision board or journal, feel what you would like to accomplish and live as the year progresses and where you would like to be when the year ends.

We also suggest that, once you have chosen your resolutions, you take some time in January to expand them by thinking bigger. Why? Because in truth, very few humans dream big enough. As the omniverse becomes more fully understood and your abilities as awake and aware beings in a five-dimensional reality coalesce, thinking and dreaming big will be one of the most fun and effective tools you have.

This brings us to the one issue that most of you have been trying to get good at for multiple lifetimes and that has tripped you up repeatedly, and that is your ability and willingness to receive. In January 2010, it will become quite clear that this problem still exists. As your northern hemisphere moves into the heart of winter, your news media will be reporting fearful news about money, jobs, pandemics and terrorism. Does that mean that we are predicting disaster? No! We are predicting that in January, those of you who are ready for success, abundance, health, purposeful

KEY POINTS

- The year 2010 will be a year of growth and thriving for many, as lightworkers come into their own and find opportunities for advancement in situations that may seem chaotic.
- This next year will be especially powerful in the development of visionary abilities and senses, and you should practice making clear, loving choices at every opportunity.
- As visionaries, you can choose how this year will appear to your senses, living it fully, completely and consciously in the omniverse.

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work and loving, safe homes will concentrate on visioning those lives and successfully receiving them too.

The universal law that encompasses receiving is the “law of allowing,” and there are two steps to receiving that present the most opportunity for change this month. One of the absolute requirements of this universal law is that others receive unconditionally too. If you are truly ready to receive according to your own soul’s divine path, remember to allow that same right to all others, whether or not you agree with them, approve of them or understand them. This is not about becoming a victim of the rights of others; this is about complex and unconditional creating and manifesting, which blesses you and everyone else as well. Envision your results—not as a black and white, emotionless picture in your brain, but as a vibrant, pulsating, juicy passion in your heart. What will you envision throughout January and throughout 2010?

FEBRUARY: CONTEMPLATING YOUR OWN DIVINITY

In February, you may feel as if the realization of your own divinity is unattainable, especially if you have not worked with the law of allowing during January. Many will meditate or contemplate with this goal in mind and find that their busy minds and non-visionary thoughts block the access they seek. There are many who have worked closely with their inner beings for years, yet this month they find that access is difficult or even denied. Why? Because this year—this month especially—the focus is on the achievement of mental command and mental clarity, discovering how to use the brain as a tool and the mind as a source of wisdom and allowing chaos, even mental chaos, to be a tool to add vivacity to your life.

As is often the case, when people face the healing of a difficult habit or belief that no longer serves them, the habit or belief becomes quite tenacious. This is simply because rather than developing thoughts that build life in their desired direction, most people focus on the habit and think about it so much that they simply create more of it. February will be a wonderful month to learn to point your monkey mind—the endlessly repeating voice that loves to harp on your weaknesses—in the direction of growth rather than habit or fear. After all, that very annoying voice in your head has great power. Why not teach it to repeat more helpful mantras? For instance, rather than letting your monkey mind chant, “I need to lose weight,” teach it to chant, “I love my body.”

You have the power to choose to evolve toward awareness of your divinity in February, or you can simply let the opportunity slide. Imagine what you would feel like if you claimed your divinity: Wouldn’t you feel strong, successful, clear, purposeful, guided and unconditionally loved? Feel that throughout February—and maybe every moment of the rest of your lives—and you will become it. And remember, as you claim the truth of who you are, practice seeing that truth in everyone and everything around you. It doesn’t matter if others “get it”; it only matters that you do.

MARCH: ABUNDANCE FLOWS FOR ALL WHO ARE READY

As spring begins to arrive, dreams begin to come true! March of 2010 is about abundance in all its forms . . . Abundance of experience, joy, peace, success, relationship, wisdom and, yes, financial abundance too. And can you even begin to imagine the hugeness of your success if you spent the first two months of 2012 learning to vision and to receive and to command your monkey mind? March has the potential to grant you your dearest wishes . . . Are you ready?

APRIL: SANCTUARY AND PLANNING ADVENTURES

This April will be a good month to stay home or at your job, give thanks for everything in your life, do your work and contemplate the perfect journey of your soul. If you practice feng shui, this will be the ideal month to reset the chi of your home, office and so on. The inclination and maybe even the yearning will be to get out there and get busy with your lives, changes, new choices and new dreams, yet this April is setting up to be more suited to the final preparations for whatever you are choosing next, even if your choice is for no change at all.

MAY: WATCH SPRING BLOOM!

Do you feel at home wherever you are? In May, we encourage you to develop this ability. Are you aware that your soul is the sanctuary of your personality? If you consider this, understand this and develop this as a belief, you will find that you will seldom feel out of place or lost again. The visionary lives in the energy of their most blessed and beloved potential. Isn’t that the same as living in the energy of sanctuary? Isn’t that the energy of home and the epitome of a joy-filled physical existence? Isn’t that enlightenment?

JUNE: WHAT IS YOUR DREAM?

June is certainly for lovers this year. Whether you are a June bride or groom or a long-time partner in a relationship, this month will lend itself to expanding and strengthening your intimate connections. June will also be wonderfully supportive of your efforts to improve your relationship with your own inner being, guides and higher self. And so we ask you if you have fallen in love with yourself: As you learn to see all of reality as a beloved creation, it is imperative to include yourself in that paradigm. Simply put, when you are not loving yourself, you are living in duality. Period. When you are loving yourself, you open the gateway to the unity that has always been ready for your participation.

JULY: TRUTH, TRUST AND DISCERNMENT

This July is about truth and discernment. Trust comes from a well-developed ability with both. Everything you have been practicing up to this point will help you to achieve your discernment in July, because each step of the

year's lessons has encouraged you to develop a better and clearer relationship with your inner being. You all know the words; when you want to know if something is worthy of your trust or if it is based in truth, turn to your inner guidance and notice if the thing feels good or feels bad. If you have practiced this well, your feedback will be clear, easy and instantaneous. If it is not, practice more! This talent of discernment is the positive aspect of judgment and is essential to successful life in the physical.

AUGUST: RECONNECTING TO YOUR SOUL

Are you having trouble receiving clear intuition? Has your connection to your inner guidance or your guides felt fragile lately? In August, many of you will forget to focus on your new abilities and will revert to habit. If you catch yourself quickly and refocus on your visionary dreams and goals, this difficulty will be less than a pebble on your path. If you allow yourself to be distracted, it may cause you to take an unforeseen fork in the trail, but don't worry: The trail loops back around to the perfect path of your soul. You can't miss it; you can only delay it a bit.

So why not learn to catch diversions quickly? Notice when your monkey mind begins to revert to chanting old fears, and command it to return to mantras that support your preferences. Be aware when unexpected circumstances redirect your focus and delay the forward momentum of your passion. Your own soul is so connected that reconnecting with them will help instantly.

Pay attention to the interruptions that come so easily and constantly from life and loved ones, and even while you engage with them, be the stubborn visionary and live your joy.

SEPTEMBER: TIME FOR ACTION

This month all plateaus are ending quickly and abruptly. Have you prepared for what is next? Is your vision in place? Have you developed your inner connection and thus your discernment? Are you ready?

OCTOBER: EMPATHY BECOMES COMPASSION

"Letting go" is the highlighted energy of October. It is not about giving your life, energy and health away—in other words, sacrifice—nor is it about giving your dreams away—more sacrifice. It is about letting go of anything you are holding for others. If you are an empath, learn to release everything you hold on behalf of others to Source. It isn't your job to carry the burdens of others; it is simply your job to love others while holding your own resonance in the most loving frequency you can maintain. Loving others, offering them healing and yet keeping yourself separate from their problems is called compassion, and compassion is the basis for every great spiritual teaching that has ever been taught on your beloved planet. If you want to manifest a world based in harmony rather than fear, release the judgment that is implicit in empathy and live the unconditional love of compassion.

NOVEMBER: THE TRUE MEANING OF THE WORD "PATIENCE" IS LIVING IN THE MOMENT

"Soon" is the word for November 2010. Soon, your dreams will come true. Soon, your life will get going. Soon, you'll live free of fear. Soon, you will remember your own divinity. And that soon is right here, right now. This month, we suggest that you practice paying attention to your present circumstances. Practice ignoring the future by allowing your intuition to reach beyond the future. Practice living outside the past by sending your intuition beyond the past.

Notice that when you allow these techniques to flow, their energies circle back around to the present with new levels of passion, joy, potential and outcomes that are simply beyond imagination. Living in the moment does not exclude all other moments, because they are not here now. Living in the moment welcomes all other moments to the now and opens them completely to your participation. There are no books that will teach you this; there is only participation, experience and the now.

DECEMBER: PEACE, UNITY OR HARMONY?

Before you imagine yourself as one being standing around singing "Kumbaya," we suggest that you use the energies of this December to become clear on what you believe oneness to be. December 2010 will magnify your unity, and unity is simply the alignment of your personality with all the other aspects of you: your soul, higher self, divine self and so on. A world living in enlightenment and oneness is one in which all the beings have achieved this alignment.

Are you aware that peace is a similar issue? Peace in your physical reality presently requires that some factions adapt to the definitions of peace held by others. Peace as it is defined today is exclusive rather than inclusive and also quite contentious. In December, your world will move powerfully in the direction of harmony. Harmony is the result of peaceful coexistence and unconditional love. It is the "world peace" that you have been searching for throughout eons of war. Harmony is the result of the laws of attraction and allowing succeeding at their optimum levels. Harmony is the true energy of the unconditional love of the divine, and its flow will expand exponentially this month and in all the months to come. The question is what are you going to do to participate and assist with this momentous shift of intention that has been the goal for so many so long?

You are a visionary. Even if you are unaware of those qualities within you, that is still what you are. The year 2010 is about using your visionary abilities to taste what your future would be like with each potential outcome and choice, to decide and choose what you would like to create and manifest and to hold the energies of that divine outcome from this moment forward. This year will be lived fully, completely and consciously in the omniverse, and you get to choose what that will feel like, look like, taste like, smell like and sound like as a visionary. And we know that you will choose well! Namaste. ✨

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Your Planet Is Moving To a Higher Dimension

Master Kuthumi through Rae Chandran

Greetings, lightbeings. This is Master Kuthumi. Greetings to all of you. As you are all aware, we have entered a fulcrum point on 9/9/9 in the planet's movement into a higher-dimensional planet.

In simple terms, this means we are at a very important juncture. For what transpires between now and 2012 will be the foundation for the next ten years, and what transpires within the next ten years will be the foundation for the next hundred years and more. Until this point, between 1999 and 2009 was a preparation time for humanity to heal and know what's important in their lives in terms of their soul evolution. From the time of 9/9/9, time will be speeding up much faster, and the time to manifest their creations will be much quicker than before. So for this creation to be benevolent and beneficial for all concerned, it is imperative that humanity focuses on the next three years, always staying in their heart and connected to their I Am presence so that all actions and experiences stem from the place of pure love and not from fear and ego mind.

What does this mean to humanity as a whole leading up to 2012? Is it doom and gloom as predicted by many, or is it something humanity as a whole has the capacity to create? Humanity has already reached the critical mass necessary to make the vital changes necessary. So you will see many old structures being torn down and rebuilt. This rebuilding will be with the participation of the people and not by a select group as done before. The time of a select group or "me" is moving toward having a larger participation for the entire people: from "me" to "we," or "us."

YOU WILL MOVE TOWARD INTEGRATING YOUR BODY, MIND AND SOUL

What do we see for the planet in 2010 and beyond from this side of the wall? First of all, we see a movement toward

KEY POINTS

- In the next year, you will see a movement toward more integration on a personal level, namely your body, mind and soul.
- You will begin to realize on a broader level that God is indeed within yourselves.
- Changes will occur in your technology as you realize that technology is there to serve *you* and not the other way around.

more integration on a personal level—integration with the body, mind and soul. Humanity will soon realize that they are not just carbon-based bodies, physical mass, but true living organisms capable of producing the most magical of experiences, which they choose to have.

To create these magical experiences in their lives, they will realize that they will have to include all the three vital components of the human body—that is, body, mind and soul. All three must be brought into balance, and when humans do this, they will realize that they are the masters of their own lives, capable of producing the highest and most beneficial and benevolent experiences of their lives, and not simply victims of their time or destiny.

This realization does mean that when challenges happen they are able to see the perfection of it and the meaning of it, and then work out solutions based on this acceptance rather than from base emotions as before. This has enormous implications for human nature. It will change the status quo of how humans have operated so far in creating their history, and they will be able to see the folly of creating their reality only by using one element of their life: namely, the body, or in most cases, the mind.

YOU WILL BEGIN TO LOOK FOR GOD WITHIN YOURSELVES

The second major change is in the way God and religion are perceived by the mass of humanity. Although religion has played a part in shaping the history of this planet, it will be seen as a restrictive tool used by the powerful and the elite to control humanity. If you were to break down the minute part of human history, all at the base level has been an attempt to find the divinity. Religion has separated humankind in this search of their own divinity by colluding with powerful people in keeping humanity in the dark about exploring and finding their own God, and this has created the great separation we have among people at the present time. In the name of religion and God, countless wars have been fought and

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are still being fought throughout the planet. In these next few years, you will see people questioning their own religious beliefs and beginning their own search to find God.

Along with the search for God, it will also become apparent to people that religion does not give them practical tools to serve or solve the everyday challenges they face. So people will start moving from organized religion to an ancient and benevolent shamanic way of living, where they will be able to participate in the process of resolving their issues rather than relying on a God whom they perceive outside of themselves and beseeching or begging that God solve their problems. For they will realize that they have the power inside themselves to change or re-create the present experience with the help/assistance of God inside themselves.

Also, humanity as a whole will slowly start to realize that for any true change to take place, they must incorporate the truth of their being into the body also and not just the mind. For they will realize that the basic instinct of the body is survival, and if any truth is not incorporated into the body, then it is difficult for true changes to take place outside. The basic energy system inside the body has to be changed, the energy of belief that does not serve them, so that human beings can move from the place of instinctual survival to conscious creation.

YOUR TECHNOLOGIES WILL SHIFT

The third major change involves the use of technology. Technology has been created to serve and to empower humanity, and also to give human beings the time and the understanding that technology is to be used to serve them and not the other way around. Now technology controls our lives more than we realize, and we have in many ways become slaves to that technology. In these times, a human being, especially in developed countries, is expected to be on call twenty-four hours a day, seven days a week.

In the next few years, people will begin to question the value of technology in their lives and will make a choice as to whether it is serving them benevolently or not. People will start making choices about the technology they wish to have and use. Many new scientific studies will be forthcoming about the excessive use of technology, especially the use of cell phones and computers. This will give people an understanding of the harmful effects of technology and thus give humanity a choice to see whether they need this technology or not to support their lives.

We also see changes in the way the human body is treated. There will be a shift in treating illness and looking toward the cause of the illness. The big establishments will realize that preventing the sickness is much more economical than curing the sickness. The patients who need to be treated will be asked to participate in their healing process, thus giving them a voice in their own healing. The emphasis will be on "we" and not "me curing you," as it is in the present system. Also, a large emphasis will be placed on the human emotions that caused the illness in the first place.



Researchers will begin to study human emotions more thoroughly and will see how humans play a vital part in the creation of sickness, and the scientific and medical communities will slowly start accepting this.

LOOK FORWARD TO GREEN TRAVEL, BETTER HEALTH AND HOLISTIC FARMING

The other changes we see are in transportation. Major changes will occur in this sector. Many governments of the world will look at the cost and efficiency of the present transportation system and also the enormous affect it has on the environment, and there will be a strong movement to create alternate means of travel. One of them will concern the use of alternate energy being used to power vehicles without burning fossil fuels. This will be called green technology/green electricity and will start in Europe but will gradually spread to other countries, slowly weaning humans away from oil and other gases. This will be a major revolutionary step, as the cost of this will only be a small fraction of present costs and will be eco-friendly. One of the first countries that will embrace this technology will be China. China will also slowly embrace democracy and will become a major player in the international market in all areas of technology.

One other very interesting development will be in the area of the human immune system. People will begin to realize that by strengthening the human immune system, they will be less inclined to become sick. There will also be new developments in medicine that will tie in with the human immune system, and there will be new medicines coming forth that will strengthen the immune system without causing any side effects. This will be a great success, as it will help in many areas of disease. Scientists will discover that by strengthening the immune system, the entire skeletal system is strengthened, along with other body organs. Also, the art of breathing will be taught in many places, which can specifically strengthen the human immune system.

We also see a development in the raising of children. There will be a major realization that children are precious and they carry precious energy, and how we interact with them and treat them during the early years of life determines their entire lives. This will precipitate discussions and debate about elders raising young children like some

ancient communities still do, thus passing the wisdom and love of the elders to those children.

The other great change we see is in the growing of crops, fruits and vegetables. Farmers and others will start to see that the crops and the fruits and vegetables they grow are intimately tied in with the Earth where they are grown. The Earth is a living organism, and by interacting with the land where the crops are grown, the crops will have a higher yield and also will be full of high energy. This will revolutionize the way crops are grown all around the world. Also, by communicating with the land, the people will know which crops suit the land the most, thereby giving farmers

and others the choice to plant the seeds that seem fit for that particular time and place. People will also start staying away from genetically engineered crops and food products in a greater movement toward organic farming.



The year 2010 and beyond, my dear lightbeings, is filled with many opportunities to create the great paradise human beings have dreamed of. The question is, are you ready and willing to choose this new path of re-creation?

I send you great love, and embrace each and every one of you in divine blessings. This is Master Kuthumi. ✨

Compassion Knows No “Other”

Mother Earth (Gaia) through Pepper Lewis

The year 2010 is an interesting, puzzle-like year that will reveal itself uniquely to each individual. It is a year that must be assembled from the inside out. The good news is that it can be assembled in a variety of ways. The bad news is that, because it can be assembled in so many different ways, the most creative or correct way to do so might not be discovered until the year is firmly underway—much later than some would prefer. For better or worse, this year will cause you to think on your feet. You will still be able to anticipate and prepare, but perhaps not to the degree that you have been able to until now.

Remember that each year, like a perfect pattern, follows the laws of nature, which does not take for itself what it cannot replace. Therefore, other abilities will replace ones that are less accessible to you. For instance, if you trusted your intuition more, you would not need to prepare and anticipate as much as you do today. Likewise, if

you trusted your ability to speak your truth and have it be well received, you would not spend as much time planning and plotting what to say and do next in order to be seen, heard and understood correctly.

ASSEMBLING YOUR YEAR WITH CREATIVITY

Throughout 2010, you have several opportunities to revisit and remake your core values and to strengthen them in areas that may be weak. This will not be accomplished by challenging them or by throwing the latest crises at them to test their resiliency. Instead, your elemental self will be able to run self-diagnostic exercises designed to enhance that which you are already becoming. This is part of the (r)evolution paradigm already underway.

Again, the good news is that this very useful addition to your physiological being is already in place. On the difficult side, you will learn how to use this ability through trial and error. Your guides and teachers will be at hand to assist in the process, but you will write your owner’s manual through the decisions and experiences you make. The most helpful key that can be offered in this regard is to choose that which you are, that which you have and that which do—knowing that by choosing it and owning it, you are free to change it. There is

KEY POINTS

- As you assemble this next year, revisiting and remaking your core values, remember that you will be dissolving and re-creating the patterns of your approach to life, so choose wisely.
- This year will be about redemption and healing as humanity moves away from the duality to which it has long been accustomed.
- Compassion will be a vital element to the positive development of the next year. Allow compassion to move your heart to act in response to the pain of others, and you will allow yourself to be healed as well.

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no need to ignore or reject anything that you have learned and accomplished thus far, but if you allow it to define you, it will defile you too.

As the year unfolds, it may be helpful for you to imagine that the energies of 2010 are something akin to that which arrives marked “basic” or “introductory” so that you can add on to it based upon your ideas and desires. All of the basics are included in the box, so to speak, and it is up to you to begin to build a “model” year for yourself. Although a twelve-month solar year is not something that arrives with an instruction manual, it can be creatively assembled from a variety of influences.

The most important key to establishing a stable year is to use the basics that are offered—already in the box—to build a light but firm foundation and then to focus on the personal attunement and refinement of new paradigm abilities. Concentrating solely on the basic configuration of the year will result in a year in which your basic needs are met, although you may find yourself feeling more needy or needful than you would prefer. By contrast, any creative initiative you introduce will place you at an advantage, and you will feel one step ahead of the pack instead of one step behind.

HISTORY, FREE WILL AND THE PATH OF EVOLUTION

Have you not wondered why history cannot accurately decode some of its past? This is because timelines flow and float alongside a variety of realities, converging and diverging, accelerating and decelerating, and encouraging humanity to choose its own collective path of evolution. This is one of the most effective ways that free will is expressed upon the planet. Once a path of evolution has been chosen, consciousness and unconsciousness are immediately affected, as is everything else in the last and next reality. Thus, history can literally rewrite or erase itself through humanity’s own experience.

Until recently, humanity was able to organize and assemble its future based upon memories of years past and years present. But future experiences and the historical past are very flexible things; they can be changed, rearranged and even erased, and history is beginning to do exactly that—erase that which has less of a place in the future in order to advance thoughts and things that do. Those who habitually prefer the past to the present will have a more difficult time this year, as will those who are always comparing this moment or year against the last one. Why compare that which has already been and is now obsolete? Those who do so live at the effect of life, unable to cause, create or coax their thoughts into the now.

How will certain aspects of history be erased? By unmaking the patterns that created the original experiences. Please do not fret in advance over a perceived loss that will not come to pass; the Earth is not a memory thief, and you will remain the owner of all your experiences. But what if the pattern that indicated a propensity for overeating on Fridays were erased or the one that constantly reminded you that your family had a history of diabetes began to fade? Likewise, what if a country or a culture could not remember why they have histori-

cally been at odds with another? Or what if the formula for making nuclear bombs did not yield the same results as it has in the past, because the elements did not or could not reorganize themselves in similar fashion? You see, a new idea or pattern can replace an older one and render it obsolete.

DISSOLVING OLD THOUGHTS AND PATTERNS

Consider that thoughts are things and subject to the principles and laws of animate and inanimate life. These same principles guide that which is inactive, invalid and has lower radiation or intensity. This includes the extinction of species, which is measured in terms of significant reduction in pranic response. A deactivation in life force is a notable field marker; it is a precursor for change. Where is there a lessening of life force in your own life? What patterns or thoughts could be offered or sacrificed to oblivion?

Ever so often, it is a good idea to empty closets, containers and cupboards of unneeded items. Usually, these are passed along to another who may find use in them or simply take a liking to them, but what if no one did? What if no one wanted or needed your thoughts or things, or anyone else’s for that matter? And what if they could not be incinerated or placed in a landfill? In fact, what if you could not think of anything you could do with them or anywhere you could take them to? Well, the Earth has a solution for just about everything, including this.

Dissolving a thought or a pattern is not the same as changing it. Actually, it is more like uncreating the thought that unmakes the thing. The world you live in is made of thoughts and ideas that form an agreed upon reality. It is now time to discover what thoughts and things of this world are also important and appropriate to the next world. At first you might say, “Everything!” But in 2010, you will begin to think about things differently, and because of that, you will begin to see things differently too. The energetic architecture of 2010 will secure a place for the new paradigm archetypes to come. These will recode and remake what humanity thinks relative to the purpose of the human race. This will invite a change in almost everything moral and social, including the contextual roles that humanity chooses to play.

CAUTIONARY INFLUENCES AND (R)EVOLUTIONARY DEVELOPMENTS

As an aspect of nature, a year is subject to constructive and destructive elements. These build bridges between here and there, old and new. The energies of the closing year are aware of the newer energies and yield to them in ways that only nature seems to understand. For instance, although winter may linger, it does not resist spring. The year 2009 will pass the baton to 2010. It will not delay to see if there is an honorarium bestowed upon it or a placard placed in its honor. The same cannot be said for those who insist on headlines and limelight.

The year 2010 will know its share of those whose words and works have a proclivity for “exclusive bestowance,” a fancy parlor term for those who sell their good name, repu-

tation and fame for a price or a future favor. In this regard, you will note little difference in 2010, except in the swift fall of the newly risen. The world is still hungry for idols and heroes. In the absence of these, it will settle for the self-satisfied and the smug, but for not for long! It will toss their bones onto the same heap as those who have been discarded before them. The high are no longer mighty and the mighty fall all too quickly. Follow nature where the rise and fall of the tides are concerned, but if you are unsure, wait to see how much light is left after the shadow has consumed its share.

HEALING DIVISION AND DUALITY

The necessity to heal divisions belongs to the Piscean Age, which created the divisions to begin with. Divisions can be expressed in many ways, including race, religion, political affiliation, gender, economic class and more. All of these categories, and others as well, will experience a need to heal one or more of the divisions that separate them in the upcoming year. It could obviously be said that this has always been true; nonetheless, the year 2010 will provide ample opportunity for differences to meet at odd and somewhat extreme angles. Why 2010? Because with few exceptions, dualities must reconcile themselves before they can reemerge as pluralities and multiplicities in the next, or Aquarian, age. Dualities, like polarities, oppose themselves. This constant struggle promotes discord, prejudice, judgment and other negations of Spirit. This phenomenon will be played out in a variety of ways within the larger context of the world stage, but it would be wise to expect that the same will somehow transfer to your personal experience.

To heal means to recover and restore to health. Although natural things such as magnets have positive and negative poles, and seasons occur at opposite times of the year, they do not oppose themselves—a crucial difference. That which is in opposition to itself cannot be mindful or healthful until the opposition has been resolved. During the Piscean Age, the most common resolution for opposition has been reversal—as in a reversal of fortune, reversal of health, status and so on. This is an old paradigm of thought, and like outdated technology, there is less of a place for it in today's world. Self-reflection, or the ability to see the absolute within oneself, is the quickest path toward redemption of Spirit, and you will find that the finest weavers of life endorse this method.

Another word for duality is baggage. Although you will not be asked to thread the eye of the needle as you cross into the next dimensional age, it is important to be stable and balanced where body, mind and spirit are concerned. The next year and the one beyond it will ask this of you and will ultimately insist upon it. Why wait? The year 2010 will reveal extremes where this subject is concerned, as some long-felt symptoms are painlessly lifted and reversed while others seem entrenched and hopelessly deadlocked. A few leaders and countries once friendly to one another will turn their backs on situations when they matter most, exposing themselves as the world watches. Those who nod in approval at such reversals will experience setbacks of their

own, perhaps at the hands of a beloved or trusted friend. Light will be cast on shadow this year, and the worst offenders will be exposed without privilege or prejudice. Do not fear the lingering glow of imperfect light where your life is concerned. Your shadow grows shorter and has already been touched by the light of the new age.

EXPOSING INJURIES AND INJUSTICES

The complexities of modern human life will continue to spill over in 2010, onto ornate conference room tables and simple kitchen tables alike. Few were spared in this regard in 2009, and 2010 will continue to spill the contents of an already opened can of worms. No day or year is ever a repeat of the last, for although the universe is efficient and economical by nature, it is also creative and imaginative. The can of worms has been opened, but worms are ideally suited for wiggling and squiggling their way out of reach, moving deeper and into the creases and crevices where they might hide in an environment that is more to their liking. Interestingly, worms cannot resist rainy days, emerging from the darkest recesses to bask on wet surfaces in the same way that you might bask in the warm sunlight. In case you have missed it, the point of this inventive metaphor is to suggest that inevitably, even those who squirm out and away from view or from the grasp of the legal system will still find themselves inexplicably drawn to the surface by their own nature and by that which they most crave, the limelight.

The world is full, fat and overly ripe with juicy secrets now. These will seep, pop and explode onto the world stage this year, pointing the way to those who would prefer to hide behind the idle and innocent. To be more specific, 2010 will be a year that will have conspiracy theorists saying, "I told you so!" But if you are of a mind to do so, do so quickly because those who will be exposed are masters of disguise and will put on a different mask long before you are able to gloat in front of your friends. As the players change masks, they will also change the scene, the environment and more. You may spot them in the crowd again, but only because their scorn and contempt at having been temporarily "caught" will leave behind a wake in which others fall. Like any snare, it will trap innocent and guilty alike. Where is the justice, you say? As always, it is in the hands of those who lead and in the heavy footsteps of those who follow. Justice is impartial and even-handed, but it does not always seem fair—a lesson that even a child learns early on. Those who cry out over prejudice and inequality must do more than show their outrage: They must display their own abilities and perform to their own potential. Currently neither the world's system of law nor its application conveys the qualities of true merit and integrity.

Now remember that the world stage is simply a bit grander than your own; the celebrity faces are only a little better known. The cautions and influences of the year remain in effect for the young and old and for the seekers and keepers of truth. See how well you keep to the law of truth this year. The law of truth is one of the most ancient ones, and you have carried it with you from life to life. You may not be

able to recite it verbatim, but you become aware of it whenever you stand beside it rather than astride it. See how you tell the truth here and not there, to this person and not the other? Certainly you have the right do so and justification enough too, but that which is right and just is not blind, it is made of living consciousness—the strongest and longest living of all life fibers. Bear this in mind, particularly this year, as the fabric of lesser fibers continues to unravel at a greater pace. If you will sound the horn of truth, let it be heard in your own realm as well; if you will drape yourself in the flag of peace, sleep warm under its covers at night when the light shines less, and if you will point fingers of truth at the world stage, be willing to lose your anonymity in the process.

CAUTIONARY NOTES: REDUCING RISK AND VULNERABILITY

Each year is a little like a roadmap, with some clearly marked areas and others left to the imagination. Cautions, detours and points of interest are marked for you, but only you can decide what areas of the map you will visit and how long you will stay. Your roadmap is an individual one, but your journey can include many companions. Notice that your roadmap does not tell you where you can go, how fast you can go or whom to bring along. This is your part, and you will learn much about life based upon the decisions you make along these lines.

I extend to you this caution then, and ask that you apply it throughout the year: Choose your companions well, and base your decisions upon a compassionate heart. Be so bold as to peer into the heart of those who accompany you on your path and in your dreams. Do not obscure their light nor add your own bias to their truth. Do your best to see them as they are and not as you imagine they could be. Listen to what they say and ask yourself: If it is necessary, am I willing to hear the same words every day?

It is time, particularly this year, to choose your companions wisely, because the influences of this year are many, and they will bear upon you more than you can see from your current vantage point. The year 2010 is a heavily conditioned year, and the clearest among you will be swayed to think and to do in ways uncommon and unclear. For instance, the influences of this year might invite a trusted friend to suggest a get-rich-quick scheme, something that neither of you would consider in another year. While you cannot be on your guard around family and friends, you can watch for changes in temperament, character and personality. Pay particular heed to excess humor or to its absence.

This next year will also invite new visitors into your life; some of these will be long lost friends from lifetimes ago, and others will be new, temporary or seasonal. In this regard, we could call 2010 the year of the exchange student, because at times it may seem to you that you are temporarily living where someone else might or in ways that are strange to you. Pay specific attention to the demeanor of those who have the ability to walk on your life instead of in it. What is the lesson here? Whenever possible, do not allow yourself to feel oppressed by the words or deeds of others, but see these as

brief encounters, transitory moments that are short-term and short-lived. When you discover that someone has been less than genuine with you, resist the need to act out so that you do not become ensnared in the moment.

YOU RE MOVING INTO A TERTIARY SYSTEM

The year 2010 is a year of karmic attraction. Karma exists peacefully in the null and the void until providence calls it forth. Karma is the companion of destiny, and your thoughts and actions determine when and how the two companions will travel together, if at all. 2010 is a karmically charged year and its influences will be felt, at least to some extent, throughout the year. Why? Because things and thoughts that were created in moments of duality must be re-paired with one another again so that they can be dissolved.

Duality belongs to a binary system of paired opposites—one of the reasons why the third dimension is so dense. Before you dismiss this world, you must leave it in good order for those who follow. You are moving into a trinary system where words and deeds are not opposite in nature. For instance, in a tertiary system, you would need to take two steps forward only to take one step back. Whenever possible, do not tug at the drapery of the past, for all too quickly you will find yourself tripping over its density, unable to put things back as they were without re-pairing them first.

DO NOT HOLD BACK COMPASSION

As we have examined the cautionary notes that 2010 will sound, it would be advantageous to explore the year's special advantages too. The fact that compassion is the keynote in all things is not new, but where does one get compassion when it is not readily available? When compassion is not readily available, it is because conditioning obscures it. Conditioning is numbness and the result of the taming and habituation of the mind so that it becomes disconnected from the heart. An overly conditioned life is less able to refrain from causing harm. Many of humanity's most ancient prayers called for souls to be delivered from human conditioning and the harm associated with this. Those who are most susceptible to conditioning will have the most difficulty seeing or easing suffering, whether it is their own or another's.

Compassion is one of three central virtues where humanity is concerned. More than an emotion, it is a feeling that gives rise to an active desire to alleviate suffering. Interestingly, the word "compassion" actually means: to suffer together with. It is also related to being patient, or the quality of patience. Compassion is a shelter for the soul and a warm embrace for the distress of humanity; it is that which moves the heart to act in a good way against the pain of others in order to heal the self. It is self-full rather than selfless.

The year 2010 will carry the note of compassion to every corner of the world. Compassion has the special ability to dissolve the inert purposeless often found in that which has been exceedingly conditioned. And yet unless you will also offer it to yourself, it will be of less use to the world you live in or the one that follows. A sage once

said, "Kindness gives to an other. Compassion knows no 'other.'" This year is accompanied by a deep well of compassion. Dip your ladle as many times as you will, and you will not be disappointed. Offer the ladle to others, and your own goodwill is multiplied.

THE PURPOSE OF LIFE IS LIFE ITSELF

The words we have exchanged here do not foretell a certain future, but they do contain tokens of truth that can be invested and inserted into your life where you most see fit. Couched within key words and phrases are figurative symbols and representations that can be decoded and translated into a language that is both energetic and practical. The words can be customized so that they tell a story—perhaps your own—and they will become further enlivened as you apply them to your own unique circumstances and affairs.

How you see the year ahead will determine the quality of what you practice in the world you live in. Pledge not to live by theory or intellect alone, and confirm this pledge by developing a spiritual practice that supports your words and your deeds. A spiritual practice is not something you do; it is something that you become as you apply its principles in daily life. Remember that the purpose of life is life itself. The purpose of humanity is to pose and solve all of the great problems, and in so doing, leave no other proof of that solving other than the elements and forces of nature or life itself. Whenever possible, walk lightly upon the Earth so that you will not need to retrace your steps just to revisit and erase a heavy footprint. ✨

This article is not an excerpt of the 2010 & Beyond CD set, which is a separate work altogether. — Pepper Lewis.

Prophecy 2010: Living in Truth, Trust and Passion

Master Guide Kirael, through Kahu Fred Sterling

I will offer many things this evening, and all of them could change before this session ends, so I'll keep my opening statement short, because I want to get into this whole process. In Lemurian numerology, 2010 is a "three": two plus one equals three. In this case, that three represents the onset of the closing of this projection we understand to be the third dimension. Look at the progression of threes: you'll be in a "three" year, in the third dimension, in which the focus is truth, trust and passion.

You will have to expand your truth, trust and passion in 2010, because it will be a year of seeming trauma. I say seeming, because how you experience next year will be a reflection of your truth, trust and passion. Make the right

choices and you can change the outlook of the coming year, and you won't have to experience some of the so-called trauma. Truth, trust and passion are the first three of the ten principles of consciously creating, and if you embrace them now, you will get through the coming year with relative ease. You will feel the love inside you expanding out, and your golden particles will flow from you with that love. Ultimately, what you do in 2010 will determine how you experience 2011, which is a four year, signifying the approach of the fourth dimension.

PHYSICAL CHALLENGES AND THE BLOSSOMING OF DNA

In 2010, what will happen to our DNA?

Most spiritualists know that they have four strands of DNA operating now. In 2010, your DNA will blossom along with your mitochondria, the cells within your cells that oxygenate the body process. Some of you will feel this expansion in the beginning of 2010. If you have anything wrong with your body process that isn't healed in 2009, you will

KEY POINTS

- The focus of the year 2010 is on truth, trust and passion. While the year may seem to be full of trials, embracing these principles will allow you to flow through the year with ease.
- Using discernment and wisdom in your interpretation of news events and political maneuverings, keep your focus on your journey to the best of your ability, and focus on the good as much as possible.
- Embrace the quiet humility and love of the goddess as part of your journey, and have the courage it takes to be true to the goddess light.

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carry it into 2010. That is not as bad as it sounds. You see, disorder or disease can be changed by feeding the expansion processes in your mitochondria. That means that your mitochondria will grow if you give them an opportunity to grow, and you can do that by staying centered in love.

With the blossoming of your DNA, you will start seeing the auric field around many people. That's your journey if you're willing to engage it. You'll see people walking by and you'll say, "Oh, my goodness. Isn't that a beautiful person?" It won't matter whether the person is fat, skinny, short or tall. You'll also be able to distinguish spiritual people, because their aura will be gold, just like the fourth strand of your DNA.

What areas of our physical bodies will have the most challenges as we shift?

All your major organs will have challenges if you don't eat healthy foods and if you generally don't take good care of your body by smoking and not exercising. One of the more vulnerable organs is the liver, which is a detoxifier. If you have not been eating healthy foods, and so on, your liver will have a hard time adjusting to the DNA and other changes that will take place in the body.

Your physical journey is about your waistline, your heart-line and your head-line—meaning your brain. The brain could stop anything that is happening in other parts of your body, but it will not be willing to. So don't abuse your body. If you want to get through this journey, pay attention to what you eat, exercise and heighten your love energy. If your body is not getting stronger even though you're eating properly and exercising, it's because you have not taken in enough light. Bring more light into your body and it will get stronger.

Will we be able to make the human body fly in 2010?

No. However, those of you who have always had flight dreams or have had these types of dreams will have lots more of them in 2010. The dreams will prepare you for the new shifting process. As a result of these dreams, you will understand the human flight patterns and how they work. Some of you will have dreams of flying and you won't be able to tell whether they were dreams or real. They will have been real dreams.

HEALTH AND MEDICAL BREAKTHROUGHS

Will health generally be an issue for we the people in 2010?

Health issues will be huge for we the people in 2010. You are not exempt from acting on behalf of this shifting journey. You will not be able to say, "I'm not going to do anything, because I'll wait till after the great shift." You won't make this great shift if you don't do something now to prepare for it. Start your projects, whatever they may be. Be conscious of your environment; be green. Stop blaming others for the things that don't work in your life. Create the life you want by taking positive action. You may have taken

one step forward, but if you're pointing fingers at somebody, you will take three steps backward.

Master Guide Kirael, what's the truth behind the swine flu and the vaccines they're developing and asking us to take?

The so-called swine flu was manufactured in a laboratory in the United States of America. That means a cure already exists. Those in Congress had their flu shot before this whole swine flu was dispersed into the population at large. Everything on this dimension was made by humans, including AIDS and all the other viruses. Your flu season is coming up. Those who created this most recent swine flu can manipulate its potency and its spread throughout your population. If you feel you need the flu shot, then by all means get it. It won't hurt you.

What new medical breakthroughs will happen in 2010 with respect to stem cell research?

In the year 2010, a lot of focus will be placed on stem cell research and it will push all other medical news to the side. You will begin to feel the power of stem cells. Every major organ in your body has stem cells available to it. The proper use and movement of stem cells will result in a cure for just about everything. One aspect of stem cell research that hasn't been discovered yet is the fact that the brain has stem cells that can be easily planted into any other part of the body with no disruption to the body process. My medium knows that, but your doctor world does not.

THE EVOLUTION OF THE CHAKRAS

How will the chakras evolve in 2010, and what effect will their evolution have on the body and our communication with other realities?

You will lose your bottom three chakras in 2010. Some of you are losing them now. Your bottom three chakras will be absorbed into the fourth chakra, the heart, which will be your base chakra. A greater percentage of you in the spiritual community will feel the absorption of the three bottom chakras. Your life will be lived from the heart chakra. That's why the existing heart chakra must be strong in all respects. So if you have any problem with truth in 2010, it will affect your chakra growth and your heart. Chakras

clogged with the energy of lies, untruths and lack of passion will have a hard time being absorbed and could cause heart issues for some people. So resolve all your heart issues now; otherwise, you risk heart problems.

With the absorption of your bottom three chakras, you will acquire three more chakras just above your head. The new chakras will be facing in an upward direction toward your galactic brothers, who will be more prevalent in 2010. Those three chakras travel in a figure eight, so you will be able to touch into two worlds at the same time, and communication with the other worlds will be heightened.

VISIBLE GALACTIC ENERGIES

Which galactic energies will be more visible in 2010?

The galactic energies that are already here will be more visible. That means the Andromedans, the Pleiadeans and the Sirians will be involved in your journey. First and foremost, the Andromedans will place themselves in your government offices. They won't put themselves in a position to be shot, so they won't seek elective office, but they will be in the offices of the elected officers. They will look and act like humans, and they will be convincing, because they know everything that you know, but they know it more fully.

The Pleiadeans and the Sirians know how important your little planet, Earth, is. The Earth plane is number one out of all the planets that have third-dimensional beings on them. The Pleiadeans and Sirians will do what they can to protect the Earth plane and its inhabitants. As human beings on this life plane, you are more advanced than any of the other human species out there, and if the Earth plane falls—which means the God Creator takes you off the planet—it would be the beginning of a fall that would be almost inconceivable. If Earth loses this opportunity to shift, the rest of the evolutionary planets with human populations will fall like dominoes, and you will have to start all over again. All the progress you've made over all the years you've incarnated would be lost. So it's important to keep this journey going as best you can.

PORTALS, POLES AND PHOTON LEVELS

Will the poles shift in 2010, or have they already shifted?

No, poles will not shift completely in 2010. The poles have shifted slightly, but not enough to be noticeable. You're not ready for a complete pole shift. You're all part of this journey and you have programs that you're working on to get through this journey. It would be very dangerous for everyone concerned if the poles shifted in 2010. A shift in the poles at this time would look like a movie where the wind levels everything in its path. It would be a third-dimensional process and you would view it with your third-dimensional mind, which you don't want to do. When the poles completely shift, you will hopefully be at a different level of awareness.

What will happen to the portals that we know are there but that we cannot see? Will we see them in 2010?

Portals will open up for you in the latter part of 2010, and you will see them if you're aware of them. When you do see a portal and it opens, before you walk through it, you must be balanced in truth, trust and passion. From these portals, you will be able to get to the fourth dimension in the now and return without even knowing you were gone. You will have access to the fourth dimension mostly during the sleep state, but you will go there with conscious awareness. That's right, you will invite yourself into that journey and you'll meet the people in that level of consciousness. You won't be able to talk to them, because they don't speak a language you can recognize. They speak God Creator's love, and that's the most beautiful journey that you could ever anticipate.

What will happen to the photon levels in 2010?

The photon energy levels will get stronger and more changeable. In or around December of 2009, moving into 2010, the photon energy will be more compact, and you'll be able to breathe it, inhale it. Everything will be more powerful as a result. The photon energy sweeps up and down, and in 2010, the sweeping will get narrower, so you'll see longer periods of high and longer periods of low photon levels. Extended periods of high and low levels of photon are not ideal. The photon energy is best when experienced at the center line. Five is the perfect number for the photon level; that way you avoid mood swings. Keep that in mind, and remember to stay balanced in spite of the high and low sweeps of photon energy.

FOCUSING ON THE GOOD

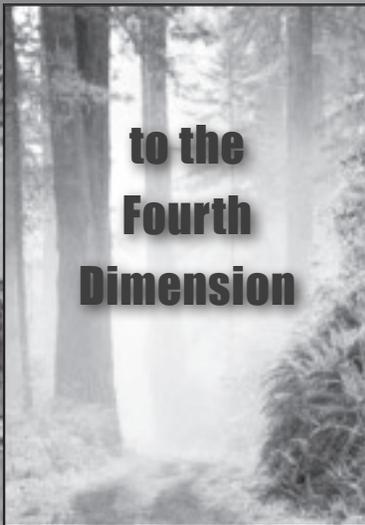
In 2010, where should we look to find the truth in the printed media? In the past, you told us to check page two of the newspaper. Is that still the case?

The media has picked up on the fact that those in the know are looking first at page two. So they've put the news they want you to read on pages one and two. The first and second pages are darn near the same reality-wise. So go deeper into the news and start at page three, four, or even five or higher, if you want the truth.

In 2010, it's important for you to concentrate on the good things in this journey. You might not find them until you're ten pages deep into the newspaper, but if that's what it takes, so be it. When you read the newspapers, look for and read the things that make you feel good. If you read something and it makes you feel bad, stop reading. You say, "Well, that doesn't make sense, Master Guide Kiraël, because we'll only be reading about good things." Well, what's better than that? If we the people read good things, we'll think good things and go after good things, and more good things will happen. That's the only way to stall the mastermind of political lying, bickering and name-calling.

Those who dwell on the negative are doing no good for anyone or anything. Focusing on war, murder, rape and

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other forms of abuse energizes those things and gives them life. Not listening to negativity is the only way to deflate that same negativity. When you read a negative article, you get upset, and when you do, you're playing right into a mastermind of negativity. If you play into that mastermind, those who created the mastermind will play with you.

FINANCIAL DEVELOPMENTS

What will the state of the dollar be in 2010?

In 2010, Mexico and North America, including Canada, will try to promote the conversion of all their monies into one currency called the "amero." Don't go for it. This money conversion could turn your whole economy upside down and shake it out. If you can get through to your leaders, tell them not to do this with your money. Your leaders are not so bright. If they were, they wouldn't be doing the things they're doing. If they know that you're watching them, they'll be more careful.

At the moment, things look a little better and people are saying, "I have money. I have to spend it." If you have money, don't put it in the stock market or real estate. If you have plenty of real estate, you will be in a good space, because you will be able to take the bumps and bruises along the way. The money system will start to fall apart in 2010. I don't want to scare anyone, but be aware. Right now only a few people have all the money.

This is page-three news: Taxes will be bumped around big time in 2010. Don't jump out the window. The truth about taxes is hidden three or four pages deep at the moment, but it will be front page news soon and you will be aware of it in 2010. If you own property, don't build it up too much and don't take a new mortgage on it. If anything, pay a little extra on your mortgage each month. Spend your money wisely. After you enter 2011, you'll be safe, but 2010 will rock your boat.

FAITH IN THE PRESIDENT AND GOVERNMENT

What will happen to President Obama's popularity rating in 2010?

Obama's going down in popularity at the moment, but he'll rebound in 2010. He will get some of his recovery plan passed for health care. He is also a green president and green will be popular, because it's for we the people. Your president has the right thoughts, but he's not making them public. He has to be a bit stronger and get his weave of consciousness a little tighter. He knows things that you don't know, and he's been somewhat afraid to speak up, but in 2010, he will start telling you what he knows.

Pray for him, my friends. Pray that he tells the people the truth. Don't miss his next speech; it will be powerful. His fear is almost gone. His shoulders are back, and his chest is out. He's prepared to do what he has to do. His whole agenda will shift in 2010. It won't make everybody

overly happy, but it will shift. That's one thing you can bank on. We the people must support President Obama to the fullest extent. He's a good and strong man. He's not afraid; he's just tired. He thinks he's losing, but he's not losing. Those who don't support him are just making a lot of noise.

I will stand with him, but I won't make noise. Instead, I will be praying for and with him. President Obama still needs your prayers. Protect him by saying more prayers for him. People are thinking about harming him. I'm not saying he will be shot or anything like that, but pray for him, because your prayers just might convince the people who are thinking of harming him to change their mind.

Will there be a heightening or disintegration of faith in government?

Disintegration of faith in government is likely, and it will be caused by politicians and their penchant for creating war and the lies perpetrated to convince you that what they say is reliable. They will suffer the backlash from their behavior. They are telling you lies that are intended to instill fear. Well, that won't work anymore. Their lies will flare up in their faces and they will be exposed for what they really are. Your politicians are not exempt from the chakra changes and their behavior will cause them great distress in the changing body process. Health issues will be huge for them in 2010.

RIISING POLITICAL POWERS

What groups will gain economic and political power in 2010?

Latinos will rise in prominence, as they have put themselves in places where they will be known and they will gain in power and strength. Judge Sotomayor is just one example of their rise in prominence. Latinos will be united and so focused that they will make a big impression whenever they get involved in something. This will make everybody around them strive to rise in prominence. Your Latino brothers and sisters know what they want, and they do not want to go back to where they were, and they don't want government oppressing them. They will teach you how to rise up and make your own voice known in love and by love. While they will make some mistakes, they'll be united and that will strengthen them.

Will we the people rise up in 2010 and make their voices heard?

The year 2010 is about power from we the people. Hopefully, by the middle of the year, I'll be saying, "I told you so." The politicians don't want we the people's voices to be heard. Demand to know the truth. In 2010, government, finance and politics will be the focus of we the people and the media. I pray that I'm right on this one. I can see an underground swell of we the people. Once you get started with making your voices heard, you will feel the passion, and you will say, "No, I won't play this game anymore. That politician doesn't mean what he's saying. He's just trying to protect his journey." Well, he

won't have a journey at the next election. I guarantee that. He will have no journey to protect. What's more, anyone who decides to selfishly protect his own interests at everyone else's expense will also have no journey in the next election. We the people will stand up in 2010 and come out in every area of importance—politics, money and ecology. Those on the receiving end will be humbled. You will have to prana breathe to get through this journey and you'll be happy you did.

SHIFT CHILDREN AND EDUCATION

What effect will the educational system have on shift children in 2010?

As far as the shift children are concerned, they are already empowered to do this journey. If anything, they will help the educational system by demanding more. The shift children are just a little bit afraid at the moment. They're shrinking back a little bit. These children don't want to get into the mainstream, because it's too ugly for them. You can't see what these children see, but they can see it all. They have to get on top of this journey. Education is really in a pit right now and the only place to go is up.

The educational system here will have to take a giant leap in 2010 in order to prepare the children for the 2011 journey. Unfortunately, in 2010, your leaders will do their best to keep you focused on anything other than education, because they think if they can dumb down the public a little more, then the politicians will be able to pull off their other journeys. Don't let them do this. Write your public officials and demand better education for your children, and get the children involved too.

MILITARY CONCERNS

Do we have anything to be concerned about as far as attacks on U.S. soil in 2010?

The United States of America has the Air Force to take on anything that can happen to it, and you will need the Air Force to protect you in 2010. Your so-called enemies would never come onto your soil, but they will come at you in the air. Your leaders need to put money into your Air Force. You have planes that are drones just floating around looking for something to shoot. Well, that's a good deal. If you look at page three, you'll see that it says you don't have to get shot at in order to be hit. That's a riddle that you will understand in 2010.

Will Guantanamo Bay prison be completely closed in 2010?

Guantanamo Bay prison is slated for complete closure. The issues surrounding Guantanamo Bay will erupt and pull in your past politicians, like Dick Cheney, who is putting himself out there now, and he's not speaking the truth. If you don't speak the truth in 2010, it will "slow ball" you into 2011. If Mr. Cheney wants to keep moving forward, but keeps doing what he's doing, he won't make it to 2011.

SELF EMPOWERMENT THROUGH YOUR INNER AWARENESS

By: Barbara "Marrianna" Zimmermann



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DEVELOPMENTS IN THE ENVIRONMENT

What social or political organizations will gain prominence in 2010, and how are we caring for the environment and going green, especially since the beginning of this new administration in Washington, DC?

If Greenpeace does its journey, which it should, it will be one of the most powerful organizations in the world. The greening of the planet will be much better in 2010. It won't be anywhere near what you need it to be, but it will improve because you're thinking about it. As I've said before, 2010 is a great truth, trust and passion year. I can't emphasize that enough. Those who are green-conscious are living their truth, trust and passion, quietly and calmly. If someone's screaming about going green, forget him. Listen to and applaud the one who's speaking calmly about going green.

Would you speak of the fate of the whales and dolphins in 2010?

The whales and dolphins will start to defend themselves more profoundly in 2010. The whales have already rammed three ships. You haven't heard about these incidents, but one of the ships sank and two limped back into port. The whales rammed the ships with their heads and killed themselves in the process. They sacrificed themselves to make a point. That's how strongly they feel about your disregard for their life process. The Japanese slaughter the whales for their meat, which is considered a delicacy in Japan. Well, those who eat whale meat will be tainted in many ways. They will carry the energy of what was done to those whales.

Similarly, the dolphins, who will get bigger, meatier and more powerful in 2010, will turn on you if you keep coming after them. The dolphins didn't ask for the journey they find themselves in. They came here to help you on your journey and some of you have betrayed them. Pray for the dolphins. Pray that they are safe from those misguided humans who kill them for sport or food. To those of you who love the whales and the dolphins, you will be safe if you go into the water in love.

What are the areas on Earth that will be experiencing natural disasters during 2010?

Many Earth changes are likely in 2010. You can see them already in the California fires. Germany and Italy will experience natural disasters in 2010. You would be better off in Africa, as far as natural disasters are concerned. Africa's surface problems are bad, but its underground energy is much better. All the media are and will be showing the areas of danger; don't watch these programs. If you don't watch them, the disasters are more likely not to happen, because you won't be lending your energy to them.

THE HUMILITY OF GODDESS LIGHT

What role will the goddess light play in 2010?

This shift won't happen without the goddess light. The goddess light is necessary to make it to and through the shift. That isn't to say that you should get cocky about being a

goddess. Remember, goddess is a level of consciousness that embraces humility as well as the divine energy of love. Your humility can be anchored in the realization that the goddess light is like a little speck of sand in the entire desert, a dot in the big picture. Yet each piece of the puzzle is necessary to complete the picture. So, as with all the pieces of the puzzle, without one piece—in this case, the goddess light—the other pieces won't connect to make the big picture. Pay attention to President Obama. Every chance he gets, he will put another woman into the system. One, maybe even two, Supreme Court judges will be replaced in 2010. Those seats could be filled by women.

Embrace the quiet humility and love of the goddess as part of your journey, regardless of whether you are male or female. If you don't, or if you get cocky, you'll add another year to your

journey. Tell your friends that you're a goddess. Say, "I'm a goddess, because I love being female," or, for the male goddesses, you can say, "I love my feminine side." Have the courage it takes to be a goddess. If you want to make it through 2010, you'll have to do it by being true to the goddess light.



Prophecies can be changed. It is up to you to make or break them. A prediction or prophecy is based on the energy at the time it is made. The year 2010 is a "three" year, which means you will be expected to amp up your truth, trust and passion to a new level. Support your president, pray for him and pray for the whales and dolphins. Most importantly, pray for yourselves. Pray that you do the journey in fullness and that the truth be known. *

"Step Up" Humankind

Higher Self through Carolyn Gervais

At this point in your evolution, humanity is experiencing bits and pieces of each pivotal, dramatic transformation and transcending period in the history of intelligent humankind. The year 2010 brings with it many personal and global turning points. There will be decisions to be made, new growth on all levels, reconstruction and regrouping and also a renewed desire for change. There will be sudden events that require quick thinking decisions, and many of these events will provide turning points for all, including world governments, corporations and the global economy.

On all levels, this will be a year for further changes, greater challenges and taking personal responsibility for one's selfish actions. This will not only mean changes in relationships, but also changes in the demands that each relationship sets up. There will also be a lot of new and transformed relationships, globally and personally. These new relationships will have to do with creating jobs, relocating to other countries and states, health care reform, government reform and economic reform. How fast and peacefully the changes in your

world take place greatly depends on the negotiating and diplomatic skills you as humans learn in this growth period.

All of this requires a more all-inclusive way of thinking, feeling, planning, and taking action. It's time to look at an even larger picture of the whole of humanity and see how alike you all are. Far outweighing your perceived differences is how similar you are. Many souls in human form have a tendency to become blinded by differences that only the ego cares about. What is ego? Ego is that which sees life as "me" instead of "us." Ego thrives on separating everyone and everything into categories of good and bad. It's time to create a much larger picture of humanity, dear ones, and move out of the darkness cast by hatred and false truths.

COME TOGETHER

The year 2010 is a year in which new alternatives must open up by looking at both the pros and cons of each new resolution. Fear can no longer be what drives humanity. All fear does is create destructive actions. Fear begets more fear until it spreads like wildfire to all those who condone the directions that fear will take, believing that it will solve and resolve what is troubling in the world. As humanity comes together and puts fear aside, it will be able to accurately weigh any situation that comes into the picture. This will free up ideas for creating formulas that will bring about peace-



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KEY POINTS

- This next year will be a year of continued change and challenge, a time when all must learn to communicate with integrity and respect for all fellow beings.
- Fear can no longer be a driving force in human relationships and actions. Human beings must come together in strength and unity, setting long-term goals for renewal and re-creation.
- In 2010, be careful of what you wish for; anything that you desire strongly will manifest in your life.

ful, profitable options to balance unsteady situations in a timely manner—personally and on a global level.

Those who want to be part of the solution must decide what it is they want to do to help the process of their life during this new growth period and put their ideas to work. Realizations and new ideas are coming to fruition as you plan, absorb and digest the energies in this new period of growth. It is time for the blending and merging of the subconscious, conscious, superconscious and higher self aspects of the human soul to embrace the wholeness of life—the wholeness of human life. As human beings came into being, they had to first become aware of their selves as individuals, separate from others. This meant first understanding the idea of self on very basic levels of existence in order to survive before there could be any understanding of others—who, of course, were also trying to survive and understand who they were as humans. This brought about a lot of frustration, trials and tribulations to be dealt with.

Humanity is now recapitulating a portion of those subconscious and old brain traits in order to find new ways to resolve, heal and transform them once and for all. The human condition gives the appearance that it is moving backward into a time when survival was the only thing on anyone's mind and where the sense of "I," as ego, was all that was important. But you are not literally moving back in time, dear ones, no matter how it looks. What is taking place is a clearing of the old energy as the new energy brings to the surface of consciousness that which has not been cleared. The energy that needs to be cleared is stored in the DNA you inherited through your ancestry.

THE RAW ENERGY OF 1

Let's break down the year 2010. What you will be seeing in the year 2010—represented by the digit 1 in that year—is a new power that is developing as the creative source unifies all from within. This means that it is time to evolve your inner power by continually merging it with the power of the intellect, heart and the cosmic forces of what many call God. The number 1 brings with it a new raw creativeness, but how this raw energy will be used needs to be decided by each of you.

The number 1 represents the male energy or polarity. The male energy is in a transformational stage of itself. The new male energy as the 1 in 2010 represents the beginning of true leadership in the world. It is necessary that you, as this raw energy, take command of it and decide which direction you want to take it in. Make a commitment that you will maintain the strength and courage needed to move that raw energy in the direction you choose and not give in to fear—that it will be used to unify and not separate humanity.

At this point in your evolution, the whole of humanity is experiencing bits and pieces of each pivotal, dramatic transformation and transcendent period in the history of intelligent human beings. This is happening as you live each present moment of now in this growth period of pre-transformation and pre-transcendence, moving you into expansion and awakening you to new levels of your-

self. What all of this means is that you are recapitulating every huge mass shift in growth that changed history and evolved humankind in some way since intelligent man first appeared on the Earth. The difference now is that its course will be much shorter and much less violent.

REMINDERS OF WHERE YOU HAVE BEEN

As said before, some of the pivotal historical and dramatic acts are re-appearing on Earth one phase at a time as they surface from the recesses of the human soul and express as part of the human condition on Earth. Many of these pivotal phases have left scars of anger and unhealed wounds on unconscious levels. The energy of these scars and wounds are stored in the DNA of the masses, triggered by the recapitulation taking place during this growth period.

We are comparing what you are experiencing at this time in history with what you would call a near-death experience. During a near-death experience, it is said that one often sees one's whole life flash before one's inner eye as the person moves toward death. As we look at this phenomenon, what we see is that the energy is flowing in reverse. In other words, humanity as a whole is moving away from physical death as the mass consciousness walks through what we are calling the pre-transcending energy into the light of transcendence and wholeness.

This energy, or recapitulation, is an epic reminder of who you have been, where you have been, what you have seen, what you have heard and what you have learned during such periods as the reign of Atlantis and Lemuria; the Egyptian, Greek, Roman, British and Spanish Empires; the coming of Christ; the emancipation of slaves and the Jewish Holocaust; World War I and II; Vietnam; Iraq and so on, up to now. All of what we have spoken of has to do with the way the 1 is expressing in 2010. This being said, the 1 is expressing on a higher level, so that each man or woman is required to take the reins of their lives and re-create their future by expanding their present path or by finding a new path or course to take.

The time is now to re-create yourself and your life. You can no longer be so dependent on others that you don't pull your own weight in the world. In 2009, you needed to set long-range goals and take steps to reach them. It is the same for 2010 as well, except you have moved up a step on the ladder of your life so to speak, which means the energy is vibrating at a higher frequency than in 2009. Each step toward your goals will be creating the foundation for your new or renewed life.

THE UNITY OF 2

Let's look at the part the number 2 plays in 2010. Two is the realization that you are not alone in your world. You know this because what any one of you does affects everyone else in some way. Remember that it doesn't matter what you do so much as how and why you do it. The vibration of 2 wants to express itself as the diplomat, the balancer and the peacemaker. This means that both sides of any situa-

tion need to concentrate on finding the common ground that can be agreed upon in order to form a union.

The geometrical figure of 2 represents the female polarity of receptivity that seeks the unity of two opposing forces so that balance and peace can manifest. The number 2 brings with it sensitivity, patience and a knowing that when the energy of the 2 and the 1 form a union of sorts, the vibration of 3 is birthed. Enthusiasm and a desire to understand is represented by the number 3, which brings forth the magnetism of communication in all the creative and peace loving ways it can be expressed.

The vibration of 3 in the year 2010 will be a year of big changes, rewards, successes, challenges and further opening on higher or more expansive planes of knowingness. It will be a year in which the ability to manifest will be much stronger, as will the ability to express yourself in as many ways as you want. It is time to get out there and get involved with the gifts of life so that you can feel at peace and experience some fun and fulfillment. The 3 energy of 2010 inspires growth and new awareness on all levels and brings forth creative imagination with which to change, heal, begin again and transform yourself and your life into a beauty that can be touched, seen and felt by others.

STRIVE FOR INTEGRITY AND HONOR

You may as well go ahead and use your creative and imaginative minds in constructive ways that unify and bring people together in open honesty tempered with integrity and honor, because secrets and lack of integrity will surface and be exposed sooner or later in 2010. Why? You are evolving so quickly that you are becoming more transparent on the surface, and those around you are becoming more sensitive to when people are hiding something. Those who have something to hide will be found out, because sooner or later they will unconsciously sabotage themselves, which will send up a red flag, purely because of the energy of greed, shame and guilt they are emitting is so apparent that it can't be hidden by those who can see.

If by chance you are in the public eye, take heed. It is time for everyone to take responsibility for their words and actions. Every year, the energy of planet Earth vibrates at a more refined frequency because you are all growing and refining your own energy from the inside out. It is that energy that will continue to bring out the lies and corruption for all to see who need to see it.

This is another growing period where conciliation must be practiced, but not at the expense of integrity. All of you long for peace, cooperation, beauty and a desire to come together as equals. It is fear that causes these to manifest as dissension in all its forms in your world, and every year the need for conciliation and reconciliation becomes that much stronger. Why? You, as essence, know that your future selves require it. Ask yourselves every day: "What do I want to create today?" Remember that whatever you decide to create, there is much power behind your actions—especially now—however it is that they are expressed.

THE MAGNIFYING ENERGY OF 0

The 0 after the 2 and after the 1 magnifies the energy of the 2, the 1 and the 1 and 2 together as a 3. That means the pleasant side and not so pleasant side of all these numbers is magnified in the year 2010. Which side will you resonate with this year? This is a period where the newly revealed world will offer an ultimate realization of your plans, hopes and wishes. Do not overlook any opportunity that comes into your life. Your passion may be somewhere in that opportunity.

The rate at which you are growing and moving will vary from person to person as you move through the comparatively short recapitulation of all the pivotal experiences in history. Nonetheless, these pivotal experiences are clearing the way for big and wonderful changes in your world on all levels—personally and worldwide—so be patient and don't be afraid. There is nothing to fear but fear itself, because you know who you are. You are in the dance of life, and you are glorious. The dance keeps changing as the steps change; as that takes place you change and are renewed in body and mind, as your DNA opens and reveals ever new levels of health, creativeness and the reality of who you are as light incarnate. Know that the dance never ends and that you are the dance of life. Without you, the dance wouldn't be as beautiful.

This is a year when all must learn to communicate with integrity and respect for all humans. No human is less than another. You are all beautiful in your unique ways. All of you have talents that the world is waiting for you to master, share and manifest in some way so that everyone can touch and feel your passion through what you give with your heart. In 2010, be careful of what you wish for, because you will get it. Anything that you desire strongly will manifest in your life. But make sure that what you wish is something you really want before you put energy out to attain it. In other words, look at your wishes with a magnifying glass and see if they are all you believe them to be.



We leave you with this picture: In 2010 you have a greater potential to move out of the old energy and the old world to make room for an even greater opening to the new energy of the new world while in human form. As the old energy makes its way through you, it travels its individual path to the crown chakra and above to the light of essence. As the old energy travels upward and leaves each chakra, that chakra becomes fully alive and in balance with all the other chakras. One by one, they light up with the color of their frequency, just like the lights on a Christmas tree. Once the old energy reaches the crown chakra and continues its ascent into transformation and transcendence, your whole body and being transform as well into the light of essence. This is the highest form of light that each human can reach while in human form, but oh, how wondrous, beautiful and bright that light is. ✨

Reality Is in the Eye of the Beholder

Thoth through Norma Gentile

What follows is a transcript of a live channeling. Thoth often expresses his ideas to me in waves of energy, which appear in my mind's eye as images and in my mind as ideas. He then helps me fashion the words but encourages me to bring the ideas and images into common, everyday language. He prefers, at least through me, to let his words manifest as a blended union between his wisdom and my worldly experience. For this reason, Thoth seldom addresses those reading as "you," but instead often shares his knowledge as if he were experiencing life now, through me. Because of this, I use the term "us" to refer to humanity. Thoth has often shared with me that what we do here on Earth greatly affects those in the realms of spirit. It is possible, then, that he truly does mean "us," including himself and the other ascended masters when he is relating some information.

THE FLAVOR OF FEAR

From Norma: Maintaining the physical body at all costs has become socially and culturally fashionable. This is not to state that ascension or death is preferable: While in physical form, we can do what spirit would urge us to do here on Earth, and we can influence the third dimension in a way that the ascended masters, those now in spirit, cannot. They have to connect with us in order to have influence here.

Yet our over-reliance and overconnectedness to the physical form means that sometimes we make choices out of fear. In fear, we make choices in order to maintain our physical bodies and the physical lifestyle around our bod-

KEY POINTS

- As you find yourself dealing with larger energetic currents in the coming years, it is important to overcome the currents of fear and find the courage from within to step into a new world.
- It is crucial that you see what is present for you at this time and come to understand what aspects of it may or may not relate to you; if you do not have a reaction to something, it is because it is not a part of your world now.
- Trust that the still center at the core of your being remains in communion with all beings here in this reality.

ies, rather than allowing needed changes to come. It is now incumbent upon us to find the courage from within to step into a new world. This includes a new way of relating to people and even a new way of relating to the physical constructs around us, including cars, houses, jobs and general living arrangements.

Keep in mind the balance between spirit and form. We are God's body on Earth. We are also spirit. To the extent that spirit and our soul incarnating through us have a desire to create something new and different, it is possible that the physical constructs around us need to change and shift. And yet, in this moment, we are being bombarded by the flavor of fear. Fear exhorts us not to change, not to let go, not to allow anything different to happen. But how can we move forward without allowing anything different to happen?

MANIFESTING A TASTE OF CHANGE

From Thoth: How can the taste of a cake batter be changed if no additional flavoring is added? If you want chocolate cake, you have to add chocolate! Certainly, you can offer the vibration of love and healing to the plain cake batter and it will contain that loving vibration. But, for most of us, we have to physically add the chocolate flavor in order to have a chocolate cake. Such are the rules of the physical third dimensional world.

At a physical level, therefore, in order to manifest change we have to manifest *change*. We have to allow that which is around us to shift and change. Your response to the surge of fear that many are aware of now will determine how you deal with the much larger energetic currents that are coming your way closer to 2012. As you can meet the fear current that is being generated right now and know that is simply an emotional current that happens to vibrate at a level of fear, you will have the experience necessary to face increasingly larger waves of similar emotions.

It is crucial that you see what is present and come to understand what aspects of it may or may not relate to you. There may be legitimate personal steps you

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need to take. And then there is the fear that is part of a larger cycle that is getting kicked up as your planet moves toward 2012, like dust on a dry dirt road. You need to see it, and plan your own walk accordingly. You must also trust that the still center at the core of our being remains in communion with all beings here in this reality. You must trust that internally, within the silence, you are hearing information from all other consciousness. Therefore, as you move and change, you are dancing with all other conscious beings, seen and unseen. It is good to keep in mind that information from other dimensions often comes because there is a much larger picture that you cannot see on your own.

From Norma: Thoth's purpose in sharing his vision is to prepare us for a time down the road, which could be thirty to forty years or much later in our linear timeline. He states that our decisions, both personally and globally, will determine the timeline. It is important for us to recall that our goal of maintaining the health of the physical body is not to maintain it here strictly within the third dimension. We must learn to allow it to be in conscious communion with the lower dimensions that are supporting us as well as the upper dimensions.

THE DANCE OF THE GALAXY

From Thoth: It is only by connecting with both the lower dimensions as well as the upper dimensions that the veils between all of the dimensions can begin to fade and melt away, allowing the body to become more permeable; the skin itself actually becomes more permeable during this process. As this happens, you will not become overwhelmed by the external world. You know that the external world is wholly and solely a creation of your consciousness. In knowing this, you will begin to recognize how you dance with other beings of consciousness, creating their own external worlds.

As one great dance hall of a galaxy, we—meaning all consciousness—spin and waltz together, allowing ourselves to touch the reality of other consciousnesses. And yet you are contained within your skin, which at this moment in the timeline of humanity has become the energetic boundary of your own unique vibration of consciousness. As we all dance, you move in ways that are new to yourselves and new to those beings existing in other dimensions as well. The new dance within the Earth reveals new dances within all the dimensions, for all beings of consciousness.

PERCEPTIONS OF REALITY

From Thoth blended with Norma: There are processes beyond the third dimension that we think we understand, but we really cannot comprehend them at this time, simply because they are outside of our third-dimensional reality. Our reality is actually whatever overlapping concepts we have all come to agree it is, and it includes those concepts that we have agreed to disagree upon, honoring that while they may not represent our beliefs, they are beliefs

held by others. Because we each do indeed create our own reality, we each create an external world within our minds, our hearts and our bodies. This may seem very odd. Each of you at this moment is reading this same text, therefore, are you not all in the same reality while reading? How is it possible that each person has their own unique, singular reality? Do you not all share the same physical reality and same planet?

The answer, at a very simple level, is yes; all those upon this planet share the same reality. But at a more complex level, the answer is no; each incarnate person, and I would add those souls who are not incarnate as well, has a separate reality—even on the same planet. Because each of us has our own unique vibrational frequency, which could also be defined as our own unique consciousness, each person has created his or her own Moon, Sun and planet. When you look at a flower, you are creating your own version of that flower, separate and apart from the version that someone else will behold of that flower.

This is something that the scientific yardsticks are just beginning to notice. When you are in the presence of anything, whether you deem it to have consciousness (another human or a beloved pet) or not (a tree, a rock or a painting), it is a part of your world. Because it is a part of your world, it will vibrate in accordance with the laws of your world. These laws are defined by your consciousness—by the elementary vibrational nature of your being. Therefore, what you behold, you will perceive only according to the ability of your own consciousness to perceive it. When you are in the presence of anything, it is a part of your world, and it vibrates in accordance with your world.

As you move into this new cycle after 2012, you move into a new space of vibration and new levels of consciousness. Not only will the planet, your solar system and your galaxy pass through a new region of physical space, but the universe herself will expand her outermost boundaries. As 2012 approaches and even during the years after that date, you will step into an equivalently new space. During this time frame, you will begin to move through veils of consciousness that are new to your reality that, until this time, humanity did not recognize or believe existed in a fixed fashion, such as are the walls of your homes. In this way, the idea of many philosophers is accurate. What you think truly does manifest in your external world. Two people, side by side, can appear to be having the exact same physical experience, and yet they can come out of it with two very different experiences.

NOTICING ASPECTS OF OUR CREATION

From Norma: Oftentimes, stories and metaphors serve as ways to let our third-dimensional brain understand things. At this point in channeling Thoth, I was given the image of two people having coffee at a little French coffee shop. One of them is looking out at the passersby, enjoying the sunlight and the water fountain in the plaza. The other turns his chair a bit and is looking into the shop.

He sees the lines of customers and the constant activity of the bartenders, waiters and staff. None of the staff looks particularly unhappy, but no one looks particularly happy either. In this scenario, each person has chosen a view that matches their current vibration. One will recall the sunlight glinting on the fountain, and the colorful clothing of those walking by. The other will recall the black and white uniforms and the hustle and bustle of the staff serving those customers waiting in line. From an outer vantage point, these two people appear to be having the same physical experience, but they are having unique inner experiences.

From Thoth blended with Norma: This creative capacity will increase as you move forward. Notice what seems to draw you in. Notice what you feel repelled by. Anything

you have a strong emotional reaction to is most likely an important part of your personal reality now and into the near future. Things that you have no comprehension of or reaction to, even though other people do, are not part of your reality. If you do not have a reaction to something, it is because it is not a part of your world now.

From Norma: I do want to reiterate the point that Thoth has made about being drawn to or repelled from something. Often we forget that what we dislike the most is probably what we most need to deal with in our lives. It is a sense of neutrality toward something that symbolizes that it is outside of our reality. Anything we dislike, fear, hate or have other strong emotions toward is most definitely a part of our creation and, therefore, lies within our reality. ✨

Approaching the Future with Wisdom And Discernment

Melchizadek through Claire Montanaro

We are very aware of the interest and the anticipation that is prevalent upon the Earth plane about what will occur, when it will occur and how. It is important for all of humanity that has eyes to see and ears to hear to recognize what is based upon fiction, what is based upon wishful thinking and what is based upon fallacy or even arrogance, for there are many, many who are speaking with the voice of what seems to be wisdom and mastery but who, in certain cases, are using this anticipation and expectation as

an opportunity to promote themselves. There are others, meanwhile, who are speaking from a place of great and pure intent and the desire to enlighten and assist. So discernment is crucial at this great time of potential change.

THE MUTABILITY OF THE FUTURE

What must be remembered is that while the change itself is now underway, the manifestation of that change as it is affecting humanity and your planet is not fully determined. There is much talk, for example, of having reached your tipping point, and while an aspect of the tipping point has indeed been achieved, it does not mean that what will come from it subsequently is unalterable. There is still the opportunity for one of many different scenarios affecting your world to come about, and it is the actions and the intent—the thoughts, the words, the deeds of humanity—that will dictate and direct what in fact occurs.

When we—or indeed any guide or visionary—are speaking of your future, we or they must be speaking of

KEY POINTS

- The time of change in the year 2010 and beyond has the potential to be magnificent and beautiful, opening wonders at every level for every being on Earth.
- Remember that the future is entirely dependent upon your own choices. While humanity may have strayed from its intended purpose, you can effect positive change and spiritual resurgence through your choices.
- As you face these challenges, approach each potential guide with discernment and care, focusing on messages with loving intent and honoring the promptings of your heart in all things.

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possibility and of probability—often with total accuracy, but always in the knowledge that likely outcomes may yet be subject to change. So it is, for example, that if we had been speaking with you about what was occurring in the year of 2009, if we were speaking of this, let us say five years before this time, then we might have indicated that the year 2009 might be far more filled with physical violence and crisis than what did in fact occur.

Now, the change in 2009 has been tremendous, no doubt about that, but it has not been as shocking as it might have been, and the reason for this is that there has been—we are thankful to be saying—a greater rapidity of acceptance, understanding, balance and honor within certain groups and individuals than there might otherwise have been. At one point, there was the prospect of a major event upon your Earth plane that could have been pivotal, having to do with the survival of the human species. Because of what has occurred, however, there is now the greatest likelihood that humanity will indeed survive and, in its own way, prosper. This is why it is that the actions, reactions and intentions of humanity will direct much of what occurs in the year to come and the years beyond.

ENERGETIC CHANGES AND UNEXPECTED EVENTS

You are asking about the year 2010: Since the equinox situation that occurred in late 2009, there has been a massive energetic change, which some individuals who are sensitive have felt, reacted and responded to. This change, an energetic change, is the precursor of some physical changes that will come upon your planet. There will be a continuing demonstration, which has begun already, of aberrations of nature, whereby there will be unexpected situations and events that will never have occurred before.

While they may be shocking in their own way, many people will not see that there is a pattern to these events because they will only occur here and there for a while. One example is how the red desert in Sydney, Australia was so covered in dust one day that it was likened to being upon Mars. There will be other such occurrences, and it may well be that there will be solar activity or inactivity that will be considered inexplicable.

In the year to come, there will also be situations that will cause a major focus upon the methods of connecting that are currently employed upon your Earth plane. It will be recognized that aspects of these methods are vulnerable, imperfect or overloaded, and this will give the opportunity for your scientists to consider and identify what other methods of communication could be used.

DEVELOPMENTS IN RESEARCH AND TECHNOLOGY

More and more there will be inquiry and research that will start to crystallize and identify aspects of nature—or aspects of your cosmos, if you will—that can be guided, refined and used to complement and then to replace what is needed for the survival of the species. This will very

much involve your Sun and how its power can be used to create life and energy for use upon the Earth plane and for communication. It is very possible that research will identify how the use of certain crystalline mirrors in conjunction with the Sun can not only create energy but can also be used for broadcasting and to replace your Internet. There will be a need for this.

It will be very important that there is not an immediate and recurring expectation that by focusing upon, let us say, major hydroelectric or wind projects, all of the difficulties with your power will be resolved. The majority of the ideas that are being put forward by politicians for consumption by humanity are in order to appease and to fulfill what is seen to be a need: a demand for alternatives. Many of these are under-researched, under-resourced, inadequate and would cause more damage to the planet than good—for example, the idea that the use of your biofuels would be the panacea for all your energy needs: While it is not being publicly realized, it is privately known that using biofuels and creating and growing for biofuels is causing more harm than benefit.

So it is very important that your politicians and your scientists do not rush for the simplest and what seem to be the easiest and cheapest ways of dealing with the perceived problems of energy, for they will prove to be short term and harmful if they are not thought through carefully. Certain scientists are involved with most interesting research and exploration into the use not just of nature itself but of seeing how nature works, how the Sun relates to nature to create life and energy in the smallest living objects. By studying how nature is working, then your scientists will be able to discover very rapidly how this can be applied harmlessly and with honor to all and everyone and everything in your world to create balance and equity.

A TURNING FROM THE INSIDE OUT

Very often it is forgotten that a major role of humanity is to be the bridge between the animal kingdom, the plant kingdom, the mineral kingdom and the world of spirit. Humanity has a responsibility for guiding, guarding, honoring and, in a certain way, for teaching these beings. Humanity has forgotten this role and this responsibility, and it would serve humankind to remember once again and to resume the role humanity once played so very well. There will be physical demonstrations of the need for this change, and there will also be energetic manifestations.

Within humanity itself, there will continue to be what we will call a turning from the inside out. As we have indicated, these effects of energies will manifest above the physical in your communications and your Internet, and it will be demonstrated that this area is being used as a weapon against humanity and against certain cultures; this will become more apparent as the year ahead evolves.

There will also be a number of souls who will increasingly choose to leave the planet, because the vibrational levels have changed so dramatically. Certain souls will feel

uncomfortable with the new vibration and will choose to leave the physical body—sometimes prematurely, but always by choice. Other souls will leave their physical body, not because of the vibrational changes, but because their work is done and these noble souls will move on to be received home with honor before being prepared to return to a new and even greater role to assist the plan of God. It may be that it will be remarked upon that the number of deaths will be greater than normal, but please always remember that whenever any of these souls are leaving, it is by choice, and so there is nothing to be concerned about. This is one kind of physical change that will happen within humanity.

A TIME OF SPIRITUAL RESURGENCE

There will be a number of people who will increasingly be aware of a longing within themselves for more: more than the third-dimensional demands for money, for security, status and everyday, comfortable living. There will be a seeking for more than this, and souls will be stirring that have not been awake for many, many lifetimes. There will be an awakening, a calling, and it is very, very likely that as part of this calling and longing—a recognition if you will—there will be a demand for honesty and integrity to be demonstrated by your world leaders—whether they be your politicians, your heads of state or your religious leaders—for these apparent leaders will be challenged and questioned, and much more will be demanded of them than before. They will need to prove themselves to be worthy as leaders, and those that are not will fall by the wayside.

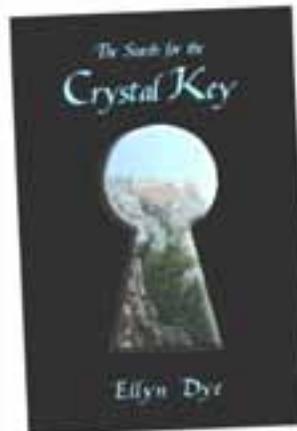
So you could say it will be a time of spiritual resurgence. As part of this, every aspect of society at all levels will be reviewed and challenged, and it will be a very interesting time. While this process has begun already, there will much more evidence of this in the year to come, and it will continue into the year beyond and the year beyond that. So it is as if a snowball, a minute snowball, has been created and it is now beginning to roll downhill, rolling faster and faster and getting bigger and bigger as it rolls. It is now unstoppable, and it will certainly continue rolling into the year 2012 and beyond.

How far it rolls in terms of distance and time is dependent upon humanity and how far humanity is prepared to see, to welcome, to understand and to confront the future, accepting within each individual the opportunity to challenge the other as well as yourself. So it is not only objective, it is also subjective, a part of the turning inside out. It involves questioning yourself—your motivation, your sense of fairness, compassion and generosity—and coming to terms with who each of you is, both collectively and individually. As you survey yourself and your world, recognize the truths that you have chosen not to see until now.

OPPORTUNITIES FOR CLARITY

The year to come is a time of potential clarity of understanding for each of you personally as well as for the human group. It is the opportunity to see; when you see what you

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have chosen not to look at with open eyes before, it will be shocking to consider what has been blindly accepted as acceptable—if not mandatory, inevitable and highly desirable—seeing it now in fact for what it is and how inequitable that aspect of life or way of life has been, particularly in relation to the responsibility you are having for the world of nature and the world of your planet as a whole.

This time that is coming will be an opportunity to relate to yourself and those around you with clarity of understanding and, of course, with a corresponding change of activity, intent, attitude and approach to life. It is also the opportunity to begin to accept and to share that interconnectedness that is so very crucial to the well-being and continuation of humanity in conjunction with not just all that is upon your planet in every sense—upon and within your planet—but also with what lies beyond.

It is not generally known that in August of 2009 there was an opening of the veil around your planet; it was deliberate, intentional and timely, for it was the time for this to occur. Certain energies and entities that had been precluded from entering the atmosphere of the planet itself had entry for the first time. Some have seen and felt these new energies and entities, and they will be affecting the planet—not in any malevolent way, but as part of the changing energy upon your planet. This will, of course, have an effect on humanity as well, but it is part of the process of the ascension of the planet; this is why it is not to be feared.

There will be an increasing opportunity for certain people upon your Earth plane to connect with and to be consciously aware of these new energies, beginning to work with them. It is not for every person to do this—for the majority of humanity does not have the expertise yet for this to occur—but those who are called, and they will know, will find that there will be contact, and it will give information of a very startling but wonderful nature. We want to stress that not all will be doing this; those who will have the contact will be called, and they will know and be the transmitters in their own way of this cosmic knowledge.

DISCERNING THE TRUTH

You mentioned at the beginning that there are many messengers who are not speaking with the best of intentions. Can you give us advice on how to discern whether someone is speaking from the truth and the light or not?

First of all, any messengers who speak words that create fear are not speaking from the proper place of light and love and of truth. It may be their truth, and it may be that they believe sincerely that they are the messenger of the gods, but if they are speaking words that instill fear, confusion and clouds of uncertainty that are not uplifting, then their connections are not of the purest and of the highest. The intent of some of these messengers, you see, is to do their best, but they transmit a questionable message. Others may speak with arrogance; when there is a guru, a master or a teacher who speaks for the purpose of self-aggrandizement, for fame or fortune, it will be clearly apparent to those people with discernment who hear or read their words. Those who know will recognize these characteristics, because the intent and the motivation will obviously be for subjective gain or benefit, and the message will necessarily be tainted.

Where the message is uplifting, heart warming and clearly comes with loving intent, then this messenger is indeed worthy to be heard. Of course, it is for each individual to choose whether or not to hear, who to hear and what to hear. There is nothing that is compulsory or must be done, and if an individual chooses to honor the master who speaks with ego, then they will learn their own lesson through the experience.

HONORING YOUR HEART

Because there are so many messengers speaking, particularly through your Internet, we would counsel care and discretion, honoring what is called from the heart and not becoming so immersed in the different writings and teachings available that they become overwhelming and confusing. Sometimes it is appropriate and helpful to read, to see and to listen where you are drawn to go, but do not become top heavy. Do not allow yourselves as individuals to spend hours reading the pontificating of others. If you are drawn to look, if suddenly you say to yourself, “I will look upon this particular website,” and you find it of interest and of great assistance, then that is very, very good. It can, however, be distracting and create negativity, and so we would counsel caution.

In the end, it is your own experiences—your own learning and understanding—that are vital to this process within your own heart. Respond to what is in your own heart, going where your heart is calling you without asking too many “whys?” and without questioning so very much, because as we have said at the outset, nothing is certain. Asking “Why?” and “What will occur?” are mental activities, and seeking these answers is an attempt to appease the mind.

As far as you are all able, honor what is in your heart and what is in your present environment and life experience, learning from that life experience in the present without reflecting much on what is past and what will come for the future. Nothing is definite, so this process is truly a question of living in acceptance of what is in your life, with gratitude for what is there. It is honoring what is around you in the smallest sense and in the largest sense and, most importantly of all, carrying love in your heart and in your life, for the more that you do this, the more love, kindness and abundance will flow to you and then from you in a beautiful, even and balancing way.

The experience is a little bit like your see-saw: you go up, claim the abundance, and then come down, and the other side goes up as you send your abundance and your love from you into your world. The more that humanity is able to practice the life of kindness, lovingness, compassion and understanding with sincerity and loving acceptance and without judgement, the sooner the ascension of the planet—of humanity, of each individual—will be achieved, and the fewer shocks and dramas will occur.

HEAVEN CAN BE A PLACE ON EARTH

This is why we are emphasizing that, by the actions and intent of humanity, what occurs in the year 2010 and beyond can be and potentially will be magnificent and beautiful—a time of change that is not catastrophic but is an opening for wonders at every level for each being upon your world stage and all that lives upon it, side by side with you.

It is a matter of choice, and if you are able to also remember that the more there are challenges, degradations and acts of insanity by your world leaders and certain aspects of the societies within your human world, the more these will be seen for what they are: as acts of folly but also acts and deeds that highlight to your world that this way of living and being is obsolete and inhibitory and that it is time for them to be left behind. Then the new world order of all wonders—of peace, love, equity and abundance—can be ushered in, and there will truly be heaven on Earth.



Much can be achieved in the year to come, and there will be dramas and upheavals. These circumstances will release much that is tremendous, because they will enable humanity to open its eyes and to see the truth and to act accordingly in response. Truly heaven upon Earth is not so very far away. It is up to humanity to determine when and how far it will be achieved. *

Embracing Your Emergence into Truth

Expanded Consciousness through Miriandra Rota

4 September 2009

We are most pleased to be speaking with you in this manner, concerning what you call the upcoming years and your continued emergence into the true being that you are and that you have been waiting to experience. And perhaps that is where we would begin: that is, with the you who is emerging from the rubble of the past—the past being that which you call survival and its struggles, pains, sorrows, frustrations and failures—and your most sincere and honest attempts to remain within the conscious knowing of wholeness of being.

Beloved ones, perhaps you will hear these words? Hear that you did reside within survival, that you did effort to maintain your most expanded knowing and that, in the midst of all that called you to believe that you were separate from the whole, you did succeed in preparing yourself for this emergence within which you now reside. Though you may have viewed your efforts to be what you call non-productive or failing in their abilities to manifest fulfillment, the truth remains that your efforts were most productive and have manifested fulfillment.

This fulfillment does not reside within the material things that you hoped you could attract to your being—though there is not one thing incorrect with such attracting. However, your fulfillment resides within the maintaining of those vibrational frequencies that have now guaranteed your emergence. Do you see? All along, all while you were efforting for a myriad of reasons, you were truly efforting to maintain your expanded consciousness in order to reside within those frequencies that were and are most compatible with the grand awakening, with the continued expansion of

conscious knowing and with your most glorious emergence. You might call this, in your vocabulary, most spectacular!

TEST YOUR OLD BELIEFS

That having been said, we would continue with speaking a little about who you are and who you are becoming. Many have discovered that the releasing of previous beliefs and interpretations, though difficult at times, has been most freeing in that the results give to each being a breath of newness as if beginning anew within a new life. And this is a perfect interpretation of what has occurred and will continue to occur.

As you continue to discover that the old beliefs no longer serve you, you are sweeping the pathway for your continued emergence. Yet we would be more specific for the benefit and within the love of that which you are. You might be asking, “Exactly how do I discover the old beliefs that no longer serve me?” and we would be most pleased to answer your question with that expanded truth that your asking does call forth. There is one simple test, beloved ones, to determine if your belief is old and no longer useful to your being, and though we will speak of more, we would simply speak this test.

Ask yourself of your beliefs: Does this belief cause me to believe that I am separate from the whole? Does this belief intimate that I am better than or lesser than any other being? Does this belief say that I must do something in order to become spiritual? Does this belief assure me that I will be awakened, ascended or separate from the whole? Does this belief ask me to take action that feels to be incorrect, though in the past such action was most correct? Does this belief tell me that I am here to heal the world? Does this belief tell me that I must care for others before I care for myself? Does this belief tell me that having financial abundance is wrong? Does this belief tell me that others are simply not trying hard enough? Does this belief tell me that there is no hope for a beautiful world? Does this belief tell me that the world will end, and I will be one of the lucky ones to

KEY POINTS

- Now is the time to examine your beliefs, testing them for truth and peace. Let go of those beliefs that now resonate false, even while retaining gratitude for the service they have given you.
- Once you have done that, you are free to approach your journey, choosing how you will experience your own discovery of self.
- Do not fear the experience of becoming, but choose to experience that journey in joy and peace as a time of great discovery and wholeness of being.

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ascend? Does this belief tell me of conditions that cause fear or a desire to keep secret that which I am? Does this belief promote the old survival techniques? Does this belief promote loneliness, as in separation from the whole?

Beloved ones, when you ask these questions of your beliefs, you will be able to easily discern the answers. We suggest that you pause and breathe deeply, rest for a moment and then invite your beliefs to surface. Remember, you are lovingly inviting such beliefs to surface, for they have served you well. Perhaps you will write upon paper the beliefs as they come to your conscious awareness. As you write the belief, be certain to give great, good gratitude for such a belief, even if, when you are writing, you recognize the falsity that might reside within it. Once you have given great, good gratitude, it is then that you can breathe once again deeply, inviting the peace that resides within you to fill your entire being. Then, beloved ones, ask the questions of each belief.

THE CALL TO KNOW

If you discover that there is an affirmative answer to any or all of the questions, then you can be certain that your belief has not only fulfilled its past purpose, but that it is also causing to your confusion, chaos and more so, inner turmoil. Why? Because, beloved one, you are emerging—emerging with the most pure and clear vibration possible. Anything, any vibration that is incompatible with the glorious truth that you are will cause ripples and waves within your serenity, and such ripples and waves of confusion or chaos are gifts to your being.

You might be wondering how such ripples and waves could be gifts, yet we say to you, they do grasp your attention and it is then that you can discover the completeness of the old. What then occurs next? The releasing of those old beliefs. And again, you might be asking, “Exactly how do I release my old beliefs? How do I be certain that I am actually releasing them?” To which we would say that first, beloved one, you need but remember who you are; that is, fear not that your choice to release your old beliefs will not be successful. You are a most magnificent being, and you have the power of your own choices.

What you are feeling when you fear or become concerned that your choice will not be effective is the call to know. While in the past, such choices perhaps were not effective, now you are ready and able to go forth in such matters. The call to know is the actual wanting to know exactly how to proceed. To choose to release old beliefs is, of course, necessary, and yet it is not the releasing itself. You are most capable of determining your own processes within such releasing, and yet we suggest the following. Why? Because, beloved one, your manners will be residing within the old beliefs not yet released. Do you see?

DECLARING THE OLD BELIEFS RELEASED

Once you have called forth and written upon paper those beliefs that have determined your previous journeys—those beliefs that are no longer serving you and those beliefs that

are limiting your own continued fulfillment, your own emergence within the real you and new journey—then we suggest you proceed in this manner. Speak these words aloud, beloved one: “Necktah Slōrientōh Sleecha!”

Your mind will want to know what those words are and what they are saying. The words spoken aloud are the vibrational sound that resonates within your encodings—those encodings that are waiting for your call, for your awakened presence, those encodings that respond to your choices as we are proceeding, choices for releasing of the old. That having been spoken, we will continue.

Speak these words aloud, beloved one: “Necktah Slōrientōh Sleecha! In this life I am known as (your full name). Oh beliefs of old, hear my words! Now do I give great, good gratitude for your residing within the fabric of my being. Now do I give great, good gratitude for your residing within the fabric of my journey. Now do I give great, good gratitude for your residing within the fabric of my cause and effect. Now do I give great, good gratitude for your residing within the fabric of my thinking, discerning and determining. Now do I give great, good gratitude for your magnetizing to my journey that cause and effect that would allow my fulfillment of purposes of old. Now do I give great, good gratitude for your residing and forming, your continued transforming and reforming.”

Then breathe deeply, beloved one, and continue in this manner by speaking these words aloud: “In this life I am known as _____. Oh beliefs of old, hear my words! I, for whom you did form, declare you to be complete. I, for whom you did form, declare you to be fulfilled. I, for whom you did form, release you from my being. I, for whom you did form, release you to return to the nothingness whence you came. I, for whom you did form, release you to dissolve into the nothingness. I, for whom you did form, release you to dissolve and be no more. I, for whom you did form, release you to be no more. You are no more. It is done. So be it.”

Again, breathe deeply, beloved one, and allow. Remember that the old ways would have you efforting and concentrating on what you are proposing to occur. In your new manner of residing and of living, you are simply allowing. In this instance, you are allowing the old beliefs to dissolve from your being.”

THE TRUTH OF THE UNKNOWN

What have you done? You have cleared the pathway for your steppings, and in so doing, you have determined your residing within the moment. This moment is most powerful to you, beloved one. Remember, in the past you did journey toward the unknown, yet you continued your focus upon the past. It was as if you were residing within a rowboat, and as you were rowing and moving along in your journey, you were continually viewing where you had been. You were continually thinking about, analyzing and correcting what had already occurred in the past. Yet know this to be true: You were also always flowing within the unknown, the as-yet unformed. Within your previous man-

ner of journeying through your adventure, you determined that the unknown was something to fear—something to be apprehensive about, something that you could perhaps mold to your wishes even though you were not always successful in such molding. There was nothing incorrect with such journeying, beloved one, yet it was and is the way of the past.

Within your emergence, you are actually traversing differently, even if you have been trying to force yourself to reside in the old ways. What is the new way? Oh, beloved ones, you are going to love this! You have actually turned around. Instead of facing the past as you traverse, you are facing the present moment. You are no longer sitting in your rowboat and viewing the past as you enter the unknown to the back of your being. What does this mean? You are residing within the moment; you are actually facing the unknown. There may be a part of your thinking that wants to recoil from such facing—to recoil from entering into the unknown, the great unknown—yet hear our words: You have always been traversing within the unknown. You have simply been focusing on the journey within which you had already resided, the past.

The great, good news about facing the unknown is the truth of the unknown. What is the truth? The unknown is simply the All That Is awaiting your choice, your deciding to reside within play and joy. The great unknown is what you might call your playground, and while the old ways will urge you to create and determine everything that resides within your journey—in order to view your journey before you enter within it—the new way, this new journey is different. It requires your manner of choosing to be different.

THE NEW JOURNEY

Your new journey and emergence requires you to choose how you will experience your own glorious discovery of self, how you will experience yourself within your new journey. For example, where in the past you perhaps efforted to create the events within your cause and effect, where in the past you efforted to determine your own success and the nature of that success—including financial abundance—now in this present journey, you are asking of yourself to trust. Ah! And that has been quite an issue for you, hasn't it, beloved one? Of course it has.

In the past, you had been able to manifest your choices, then something occurred and you were less able to manifest your choices and then you admitted to yourself that the old ways of manifesting weren't working any longer. This progression—or regression—of your success in manifesting caused you to become less trustful of your own abilities and also less trustful of the universe manifesting your needs. And we say, of course you would have perhaps lost faith, question what you were doing wrong, and then given up and surrendered to the facts, to so speak, that you were stuck. Yes, we have observed you in this manner, and it was then that you were in the process of letting go of the past and preparing to begin your own glorious emergence. Yet you did not know of your upcoming emergence; you only knew that you were stuck,

that nothing seemed to be working for you. Some questioned your won spirituality. Some gave up treasured methods of being. And we say to you, bravo for your courageous residing, your courageous efforts to change and your courageous efforts to continue to refuse to reside within survival—even when you resided upon its edge, even when your emotions called you to believe that you had fallen once again into the horrors of survival. Bravo to you, most sincerely, do we say.

YOUR NEW MANNER OF CHOOSING

Of course now we will speak of the present and the new manner of residing within the present. You might be asking or wondering, “Don't I choose? And what is the best way to choose, to determine?” Oh, beloved ones, you have such desires to do the right thing, to be the right way, and those desires are most natural; yet we also say again, this manner of living, this *new* manner of living, is quite different. We will begin in this manner to answer your questions about determining your own journey within the great unknown, the All That Is waiting to form for you: for *you*.

First, we would suggest pausing a moment and recognizing that the great unknown is your paradise. You have been hearing about, reading about and studying about paradise. Perhaps you have been envisioning a beautiful location with everything peaceful, lovely and ever-fulfilling. You would be correct, yet you are correct in this manner: your paradise waits for your choices, your decisions and your continued emergence, and it is within such manners that your paradise forms. Another way of saying those words would be that the great unknown forms as your paradise according to your choices and continued emergence within it.

Then we return to your new manner of choosing. When we speak of this manner, your mind will most likely want to believe and to conclude that this new manner simply will not work. We suggest that you say to your beautiful mind that you will think about everything later, that you are simply residing within the speaking for this moment. Ask your thinking mind to rest. As you reside within this moment—this moment of eternity, this moment within the great unknown, this moment within your paradise waiting to form for you—cause yourself to breathe deeply and bring all of your thinking to this moment right now. Next, ask yourself how you would like to feel. Is your answer peaceful, joyful, loved, blissful, content, fulfilled, rested and knowing? Even if your answer is all of those manners of residing, simply for this moment, choose one. Together, let us choose peaceful and allow that choice to fill you, allow the feeling of that choice to fill you. Do not hurry, beloved one. Do not effort. You are simply calling forth a feeling, a feeling to fill your entire being, just within this moment.

Know within your entire being, beloved one, that you have just given your great unknown the gift of your choice. You have called forth the vibrations and patterns, the encodings that reside within the fabric of your being, of feeling peaceful. Next, simply breathe forth that which you have

consciously become. You needn't effort in your breathing forth. Simply breathe your breath into the great unknown, knowing that the encodings of peacefulness reside within your breath, knowing that such breathing forth is a gift to your unknown, and also knowing that you are in this moment creating the manner within which you will not only emerge but within which you will experience the discovery of who you are, the real you. This is your manner of choosing and of creating. Perhaps you will now reflect upon our words and your own process, beloved one?

CHOOSING FORGOTTEN ENERGIES

What if you do not have a real feeling of joy, yet you want to choose joy? You might be asking or wondering how you can call such a feeling forth. Perhaps you have been residing within frustrations and pain for a time and you have forgotten what real joy feels like, forgotten the flowing of those energies within your being. That is not a crime, beloved one. If this rings true for you, know that it is simply the effects of the remainder of your previous journey and your turning and changing, your preparing to emerge from the past. Yes, some of your journey has been painful, has been a great struggle, and now you want to choose joy as the foundation for your continued emergence, your new journey and the forming of your great unknown as your paradise. What can you do?

Beloved one, there are upon your Earth many manners of being, many circumstances that can provide for you the experience of joy. We will speak of them, of course, yet know that your mind will want you to experience what the old beliefs determined was joy. Again, tell your mind to rest for a moment while we continue within this speaking. What are some of the sources of joy for you? How can you call forth the feeling of joy within your being when it has perhaps been a very long time since you have felt real joy? We suggest the following manners, each building upon the other.

First, place yourself within water—that is, in your vocabulary, place yourself within a shower. While the water is flowing upon your body physical, determine that you are washing away the residue of the past, that the waters are carrying from you the residue of the previous struggles, the previous unfulfilled manners and the patterns of fear and discouragement. Such determining can take the form of a most simple statement, beloved one. You are simply directing what is occurring about you: a simple choice with little effort.

Second, drink spring water. Third, walk in nature and, while walking in nature, cause yourself to view closely something in nature. You could view a blossom, a leaf, water or trees; you will know when you are walking. On another day, fourth, listen to live music. Live music can be a friend singing or playing an instrument, can be what is called street music, can be music on the green, so to speak, or can be within a symphony hall. Live music nourishes the cells, beloved one. And yes, you are residing within your journey to call forth that which is of real joy within

your being. Fifth, on another day, receive a foot massage. On another day, sixth, enjoy what is called a comedy moving picture. Be certain to allow yourself to laugh aloud without concern of being heard. On another day, seventh, place a telephone call to a friend you haven't spoken with in a very long time. Listen to the sound, the vibration of your friend's voice. Eighth, go with a friend to purchase a type of food that you can eat while you walk together in nature. Ninth, ask yourself: What is joy? Research the meaning of joy and ask friends, and even strangers, what they would consider to be joy. Tenth, sit quietly and reflect upon your experiences.

Then we will reveal to you that joy, real joy, is the bubbling to the surface of your conscious knowing:

*that which is called love,
that which is called contentment,
that which is called peace,
that which is called laughter,
that which is called companionship,
that which is called synchronized sound vibrations,
that which is called color,
and that which is called movement within the whole.*

Beloved one, once you have reflected upon your actions and upon our words, we suggest that, once again, you go forth in the suggested manners. You will be most amazed at your experiences. Remember to tell your mind that thinking about going forth a second time within the suggested actions is not the same as actually going forth.

It is this manner of choosing—calling forth from the encodings that reside within the fabric of that which you are and are becoming—that delivers to you a most amazing journey, a most amazing cause and effect, all to embrace your emergence, all to embrace, with tenderness and care, your manner of discovery: The discovery of who you truly are.

CONTINUED EMERGENCE IN 2010

Now we will speak of you within that which is called the year 2010 and beyond in this manner. We are not speaking of proposed events; more so, we are speaking of your continued emergence, what you can expect and how you can best proceed within the glorious continued discovery of who you really are.

There are those who would suggest that this emergence and discovery is difficult, that the upcoming times and your newness of being might be a struggle. Yet we say to you, how can this be? Truly, how can this be? If you would view the past—the journeys through the many events within your cause and effect—you would see difficulty and struggle, would you not? Of course you would. Hear these words: Those who would ask you to believe that struggle awaits you, that difficulties await you—that this upcoming time, to so speak, will deliver to you challenges that will test your courage and your abilities to remain focused or

that you will be residing within despair—those ones have not yet emerged themselves. Those ones are still residing within the old beliefs and patterns of their own previous survival, and those ones are interpreting what would be called the future by continuing to face the past while they believe that their glorious future is what you call “more of the same . . . only worse.” We say to you most emphatically: Refuse to listen or believe those words. Refuse.

Then you might be asking, “If all of those predictions and portents are untrue, then what can we believe? What about the cause and effect as it continues to grow difficult for the many? What about . . . ?” to which we would say the following, for the love of who you are and are becoming: As you continue to emerge from that which you have been, as you have been fulfilling purposes of old, you will be becoming more and more of what you might call the real you. We recognize that you have heard those words before, perhaps again and again, yet they are true. You might call this phase, “getting to know yourself.”

CHOOSE YOUR OWN EMERGENCE

Again we say, remember. Remember that all that you experience is choice. What do we mean by choice? You can easily choose exactly how you will experience your own emergence. Do you hear those words? You can wring your hands, worry and wonder who you will be, or beloved one, you can choose to view your own emergence with pleasure and discovery, you can choose to reside within joy, you can choose to reside within comfort, and you can choose to easily and completely adjust and align to all that you are becoming. What are these choices? They are the choices of refusing to be a victim to your own emergence.

Yes, it is true that your sensitivities will increase. Does that mean that you will be injured by your own sensitivities? Does that mean that you will be a victim to your own sensitivities? How can that be? It does mean that you will be more able to discern what is the correct vibration within which to reside; it means that, if you choose to participate within your own journey and not be subjected to it, you will be able to discern which path is the best for you, which path will bring to you the greatest enjoyment within your own creative abilities and which path will deliver to you the opportunities that will give to you fulfillment—your personal fulfillment. Remember, beloved one, your personal fulfillment is not a crime, is not being selfish, is not unspiritual. Your personal fulfillment is what you have placed on hold until you could and have completed the purposes of old. Your personal fulfillment nourishes the whole. Do you hear these words?

As you become more and more aware of the oneness of being, you will be able to know—rather than understand—that your own enjoyment nourishes all beings, your own play nourishes the whole and your own fulfillment releases the patterns of creative fulfillment into the whole where it vibrates and celebrates the awakened being residing within the unknown made known. We say

to you, do not allow any to suggest that your own fulfillment is unspiritual or selfish; in the stead, know that your emergence now gives to you those choices. These choices are what you might call major. They are the choices for you, the choices of how you will go forth.

CELEBRATE YOUR WHOLENESS OF BEING

Beloved ones, you have already participated within sacrifice, within suffering for the man, within delivering yourselves upon the altars of those who would declare to you how you must be. Now, during your emergence, you are daring to be, to choose, to go forth according to your own inner knowing, according to your own inner guidance. Always, always listen to that inner knowing, your inner knowing. Although there are those who would continue to tell you how to be, refuse to follow such methods until you have listened to your own inner guidance, until you know for certain that the vibrations of such a journey are in alignment with your own natural inner synchronicity.

Of course you are accustomed to listening to such directives. In the past, you have required the methods of others. Why? You have placed about yourself that veil to the known, to the wholeness of being. Why did you place such a veil? To shield the magnificent truth from your knowing for the sole purpose of fulfilling that which you set before yourself, to fulfill the purposes of old. You have now completed those purposes. How do you know? We say to you, the fulfillment of purposes of old is the signal for the beginning of your own emergence. The veil has been dissolved into nothing. Again we say, fear not for such dissolving; in the stead, celebrate. Celebrate your full ability to know, to discern and to be that which you have always been: a glorious, wondrous lightbeing.

EMERGENCE INTO TRUTH

What is the real emergence during what you call these upcoming times? It is your conscious relationship and knowing of truth, of oneness of being, of the recognizing of the illusion and untruth of separation from the whole. It is your recognition that the love that you have been seeking resides within your being, and further, the recognition that it always has been residing within your being. It is recognizing that the peace that you have been seeking resides within your being and always has resided within your being. It is recognizing that the fulfillment that you have been seeking resides within your being and always has resided within your being.

As the world begins to reside within the increased vibrational frequencies, there will be the releasing of the old ways of those who have attempted to control the many. Those who have the abilities to embrace the whole and breathe truth within it will have a great effect upon the healing of the masses. Yet we encourage those of you who hear those words and are already responding to their intent to heal yourselves first, to care for yourselves and to give to yourselves those moments of inner peace and joy.

While there is the battle over health care for every living being, we say to you: As you awaken more and more, as you emerge, and as the entirety of being responds to your awakening by increasing its incarnate vibrations, there will be—as there has always been—a union of one. And within that union does there flow forth what is called universal wholeness and spontaneous healing.

IT IS TIME FOR YOUR CREATION

There are those who are most concerned with the year two thousand and twelve, and they are most concerned because there have been those ones who have interpreted the calendars and information of the past, interpreted for you and suggested how you would feel, how you would reside within fear. Yet we say to you, those interpretations have been made within the sleeping unconscious. Yes, there is and will continue to be change. Yes, the calendars and predictions seem to end during that year. Why? Beloved one, it is time for your own creation, time for your own choice, time for your own full knowing of the oneness of being. Hear those words!

The reading and understanding of the calendars after the year two thousand and twelve require one who is expanded in consciousness and one who resides within the full knowing of totality of being. The information, so to speak, that resides beyond the current, seemingly understood predictions resides for those who can see and for those who can know. Great truths have always resided in this manner.

Then we conclude in this manner: As you emerge from the

past, embrace the full knowing of truth. Your mind will want to journey within such truth, yet it will not be able to understand what resides as new. Your inner knowing will deliver to you those frequencies and vibrations that are most natural to you—that are and have been residing within the fabric of your beautiful being. Fear not, beloved one, for who you are and who you are becoming. Fear not for the experiencing of becoming. In the stead, choose that journey as one of joy and delight. Choose that journey as one of great discovery, and choose that journey as one of divine love, divine peace and divine wholeness of being. All that you are releasing, all of which you are letting go, is that which has inhibited your deep inner fulfillment. You are simply awake and awakening to who you have always been!



You have the slang vocabulary that says that the world is ready for you now. In a manner of speaking, the world is ready for you now, and that lovely, beautiful Earth is able to maintain its integrity of being while the most expanded vibrations reside upon and within her being. Yes, the world and the Earth are ready for you now. Those who are suffering are ready for you now, those who have lost hope are ready for you now, and you—you are ready to love, laugh and play in order to breathe such nourishment into the whole. What a grand plan you are participating in! It is our great pleasure to be within the knowing of that which you are and are becoming. *

The Year 2010: A Time of Transparency

The Council of 12 through Selacia

October 2009

In the year 2010, it will become harder to hide truth. The walls that separate fact from fiction will weaken under the force of humanity's emerging light consciousness. Transparency will become the watchword of the times.

KEY POINTS

- To be a divine changemaker means to acknowledge your divine heritage in all that you do.
- "Remember that humans have a distorted idea of time. . . . To the untrained eye, the current turmoil may feel like a recent phenomenon."
- Finding your way out of the dark is a lot like being a racehorse with its blinders recently removed and returning for the first time to open spaces.

What does this mean? How is this relevant for you, the divine changemaker? On a global level, it means that many of the disparities and dysfunctions of your world will come out of the shadows of ignorance. As this happens, longstanding and out-of-balance situations will be seen and recognized as detriments, even more than at present. Likewise, universal truths about energy and the interconnectedness of all life will emerge into the mainstream with increasing speed. There will be a grow-



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ing sense of awareness across the planet that many things aren't really as they have appeared to be for a long time.

Until fairly recently, mainstream thinking has been in a box wrapped tightly with string. The year 2010 heralds a further loosening of the string around that box. Things outside conventional thinking that you have long believed to be true will receive noteworthy mention from unlikely sources. Don't be surprised when you hear that some high-level public figures believe there is probably life on other planets. Be prepared for announcements of cures for devastating diseases. Some diseases may even be reclassified as researchers more fully understand how the body's interconnected energy systems work.

The planet's history will come under a microscope too as policy makers and scientists grapple with solutions to the world's growing list of concerns. People who were seemingly unawake before will begin to connect with a desire for a more heart-centered life. Underneath that desire will be a remembrance that there is a spiritual force that is at the core of each being. This is the divine spark that is within all life. The early stages of this remembering typically manifest as a general discontent. When the dissatisfaction grows sufficiently, people begin to question more deeply and to ask for different things than they are used to receiving.

UNDERSTANDING OTHERS

This is being mentioned here so you will more easily connect the dots when your friends, colleagues and loved ones begin to awaken and act differently than before. You will of course delight in their waking up, yet their actions may seem bewildering.

Sometimes their questioning will be cloaked in nonsensical debating or complaining. It may appear that some of their irritation is because of something you did. Oftentimes, what you did or did not do is only a catalyst for their discontent. So it's not personal. If you can remember this when you are thrown into the center of the other person's wake-up chaos, it will be easier for you to find your center.

During the year 2010, you will have ample opportunities to hone your abilities of discernment. As the prevalence of transparency increases, you will have much to ponder and examine. Some of the truthful information coming to light will be packaged side-by-side with lies. This means that part of what you are shown is true, but the overall picture may be misleading. Some who pretend to be transparent will present a mixture of true and not-so-true information.

To be sure though, the truth will come out on all things in time. The veils of deception can no longer be held in place as the planet moves into a higher consciousness. The hidden—whether it involves the good, the bad or the ugly—will naturally become increasingly transparent.

YOU AS DIVINE CHANGEMAKER

Remember that you as a divine changemaker have come to Earth now to be at the forefront of changes involved with shifting your planet into light. To be a divine changemaker

means that you are moving into conscious creation and taking back your power. You are acknowledging spirit and recognizing that you come from spirit, and you are finding ways to return to the heart-centered beingness that is your true nature. You are seeing that most people have forgotten their divine heritage. You are observing how people have learned to be disconnected from each other and from the divine force that is meant to be the food of life.

Because of your consciousness and earlier experiences, you are among those taking the lead during these times of planetary crisis. Keep in mind that being farther along on the path doesn't make you special or better than anyone else. However, your light and the ways that you express it can be of tremendous help to others who are in the earlier stages of waking up. Your light can also be a pivotal and beneficial force to other lightworkers traveling shoulder-to-shoulder with you. Your comrades need to know that they aren't alone. You give each other the reminder that this is a group effort. You can help one another to move more easily through the chaos, and to stay sane; you can be the rock of stability for each other.

The people in your energetic sphere of influence are facing similar challenges you face—great uncertainty, sweeping changes, economic reconfiguration, ongoing chaos and strained relationships. They face these things regardless of whether they are as prepared as you are. In this lifetime and even in past lives, you've done homework and preparation that some other people are only now initiating. Your advanced preparation will help you greatly in 2010.

One factor that's helping you even now, more than you likely recognize, is that you have been introduced to many useful tools for coping; you have learned some basics about how to respond to life with intuitively guided reason. You have discovered that the key to peace is to learn how to create peace within yourself. You know without a doubt that your relationship with spirit is the glue that puts all the disconnected pieces together.

Now is the time to put all of what you have learned into action. It's important that you act on what you know. Do this even when you feel that you don't have all the answers. Start from where you are and more answers will come to you as needed. Trust that your light-infused actions will make a difference in what happens next—in your own soul's progression and in the future of your beloved Earth.

Remember that humans have a distorted idea of time. It may appear as though no one was preparing for the great shift of life on Earth. To the untrained eye, the current turmoil may feel like a recent phenomenon. This point of view runs counter to the way your universe really works. As you will understand more and more, it's really about cycles that are continually in motion. The cycle of your Earth's current waking-up process has been gaining momentum for many years. However, now there is a magnification process involved. This means a much faster parting of the veils that have long kept people in ignorance. It means increasing amounts of transparency involving all aspects of your society. This is significant.

TRANSPARENCY AND THE GREAT SHIFT

The trend toward greater transparency has nothing to do with politics, religion or the desires of special interest groups. Likewise, it has nothing to do with what's right or wrong. The movement into greater clarity goes hand-in-hand with the great shift of the ages. This shift involves a thinning of the veils that have long kept the masses in the dark.

Many of the world's problems have been building for a very long time, yet only recently has this begun to become apparent to the general populace. Likewise, the life journey for people incarnated on Earth today is a continuum—a cycle of energy put in motion over lifetimes. There is a tendency each time, including this key lifetime, to forget what happened before and to have amnesia about one's gifts and character flaws. As remembering is triggered, the individual response will depend upon how evolved the person is this lifetime and his or her state of consciousness when being confronted with a reality-shifting truth.

The demystifying of life, on the grand scale it is occurring now, is unprecedented. In no other lifetime have you been faced with reexamining so much about what's real, what to pay attention to and how you fit in. Even if you are a seasoned lightworker, you can become anxious when discovering that your early life training did little to prepare you for the level of unfolding now under way. Go gently with yourself and with your human comrades who also are finding their way out of the dark. It will be easier on some days, harder on others.

THE BLINDERS ARE GONE

In many cases, it will be a bit like the racehorse after the race—its blinders have been removed before being turned loose into open pasture. Sometimes the horse will respond wildly, running as fast as it can in the direction of freedom, yet having no specific destination in mind. At other times, the horse will move smoothly and effortlessly into the open field, feeling confident and in good spirits. On occasion, the horse will stand in place, immobilized and in a daze. If feeling sufficiently aggravated, the horse may rear up and kick its handler out of defiance. If it is let loose with other horses, its herding instinct may come into play. The horse will then follow the lead of the dominant mare.

People often respond similarly to the racehorse when faced with the need to make radical changes and answer questions without external guidance. There's a learned tendency to bolt away from restrictions, even if there's no clarity about where one is bolting. There could be more clarity if people had more experience and confidence accessing their heart's inner wisdom. With no intelligent plan, the person who bolts ahead is really no better off than before. Similarly, people often let fear become an immobilizing force rather than the catalyst to do great things. Pack mentality is a serious obstacle as well. This is especially true in times when people are feeling isolated and crave connection with others.

QUESTIONS TO ASK IN 2010

To avoid being like the wild racehorse in 2010, here is a list of ten questions you can ask on a regular basis. Come back to these questions whenever you desire more clarity, more focus, more balance and more inner confidence about your path of light.

- As I consider an issue or situation, am I looking at both the relevant details and the big picture?
- What is the key missing piece of information that will allow me to have clarity about an issue or situation?
- What is in my way of seeing what I need to see?
- How am I sabotaging my own progress?
- In what ways am I giving away my power?
- What is the one change I could make in my life to radically shift out of past, rigid conditioning and into a more enlightened state?
- As I consider the outer world news and prophecies about 2012, which things are really true, which are assumptions, which make me the most fearful and which cause me to feel the most hope?
- How comfortable do I feel becoming more transparent with myself, my loved ones and my outer world?
- What am I afraid to know about myself?
- Have I remembered today that I am a divine change-maker, contemplating what that means in action?

You really have one choice to make when it comes to change. Are you embracing your role as divine change-maker or are you allowing yourself to be a victim of change? As you continue the journey of rediscovering your divine nature, we surround you with our love and blessings. We are the Council of 12. ✨

Note: This predictions' message is provided annually to offer spirit's view of these unique times. As we near the 2012 window, people have more questions than ever before. There is a great desire for truth, and to see the false brought to light.

As the Council of 12 speaks about here, we are indeed living in a time of increasing transparency. There is a momentum of energy involved in bringing the hidden to the surface. Lightworkers all over the world have come to a saturation point with the lies—insisting that they discover who they really are and what these times are really about. It's no longer acceptable to go along with the pack, even if that's the more comfortable route.

In this and other messages being published over the coming months, people in all stages of awakening will have validations that their path has purpose. A new sense of optimism and self-confidence can blossom within them too as they embrace a full, participatory role in the changes. Consider for a moment right now how you want to participate in this great shift of all shifts. How can your background be used as a remedy for one or more people? What do you want to offer? How do you want to help? How do you want to evolve? How do you want to remember your life in this grand cycle?

The Opening of the Cosmic Window in 2010

Kar Dar Monka of the Ashtar Galactic Command through Commander Aleon

Greetings in the light of the most radiant One This is Kar Dar Monka of the Saturnian Council, speaking on behalf of the Ashtar Galactic Command and those on our ships at this time as we are ending the spiritual energies of this time 2009.

It has been a year of many revelations in the skies above and within the crop circle formations that have been presented to you by the Ashtar Galactic Command and others within the christed levels of existence. The spiritual energies now have been increasing tenfold as you have felt them within your being. The year 2010 of your Earth time and space will be a new chapter in your life as the human race.

SOME WILL EXPERIENCE DIRECT ENCOUNTERS IN 2010

Many have recorded orbs of light in formations in some of your countries around the world: in South America, in Europe and in some of your Asian countries within the past three years of your Earth time and space. Expect massive sightings of fleets of lightships within the new year to come as you transition away from the old energies of the past year. This will include the heart of what you call the United States on a more massive scale than ever before felt. The spaceships are here now to present to the people of Earth a knowing within that all is of peaceful intent and that we are your brothers and sisters from the farthest reaches of space.

As you will see in this year ahead, interdimensional and multidimensional beings will appear to each of you in a dream state and an awakened state. So some of you will experience direct encounters in 2010 with those of the space command you are connected to since arriving for your spiritual missions on planet Earth. We feel it's time for each of you to see what you have not seen before this time. Many of you are here from different sectors of the universe and have come on a

KEY POINTS

- Expect massive sightings and direct encounters with the coming of the new year.
- Beings from Inner Earth and the children of light on Earth will help you flow into a new cosmic shift.
- Meditation can help you align with this new cosmic spirit.
- Expect to see many miracles with the coming of these new energies.

mission of great service to humankind. Now the timing is right and the galactic energies are perfect for this to be a reality on your world now. The Ashtar Command never operates in a way that would create a God effect, meaning we are here to save you. We are all within the same structure of love that you are and have our mission as well off Earth.

In 2010 you will see something very different in the creation of the crop circles around the world. You will experience encounters at times with beings of great love in various crop circles. Some of the new crop circles will be cosmic doorways for those of the christed levels to come to Earth and interact with those who have been waiting for this to happen within current time and space.

The designs we will create in the crop circles will present concrete information that those wishing to understand and decode will be able to at such a time. These new crop circles will have a direct meaning and affect related to 2010, and each year after, you will be given through the crop circles' encoded galactic information to help you as you enter the cosmic age of complete enlightenment of humankind.

The energy you get from the universe will be realized and has been by some of those in science on your planetary world. The understanding of free energy will be known before the end of 2011. This is an energy that we of the many spiritual worlds beyond your Earth use now and have for eons of time.

EARTH IS ENTERING INTO THE FREQUENCY OF LOVE

Love is an important part of what is coming in 2010, going into 2011. You have heard of the frequency of love. Planet Earth is now entering into the frequency of love, the very foundation of life itself. To allow oneself to be in this frequency and have your whole being surrounded by it within the body will allow you to expand your mind, body and spirit into a new cosmic consciousness and awareness. Your vision will then be great as you continue into this new spiritual energy Mother Earth is now entering.

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The portals and vortexes around your planetary world are almost completely open. In 2010, if you live near a portal or cosmic vortex, expect to see beings of light and ships coming into Earth's atmosphere. This is the time long-awaited, the dawn of a new day and way for all who reside on Mother Earth. Those within the Inner Earth, or what you call the Agartha network, will start sending energies and signals to the surface world in which you live. For the beings of light within the Earth are also preparing for the reunification of one light and one people.

Those within the Inner Earth have held the christed spiritual levels for the Earth for millions of years. In 2010, expect to see some of these Inner Earth people in your visions and dreams at first, then telepathically connecting to you.

The children in 2010 and beyond this time will see and experience communications with those of us within the Ashtar Command who are currently off your world. They will also have direct interactions and be given information to share with their parents. Parents will be given understanding from the children of light who were born into these many families upon the Earth.

The children are what we call the activators of the cosmic rays from above. Blessed are the children who came at this time to help in the activation of humanity as we enter 2010. The beauty of your being will be expressed more clearly as you flow into this new shift and frequency from the universe.

For many years before this, you have been given as much information as your bodies can hold. The activation of the human DNA will become more apparent as you go into 2010. This is a cosmic doorway or bridge that each of you will walk across as you live on Earth. Once you make it to the other side, then you will see all that exists within your human and cosmic consciousness. People on Earth have reacted to what is coming in many ways. Now those who are not yet aware of what is about to happen on Earth will need your assistance and guidance in the coming years.

LOOK TO THE COLORS OF YOUR SKY

I wish to speak about your atmosphere, which will be a guide as to the events to unfold on your planet as I said earlier, regarding our ships or orbs of light. Look for the colors of your sky to start changing and becoming more brilliant as the new year begins. The new colors of the atmosphere will affect many who look at the skies above. These colors will represent the rainbow of our energies, your space brothers and sisters. A sense and feeling while looking at these skies will bring your inner senses to a more heightened state of cosmic awareness than ever before felt.

Many of you are feeling that you are ready for contact with us, and all is within as has been stated in the past divine timing—a plan, so to speak. That divine plan is now upon all. The first part will be the sightings of the spiritual beings from other worlds coming in small groups and then larger groups of lightships, or what are called round orbs, very large within the atmosphere. This will be in 2010 through 2011.

The second event that will be seen is some direct contacts and landings in some locations around planet Earth. We will be slowly disclosing our existence to all of humankind in this way. The years 2010 through 2012 will see your media start to speak in the news of strange lights being seen around the world. This will happen near 2011 and into 2012 or before.

It's important for each of you on the planet to integrate the cosmic rays coming into 2010. By doing so, you will be better able to work on your spiritual mission within the communities you reside in. Also, if you have crystals, place them in certain areas of your living space. This will amp up your living area to a greater frequency and will also allow direct contact to happen.

On our ships, many times we operate within the crystalized structures of light that exist throughout the universe and all creation. My suggestion is to use what you call star-seed crystals and those of your ancient Lemurian area. So much is happening in the cosmos you reside in, and the time is now coming sooner than later that we will meet each other: not in 1,000 years, but very soon.

MEDITATION AND MIRACLES WITHIN THESE NEW ENERGIES

Meditation will be on the rise in 2010, for many on Earth will realize that within a silent meditation you will be able to come into alignment with your cosmic spirit now. This alignment of the body will be an important factor for each one on Earth now as time goes faster on your planet. In meditation, you will get messages and information shared with you by an off-planet being of the Ashtar Command, the cosmic beings from where we reside beyond the Earth spectrum.

You will also start to feel the planetary shifting within your solar system and the galaxy in which you live now. All planetary systems will be affected by the christed rays coming into the atmosphere. Humans will transcend in 2010, and greatly after that all belief systems and ways of life will change dramatically as you get closer to the golden age of love and peaceful existence with all life that exists. Miracles will be seen in many places around Earth as you live in these times ahead. Signs will appear that will finally signal our return.

Many miracles will be seen as you enter between the new energies of 2010 through the nearing into 2012. Some of the miracles will see people healing or the body in what we call a self-healing mode. Also, cures for certain things will be revealed with your year 2010 and also within 2011.



The cosmic window is now open. Feel and experience the newness of life, for changes are coming that will be for the betterment of life for all of humankind. Know that each of you is loved and always I am near. This is Kar Dar Monka of the Saturnian Council of Planetary Worlds of Peace within the Ashtar Command, sending you blessings in the light of the most radiant One always. Adonai. ✨

Ushering in the Real and True Eden

St. Germain and the Council of Light through Molly Rowland

Beloved masters, you are entering 2010, the year of integration. It is a time when things that have been considered always outside of you or conditions of the world will be drawn into your being. You are being asked to become the temple and enthrone God in your heart and soul. As you reach into the depths of yourself, you will begin to touch the expanded realms of higher consciousness.

The three energy of $2 + 0 + 1 + 0 = 3$ is a triune of energy—God/Goddess/All That Is. You are the midpoint connecting with the Earth essence and the celestial music. Two is a partnership with higher consciousness and one is the all-ness—you becoming totally involved with everything, not disappearing into it nor being wholly responsible for it but in delicious, delightful unity with it. Breathe in the breath of belonging. Breathe in the heady power of yourself aligned with people and nature and God. Consider all of the sacred symbols that you have ever known and let yourself be filled with the magic. Let yourself be propelled forward by that force into greater expansion, more wondrous experience and more awakened awareness than ever before. View the world as though you are miles above and totally a part of it all at the same time. Feel the crisp, clean edge of total reason. None of the foggy head of old confusion is there. Admire yourself and others without the guilt, shame or fear of old comparisons. Notice that you glow, but even sweeter; notice that everyone else also glows.

PREPARING FOR CHANGE

This is a gift of your becoming. You are not there, nor will you ever be there because there is no there. That would be a limit. You are great, grand, shining, beautiful and awesome. Now live it right this moment. Let it be with you now! Forgive thinking of this picture as a fantasy or a fairy tale—“Once upon a time in a land far, far away.” Feel the emotions and taste the sweetness of difference. Experience your real self now. Stop waiting for something to happen that will let

KEY POINTS

- “Admire yourself and others without the guilt, shame or fear of old comparisons.”
- The illusions are beginning to break down as people stop looking to their past to inform their future.
- “There is no such thing as an idle thought.”

you know that changes are occurring and recognize that you are the changes. Make a difference now. What are you waiting on? When do you think the “end” will come, and what do you believe will happen? Are you waiting for the horror? Oh, dearest beloved masters, please do not give your precious energy to a dying past. Face the brilliance of your most wonderful creations. Dwell on your dreams that you might bring them about now and now and now!

When you allow the corrupted energies of the past to possess your mind and heart, you simply delay your magnificent future. This is your allegorical Sodom and Gomorrah. Take only what will serve you, look forward and do not let your ego pull you into reviewing the past. Do not look back. There is nothing where you have been that can shape the future you desire. You have been too long away from love to find the source of creation behind you. Open yourselves to the love that is greater than you can imagine. It takes courage to make these changes, and this is where you are going. Beyond 2010, 2011 and 2012 is the Eden that is real and true. This is not a place where you are children being taken care of, but instead masters designing life in a wonderful, accepting and accepted way. No one will be excluded. All belong.

The world is caught in a final conflict. The ego says, “You’ve heard that one before.” There have been too many final conflicts. This time there will be war until the majority makes the choice to quit fighting. When it becomes clear that war never won anything and that thousands have died to feed the power lust of the few, war will be seen for what it truly is—an absolute absence of love. There are those who fight because they swear that they love, but it is not love to kill the loved ones of others in the name of caring for your own. All deserve to live and all deserve to be loved. The past that held gods who took sides is dying. Let unity, equality and healing be the standard around which you rally as you approach the end of illusions.

In the coming years, the old order will continue to attempt to keep business as usual. The dichotomies of the illusion are becoming

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more obvious, yet many still have their heads in the sand. Aquarius is a sign that sees so far ahead that many make fun of the weird ideas about some distant future. "That can never happen; those changes are impossible; people cannot live like that," they might say. The Aquarian looks into the future and sees tomorrow as though it is now. The illusions have created mistakes and misunderstandings that engender fear and inspire war because they are profitable to a few.

A health plan that would protect the people would cause the insurance companies to have to be fair and honest. These companies are fighting for the right to continue to extract their "pound of flesh" for the mirage of protection. There is much conflict over a death panel. Beloved masters, if you have paid for insurance you have been subjected to a death panel for years—"Do you have enough money to be considered worthy of wellness? How long have you had this illness? We cannot continue to pay for your treatment because you are costing us money." This is just a continuance of the façade presented by those who have gotten rich by taking advantage of the weak, the ill and the ill-informed. Certainly, there is mistrust because you have for so long put your trust in those who told you that they were trustworthy rather than listening within yourself for divine guidance. The illusory idea that appearances are truths will begin to burst like a bubble. The old order teaches, "They dress like winners, they have all the right credentials and they say all the appropriate buzz words. You don't have to be awake or alert or present. Just do what you are told and don't ask questions." Dearest masters, the next few years will bring the changes that have been predicted for 2012. These changes are happening now because we love you.

The wars are strategy games—"Who is right, who is smarter, who is the better: man, country or organization?" As you allow the frequencies of the New Age to imbue you with wisdom and compassion, the idea of having to fight for your good will becomes obviously ludicrous. The same is true of the financial picture on the planet. You are moving toward remembering how to create what you desire with your magnificent imagination. In the past you have, supposedly, been paid for your worth. As you recall your divine self, you will accept that you deserve the very best and you will bring it into being for yourself. Much of the misunderstanding around value will be dispelled as the truth emerges from the mist of delusion and disillusion. Whether it is money, relationships or well being, you are capable of bringing all that you desire into manifestation now. You can remember!

THE CHANGING FLOW OF TIME

The world says there is not enough, but God did not create a limited universe. Now that the mind-grid has been dismantled, the changes are occurring so much faster. People who are not aware that they must wake up are acting without thought. The need to be right is reaching epic proportions. Beloved masters, be well, be happy and forgive having to be right in difficult, burdensome places. Your mind may still ask, "How can these tremendous changes happen? What can I do

to help things move more quickly?" You may have noticed the distortions of time. Things are changing very rapidly, but to you it may seem as though time is standing still. You may want to know what is going to happen next, but if we told you, you would change it, and it would not be as you thought it would. You are coming into your own power to create. This power has always been there, but it has been abused for a long time. As you release the fear of being different and accept that different is what you are, you literally change your cellular structure. No one outside of you is pulling strings to make this happen. You are discovering that it was you creating your lives all along. Revelation: You are a co-creator with I Am and always have been.

The "way-out" stuff of science fiction is all possible. Not just the horrible or the violent or the dreadful, but the amazing, the beautiful-beyond-belief and the good that takes your breath away. You get to choose what you create. Pay very close attention to where your mind goes when it wanders and what concepts you entertain when your imagination is working. Do this so that your creations do not surprise you. Are you planning the painful downfall of those you dislike? Prepare to meet the outcome yourself. Be aware that you will reap what you sow. The faster the time moves, the quicker you will meet the outcome of your thoughts and urges. There is no such thing as an idle thought. All thoughts are active and creative. "I didn't mean for that to happen" is an excuse, and masters require no excuses.

The paradigms are changing, the rules are changing and the flow of time is changing. There are warps, gaps and gateways in time that did not exist before. There has been a lot of excitement about opening gateways, but very little consideration of what could come into your spaces through the opening. Are you calm, centered and connected within so that you can meet those who are extremely different in looks, ideas and beliefs and not automatically want to make war with them? We, the masters, do not always appear the way that the beliefs would have us look. Can you love a man or woman who is down, poor or ugly? You might think, "Well, masters aren't like that." Do not be too sure. You never know when Jesus might appear as a beggar, or any of the masters might be walking among you looking "too ordinary to be a Master." What about you? You are a Master. How do you look, act and speak? There is really no rule but love as to how masters may look or conduct themselves.

As you move toward 2012, there is the desire that some magical event would occur and all of the trials of letting go of the past would be swept away. Truly, it could be almost that easy if you did not believe that the changes have to be hard. Do you desire a perfect, easy life and yet cling to old habits? Sometimes we think to ourselves, "Oh, for just one more good fight or to get back or a bit of gossip. One more drink, one more cigarette or one more fix." The old ways, thoughts, ideas, addictions and corruptions are dying, and you are being brought to a place where nothing that you have known operates the way you have understood it. The more you allow higher energy of thought and action into

the ways of your life, the less the addictions attract you. It is as though the whole world is spiritually going from alternating to direct current. Alternating current is listening to the ego and then listening to God, and going back and forth in confusion. Direct current is being constantly connected to Source in love and trusting it.

TRUTH IS A SHINING PILLAR

When will the war end? Initiatives have begun to escalate, and the old order is resisting the possibility that things could actually improve without one hundred years of war. The need to fight is like being in a house of mirrors. The cause of the war is a moving target that you can never really see—it causes fear, and fear designs its own reasons for battle. There are men who love the intrigue of battle just as they would enjoy a chess game, and they do not step back to witness the horrors that their game causes. When you are on the battlefield, any battlefield—work, relationships, healing or war—your focus is on survival much more often than love. You follow the orders and do what you are told. War does not give more than a moment to entertain lofty thoughts, and individuality is only briefly rewarded, even when it is for the good of all. The battle can prevent great creations from ever being known. Those who, in their separation, can kill God's glorious creatures are sorely wounded. Too many are being exposed to so much violence that human and animal life ceases to be precious. Our desire is that you would heal your own wound and end the war that has raged within you for lifetimes.

When will things change? When you alter your views of life, the design of life will comply. As it does, you may not be fond of the outcome because it can look and feel so different from what you are used to. How will things change? How do you name the changes, for you are the creator of your own world that blends with the worlds of all others? What will it take to get them to change? This will happen as you forgive seeing them as the enemy and realize that they are wishing for a positive outcome also. It isn't exactly how things will change as much as they can change for the best and highest good of all that is important.

Is the president going to keep his promises? One person can change the world by holding the intention that it can change, but it takes time. When that intention is magnified by thousands who are willing to see changes for the good of the whole, then the intentions of that one person can lift the world up and hand it to God. The fluctuations—brought about by the disintegration of illusion—are causing energy bursts. Some would simply call these sunspots, but these are much bigger and more encompassing, as well as what appears to be a Tower-of-Babel effect that confuses information.

Truth stands like a shining pillar and has no war involved with it. In order to hear the truth, humanity must learn to listen differently. Truth is heard in the center of the body rather than with the ears. Much of the reaction that is being seen around the world is because all of the changes are overwhelming. None of the changes actually stand alone.



Each and every change is interwoven with all of the others. Rather than attempt to break the totality of change into little pieces, allow that God has a plan that is beyond the keenness of the finite mind. Everything that is occurring is moving toward a positive outcome. Worrying—attempting to figure things out and trying to decide what to do to—stops change and just adds to the burden. It is all about energy. If you desire to alter your future, change the flow of your energy. Move it in channels of peace, power and prosperity, and be amazed at the outcomes that you bring forth.

Because you are in the process of remembering, your powers of manifestation are increasing. If you have some idea what is going on, it helps a bit. But for those who are discovering their power and believe that it is evil or fearful rather than natural, life can become the “twilight zone.” Everyone is in Mastery 101, 202, 303 and up, even if they swear they did not sign up for the course. What will 2012 bring? The doomsday-ers can see nothing good about it—only the end of the world. Beloved masters, we see unlimited possibilities and potentials. It is a turning point toward good. When you are taught that there is nothing worth living for and that is enforced by each life experience, you begin to believe that that is all there is. We are attempting to put before you a different scenario. Life does work, good does exist, you are magnificent and the portals of higher good are opening to you now. Will you move toward the future with heart and mind open, eyes shining with hope and promise, or will you close your eyes in the hope that you will not have to watch the end of the world? Either way, you will see what you design. There is no right way!



The illusion is ending and what is real will come to pass. Clinging to the past will not stop the changes. Take any part of life that you might ask about and know that how you hold the energy within you will determine the outcome. Looking outside yourself to place blame for misfortune is a part of the illusion. You absolutely must bring the changes to you, and you cannot do it alone. It is about the multidimensional weaving of energy flows—some might call it cosmic multi-asking. You are being shown how to draw energy from numerous sources and resources to bring into being a future that you desire. So it is, beloved masters, until we meet again in the future nows. In the greatest of love, I bid you adieu! I am your humble servant, the Lord St. Germain. ✨

Experiencing Lack and Abundance in 2010

Golden Arrow through Alexandra McColm Ward

Greetings to you, greetings to you indeed. Truly, it is a pleasure for us to be here with you, to communicate with you and to commune with you in this way. It is truly a delightful experience for us.

What we would like to share with you all is that from our non-physical perspective, the turning of, or the coming into, that time frame of 2010, December to January, so to speak, is not climactic; it is not a frame of reference from one to another. From our perspective, time has no relevance at all. What is relevant is your state of being, your state of belief and your state of observation about your life and your existence. In this way, it does not matter if it is the year 2010, 2011, 2034, 1918 or 2000 B.C. Time and age do not matter, for in actuality there is no such thing. All of earthly existence on the planet, all physical existence, is in the moment. This means that as you live your life—as you live that time capacity of minutes, days, hours, months and years—what is important is what you do with that life, what you believe about it and how you perceive those moments. That is what is important.

GLOBAL VIEWS OF DEFICIT

Now, from a global view, all of you have different views, different concepts and different beliefs about what you call your economic condition on the planet. For us, our observation is just “what is,” so to speak; it is what you all have decided is going to be consensus reality, yes? Consensus reality is how all of you have decided to view something, to create and experience something. At this time, you have the experience that all of you are viewing and experiencing in your own way, what we call “lack” from our point of view: A lack of money, lack of energy, lack of enthusiasm and a lack of total, abandoned

KEY POINTS

- While the last few years may have seemed to be lacking in the abundance and fullness of the years before, this is because you, as a collective consensus in humanity, have chosen to explore the experience of lack.
- Both lack and abundance are a matter of perspective, and how you will perceive your experiences is completely up to you.
- The experience of lack is truly a gift, if you allow it to reveal previously unnoticed areas of abundance in your lives.

enjoyment. You all have decided how you were all going to view life in this last year, and during this year, you have all decided to view it from a different perspective than you have from years before: 2004, 2005, 2006 and so on. Those years were fairly abundant, yes? So now you have decided that you are going to view the opposite of abundance—the perspective of deficiency—and we would say to you, “How is that?” We ask you how is it for you to view the opposite, the lack? What has been your experience?

I prefer to see the other.

We understand. How has the experience been of the viewing of the opposite of abundance? How has it physically and emotionally been for you?

Well, there has been emotional distress accompanied with it, but I have learned, also, that it is my creation, so I've been working on reversing that.

Yes, and so let us use a blanket statement. All of you on the planet have viewed your own particular life's experience in the home, in the family and on the job, and you all have viewed your own life's experience from a place of lack—just that view of it, and that is all. Lack is what you all universally have decided that you were going to take a look at, but that experience of absence is a frame of reference, that's all.

Now, with that simple concept, a concept that is not complicated at all, you all decided, universally, to take a look at the opposite of abundance, which is deficit: a lack in health, lack in finances, lack in job, lack in food—even a lack in living, if you take a look at some parts of the Middle East. So since you've all decided to view the lack, here you are lacking in whatever form you are experiencing. Let us say this about lack: Really, there is no such thing at all; it is just a framework of reference. There has been deficiency available at any point, at any time for anyone throughout all of history and throughout all of your incarnations. There has always been that dichotomy on this planet—the up and the down, the black and the

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white, the abundance and the lack. So now, in the last two years or so, you have decided to take a look at lack.

CONTROLS ON RESOURCES

Let's look, just for a moment, at how it all began: What we'll call the manipulators of the planet from our view, those that put themselves in the position of control of whatever—money, finances, drugs, hospitalization, health and all of that—and those who have put themselves in position of making decisions—making determinations, making judgments and controlling outcomes—those individuals decided that they were going to manipulate the world's economic condition, which controls the stock market, which in turn controls money, which in turn controls health, medicines and drugs. It is a domino effect, and all of it is related all of it is included and nothing is excluded. On this planet, you call it a "trickle-down effect," we believe, meaning that it affects all.

About those who were and are in, as they believe, "control" of outcomes on this planet—the big oil companies, those that are making the millions and billions—let us say this: for all of the lack that is around, there are hundreds and thousands who have not felt one bit of deficit at all, and those are the individuals that are in control, so to speak, of the resources of the planet. They have not been affected by it at all, because, you see, they are the controllers. And therein lies the experience that all of you are having on the planet—what is called lack.

LISTENING TO LACK

Now at any point in time, all of you can make the statement that you are not going to experience lack or even the feeling or the emotion of it. At any point in time, you can look at your abundance and what is magnificent around you and in your life. Let us say to you that those who have put themselves in the capacity of control and making decisions know that they are magnificent and know that there is no lack within them at all.

So how can you then go about living your life as though there is no lack at all? You can, because in actuality, there is not. It depends upon how you look at it; it is how you believe about it, how you see it and how you observe it. How is that going for you? If you would like for your experience to be different, it is very simple indeed. The difference lies within you, as it does with all things. If you are not feeling well, make the determination of why it is that you are not feeling well, why is it that you are experiencing dis-ease. What does this feeling have to do with how you believe about you?

Globally, we would say that the interaction that you all are having on the planet with lack is because you decided that this was the way you wanted to perceive life. So what is lack showing you? If you have lack in your body, your body is telling you something, yes? If you have lack in your finances, this is also telling you something, yes? If you have lack in your belief system—or even believe that there is such a thing—why is it that you are believing in this way? What is there for you to see about you? This has nothing to do

with anyone else at all; you just all have come together in a consensual reality to agree that you are going to experience and look at the state of lacking.

All right, let's look at it: What does it mean to you? Maybe you have lost your home to foreclosure; maybe you have lost your job when a company went out of business. Maybe you have experienced lack in the framework of a family member who has left your family, who has died and moved on. All of that is a picture of lack, yes? And we would say that in that entire picture, in all of that—losing your home, losing your job, not having enough money, not having enough food, someone close to you dying, leaving you—there is a gift contained inside of it. In all of those experiences, there is the opposite of lack that is there staring you in the face, and that is abundance.

CHOOSING TO SEE ABUNDANCE

So we would ask all of you how you could change and turn around this consensus reality that you live in called lack. Our answer to you, from our non-physical view, is that you look just at your own life. It does not matter what any other person thinks or feels and believes about their life and themselves; it does not matter to you at all. It is how you think, how you believe and how you perceive your life to be. And if you perceive your life from the view of lack, that is exactly what you will experience and what you are experiencing. So to turn it all around, it is up to you to see the abundance—to pick out the gift, the miracle and the abundance in every part of your life. Instead of looking at what is missing, look at what you have that is abundant.

See the gifts in your life. If you are someone who is living on the street, you are called homeless from the perspective of the rest of the world, and yet we would say to you that most who live on the street do indeed see the many gifts that they have. It is a gift to them not to have the responsibility of a home—not to have the financial responsibility of having a home or paying rent. Ask them, and they will say that to them, being homeless is very well a gift to them and that it is what they prefer; if they did not prefer it, they would have something different, yes?

How can you go about seeing the abundance, seeing all of the aspects of you that are abundant? We say it is as simple as an intention and a declaration, and even without the intention and declaration, it is easy to see the abundance that each and every one of you has. You have chosen life on this planet, in this body. What a gift that is! You are here to expand and grow, to evolve. What a gift that is, yes? So an appropriate intention for you to declare would be, "We intend and declare to see the abundance in everything in our life, to see everything that we have and that we experience from a place of abundance. We bring that view to us now and forevermore. Thank you so much, and so it is."

CHANGING CONSENSUS REALITY

From our perspective, lack does not exist. From our perspective, from the view that we see of all of you on the planet, there is no lack at all. All of you are abundant in every

way and in every aspect of your life. So, we ask you, what is it that you are experiencing that is abundant? List your abundance on a piece of paper: get into a quiet, meditative state and list everything that is abundant in your life—anything at all and everything at all. List all of those things that you know that you have abundance in. This could be one page or two pages; it could even be three or four pages.

List all of those things that you experience and have, and let us point out a few: You have eyesight, you have hearing, you have a beautiful body, you are able to get around, to walk, to move around, you have a belief that you are abundant and you have a belief that you are here on this planet for a very big reason. It was not an accident or a coincidence at all that you were born and have this life that you are experiencing. You did this: good job, well done!

If you have a job, you have the gift of a wonderful job. See the greatness in it, the abundance in it. If you have a family, see the gift and the abundance in your family. If you have a home, see the abundance that you have in that home and in everything around you. You have a roof over your head, so say, “Thank you very much.” You have a beautiful home: “Thank you very much.” Or you have a beautiful room to live in: “Thank you very much.” List all of those things in your life that you are abundant in, and each day that you wake up and every night when you go to sleep, take a look at that abundance, take a look at that list, take a look at your life and see the greatness in it all.

As you see your abundance, it spreads throughout the universe. When you spend your time and your moments during your day looking at your abundance, will there be any time at all to sink into the perception of lack? We think not. As each one of you count your blessings, so to speak—as you see the abundance, the greatness of your life, spending the time and energy to put yourself in that place of seeing your abundance, being in it and being with it—that is what expands universally, that is what expands throughout the planet. We say to you that many of you do spend your time looking at your abundance, looking at your blessings and looking at all the things that you have in your life that are gifts. Many of you are already spending your time doing that, and the energy of the planet is, indeed, accelerating and changing.

THE GIFT OF LACK

However, it has indeed been a gift for all of you to view the opposite of abundance, what you call the lack. That has been a gift. Let us say this to you, as a blanket statement to all of you, that *you are the gift*. Whatever you are experiencing—in your body, in your home, in your family—it is a gift for you to remind you of who you really are—this grand, creative self being. How much better can it be than that? You are God, experiencing life in human form. So let us ask you this: As God, do you choose to experience abundance or lack? It is truly up to you. From our view, from our perspective, you all—regardless of who you are, where you are, where you inhabit part of this Earth—have created the experience of

viewing and observing what it is like to have lack.

Now there are people in many parts of this world and of this planet that experience lack all the time but do not feel that it is lack at all. It is what their life is all about; it is just living. You would view it as a lack, because you have a beautiful home and a beautiful family. You are living in abundance, so you view what they are experiencing as definitely deficient, but they don't experience and view it at all as lack. So, as you can see, it is dependent upon personal perspective. It is up to you to view yourself and your surroundings as you desire them to be. It is as simple as that. If you desire to see it differently, state, “We intend and declare to observe and view our surroundings and our life from an abundant view only, and we bring that view to us now and forevermore. Thank you so much, and so it is.”

THE CHOICE IS YOURS

We come from a place, a belief system, that is only abundant. We do not experience lack in any form. This is our view; this is who we are. We have come to extend our invitation to you all on the planet and this readership to experience life on this planet from an abundant view, and it is our purpose to share with all of humanity that intentions and declarations are what changes energy; they are what change solid to liquid, from static energy to mobile, heightened energy—to openness, to flying and to experiencing all that is magnificent on this planet to experience. We have created the intention and declaration that is universal law, from our perspective, to help humanity to aid humanity, to change your surroundings, the belief systems of your life's work, your life's living and your daily mundane life, for this is who we are.

From our view, we understand all that you create, all the experiences that you see from a place of lack. We understand—truly we understand—because we are viewing it as you are experiencing it and creating it. It is all right. That is who you choose to be in this moment of now, and we say to you that you can choose differently in the next moment of now. What it takes is practice; practice telling yourself how abundant, how magnificent and how great you truly are and going about taking action of that.

So we say to you all, how would you like to see and perceive the year 2010 to be for your life? Each one of you has a different view. Truly, it is up to you, and if it is not going the way that you would like it to go, change it with your intention and declaration to be exactly how you prefer it to be. Do not be concerned about anyone else. Do not worry about your neighbor or about your ruling governments; you just be concerned with you. Go about living your life as you desire it to be, and watch how that expands out from you.

So we say to you all, see the grandness in each moment, in each day that you create your life. See the grandness in it all, because you as the Creator do, indeed, create grandness. See the good in all that you are. Live that. And so we will leave the body at this time and offer to you all blessings, peace, harmony and joy. So be it! ✨

The Tipping Point

Simion through Jill Mara

We are Simion, the Evolutionary Collective of seventh-dimension lightbeings. This coming year of 2010 is bright with possibilities for your evolution. We see a rising intensity of focus among the bearers of light on your planet. There is a strong wave of probability that involves many souls on a path of enlightenment that will pave the way for humanity and Mother Earth. The potential is there, and this is uplifting news for your world and many beyond. Many will join and assist in brightening the vibration of your system in this coming year.

We see 2010 as a tipping point. If there is a time to put forth your efforts and shine your light, it is now. The openings to cosmic energy points and beings that can aid your journey are acute. The frequency is also heightening to allow individuals to tap into their true soul light and shed the veils that have kept them from springing forth with their unique gifts. The year of 2010 is a time of magical discovery and increased sensitivity for those who attempt to open themselves to their potential.

SUGGESTIONS FOR NAVIGATING 2010

The trials and tribulations of the last several years can be transformed into awakening in 2010 that leads to ever-accelerating vibrancy in the following years. This increase can push your species and planet into the next dimensional shift as early as the predicted 2012, but much depends on how each individual soul takes on their part in sharing light from their source. This coming year is a time to shed the perception of trouble and strife and exchange that vision for one of transformation, growth, sharing and envisioning the new reality that you are striving for. This is a year for letting go of the old and preparing for a new you and a new experience of reality. We suggest you do the following to make the best of the insurgence of high frequency light this year:

KEY POINTS

- In 2010, the availability of cosmic energy and guidance is especially acute.
- “We assure you that if you begin to give some attention to these out-of-the-ordinary perceptions, you will be encouraging your soul to communicate on another level.”
- Much that was once hidden in the past will be revealed in 2010, and though some revealed secrets may appear negative, they contain the foundation for amazing transformation.

Acknowledge what is holding you back from being true to your path of light. Ask for guidance in releasing these patterns once and for all. Allow yourself freedom from the fears that keep you from being true to your soul’s desire to share.

Go for it! Whatever your soul has been aching to do, be and share of itself, begin or continue to do it no matter how absurd, silly, impossible or risky it appears to your rational ego self. Take steps toward shining your particular creative spirit no matter how simple and insignificant your self-doubt makes it out to be. Follow the quiet part of your being that knows what to do.

Be prepared to flow with synchronicity. Being too rigid with plans will not work with this new energy. You must be willing and able to let go of expectations for particular outcomes. Paths of light may meander in an unforeseen way, so be ready to flow with your intuitive senses and look for the silver strings of light within seemingly challenging or unexpected circumstances that alter your original motions.

Use your imagination, please! You have an amazing ability inherent in your imaginative natures. Tap into the magic and power of your imagination. Imagine your soul is sharing its unique qualities and imagine what that would look and feel like. Imagine you are already sharing the enlightened soul that you in fact already are. Your imagination is always a doorway to the core level of creational being.

See the light in others and give them the gift of yours in all your interactions. Simply imagining others filled with a spark of creation will change your relationships and allow you to see the potential in your meetings.

Keep the vision of an uplifting future alive. When you feel down or fail to see how the human race will ever realize the error of its ways, switch gears. Refocus on the lightbearers and all the amazing work they are doing, along with all the guidance that is available from other beings. Bring your attention back to the light within, its power of transformation and its ultimate ability to rise above any turmoil.

Pay attention to your soul perception sensations as outlined below. Practice becoming more aware and sensitive to these signals.

SEVEN SOUL PERCEPTIONS TO ACKNOWLEDGE

The ability to sense with your soul perceptions will evolve with practice. At first it involves a great deal



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of trust in senses that you previously would not have paid attention to, and therefore did not develop for the most part. We would like to outline some of the sensations so you may recognize them. We encourage you to take note of when you sense in these ways, no matter what level of development you are at presently. For some of you, these may already be developed, while others may be merely on the verge of trusting or just noticing such sensations. When you feel or notice the following, acknowledge it. If you can, allow yourself to flow with the sensation to see where it may lead. Any or all such perceptions may be your soul speaking to you. Of course, you may think you are going crazy, but you will feel and be quite sane.

- Visual anomalies, such as colors or clouds in your vision, brightness around people or objects, shapes appearing in your line of sight and blurry or tunnel vision. These can be signs of connection with another dimensional perception or indicate a path or topic to be pursued.
- Out of the ordinary sounds, such as ringing or voices in your head, especially sudden and unexpected messages that seem illogical and random. Sounds in your ears can be a way of getting your attention. Take heed of what is happening when you experience this, as well as any peculiar message that seems completely out of the blue. Your soul and guides will purposely catch you off guard so that a message stands out from the usual noise of your brain.
- Buoyant sensations that draw you to a place or situation inexplicably. This would be a light feeling, not heavy and burdensome, but free and floating. If there is a heavy sensation, stay away. But if it is buoyant, go with it.
- Repeated visions and imaginations of people and situations. Allow yourself to follow a vision mentally to see where it takes you. Often images that repeat have some special meaning for you or are trying to tell you something important.
- Unpleasant feelings in your gut. These sensations can be warnings of lower energy interference and call for mental and spiritual protection. Feelings of nausea, headache or other unexplained physical sensations in a place, or around certain people, can be warnings that negative frequencies are intruding or that you are overloading your circuitry and need to step away.
- Tingly surge of energy in your body, often in the hands or top of the head. This is an indication of connection to source light. Take note at these times of what you are thinking, doing or associating with. It will always mean you are on a connected frequency.
- Intuitions about people, places or events. Trust the odd and seemingly unknowable. At least listen and observe. You will never give your soul a chance if you do not listen to what you know that appears to be unknowable.

We assure you that if you begin to give some attention to these out-of-the-ordinary perceptions, you will be encouraging your soul to communicate on another level. The sensations will increase and become a valuable guide by which

to navigate. The more aware you become of your soul and its connection to various frequencies, the more likely you will create with power and intention. When your soul is placed in charge, you will be in the flow of light transference. This energetic flow is where creativity can flourish. When you put your soul in the driver's seat, you will be able to create without the preconceived limits that you previously had blocking your way.

When you follow the sensations describe, you will be on your way to allowing your soul to take charge. You can then fly through blockades on a personal and global level. As you imagine the boundaries dissolving between you and objects in space and time, your soul is set free to create something new. Imagine your present life without all the blocks you have placed upon it. What would you create? Before you can be or create anything new, you must be able to imagine and feel the new reality. And you must trust the sensations that lead you to become more than you are. Nothing was ever created without first being imagined and tested. Allow yourself the freedom to embark on a journey of soul discovery that you never thought possible before. Stretch beyond your fears, insecurities and doubts, and follow the signs of your soul. Use your new connections and ultrasensory perceptions to assist you in creating a new, soul-mind's-eye vision for your future, starting now.

A YEAR OF DICHOTOMIES

There will be two dynamics at play in 2010 and beyond. One is the breaking down of old patterns and abusive manners and systems. The other will be the core-level rebuilding of the consciousness that governs your behaviors and organizations. While the old is slowly—or quickly in many cases—falling apart, there is an undercurrent of reformation. This is not a political or economic rebuilding, although those will be transformed as a result. The movement is within individuals who are raising their vibration and using their increasingly powerful intentions to reshape the meaning and purpose behind all transactions. In other words, the new world view is being created from the inside out, instead of from the outside in. Therefore, it is not nearly as apparent as the tumultuous, exterior events. The internal spirits of human beings are adding to a snowball effect that will eventually overtake the lower vibrational octave and replace it with an entirely new frequency Earth. Stay within this flow and you will rise like a feather to an enlightened perspective.

We predict that 2010 will be a time filled with dichotomies. There will be a flip side to all that is occurring. While communications will be breaking down for denser frequencies, relations between those at a lighter frequency will be accentuated. Communications among and from lightbearers will be important and enriched in this year. We encourage all of you to take advantage of this energy and share your ideas. Many who were previously closed off will be open to new perspectives. This is true in all fields of study and within all cultures. Reaching beyond cultural and academic boundaries will be possible this year for those who reach out and pursue

discussions. Get out and speak your mind this year—you may just be heard because you have the potential to influence key people on your path to the benefit of humanity.

SECRETS EXPOSED

Much will come into the forefront that was hidden in the past, including such areas as UFOs, psychic phenomena, healing miracles and government cover-ups. These unveilings may not be presented as such, but will be inconspicuously or inadvertently exposed on purpose or accidentally. Regardless of the motives and means for the revelation of hidden knowledge, the information will be bold and cause stirring in many fields of study. There will be a number of shocks and seemingly unbelievable new

discoveries and exposures this year. Watch for these in all areas of life.

Again, there will be two sides to the story. Many secrets will appear to be awful, but hidden in the circumstances will be amazing transformations that change underlying dynamics. These changes will happen on a small and very large scale. Look for them in your own lives, your communities and the world. There will be drastic differences in the way events are interpreted. We recommend that you look for the meaning and the potential bright side to all changes and take the new knowledge to its highest level. This is a time for much learning to occur and great discoveries to be put forth on your planet. Make the best of this fantastic year and it will be a tipping point for personal and Earthly evolution. ✨

A Dark Train Passing

Archangel Gabriel through Lotus Fire

Greetings, precious ones. The time has come for you to listen carefully to those of us in the expanded realms. Much has occurred during this past year that has to do with extruding your RNA/DNA, stretching it and pulling it as though through a small opening in order to make the same material stretch out longer. This most intense extrusion occurred near the end of August and beginning of September in 2009. It was most uncomfortable due to the stretching or expansion of your RNA/DNA so that you might begin to step into your multidimensionality.

THE END OF THE DARK

As you know, this multidimensionality has been seriously limited for millennia due to the infection of the dark, which is being cleared from the planet and its astral plane even now. Many of you are working without conscious awareness, assisting to clear this darkness on the inner planes while you think you are sleeping. We thank you for your efforts. Your help in clearing these last lingering dark energies is much appreciated, for they interfere with your world

in ways of which you are largely unaware. The fact that global peace is still lacking in your world has much to do with the machinations of these dark energy signatures as they put up their last resistance to being transformed.

Yet the end of the dark is in sight: From the expanded realms, we can see the end as if we were in the air and viewing the far end of a train, one that you can only see from the side as you metaphorically are stuck on a road in traffic behind a crossbar. From your vantage point, there is no end in sight, but from ours there is. Much gratitude is due to those who are heroically, consciously clearing the dark while awake to end its interference in your lives and in your world.

CEREMONIES BENEATH THE EARTH

Many have begun to discover, honor and take advantage of caves within the Earth. This is just the beginning of what will become a major trend in your culture, as you return to Gaia—the womb of Earth, your mother—honoring her and celebrating her glory. The act of returning to the womb by going into caves and holding ceremony, particularly ceremony that includes sound and music, will begin to increase in your spiritual practice.

In particular, you will use auditory resonances that are focused with the intent of giving back love to your mother the Earth and resonances that carry the intent of healing and of calling upon loving energies in the expanded realms. This will be to the benefit of the

KEY POINTS

- The time is coming very soon when the dark times that have infected this planet will pass away, like a long train passing in the night.
- The passage through the darkness will be assisted by starbeings and other extraterrestrials who will begin to communicate more openly with humankind.
- New appreciation for Earth will bring healing and harmony through the wisdom of plants and mycelia as human beings recognize their place on the planet and continue on the path of ascension.

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Earth and all its inhabitants. This tendency will be growing worldwide. These are powerful sounds and will be received by the Earth and resonated back to you from the Earth in a way that has not been possible in millennia.

Like sleepwalkers, most of you have been completely oblivious to the fact that there are realms beneath the surface of the Earth. You have stumbled along on the surface as if blinded to the fullness of All within, and there is indeed much fullness within the Earth. This planet has a natural healing resonance, particularly if you are in a cave inside the Earth.

Part of your sleepwalking has been orchestrated hypnotically by a frequency put out by many beings currently residing within the Earth to prevent your entering and “polluting” the space they inhabit with your vibratory cacophony. As you heal, it becomes more appropriate for you to enter the Earth, and it will be welcomed more as time goes on. Salt caves will be especially significant for conducting healing ceremony, but almost all caves will be positive for healing of all concerned. Sacred space clearing may be necessary in only a few caves.

LIVING OFF OF PRANA

More attention will soon be paid to food. People will find new ways to nurture their bodies. It will become more apparent that live food, which has a measurable aura because it is alive, nourishes the lightbody, while cooked food, which is by definition dead, and has no aura, cannot feed the lightbody. There will continue to be a growing trend toward eating live food. This refers to live plants; this does not indicate in any way raw animal matter.

Additionally, more people will begin to live strictly from prana and gradually begin to stop eating food and begin to live on light itself. There is a strict protocol for making this transition to living on light, and we are not suggesting you try this on your own and starve to death, but techniques can be found by doing research on your Internet to find those who have made this transition to living on light and prana successfully. Learn from them how to make the transition. They can teach how to release food and slowly replace it with prana from the Sun. There is a reason you have the type of mitochondria that you have. You were made of light, and you are designed to live off of light; there is prana in Light.

EXTRATERRESTRIAL CONTACTS REVEALED

More of you are becoming aware of communication from your guides, angelic beings and helpful, extradimensional beings from other densities and realities. Some of these are starbeings, meaning that they have reached a level of expansion in their density that allows them to comfortably exist on and within stars rather than planets. Many of you use the term “dimensions” when the more correct term is “densities”; it is important to your understanding for you to make this distinction. Many starbeings are communicating with Earth beings to assist in this shift, as they have experienced many such shifts themselves. More and more, the starbeings will be

bringing messages to certain ones of you. These messages will be especially helpful in bringing new forms of healing and sacred ceremony as well as techniques for easing the transition into what you term the higher frequency of ascension.

Expect more disclosure from various governments about massive secrets that have been kept from the public, including alien bases underground, reverse engineering from captured crafts, alien bases on the far side of the Moon and treaties and pacts between aliens and governments. So-called “aliens” connected or tied to these admissions will be found to be tied to certain multinational corporations that have been blocking the release of this information to keep humans entangled in their clutches. One of the techniques has been a Machiavellian attempt to control the world’s food supply. This attempt at control of food supply will fail, and it will be these same aliens whose presence has been so stoutly denied who will assist with the reverse genetic engineering of the food plants of Earth. This will clean up the food plants and anything living that has had its genes altered by feeding upon these GMO plants. The Grays will help with this.

When we speak of starbeings and aliens, we are speaking of very different groups of beings. Starbeings are very much more evolved in their level of frequency. The Grays, or aliens, cannot live inside stars, yet they do have a certain high level of technological advancement and a different frequency than *Homo sapiens*. There is much variety among the “not you.” The Hathors of Venus will be coming in more prominently to teach Sound Healing. The Ankenash, a group from Sirius-B, will be continuing to bring in EDINA energy medicine through this channel, and there are many more groups. Each group has its role, and all want to help humanity during this time of profound emergence. Human frequencies will be raised to communicate with these beings, not the other way around. They will not step down their frequencies to be perceived but rather will step up yours.

ALLIANCES FORGED WITH WISDOM KEEPERS

Expect an alliance to begin to be forged between the indigenous wisdom keepers and those in the West who are capable of disseminating information globally and instantaneously. When the time comes for this information to be disseminated, it is important that the wisdom keepers have access to immediate worldwide communication. They know they need the West. In 2010, the West will begin to know how much they need the indigenous wisdom, and an official alliance will be forged. This will be in the highest and best good of all humanity.

More members of Western civilization will begin to contact the spirit world in the ancient way, by making ceremonial use of the indigenous wisdom of both the plant kingdom and the mycelial kingdom. These are shamanic teachers who hold ancient wisdom in sacred trust. Westerners have often unfortunately gotten these teachers confused with addictive substances, although they are quite the opposite.

Plant teachers are medicinal in nature and can heal physical and emotion illnesses. The withholding of these

sacred medicinal teachers from humanity has resulted in the mass insanity that pervades much of this civilization. This insanity is evidenced by the addiction to oil, for example, which is apparently destroying the very Earth that sustains all human existence.

HEALING FROM PLANTS AND MYCELIA

Yet there is a wave coming from Gaia that will allow enough key people in Western civilization to experience this form of healing, effecting change in the entire culture. Art and music do not reflect the culture; art and music create the culture. When these people, the transmitters of culture, continue to interact with the consciousness with the sacred teachers in ritual ceremony, the culture will begin to change.

This change will reverberate out across the planet and

heal her people. As said in the beginning, we already see the end of the train from the expanded realms. The train symbolizes the powerful destructive force that you see at work in your world today. The plant and mycelial kingdoms will play an enormous role in healing the planet. These kingdoms are more powerful than you can imagine.

Much of what is occurring at present is part of a natural cycle that the plants and minerals understand better than do humans. Sadly, many people are still tricked by the illusion that their conscious minds are the be-all and end-all of evolution and that, given enough time, the human mind can understand everything. This prevents them from embracing their larger beingness, which exists in the spirit world. Yet be heartened, as we see even the last of you emerging from that fog soon. We hold you in highest regard and wait with open arms as you continue on the ascension path, precious ones! *

It Is in the Simple that You Will Find the Divine

Mother Mary and White Buffalo Calf Woman through Therese Dorer

A highway of light leads to a garden trellis covered in roses of all colors: red, white, yellow, peach and pale pink. Standing at the entrance to this garden is a beautiful vision of a woman dressed all in white with her hands extended in a gesture of inclusion and sweet unconditional love. As I allow my body and mind to be still, I hear the words that are spoken and draw closer to this magnificent being, whom I have come to know as Mother Mary.

Welcome, all children of the world. Come closer to my heart, dear ones, and enter into this spiritual garden of unconditional love that I have prepared for you with devotion and intention. I understand that you are in a period of huge change upon your Mother Earth. I ask you to trust that I am here with you as you transcend. I have not left and will continue to hold the space of unqualified love for you as you make this journey upon your planet.

KEY POINTS

- Your heart will bring you solace and comfort in these shifting times.
- You need to provide yourself with opportunities to feed your soul.
- Your bodies are shifting and changing along with Mother Earth.
- You must be available to release old energies in order to embrace the new.

YOUR HEART IS CONNECTED TO YOUR SOUL

Today I wish to speak of your heart. It is through your heart brain that you will find solace and comfort in these shifting times. Your heart is connected to your spirit, and your spirit is connected to your soul. Imagine your soul is a huge collective of wisdom as bright as the Sun that shines light upon your planet.

Without the Sun, you could not reside upon your planet. The Sun provides light and warmth for the plants and animals; the whole circle of life is dependent upon light. It is the light that sustains your existence upon the Mother Earth. You are truly children of the light.

The same is true of your soul. Without this huge collective of wisdom and knowing, you could not exist as a conscious being. At a soul level, every incarnation you have ever had, every emotion, intelligent thought and nuance, is collected and honored. Your soul can be compared to the brightest star in the heavens, for it shines bright and luminous.

Extending from your soul is a gossamer filament of light. This strand is your spirit, and at the time of your incarnation, your

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spirit entered your body directly into your beating heart. With your first breath, you anchored the light of your soul into your bloodstream. Once anchored, the heart began to pump this lifeblood through your body, which carries in your DNA the soul wisdom from all eternity. This soul wisdom can be called your divinity and feeds your body, mind and soul.

IN 2010, YOU WILL BE ASKED TO FOLLOW YOUR HEART WISDOM

Without this spark of divinity, you would not exist on any level, not in human form or in the perspective of the larger consciousness of the universal realms. Your soul is infinite and eternal, and the essence of its wisdom resides in your heart. So paying attention to your heart wisdom is imperative for these shifting times.

Following your heart allows you to connect directly to the vast wisdom you have amassed from every lifetime you have had on this Earth and as an infinite being of the cosmos. The wisdom of the heart always comes from your emotions, desires, intuition and knowing. I ask you to trust this unequivocally, for it is truth.

This year of 2010 is one of huge power. When you add the numbers two and one in the year, you get the number three, and this gives you a key to the power of this year. The triad has always been a powerful force and is the basis of the pyramids, which are energy vortexes upon your planet. I direct your attention to the power of three in relationship to your body, mind and soul.

Over the millenniums, the grand experiment has been to integrate the soul and body, and have the mind as the director of the human experience. This allows the spirit to have the form of a body to taste, smell, hear and create a reality in which to experience the world in a personal way. But the body also allows you to experience the collective. Living in a community, you experience relationships of your extended family or your larger community. These relationships are your greatest teachers while in human form.

This experiment of coexisting upon the Mother Earth was a collective decision by each of you who are reincarnated upon the Earth. You all agreed that it was important to experience life in a form that would provide you with an opportunity for physicality. I remind you of this, for I observe that you may have lost sight of the experiment and the importance of the collective consciousness in shifting into the new paradigms that are essential for your well-being as the planet unfolds.

The Mother Earth is shifting, and as you are a child of the Earth, it is essential for you to understand that you are shifting into new paradigms as well. At a heart level you already know this, and so we come back to the reality of this year of 2010 where you will be asked to follow your heart wisdom.

There are angels, spirit guides and ascended ones waiting to be of service for all of you. These enlightened ones

only need to be asked, and they are available to connect with you directly. They will come forward in dreamtime and when you go into stillness and prayer.

THREE GOLDEN KEYS TO FOLLOW YOUR HEART

I encourage you to provide yourself with opportunities to “feed your soul.” As you do, you open up and expand your DNA, aligning your energy with the divine ones and expanding your angel wings so that you can soar even higher. Yes, you are all angels upon the Earth who have forgotten your true form. We are so excited to see that you are curious, eager to connect in a more direct way with the energy and strength of the divine ones.

Notice for yourselves what feeds your soul, what whispers your name. Where do you feel complete? What direction do you wish to journey forth into? What dreams are left dormant that you would desire to bring to fruition and completion?

Please do not give up on yourselves, my dearest ones. Do not go into despair or confusion. These times you find yourselves in are ripe with opportunity for change, and you are stronger and more powerful than you can imagine.

There is a force field of love available to you, and I offer you three golden keys to allow you to follow your heart and help you to remember the angels you are.

1. The first key is your breath, which allows you to feel the divine force field that is all around you. It cocoons you like a thick blanket of love and intention. You could not survive upon the planet without it to provide you with the sustenance that is necessary for your well-being. It is in the air you breathe, so when you focus on your breath and call this universal love into your heart, you can fill your body, nurture your soul, and relax your mind.

2. The second golden key of gratitude brings you into present time, which is the only reality you have. This helps you to disconnect from the frenetic energy of projecting into the future and belaboring the past. I encourage you to connect directly to the energy of sweet gratitude; as you do, it will feed you with the nectar from your soul. It will help you to gain perspective on your life and your place within the larger collective, remembering that what you do at a personal level affects the collective.

3. The third golden key is the art of allowing, opening up your heart to acceptance and receptivity. This is of the utmost importance: trusting and understanding that you are one of a kind in the whole universe, honoring that your journey upon the Mother Earth has a purpose and you can make a difference, and allowing yourself to receive and give unconditional love.

I offer you these three powerful keys to the opening of the doorways to the divine: your breath, gratitude and the art of allowing. These are the simple yet powerful messages of support I provide this day.

Children of the Earth, I thank you for this opportunity to touch your lives and ask you to trust that I am with you when you call. I am Mother Mary.



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As I ponder the words of our sweet Mother Mary, I hear in the distance the sound of the drum, like a steady beat that comes louder and more present to my consciousness. I then see a circle of elders, indigenous grandmothers in a circle. Emerging from the circle is White Buffalo Calf Woman.

Message from White Buffalo Calf Woman: Shedding the Old

Welcome, rainbow children of the Mother Earth. We are pleased to be heard this day. With the power of the drum we come to you and ask you to feel the drum in your heart, which connects you to your sweet, eternal, cosmic Mother Earth. Your heart beats strong and sound in your chest, and we ask you to align this vital organ to the heartbeat of the Mother Earth.

Your Mother called you here from a soul level to walk upon her belly, taste her sweet nectar of air, water, fire and earth. These are the elements that make up the Mother and your body. It is important to honor your body; it is a composite of stardust that has formed in a miraculous way to be unique unto you. Your body is made of the same matter as the Earth and will return to the Earth when your spirit chooses to go home. So as your sweet Mother Earth is going through changes and shifts, you may be noticing that your bodies are also shifting and changing.

SUGGESTIONS FOR 2010

I offer you three suggestions to help you as you go into the year of 2010 and the unfolding of the new consciousness:

1. Allow yourself enough sleep. This will be essential, for in the nighttime your healing angels are able to come and cleanse your body and mind, and reconnect you to your soul—allowing you to connect to a strong dream body.

2. Discern the food you put into your body. I suggest it be as pure and connected to the Mother Earth as possible. Any time you can eat food grown in your garden or close to your home, you will receive the most life force from the food and from the origin of the food, Mother Earth. I

ask you to be grateful for your food and to give thanks to Mother for her bounty. As you do this, you bring yourself into reciprocity with your Mother.

3. Take time to play upon this beautiful benevolent Gaia. She is full of playful energy and will sing to you with the sound of the creeks and streams, caress you with her breeze, kiss you with the warmth of the Sun, and rejuvenate your body, mind and soul.

I come forward today with the energy of the elders. I extol you to call upon your heritage, your personal grandmothers and grandfathers, knowing that each of these souls incarnated upon the planet with intention and brought with them wisdom from their soul.

YOU ARE THE ONES YOU'VE BEEN WAITING FOR

There is so much support for you, rainbow children. We encourage you to trust and know you are the ones you have been waiting for. As you call upon the grand ones who have gone before, you are also calling in your past lives. You wrote prophecies you are now living.

This year of 2010 is one that will bring new revelations on a personal level, peeling away more of the old stories and negative energy that you may be carrying on an individual level. This shedding might be uncomfortable, but it is essential. You must be available to release the old way of engaging in the world in order that you can receive the new energy, which is a clean, clear energy of transformation.

I bring your attention to the serpent. This old and ancient energy can be called upon during this process. The serpent sheds its skin, and in the process of growing back, the new skin transforms. The new energy will be very quick and instantaneous, so as quickly as you can think up a new idea, you will notice that the universe is ready to answer it. Remembering the energy does not discern for you negative or positive—that is your job, so you want to be clear and uncluttered from negative thoughts.

The three steps I have suggested might feel simple, but it is in the simple that you will find the divine, aligning yourself with the Mother Earth to ground yourself and allow the heartbeat of your being to connect to the heartbeat of the Mother. Thank you, rainbow children, for hearing my words. Walk in beauty. I am White Buffalo Calf Woman. ✨

Hold On to the Light

Saint Francis through Anina Davenport

The year 2010 is a year in which a lot of your spiritual work will bear fruit. At the same time, if you have avoided certain issues, they will probably come up as well. We have always put a lot of emphasis on clearing and cleansing, whether you do that through prayer, meditation, chanting, yoga, inquiry or other methods. The cleansing of your energy systems is what is important. That does not mean you have to be in perfect health, always happy and never bothered. You can have health problems, relationship problems, financial problems and all kinds of other issues. What we are talking about is inner strength.

The year 2010 will be rocky for some, but if you are a lightworker and have done your best, do not worry. Those people who have been stubborn and have refused to look at issues or forgive certain people who have held grudges and nurtured negativity, should watch out, however. We tell this to you, dear lightworkers, because you will be needed. You will be surprised when the most hardheaded people will turn to you and say: "Now, you do that meditation every day and it helps you. Could you teach me?" You will be in demand.

Will some lightworkers move on?

Some will, but many will stay. There is much opportunity for growth, even for advanced souls. The density of this world can be a challenge that can help you strengthen your spiritual muscles. Some lightworkers have had enough and want to go to other realms, and that is okay. Many, however, feel they want to move on, but their soul whispers in their ears: "Stay; there is more to learn here." Living on Earth right now is an incredible opportunity, even though it may not feel that way when your back hurts, there are bills to pay and there is catastrophe on the news.

SLOW DOWN AND FIND PEACE

Some of you feel overwhelmed, so slow down but do not give up. Fruits will come: the fruits of joy, equilibrium, peace and calmness. There will be times when the body will hurt and a neighbor will quarrel with you, but you will feel peace. The mind will say: "Oh, I should be upset right now" or something like it, but you will be in peace. That is what it is about: not getting thrown by circumstances—and yes, maybe the next day you get upset—but the sense of peace, of equilibrium, is there for you. Underneath, there is peace—even if you forget.

The year 2010 supports this sense of peace underneath all the chaos and frustration for those of you who have worked so hard—those who have prayed, meditated or chanted and

KEY POINTS

- This next year will be a wonderfully productive year for lightworkers, as much of your work bears the fruit of balance, joy, peace and tranquility.
- As you continue to release your conditioning, remember to slow down and to help others to do the same as they come to you for help and healing, seeking harmony in your interactions with others.
- Seek peace and divine light in your thoughts and your choices of spiritual guides, looking for a lightness and soothing spirit.

those who have been honest with themselves and observed your thoughts with love and discernment. You have eradicated conditioning, or at least a big part of it, and that has made it easier for peace, your true nature, to shine through even when you are angry. Emotions will still come and go, but you won't be so attached to them, and they won't sway you so much. You might even later laugh at some of the things you said when upset.

There will even be more looseness with your anger or sadness. You will not be so identified with it and, at the same time, you will not be trying to suppress it. That lessens the emotional intensity, which is good. Your friends, or at least those who have also released conditioning, will also be easier to deal with. The attitude will be one of "live and let live" rather than "I am right, and you have to submit to my will or opinion." You will still meet the latter kind of people, but by now you know how to not get caught in their drama.

OPPORTUNITY FOR SERVICE

"There is nothing to do" is the mantra of some. It is true on an absolute level, but in duality, action needs to be taken, and meditation or energy work are a good example of such actions. It is true that, as your frequency rises, you will pause more and more before you do anything. "There is no problem, really" will be your first impulse, and then an action will follow and you will do something that is of the highest good for all.

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The year 2010 will have much opportunity for service work for lightworkers. People will be willing to pay for spiritual counseling, energy work, bodywork and so on because they will now see the benefit. Many people's minds have sped up to such levels that it has become painful for them. You will be asked to help people to slow down and release some of the stress. Thought work will be popular—anything that helps to release old beliefs and thought patterns. Energy work and music and insight will all be put together in sessions for people, and they will look to you lightworkers.

I have heard that chanting mantras benefits nature.

Not just nature—it also benefits other people, your house and the spirits around you. All are benefited. Don't let others tell you that this is a waste of time. If you are sensitive, you can feel how the atmosphere gets purified by such chanting. Your energies also become purified by chanting or listening to chanting. People will come back to prayer, chanting and meditation. What else will cure the restless mind?

FINDING PEACE IN YOUR THOUGHTS

Does it help to watch your thoughts?

Yes, but do it lightly; don't get attached to them. They are just thoughts. Let them come up, watching them come through like clouds on a summer day, but don't take them too seriously. One problem with therapy is that sometimes people get hung up on certain thoughts. So remember that they are just thoughts. A good therapist will teach you to observe your thoughts but not to take them too seriously, and a good therapist will have some lightness about her or him.

How do I know a spiritual teacher is good?

Do you feel peace after seeing this teacher? Has your mind been bathed in the soothing glow of divine light or are you more restless? That's the test.



We want our lightworkers strong and happy. Don't buy into the news or the newest craze. Hold on to the light. Yes, it is not always easy, but you've come this far. Much good will happen for you in 2010. ✨

Reconciliation Of Polarizations

Juliano and the Arcturians through David K. Miller

27 September 2009

Greetings, I am Juliano. We are the Arcturians. The year 2010 represents the key year for the approach of the 2012 energy. Our research indicated that 2012 is really a turning point for humanity rather than a time of cataclysm. There are many important issues that are facing humanity and humanity's relationship to the Earth. These issues are so important that if they are not resolved in the most favorable and highest energy, then a downfall for humankind's existence on this planet is likely.

The good news is that there are many seeds of positive change that can still be planted. We see that 2012 repre-

sents a marker. All seeds of change necessary for the continuation of the evolution of humanity must be planted and incubated between now and 2012. We are referring specifically to the Mayan concept of the winter solstice in 2012, approximately December 22. There is this period that still remains on the planet in which positive changes and can be manifested and instituted. Changes begun in 2010 have the possibility and the probability of reversing many of the "irreversible issues" that seem to face humanity.

These issues that need to change are now manifested through polarizations and are also seen as conflicts. These conflicts are manifested not only in man's relationship to the Earth, but also in social, political, economic and spiritual matters. This year

KEY POINTS

- The year of 2010 is a year of preparation for the transforming energies of 2012.
- "The starseeds will finally begin to integrate their third-dimensional lives with their higher, fifth-dimensional connections."
- Planetary cities of light will play an important role in the reconciliation energies of 2010.

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PLANETARY CITIES OF LIGHT

becomes the year in which the beginnings of the reconciliations of the polarizations must and will occur. You will see a major change politically in the world in 2010 because many of the world leaders reluctantly are seeing that the difficult changes must begin. Leaders will begin to see that there is no longer time or room for postponing things. They will see the wisdom of reconciliation and pay attention to resolving polarizations. Polarizations that are unchecked and unresolved will begin to manifest more dramatically in 2010 as open conflicts. These open conflicts will give political world leaders the strength and the courage to begin to make the changes necessary for reconciliation.

FIFTH-DIMENSIONAL ENERGIES

In a sense, 2010 can be looked at as a year of reconciliation of polarizations. This is also true for your personal issues and development. Many of the starseeds have polarizations in their personalities. Many have polarizations in their personal life, which now—with the energy of 2010—will provide the opportunity for reconciliation. On the one hand, the starseeds now feel the fifth-dimensional energies and experience the wonderful spiritual light that has come to the planet. I want to emphasize that never before have there been so many spiritual beings and high spiritual energy on the Earth. Never before have there been so many spiritual masters on the Earth. Never before have there been so many spiritual teachers. Never before have there been so many opportunities for spiritual groups to work and perform their soul missions on this planet.

This has come at a time of great population expansion—the high numbers of spiritual teachers and workers on Earth are still small compared to the intense world population. This too represents a polarization. On the one hand, you have the obvious conflicts between many political groups nationally and internationally. On the other hand, you have a stronger contingent of spiritual lightworkers who possess great spiritual tools and energy. A small group with spiritual truth and that holds connections to the higher light in the fifth dimension has the power to dramatically affect the world energies. This is why we are optimistic about 2010—we know that the spiritual forces on this planet are becoming stronger, and the starseeds themselves will begin to reconcile their spiritual energies with the third-dimensional energies. This will allow the starseeds to finally begin to integrate their third-dimensional lives with their higher, fifth-dimensional connections.

One of the major, personal reconciliations of 2010 is to balance work and daily life with the spiritual energies. This represents true spiritual mastery—the ability to work in the third dimension with fifth-dimensional energies, enabling a transformation and an evolutionary leap in the third dimension. In order for the evolutionary leap to occur, higher energy spiritual beings must integrate and reconcile fifth-dimensional energies and fifth-dimensional perspectives into the third-dimensional life.

Many starseeds have asked: “What do we do about politics? Is it necessary to become politically involved? What do we do about poverty and suffering?” The year of 2010 is a period of reconciliation of higher energies with third-dimensional energies. Therefore, 2010 is the appropriate time to become involved in a spiritual, fifth-dimensional way with these difficult but important political issues that must be reconciled. These include those issues of the Earth—its environment and changes. All of the changes, especially the Earth changes, are still amenable to humanity’s influence up to and including the 2012 turning point.

Humankind is finally going to learn and believe that there is a relationship between people and the Earth. The Earth has been signaling them; the Earth has been communicating with humankind. These signals and these communication links will become more obvious and more accepted in 2010. This communication includes crop circles. Crop circles themselves are part of Earth’s effort to communicate to humankind. The Earth and inner-Earth energies are connected to higher, fifth-dimensional galactic energies. Remember that the Earth communicates with humans; it doesn’t do so through words but instead through symbols and energies.

Of course, one of the shared concerns of humans and the Earth is the weather. The weather now can be viewed more realistically as part of the Earth’s attempt to communicate to humankind. When we look at 2010, it is going to become more obvious what the nature of these communications are and what the meaning of these new weather patterns are from the Earth.

The Arcturian starseeds are working to create planetary cities of light. Planetary cities of light are enclaves on the planet that are devoted to holding fifth-dimensional energies. These cities are an important step in the planetary reconciliation that will be happening in the year 2010. In these planetary cities of light, there will be more communication with the Earth; each of these cities will be holding fifth-dimensional energies in order to anchor higher consciousness. The goal of 2010 is to anchor the higher consciousness into the evolutionary linkage of humans, so that the next step of human evolution can occur and be sustained. That evolutionary step has to do both with higher consciousness and the relationship of higher consciousness to the planet Earth. This energy will be anchored and expanded in 2010.



Finally, our evaluation of the different scenarios of the economy and of the political and social situations revolves around this idea of reconciliation. Also be aware that the reconciliation often begins after a period of polarizations and conflicts. Many of the conflicts that are already obvious to you in 2009 will become more dramatic in 2010. However, these conflicts and polarizations will finally be able to be resolved and reconciled. You personally—as starseeds—will also feel the power of this reconciliation between your higher self and your Earth self in 2010. I am Juliano. ✨

Beginning a Massive Shift Toward Feeling and Heart-Centeredness

Edgar Cayce through Bente Hansen

Greetings. Greetings. As you well know, I always am delighted to respond when you ask me to speak. You have even defined the topic! That is interesting, for as you know, it is my tendency to discourse on topics that I know are of relevance to the large audience that these messages reach. Yet within the definition or the scope of the topic you have provided, there is much opportunity to address many of the subjects or areas that are dear to me.

As always I find it interesting that there is so much focus and attention addressed to knowing what is going to happen. It is this timeless human desire to know that all is well and that all will be well, the desire to know in advance what is likely to unfold in order to be better prepared for that unfoldment. Yet in reality, for most people, many of the situations that arise in their lives do so unexpectedly, often with no obvious forewarning. This is due largely to a lack of awareness or because their interests are so focused in the future or the past that they overlook the signs of what is occurring in the present moment. However, enough of that! The topic is “2010 and Beyond.”

TIME AS YOU KNOW IT IS COMPRESSING

As we near the end of 2009, I know there will be many in this readership who will be saying, “Oh, what a relief—2009 has been an eventful year.” For many it has been calamitous, for others it has been challenging, and for some there have been so many incidents, issues and situations that have arisen that 2009 could readily be viewed as the year in which life took control. By this I mean that rather than the individual taking control, the tables have been turned and life, the events of life, the unfoldment of issues and situa-

KEY POINTS

- As time compresses, you'll find that you become more focused in the present and thus more centered and stable.
- This inner transformation humanity is undergoing is leading to a state of heart-centeredness and feeling.
- There will be many changes in society in the coming years, but the greatest changes will come from within.

tions, have determined what has occurred during 2009.

In actual fact, what has really taken place is that there has been an escalation in the energies that are affecting human evolvment. As such, these energies are increasing in intensity and are bringing to the surface for each and every individual many opportunities for letting go of old belief systems and limiting attitudes and perspectives, fears and resistance. The year 2009 has afforded splendid opportunity for magnificent spiritual growth. All this is leading to the transformation of human consciousness. Yes, this you well know, but many of you were not aware that the journey would be this uncomfortable.

Time as you know it is compressing—compressing in such a way that you will find that no sooner does one thing happen or one event occur in your life, then you have no time for reflection, no time to ponder, to think about it or to even respond, before another event occurs, then another. All these incidents and issues that occur, one after the other after the other, are not occurring because you are meant to be overwhelmed. They are occurring to support your ability to live in the moment. As you learn to deal with each issue, you will find that your focus becomes more present. In that present focus, you will soon find yourself feeling more centered and stable, able to give attention to whatever crisis, issue or situation is drawing your attention. As you become more focused and able to do this, you will find that the many issues or chaos that occurs will become less and less. Oh, these past few years, since the turn of the millennium, have indeed been intense.

For many, life feels as though it is driven or experienced at top speed. Visualize yourself driving a vehicle. When you first get into your vehicle, you warm it up gradually; whether your vehicle has automatic or stick transmission is irrelevant. The vehicle warms up gradually until such time when it gets to a speed where it builds up the

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revs and is able to drive effectively in top gear. In terms of your lives and experiences, you are now functioning in top gear. There is less time for inner reflection. The moments for you to look back and plan forward are decreasing, and this is of necessity. What has begun will continue in order to support you through a significant transformation.

HUMANITY IS UNDERGOING A MASSIVE PARADIGM SHIFT

Let us now explore how this transformation is unfolding. From many perspectives, life seems to be challenging, if not chaotic. There is no doubt that there are many individuals who are wondering just what they have signed up for. They are questioning their reasoning for being here at this time. Yet on a deeper level, this is as it is meant to be. For those who understand the dynamics of the transformation, I know you are excited to be here. You will walk your journey in a state of feeling focused and centered, knowing full well that all is unfolding and transpiring in a way that is shifting humanity gracefully and confidently to another way of being.

Humanity, as such, is undergoing a massive paradigm shift. There is no other way to express it. This is the shift that all souls who are in body have chosen to experience—such gallant beings, such courageous souls, knowing full well that your journey this lifetime would be the culmination of many lifetime journeys. In undertaking this particular lifetime, you knew you would be healing the suffering, pain and karma of all prior lifetimes. Not only that, you also have embodied to support this beautiful planet as she too undergoes a major transformation.

The transformation of which I and many others speak is not about an external transformation; it is an inner transformation. It is a transformation that is leading to a state of heart-centeredness. Heart-centeredness is a way of functioning that is very different to how most people are used to functioning. Over the past several thousand years of your civilization, the predominant means of functioning has been through the mind. The mind has been greatly valued and has been viewed as the tool by which one gauges one's success, one's intelligence and one's functioning within a very linear world. As you move into 2010 and beyond, you will find a significant and, at times, a halting journey—a journey where you will be hesitant, possibly even reluctant, to become more heart-centered.

The year 2010 will provide many opportunities to become more feeling and to work with those feelings. In many instances, this will mean that the feeling response will override the logical response. This will also mean that the feeling response will gradually become more acceptable and more valued within society. It is very easy to focus on the feeling response when calamity and disaster occur; there have been many of those opportunities in recent years. However, there are now upon this beautiful planet many clusters of lightbeings who are emitting this heart-centered feeling with such powerful resonance that the affect of this resonance is beginning to be felt by those who have not previously understood or even connected with their own state of feeling.

CHANGES IN FOOD PREFERENCES

In shifting to a heart-centered and feeling approach to life during the coming years, you will find greater awareness within the population for the need to respect all who inhabit this planet. This includes the animals. Many of the animals who are grazed and raised for food are kept in abysmal conditions. They are deprived of their birthright and instead have been put into bondage to humanity's need for animal flesh. There will be a slow but gradual shift in human consciousness around this. Those who advocate eating a non animal diet will begin to exert greater influence. This is also largely due in fact to the shifting awareness that is occurring within the general population. As the awareness shifts, there will also be greater consciousness and increasing sensitivity.

Already many people are finding that there are changes in their food preferences. Many are finding that their bodies desire foods that are natural, that are not contaminated in any way—foods that are light and that support the body rather than weigh it down or damage the body in any way. The movement toward vegetarianism will be a slow one, but it has commenced. You will begin to see a marked increase in the demand for wholesome, healthy, non-contaminated foods.

The issue of water will be on the agenda in the coming years. Potable water for underdeveloped countries will become a dire priority. The signs indicating there are problems in this area have been self-evident for some time. However, due to changing climatic conditions, potable drinking water will become a main agenda item for many welfare agencies. Be prepared for some amazing technologies that will support the restoration of the dirtied waterways. These technologies are already available and there are more on the horizon. Within the next few years, you will see that all individuals, regardless of where they live, will have access to quality drinking water.

THE RESURRECTION OF COMMUNITY

As you well know, there is significant reporting and focus on such human-made structures as the economy and the housing market. These are merely undergoing a restructuring process. This is not to minimize the discomfort and concern experienced by many as they observe their reality crumbling. It is obvious that there are many in the world who have deep-seated issues around money. These issues reflect the concept of scarcity. Due to the restructuring that is taking place in world markets—economic, agricultural and other—the creativity and the innovative spirit of humanity will once again rise to the fore. Where there is a declining economy, there will be resourcefulness within communities.

Communities will once again spring up in a way that has not been seen for some time. Over the past few hundred years, the mass congregation of individuals in large cities has created a whole host of problems. As a result of this mass congregation, it has become obvious that many,

many individuals are out of touch with the seasons and the cycles of nature. There has been a loss of independence, and many of the ancient skills have been put to one side. During these times of restructuring, there will be a gradual reemergence of the concept of community: of sharing, of bartering, of finding ways to make do. All of this is to foster the feeling of oneness.

There will always be those who will choose to remain mired in the old reality. It is these who will have greater difficulty in adjusting, for whether or not one subscribes to the concept of paradigm shift and changing times, regardless of one's determination to maintain the status quo, there is and continues to be a shift: a shift in consciousness, a shift in awareness. This shift has far-reaching implications for all areas of life, for all aspects of life, for everyone upon the planet and for Earth herself. This shift is magnificent; it is vast.

As there is more heart-centered feeling and interaction, there too will be a shift in what is acceptable to a community and what is not acceptable. It will take some time for many of the current structures to be modified in order to accommodate this shift in consciousness. However, the beginnings are there.

SIGNIFICANT CHANGES IN EDUCATION AND RELIGION

Already within your communities there is much dissent, questioning and unrest around many of the institutions and their practices that have been acceptable until recent times. Education is one such institution. The young who are now being born are not necessarily adapting too well to many of the structures that have been established within the education system. These young ones require a different type of education in order for them to reach their potential. Already many parents are aware of this. Currently, these parents are investing considerable energy and time to support their children during their formative educational years because they can see that the current educational structures are not providing what is needed.

In time there will be increasing pressure by the parents of these exceptional young ones. This increasing pressure will result in changes to the education system. These changes are long overdue and will be met with resistance, but the resistance will be futile. So gradually there will be a shift toward an education system that supports the child where the values and creativity inherent in the child will be honored, nurtured and allowed to grow.

Another institution that will undergo significant change is that of religion. There is no doubt that a great injustice has been perpetrated upon the people by those who initially controlled religion. As more and more information is made available as to the true origins of humanity, there will be great response and reaction from those who uphold traditional religious beliefs. There will be much conflict in terms of debate and discussion. There will be denial, but there will be evidence that, when produced, cannot be refuted. So many of the religious institutions, if they are to survive,

will undergo a dramatic change. They will become less dogmatic and less confrontational. There will be less judgment and ostracism. There will be increasing acceptance and tolerance, and more of the spiritual qualities adopted. In this change, individuals will feel more empowered through their own divine connection to the great Source. This process has already commenced and over the next few years will accelerate. This will result in great headline news. There will be scandals; there will be upsets.

Yet all this is merely leading to awareness that all is one. From hereon in, after this great change, there will be no more killing in the name of religion. There will be no more judging. There will be no more denying. Religions will come to coexist peacefully. This has not happened upon this planet for over 2,000 years, but that great time is coming. It is indeed something to be excited about.

For those who have this awareness and understanding, do not hide your light. Do not deny your knowing. Share it freely at every opportunity. There are many, many in this world who are seeking, who are not fully satisfied, whose needs are not met by the faiths to which they espouse. So for those who hold the light, now is the time to speak your truth. Oh yes, you will find resistance, you will find denial. But now is not the time to hide your light.

You are not here to become a spiritual zealot determined to convert others to your belief systems. You are here to live your life as a spiritual being. Through your very actions and words, you have the means to communicate the power that is held when you are a lightworker. Now more than ever is the time for all lightworkers to be seen, to be heard, and to have their vibration felt by those in need of it.

THE GREATEST CHANGE WILL COME FROM WITHIN

The coming years promise much change within every level of society. The greatest change, as I have already said, will come from within. These changes include:

- Letting go of old dogmas and beliefs
- No longer aligning yourself to any particular sect, religion or organization that is not heart-centered
- Allowing your thoughts to be clear and pure
- Learning to appreciate what you have and living in gratitude
- Feeling and becoming one with All That Is

The time of isolation and separation is rapidly coming to an end. Those who are of the light are the way-showers for those who need a guiding hand. Be strong during these times of change. Feel your center. Feel your heart. When you feel your heart, allow all your actions, emotions and intentions to come from a place of feeling—a feeling of heart-centeredness. That is the major change, and from that all other changes will follow. Be alert to the many small changes, for they signify that change is occurring on a much larger scale. I extend many blessings on your journey. You are courageous souls, and you are achieving miraculous outcomes already. Farewell. ✨

Cosmic Pulse Ascension Symptoms for 2010: Intense Cellular Regeneration!

The Blue Ray Beings through Shekina

You have passed through a cosmic gateway in Earth's alignment to the galactic center. You are in the great purification. Very powerful energies of cellular regeneration and rejuvenation are taking place at a core level of your being.

This alignment has pushed many of the lightbearers and starseeds to the edge of their foundation. The power of the cosmic pulse of light has strengthened, ensuring that you are heading in the right direction no matter what the situation appears to be. (44)

This year you will make a choice that will affect your future and the direction of your life path. This will be a gift from the gods and your soul in completely taking back your divine power. You will know which way to choose, for your heart and your body will tell you loud and clear!

It is time for you, the lightbearers/starseeds, to take a stand in your sovereign right as true cosmic beings of the universe. You will be called into the service of the light as many of you have been waiting. Your ultra-sensitive empathic natures will now be one of your most precious gifts and treasures. You will begin to feel assured in your true essence and who you came here to be. (33)

COSMIC PULSE ASCENSION SYMPTOMS

- Past health issues will leave for good.
- More than ever, you will be called to work together in groups and partnerships.
- You will have more support in your work and highest purpose.
- There will be powerful emotional releases.
- Core issues will resurface.
- You might experience difficulty breathing, alerting you that you need to expand, let go and slow down.
- There will be times of not eating much and times of being very hungry.

KEY POINTS

- This is a time of great purification as powerful energies of cellular regeneration and rejuvenation are taking place at a core level of your being.
- As a result, this year you will experience a variety of ascension symptoms in your everyday life, in your dreams and in the esoteric realm.

- You might need to eat meat and lots of protein, and then need lots of fruits, vegetables and grains.
- There will be periods where you need to spend larger amounts of time alone. This time is to serve you to be in your own energies and vibration.
- You will experience extra sensitivity to the electromagnetic frequencies of TV, computers, electricity, thunderstorms and so on.
- You may not be able to speak or think. You are being recalibrated at a higher level, and this is an adjustment period that will end shortly. As star lightbeings, you are accustomed to communicating telepathically and kinetically and need times to be in this way for balancing.
- You might experience extreme fatigue from purging and raising your frequency.
- You may find yourself retrieving lost aspects of your self—your humor and lighter joyful and playful aspects.
- You may have the feeling of a dense energy around you that is lifting.
- You may feel your heart awakening and focusing on higher love.
- You might hear a crack sound that comes from the center of your chest. You are literally expanding your physical heart energy in your body.
- You may feel anxiety.
- There will be times of increased body heat, similar to hot flashes, where you are burning through layers of issues and karma.
- You can expect the unexpected and miracles. Energies will be constantly shifting, recalibrating and rearranging, going one way and then quickly and sometimes suddenly the other, until settling occurs.
- There will be greater power in consciously directing your intention and energy into the no-time dimensions for accelerated healing and manifestation.
- You will receive new guides.



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- There may be symbols, images, sacred emblems and geometry that come to you to instantly expand your consciousness, connecting you to your ascended self. (333)

SYMPTOMS IN YOUR DREAMS

You will experience:

- Powerful dreams
- Dreams of death and dying
- Encountering loved ones who have crossed over and meeting old friends
- Old family issues and dynamics that create powerful emotions of healing and releasing

Death is the shamanic and alchemical process of new birth signaling to you that you are ready to shift into a higher expression of who you are and that you may do more work in traveling through the dimensions and realms. This also signifies that there is greater power in your dreamtime and in your waking state to dream, create, gain insight and direct your highest good.

ESOTERIC COSMIC PULSE SHIFT SYMPTOMS

- Past lives are suddenly in your awareness and may lead to discomfort and anxiety in your body.
- You have strange and unusual thoughts not of your own.
- You experience extreme fatigue from light sessions with your higher guides and star family. By now, many of you know when these higher light sessions are taking place. You feel so tired that you need to rest and lie down for no apparent reason. You might lose track of time, and that is when you are being worked on. Some of you may even be taken on lightships.
- You may see a haze in the room, see sparks of light or feel, hear and sense a greater influx of light.
- There may be disconnection from your birth family. Many will reconnect to their Earth families once some time has passed at a healthier and higher level that is in greater alignment with your true self. All blue rays and many lightbearers will go through this at some time.
- You may receive your spiritual name that will bring a greater aspect of your divinity and sacred gifts.
- You may speak in the language of light or hear sacred melodies and tones, especially after you have visited a sacred site or been in nature. This language of light is a higher language of creation and your soul. (11:11)

HOW TO HELP WITH THE SHIFT

Know that all these symptoms and energies are not who you truly are but that they are moving through you. Work with your sacred tools and rhythm and flow of Creator-source.

- Connect with dolphin energy through pictures and meditations. See yourself playing and swimming with them.
- Exercise through walking, movement, dance, yoga that is gently flowing, rhythm and motion. Many starbeings and blue rays go through a stagnant period where they

do not like to exercise but wish to be still and meditate more. Some gently flowing movement is vital to health and being in the body.

- Connect with the sky, ocean or large bodies of water for expansion, better breathing and letting go. If you do not have this nearby, listening to an ocean or water CD can have the same effect.
- Drink the sacred living waters of life. Charging your water will increase its frequency and provide greater hydration for the cells of your body.
- Take your glass of water with both hands, saying: "Father/Mother God, Holy Spirit, empower and restore these waters to the sacred living waters of life, raising it to the highest frequency for my embodiment now." Feeling in your body, anchored to the heart of Gaia, ask for the cosmic pulse and feel the cosmic pulse through your body and to your heart and out to your hands to the water, pulsing into the water.
- Create your sacred haven and altar where you live, where you can always go to increase your divine power and stabilize your energy fields through the shifting times.
- Be expressive within yourself, to yourself and for yourself.
- Use flower essences and bring flowers to which you are intuitively guided into your home, next to the area where you spend most of your time.
- Wear colors and bring colors to which you are drawn into your home. Colors are the frequencies' spectrum of the light.
- Make art! Being creative will help you to stay in the rhythm and flow of Creator-source. Creativity is the Creator energy.
- Write and journal.
- Sing, tone and listen to flowing music. Certain music has healing frequencies that have been created at a higher level to assist you in healing, transmuting energies and staying in the flow.
- Take a break from your routine. This allows for the energy to come in. There will be times when you will not be able to work as long as you used to or do exactly what you did before. Listen to your own body rhythms and intuition; you will get more accomplished in the long run.
- Learn, know and sense how to be in the rhythm and flow with your body in relationship to Earth's magnetic grid. These sacred movements from the ancient civilizations and star realms are a lost art, waiting to be awakened in the lightbearers and starseeds. Being connected with Earth energies will be vital to your ascension and balance. Touch the Earth every day and allow your connection to strengthen.
- Check in every day. How does it feel in your body to be in the divine flow of Creator? Even though you may have a schedule and work, make checking in a highest priority, allowing yourself and your life to unfold in new and inventive ways.

Remember, the old rules do not apply anymore. Now more than ever it is time to put yourself in divine alignment, allowing the cosmic pulse to flow through you. It is time that you let go of all you have learned from the systems

of Earth that no longer serve your true essence and beauty. All of God and creation are reaching out to you in light and love. We are here in great force, serving and empowering you. We are one! (13) ✨

A Year of the Mighty: A Year for Heroism

OMA through Frankie Z Avery

The year 2010 is going to be a mighty year. People are going to have to use their might and step into a framework of heroics in order for their lives to work. It is no longer a choice. For the Year of the Mighty to work successfully, people will have to be at their best. They will have to look out for their neighbors, and they're going to have to be kind and concerned about their neighbors' children—whether those neighbors live next door, live in the next town or live on the other side of the world. In this Year for Heroism, a hero is anyone willing to be inconvenienced enough to move out of their corner of comfort and safety, look outside and embrace the world. A hero will ask, "What can I do to make this world one inch better, safer or lovelier?"

The year 2010 will also be a time of great opportunity, and yet people will come together to invoke their best, their most heroic and their most concerned selves. Now is a good time to seek safety in the ultimate evolution of the many instead of perfection in the protection of the few. It is no longer time to protect the few while disregarding the pain and dissatisfaction of the masses. We see concern about kindness and goodness, about caring for and of one another, as the most positive aspect of human nature. That concern is adapting you well to the new lights that are coming into your planet. New energies are taking embryonic form on your great planet. Yes, new light and new energies are coming and must have time to gestate.

NEW ENERGIES BEGIN TO SURFACE

Are these new energies of the nature realm? Are they human? Are they ideas?

They are all of these. The transformation has begun in the world of plants with the angels of plant life, if you will. You saw them many, many years ago in the magnificence of Stonehenge. Devic energies always begin to prepare the Earth and the consciousness of the Earth before climate changes occur. Since you are very shortly going to face worldwide food and water shortages, the consciousness of the Earth will be prepared and willing to take care of it. Do you see?

KEY POINTS

- While it may begin with some challenges, the year 2010 will be a year for mighty changes and heroic actions.
- These changes, brought about in part by youth movements in mass communication and the Internet, will bring about massive positive shifts in the global economy and the way that humans approach the environment.
- If you listen to the song of the heart, this coming year will bring amazing opportunities to take actions that will assist, strengthen and bring help to many.

The new energies have begun in the plant world, where the angels of plant life are becoming stronger and beginning to vibrate once again. The energy is contagious, and because it is of spirit, not matter, it begins to affect humanity. It is beginning to awaken more consciousness in humanity and in animals. "A rising tide raises all ships," But if it had started with humanity, it would have been quelled immediately. So a generation awakening will see the world differently and think differently, with much more environmental consciousness than they have had before. One evolutionary step is the consciousness of the existence of a world of plenty in which one or two people don't take everything for themselves.

LISTEN TO YOUR HEART

Universal upheaval will be occurring in 2010. Not only is it a time to be mighty, but it is also time for an upheaval. People around the world are going to demand peace and act upon those demands for change,



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BREAKING THE SILENCE

mostly in peaceful ways. How wonderful it would be to hear the cry: "Let there be no war! Don't make war to defeat war." This will happen.

For the rest of 2009 and for the new year of 2010, if you can turn your heads away from the voices of the hateful few, you will have many opportunities to choose what path you want to take. There will be many differing energies entering into the first half of the year; the faces of "love thy neighbor" will contrast distinctly with the "take care of yourself only" faces. You could call that the face of love versus the face of hate. Attitudes will take on very distinct and disturbing properties, but they will no longer be resting in the shadows. No longer will there be questions of what to do, of what is the right action versus what is good for the privileged few and destructive for the many.

The many of you who care, who choose to live, work and receive from the heart and not from emotion will see perfection, unity and the path of right action. Remember, children, that what you call emotion is always in the head. If you can, listen to the rhythms and song of the heart as opposed to the loud, braying voice of the head. The head will always tell you why it is good to take care of yourself first and make sure you have the biggest piece of pie. The head tells you why you must build fences and walls and then stay cowering behind them. Your heart, on the other hand, tells you why it is wonderful to release the boundaries, the borders and the walls that you build. When you are in your heart, you are in a true state of living and love. Always, always you can listen to the song of the heart. This coming year brings such opportunities to take many, many right actions that will assist, strengthen and bring help to many.

HEROES IN AFGHANISTAN

Will we be able to bring more troops home this year?

You will be able to get out of Iraq, but it would appear that more troops are needed in Afghanistan for the safety of the world. Right at this moment, Afghanistan is the lynchpin, a safety stop from world mutilation. The soldiers that you have there right now are saving the world from a horrible destruction.

So the soldiers in Afghanistan are heroes of the rest of the world?

Yes, absolutely. We would give a much more fire-and-brimstone prediction for the next year were you to move the troops out of Afghanistan. Having troops there is the greatest wedge between safety and the destruction of the world—just a thought.

What would be the most supportive thing that could be done for the country and people of Afghanistan by people who are not there with them?

Everyone could send a brick to build a school! Mail a brick with which a building could be built with a wonderful cafeteria in it. Feed the people. Educate them. And make sure the women are fed and educated like the men.

We have said many times that the most dangerous virus that resides on your planet is silence. In this year, a vocal subset of society will arise around the world, thanks to the use of cyber- and telecommunications. The uniqueness of the Internet will bring erasure of borders and boundaries and unite many young people. Have you not heard of the Children's Crusades? In Europe in 1212, the idea of adults sending children into unknown territory or battle caught everyone's attention.

In 2010, you are going to have a young people's crusade begin because of the Internet. This technology will be developed by hackers and wonderfully inventive people. Such technology will permit people of all races and ethnicity to communicate without the interference of governments or countries seeking to subject people to silence. A children's crusade will rise as voices from all over the world begin to sing in harmony. What will they harmonize about? They will be harmonizing about peace, about health and about the safety to evolve as you want. They will harmonize about the freedom to perfect your mind through learning and in ways you never before imagined were possible.

One of the wonderful inventions coming to the public in the next few months are computer games that will open up new avenues in the brain when played. Developed from theories similar to those upon which programs like Brain Gym® are based, they will teach how to balance touch, sight and other faculties. The actual physical minds of people will begin to open up in areas of mathematics, language and the perception of beauty. This has never before happened on this planet. Is that not wonderful?

CORPORATIONS BECOME MORE HUMANITARIAN

Another blessing from the use of the Internet will be the lifting of curtains hiding child labor. Children in the underdeveloped countries have always been used for slave labor. Corporations know about these labor practices—even people know this and governments know this—and yet they nod and go on, acting as if they don't know. Children are being used to reclaim dangerous chemicals from junkyards of discarded technology. As that is exposed, the makers of technology from every country in the world will begin to build, advertise and promote the safety of their products and their freedom from pollution.

Living up to slogans like "Free Can Be Wonderful" will make companies do good things. When it is more profitable to do what is right for the world and for individuals, companies will finally become humanitarian. You will see businesses succeeding only if they have an environmental or a humanitarian leaning. No longer will it be wonderful to advertise as some did and yet go about being as destructive as they want. Current change will increase dramatically in the coming year because young people in colleges will communicate with each other and put the word out to the world: the dangerous, destructive or secret will not be safe

in the coming year. Remember, it is a year of the mighty, and even the smallest can be mighty.

ADVANCES IN MEDICINE

We have often spoken of technology repairing the spinal column. That is becoming reality as nanotechnology becomes more and more available. Laboratories in countries such as Belgium, Luxembourg and France have developed technologies using nano or microscopic devices that will restore spines, vision and hearing in some patients who heretofore would have been paralyzed, blind or deaf their entire lives.

Evolutionary medical processes will be found through the use of stem cell technology that will bring the masses to absolutely gaping awe in the coming year—not just stem cell technology, but its offshoots. What evolves from this? Ways to replicate the density of bones! Retaining strong bones is a big problem, not only for older people but also for people adventuring into space, because the human bone demineralizes when it is in a weightless environment. Technology and medicines will restore that. Such science is good for space technology and for those with health problems such as osteoporosis and other bone-degenerating diseases.

Work done this coming year will allow you adventures beyond the planet and take you to limits as yet unheard of in your land-bound world. You will see people within the coming years be able to leave the planet. People will be able to live uncompromisingly with strong bones well into their nineties after the discoveries of this coming year are made. No longer will becoming old from the discomfort of degenerated bone material be a cause for sadness. Inventions are coming up that will replace the mineralization and the strength in bones, so keep a look out for that.

IMPROVEMENTS IN THE GLOBAL ECONOMY

Will the world economy improve?

Yes. Beginning in September and October of 2010, the world economy will be back on the rise as opposed to “getting less bad.” You will actually begin to see a positive growth pattern again. It will be another year, but remember that it will be a quick year. The very difficulties you faced in 2009 and into the beginning of 2010 are going to save your planet in the coming years. The unemployment that you see right now is the very thing that is going to motivate people and governments to take action good for the planet. You will see unemployment in your own country becoming so top heavy that the only way to find work for people will be to employ them in businesses that are helpful, not destructive, to the environment.

Once upon a time OMA made a comment that said simply, “The wealth of the world is dependent upon the health of the people.” Because of the pain of unemployment and lack of health care, governments, people and companies are becoming motivated to take actions that are environmentally sound and safe. In doing things that are good for the planet, they will thereby do good for the people.

The crisis of planetary warming is going to reach apogee in July of next year, but because of the consciousness of the environment, it will begin to turn around. So as global warming reaches apogee, you will see a world change. This way you won't have to worry about having a house in the middle of the ocean.

PROTECTING THE ENVIRONMENT

Do drought conditions change some?

Drought conditions are going to be furious until September. Then you'll see the drought conditions in areas like central Texas and in some parts of the southwestern United States improve greatly. As we have said, people living in the Southwest should drink only bottled water for the coming year. Any place in a drought area should confine their water intake to waters that have been brought in from other areas. Some water tables are becoming so low now that it is quite dangerous. When you start finding dinosaur toenails in your drinking water, you know that you have reached bottom.

OMA has always said that the wealth of the planet is dependent upon the health of the people. This is going to be proven true more this year than ever before. Remember that 99 percent of the living space on your planet is in the ocean. The ocean has been affected by your polluting for decades and is about to spit back at you. It is about to demand that you care about what is living in the ocean and no longer kill, poison or try to eradicate the goodness in it. If you kill the plant life in the ocean, you kill the oxygen on the planet. We often speak of the rainforest because you can see that. If you don't live by an ocean, you don't think about it. But if you kill your oceans, you kill your oxygen. It is that simple. Life stops. Life came from the ocean, and it stops at the ocean as well. It is possible that a huge fish kill will happen that will awaken the world, the scientists and the corporations, for it is time to actively cleanse the oceans. [Now for those of you who are feeling sorry, the fish will have volunteered.] Soon you will see a wonderful, wonderful renunciation of the poisons and toxins going into the oceans.

Again, as voices in cyberspace emerge, finally rumblings will become a great shout that will be heard calling out to protect the environment, especially the Everglades in your country and the rainforest abroad. There will be a great density of voices saying, “We wish you to keep our planet alive and healthy. We are making it our responsibility to see that the best that can be done is done.” It will also be good to hear a great voice raised for the protection of whales and seals. There will actually be a cease and desist order written for the hunting of the whales and the slaughter of seals, because of raised and mighty voices. Once again you are beginning to hear the words that life is preferable to murder. This is lovely.

Remember, in 2010, the Year of the Mighty, even the smallest can be mighty. Children, we bid you all a joyous, wonderful and mighty farewell. ✨

Use Your Creative Power and Watch the Miracles Happen!

The Novenian Masters through Nanci Paluzzi

Greetings! It is our pleasure to be with you on this, your day, and to speak with you to remind you of the transformation that is occurring upon your planet at this time. It is also a time of transformation on a personal level so that you will begin to perceive your interconnection with all of life. You will begin to feel and practice this philosophy of life.

ALLOW THE CHANGE IN CONSCIOUSNESS TO AWAKEN WITHIN YOU

This transformation is occurring with many, many individuals on a personal level throughout your planet. This is a time when there *are* enough individuals who are resonating this vibration of interconnection, of appreciation for each life form and the gift and wisdom that each experience brings into your world. It is because of this that great changes are beginning to happen across your planet.

This change of consciousness is one that begins on a personal level and reverberates in waves outward from that one individual. So we say to you, allow it to awaken within you. Allow it to come forth in your daily activities. Feel the joy that it brings. Begin to go through your life with this new perception, with this knowing that you are connected to all life. Begin to realize that, in fact, you are an expression of life itself and that you are never parted from that expression, that creative force that is the divine within all. When you do this, you will look out on your world with new eyes. You will live each moment for what that moment has to offer. You will respond to your experience by focusing on your connection to all of life and its beauty, the beauty that is your experience.

KEY POINTS

- The current transformation in consciousness begins on a personal level and reverberates outward in waves.
- Pay attention to Earth's natural cycles this year as they are reflected within you, and you will begin to recognize your own creative power.
- Acknowledging your interconnectedness with all life will bring you peace.

PAY ATTENTION TO EARTH'S NATURAL CYCLES

For those of you who might be struggling with bringing this forward into your life experience, we would say to you, pay attention to the cycles of life. Pay attention to those cycles found within your natural world, Earth's cycles. Allow yourself to align your own life with these natural cycles.

We would say that in this new year, in this cycle of slumber as the Earth sleeps, below the surface there is much happening. There is much preparation for the coming spring. So this is also a time for you personally to contemplate what it is that you want to create in your new year. Through introspection you can begin to nurture those concepts, visions and ideas in order to bring them forth in this new season of growth that will begin during the spring equinox of your coming year. During that time of growth, allow your creativity to expand in each interaction that you have with your world. Follow the natural cycles of the Earth.

Through this period of growth, allow yourself to experience the creative force within you and you will see that miracles will happen. Within each moment you will be practicing the creative process that is your birthright. You will realize the magnificence of who you are and of all of life that is creation. You will realize that what you choose to focus upon is what you will bring into your experience.

As you move into the time of abundance, the time of growth and the summer solstice, you can rejoice in what you have brought forth with your creative abilities! You can appreciate the creative powers that exist within all life. Following the rhythm of the Earth, you find as autumn approaches yet again that the Earth shares all of the abundance and prepares once again to fall into the slumber of preparation for the coming of the new cycle. So we say to you, pay close

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attention to those cycles within you and you will begin to recognize your own creative power. This will bring to you that which you desire, that which you need. It is your responsibility to recognize and take hold of the creative power of life! Join together with all of life to celebrate these rhythms and cycles, and to acknowledge and consciously use the divine force that is your connection with All That Is.

WITH INTERCONNECTIVITY COMES PEACE

In these times of great change in the systems of your society, you may decide to consider the value of a more self-sufficient lifestyle. It will be most beneficial for you to consider where your food and the essential goods that you use on a regular basis come from. It will be very important to have a local source for your food, food that is healthy and fresh. Get to know the resources that are in your local

community and get to know your neighbors. Consider the interconnectedness of you and all the life forms in your neighborhood and around the local area where you live. This will be of great value to your physical existence in the coming years.

It is important to allow yourself the opportunity to appreciate the abundance of life. Spend time in the natural world so that this appreciation of life can grow stronger within you. Do this and you will find that as you listen to the wind singing through the trees and the waves crashing upon the shore, and as you feel the sunshine upon your face and the dew in the morning grass under your bare feet, that you will feel a peace come over you that goes beyond all of your understanding.

Allow yourself to bathe in that peace. Hold that peace in your heart as you walk through your daily life, and you will create the change that you wish for upon your Earth. ✨

A Journey of Love: States of Allowance

Nademus through Brenda Hill

Good day, entities. A fine day it is to speak of what you term to be your future—your creation of the moment to be sensed, participated with and experienced in. What is termed to be the future includes moments beyond your awareness of the present in that fictional space you call linear time. Indeed, I speak of the future in such a way in an attempt to have you literally shake off the idea of future and realize the omnipotent moment. To utilize the moment—the power moment of now—you literally enable truth and reveal to yourself the power of love in the creation of reality. Your collective view of creation still tends toward the idea about the real-

ity of your creator-ship that lends credence toward a potent vision of yourselves as creators—a rather impotent view from your pure sense of being. But take heart. This is not a statement of dismal failure, but rather a notation of your position on the verge of making a huge leap, a shift in your assessment of self.

Your assessment of self has been so colored and predetermined by the faculties of knowledge that have adorned your world for eons. Now is the time for your future to arrive into the moment with the full force of revelation that it was always so. In other words, your future—as you know future to be—has always existed in the potential of choice in the now moment. Heretofore, your choices have been rather predetermined through the collective agreement in assumption. Speaking of assumption reveals a notion of thought, a notion of creation, that has stood as a stumbling block to your advancement and your individual awakening. You have been so collectively concerned with the

KEY POINTS

- “You have been so collectively concerned with the mechanics of creation that the elegance and ease of creation mysteriously slipped by you—just out of grasp.”
- The higher the level of consciousness you maintain, the more depth your words will have.
- “It is important to understand that opening to a greater reality calls for you to express boundaries and parameters from the perspective of love rather than the inclination to separate and exclude as ego so clearly dictates.”

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LOVE SPEAKS TO ALLOWANCE

Alas, these times of self-deception are finally behind your collective backs. No longer are you to believe the words of creation to be creation. The imprint of essence rises to meet the awakening god in you, and words become a shallow representation of what you now know in the depth of your hearts—you are love. Do you feel this splendor? Do you experience the purity of love to its fullest? Are you prepared to exercise love in the upcoming expressions of creation?

I ask you these questions because the coming times, what you term your near future, are stacked with opportunity and potential for the love you are to be honored, exercised and utilized in full-body awareness. It is not a time for words and the shallow belief in words to take precedence through default thinking and default choosing. It is a time for full-fledged brotherhood to emerge through deliberate intention and focus.

What does this mean? When one recognizes love in oneself, one realizes it is not a commodity to be doled out, nor an energy of relational quality to fulfill and complete you as an individual. Love speaks to allowance as a brother and engages with acceptance—acceptance of differences, acceptance of uniqueness and acceptance of the inherent value of all life.

You have been reared in an environment of variation with millions of species cohabiting upon your lush plane—in the oceans, the air, on the land and within. You have initiated incredible states of allowance for such variance as a matter of course. Your cohabitation with other species comes rather naturally to you, and quite frankly, you assume an ease in doing so. That is just the way it is here on Earth, and it is an exquisite vision.

But even this ease of species allowance has not stopped the prejudice of race, color or status in humankind. It has not made peace in many regions of your world a viable option. Some of you kill beloved species, insects for example, without a second thought. So how can I say that you have turned your backs on self-deception? How can I say that you know you are love when that love is not being expressed in full in all situations? How? It is easy. I am not basing this on empty words or even on empty-hearted actions reflecting prejudice and intolerance. I am basing my declaration that you now know you are love on the shift of awareness that has charged the ethers with the passion and excitement of emerging truth.

Entities, beloved entities, once you cease living through words, statements and beliefs about reality, your true essence is revealed in its purity. And the shift that is occurring throughout your globe is a resurgence of connection and oneness—first on deeply personal levels, then extending sequentially to family, community, state, nation and globe. The impact of this awakening is likened unto a wave of light passing over the land, enlivening it to truth and potential.

LOVE: A WORD TURNED ESSENCE

I speak of this enormous capacity to love and to be love. This capacity shall have a magnanimous opportunity to express itself in short order. Do you realize that love expresses within personal and collective boundaries? Soon it shall become available to test your clarity about boundaries and parameters through the delivery to your consciousness of your true place in the galactic field. You are soon to be faced with enormous revelations of who you are—your origins and your purpose upon this world at this potent time. The universe has much to show you and there is enormous potential and opportunity to test your mettle, your resolve and your level of awareness of being love as you come face-to-face with your space brothers and sisters.

Love is the unifying thread in this tapestry. Having it strong and pliable allows for what will undoubtedly appear shocking at the outset but turn to unfettered excitement as truth unfolds before your eyes. A slide into anger and outrage for having been kept in the dark about this is a potential direction you may feel entitled to follow. However, I suggest you think not of what limitations have squandered great potential heretofore, but rather how this knowledge can now unite humankind into a momentous shift of awareness.

Yes, love will be the defining glue that binds in appropriate measure the galactic cultures and species into a formidable partnership. Love—when you truly live it and express yourself through it—nurtures this species allowance pattern that shall make for you a partnership of strengths. But just as you now have parameters and boundaries in your current expression, you will want to exercise these attributes with your newfound and rejoined brothers and sisters.

Species allowance shall need to extend to an infinite variety of appearances and proclivities, all of which are individuated aspects of the one. Allowance for those who have held you captive to untruths for eons may seem impossible to employ; however, if you extend this act of forgiveness, you free yourselves to live and thrive in a soon-to-be open environment of universal life. Doing so will unfetter your consciousness from the fear that has debilitated it for what seems an eternity. Your inclination will likely be to open with such great gusto—once the initial intimidation is replaced by excitement—that you may be reluctant to find your experience contained in any way, particularly by putting boundaries upon it. It is wise to do so no matter the challenge it may be. Boundaries and parameters are a statement of honoring your individual sovereignty, which is something that is newly awakening in many of you. They do not separate, but rather utilize and represent the state of wholeness to which you express.

It is important to understand that opening to a greater reality calls for you to express boundaries and parameters from the perspective of love rather than the inclination to separate and exclude as ego so clearly dictates. Ego is experiencing its last stand in the waning days of conflict for conflict's sake. Anything ego can do to elaborate upon the theme of separa-

tion, which fuels its life, it will do. Not to mention that the ego would go a long way to confuse you on the meaning of boundaries and parameters. So recognize when the love that you are is seemingly displaced by fear. If you begin to see and acknowledge difference, variety, change and revelation as a frightening movement from the tried-and-true-reality you once gave words to, then that it is a false notion designed to confuse and extract your power from you. Know that you will never feel whole, rich and complete viewing anything from, or through, the eyes of ego.

Please allow me to bring more clarity to this idea I have been espousing on words. Words reflect a level of meaning as defining attributes of occurrence, emotion, relation and thought. These meanings take hold with the energy based on your own level of awareness and consciousness. The higher your consciousness, the deeper meaning a word can have. As a means of pragmatism, there is a general assumption that word meanings stabilize society. Words can convey with simple elegance an idea about reality, or they can string together in vile corruption against unity.

But the words are chosen, understood, utilized and accessed through consciousness. Because of the variance of meaning that words convey based on levels of consciousness, the resulting assumptions can hold an element of separation—ego's greatest tool. Know there is one word that is so far beyond a word, it is an essence. That word is "love," and that essence is the foundation of life.



It is the essence of love that communicates beyond limitation into the arena of spirit. And it is through united spirit and soul that your awakening selves are fostering a great shift of consciousness that shall take you beyond words and into that place of light that truly defines who you are. You are on a journey, a journey of love, and the ride is spectacular. Enjoy every loving moment of it; when you do, you arrive moment by moment at your destination of home. You are greatly loved in all you do. I am Nade-mus. I bid you adieu. With God you Are, and I Am. So be it. Indeed. We are one in love. *

Choosing Connection to Usher in Change

Vywamus through Dorothy Bodenbug

What is the theme for 2010?

The theme for 2010 is choice. Humanity is always looking for something to change in a specific time span. There is an illusion that time has the ability to hurry up desired outcomes, but time is irrelevant in the continuous human drama. It is only useful in describing events in a defined context. The understanding of human nature and how man interacts on planet Earth is a continuous experience. It is an experience that demands choices in order to survive. Each second, hour, day, month,

year, decade, century and millennium has provided a time and space for man to choose, react and respond.

Every choice and decision has consciousness. And consciousness, like all energy, is a continuum of moving vibratory matter that makes connections with like kind. These connections of vibratory matter connect, coalesce and become perceptible consciousness. As you connect to and process the unlimited levels of consciousness that are available to you, your interpretations become more concrete. Your interpretations move from awareness to form. There is a process or slowing down of energy to construct a structure that moves from the "aha" to visions, inspirations, imaginations, concepts, thoughts, instincts, emotions, feelings and actions. All the steps in processing and interpreting consciousness have a structure, that creates a form. Forms



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KEY POINTS

- "Your reality is the result of the forms that represent the collective consciousness of your specific society."
- Now is the time for integrating the feminine, receptive power of connection into the choices we make—the foundation of the forms that create our reality.
- "Connection to your soul allows you to identify what allows the soul consciousness to flow through you. Your job then is to become as competent in those activities that you have identified."

are the implementation and application of your personal interpretation of consciousness. They result in all the ideas and concrete ways that create your reality.

They are the houses you live in, the food you eat, the culture you create and the institutions that organize people and resources. Your reality is the result of the forms that represent the collective consciousness of your specific society. That is why the diversity of countries is so interesting to observe. However, in observing these countries, the different beliefs that come from the consciousness of people in the country still do not consume all the potential and possibilities for humanity. Even if you take all of history—from an evolutionary perspective of man to the present—there is so much more that is available to humanity. That is the hope for the future.

What consciousness of humanity is charged with energy now?

Humanity is investigating different forms of connection. People are making choices of the multiple ways to connect to themselves, friends, family, communities, states, nations and the world. Because of technological advances such as the Internet, cell phones and WiFi, the opportunities for connection is unlimited. Of course, how opportunities are expressed and played out is still under the providence of human nature. No longer can governments hide abusive and restrictive policies that infringe on human freedoms—the consequences from these erroneous choices are easily known to the world. New possibilities for those afflicted emerge through the reaction and feedback by other nations and individuals. The world leaders have to make choices about how to respond to an injustice. Expansion of consciousness is available as the bedrock of change.

The Internet also provides a means to gain information and use it maliciously with the intent to harm others and make gains only for selfish needs. Like all forms, the application has light and dark. It is the choice of people to decide what they want and how to connect to the environment that they interact in. Every single person chooses to connect with self, others, society, different beliefs, resources, nature and all that is upon the Earth—all that exists is a connection. And every connection changes and shifts the consciousness of the planet.

How do you define connection?

Connection is the integration of polarities. It is one aspect of a polarity identifying a commonality with the opposite polarity—then another aspect, and another, and on and on it goes. The act of connecting becomes an interweaving, which arrives at a mass point where there is a configuration of consciousness that integrates and encompasses the present collective consciousness of man. Think of the many issues that are being connected in different ways on Earth right now—individuals versus institutions, rich versus poor, religion versus a personal higher being and tribalism versus democracy. So many rigid systems are being challenged to explore different ways to connect. Whether you

view polarity as light/dark, separation/unity, male/female or either/or, all are limitations. Connection is the creative principle in action. It is the act of expansion by experiencing and experimenting. Connection is the process of bringing potential and possibilities into reality.

BRIDGING CONNECTION AND COMPETENCY

How do we make new connections?

Humanity in the past has experimented with societies that were dominated by either patriarchal or matriarchal perspectives. Connection is the prime, motivating factor of the feminine, receptive power. Therefore, the feminine power within women and men is being activated to broaden the understanding of connection. The masculine, dynamic power within men and women is competency. Now is the time for a movement toward integrating the motivations of the feminine/masculine polarity. This means integrating and building a new structure for the expression of connection and competency. Connection represents “the why” and competency represents “the how.” Why and how should people of the Earth connect? Why and how should humanity engage in new ways with the wisdom of the Earth? Why and how can humanity accept the ever-changing Earth? Why and how does humanity accept the interrelationship of consciousness in all forms that exist on this beautiful planet—in this spectacular cosmos?

Humanity is now in the transition of using the dynamic and receptive powers in a different way. The masculine, dynamic power is expressed through competency. In the past, competency was explored, experienced and expressed through achievement. Building, producing, conquering, accumulating, ruling, and expanding power are all expressions of the masculine, dynamic power. “I want to build something and then I will find a reason, justification or rationalization for it. I will find a reason to build something”—these two statements contain the priority and thrust of the dynamic power. The concept of building or producing is the motivation, and the reason is secondary. However, humanity is witnessing some of the fallout and dark side of competency first—the dynamic energy charging ahead without the why.

Right now many institutions such as the financial markets, politics, corporate-controlled media, international corporations and governments that were originally driven by dynamic power have lost power. The intent of dynamic power toward competency drove the initiative to make institutions the bastions of controlling power over the masses. Think of what you eat, wear, think, how you work, where you live, what you do—to mention just a few ways that you are driven into conformity by institutions. It was too unbalanced with the dynamic power that was expressed through authoritative, absolute and either/or-type thinking. Possibilities were used up, and the form from competence-driven mentality became the institu-

tions that are now no longer able to cope with the challenges of the world today.

The possibilities, which include the light and dark expressions, have played out. Institutions coordinated resources and personnel. The products and services offered by institutions expanded the human experience. This was done by attracting individuals and convincing them that working on part of a project had more merit than working alone on the whole project. Institutions could offer support by amassing sums of money with which to develop ideas.

However, this system of bringing together individuals in groups and separating job responsibilities has a dark side. It sets up separation between groups, such as the technical division versus the marketing division. For institutions to work, the conclusion was that a hierarchy of power was necessary to get the production or service to fulfill its mission. Job descriptions further separated workers from others within the institutions. What was considered necessary for efficiency, hence profit, did not support or value human connection for exploration of possibilities. The institutional model wanted individuals to conform to the authorities who controlled the institutions. Little patience was reserved for those who performed or related in ways that were not sanctioned by those in charge. This negation of the value of the individual and the stifling of organization set up the institutions for abuse.

This abuse comes first from the separation of people and groups within the institutions—the ranking of those people who are important and essential for managing the institutions and those that sustain the institution. Top management had its own agenda, which did not include others. The top management team versus the workers and the powerful elite versus the limited-power masses continued this separation in the institutions. Connections between the experience of the rank-and-file and the laser-beam thrust of the top management were artificial, discouraged or nonexistent. The desire of institutions to compete for power through expansion in the global market became a necessity to keep up with the standards of the new world players. This dynamic thrust blinded those who are responsible for their institutions, and abuse became rampant. That is what happened during 2007, 2008 and 2009—the dark and abusive demonstration of the dynamic energy.

CONNECTING TO COMPETENCY

The masculine, dynamic energy charging like a bull is a powerful thrust of energy. Power is intoxicating; it makes men and women feel bigger than their normal self. It is easy to get caught up in that illusion. However, without connections to new and different energy fields—different consciousness levels—the laser beam of energy eventually stagnates and dissipates. At some point, the realization of being separated is felt. Think of it as a shooting star—streaking across the sky is the main and whole experience. When the energy for streaking is used up, there is no option but to fall.

Fear becomes felt. Fear and separation ultimately stagnate an energy field, which then destructs.

What is needed is the consciousness of connection to be used as the driving force with the lessons learned about competency. The connection between resources and needs is an example that we will use. First, the need is identified and then the logistics are plotted. The systems that need to be organized or built should be done in a competent way—intention first connects with what has to be done, establishing skill sets and competent ways to fulfill the need. What distinguishes connection and competency, pairing equally together, is the clear vision and purpose of what needs to be created with the respect for all involved. Respect for self and others and appreciation and recognition for the values of each individual create the optimal environment for making choices that are for the benefit of self and others. Participants in a venture that is transparent and competent bring a sharing of power, skills, energy and fulfillment with financial benefit for all. Connection used as an intention is a demonstration of shared power between different forces. Competency can now be used to build a system that is strong and flexible. Using connection and competency supports a system that infuses higher levels of consciousness and keeps an energy field fertile, adaptable and expansive.

Experimenting with different motivations for connection and reflecting on the outcomes of these connections provide fertile ground for the receptive and dynamic energy within to establish a new working relationship. Since connection and competency—the application of feminine and dynamic power—became a possibility available to humanity, there has been a reaction by many to try and stop, prevent or make difficult any change. This has to be sorted out by each individual for a critical-mass amount of energy to affect the world. The relationship between receptive and dynamic power, between connection and competency, is at the focal point of all world events.

How do you combine connection and competency in individual lives?

The deepest need within the human psyche is the need to feel connected. Think of people around you and notice how each one has a different perspective on life, and they are therefore compelled to act differently. While human psychology may or may not understand the full significance of the need for connection, it certainly gives many explanations as to why one person can function more easily in the world than another. The first demonstration of connection is the child in the womb, which is sharing a space with the mother. Energetically and vibrationally, the child with its soul history, the mother's soul history and present-life history has to make connections with the spiritual, mental, emotional and body planes. If enough of the connections cannot be made, the pregnancy will not come to fruition. The connection of one energy field changes and rearranges all energy fields. Birthing a child is an example of connection and competency working together. From birth on,

there are multiple and never-ending connections that are made as a child becomes an adult, an elder and passing over at the end of life.

The connection to all parts of self—the light, shadow and dark—is essential for growth and expansion. Once you accept all parts of yourself, there is an infusion of energy to the parts that were denied, repressed and undiscovered. It is like a light is turned on illuminating the neglected part. And now that it can be seen, you can choose to develop a relationship to that previously unknown part. You now are using more of your total energy field to connect to yourself, to others and to your environment. Make it a point to ask yourself to reveal all parts, so they may eventually be connected together to create a whole.

Think of the magnitude of connections. See them as strands of optical filter and ask your soul to show you your configuration of connections, which becomes your energy field. This intricate energy field is interdependent with All That Is. Therefore, just saying an affirmation—without a corresponding emotional vibration and a representing action—does not work. While it may be your starting point to say an affirmation, the vibrational intensity and congruent consciousness must exist in the spiritual, emotional, mental and physical bodies for real change to take place. This congruency between all parts of self within a specific consciousness level requires an attitude of wonderment—wondering what life would be like with an ever-changing and expanding perspective. Wonderment is a soul attitude of change while ambivalence and anxiety are lower levels of consciousness that are found at the ego and personality levels.

Connection makes growth and change possible. The act of connecting is the creative process, the state of being and the life force. If an individual can view every connection that is made within a lifetime and see how one connection influences another, that person would understand the complexity and the uniqueness of each human being on this Earth.

A SHIFT IS BEING SEEDED

What is happening in the world during 2010?

Humanity's challenge during this year is to deal with a shifting energy field that is the result of the decrystallization of rigid institutions that became polarized. The uncertainty about institutions that lost credibility, and hence power, is felt as anxiety flung around the Earth. People's sense of well-being is challenged, and choices are being made about trying to sustain or change policies in all aspects of life. So much energy is available for creation—new ways to connect.

All closed systems are being bombarded by the questions and challenges of individuals who have become disillusioned by the global economy that has benefited international corporations disproportionately to individual people. A shift in ideas and power is happening, as it has so many

times before in the world. How you choose to respond to change will determine the ease of your life as you know it.

Earth movements, extreme weather and food shortages will cause people to reassess what has meaning in their lives. While the Earth changes may be difficult because institutions have difficulty changing fast enough to meet present challenges, they also will be an opportunity for humanity to reevaluate how it chooses to live. Personal responsibility, self-initiative and self-mastery are the attributes that will become more and more important throughout 2010 and well into 2015. Choices, choices and more choices—no matter how big or small—will determine the quality of one's life.

These choices must come from a trust within self and a trust that your soul is a guidance system that is the main event. The soul adapts to whatever consciousness level you are ready to explore and utilize. Creativity will become enhanced as you practice making choices and learning from the consequences of these choices. The purpose of your life is to discover what brings you joyful vitality. Connection to your soul allows you to identify what allows the soul consciousness to flow through you. Your job then is to become as competent in those activities that you have identified.

There will be new discoveries from the ocean that will provide solutions to some diseases and energy needs. A shift to a more harmonious relationship to the Earth is also being seeded this year. With these new discoveries, the world power will change—depending on which countries and corporations can utilize and develop the benefits from the discoveries. That means there will be more regional fighting and an increase of terrorist activities—the demonstrations by people who back terrorist attacks are from those who hate humanity and seek to control vast numbers of people. The fear that is rampant today—from the anxiety and uncertainty of the world condition—is human-made and serves those who want to accumulate more power.

What is the hope for humanity?

The Earth is fine just the way it is. It has the energy to support any and all expressions and experiences that human beings want to explore. You have a choice to participate in the fear or to participate in the path of hope for human evolution. Every reality is available now. Humanity has freedom to be and live the way it chooses. There are those who will live from fear and react to others who are also in the fear vibration. And there will be others who are living lives that bring miracles. The Earth energy is powerful and plentiful—all realities and all choices can coexist in this same field of time and space. As people's vibrations shift and change from the choices they make, they create new bodies and new ways to life on planet Earth. Choose from the highest consciousness level you can perceive and create forms that represent that consciousness. You are stronger and make more of a difference in the energy field of this planet than you can ever imagine. ✨

Conventional Reality: Economic Forecasts for 2010

Master Djwhal Khul through Kathlyn Kingdon

Beloved students, as we look forward to the coming year of 2010, it promises to be an interesting, if complex, year. After bantering about with some of my friends on the spiritual plane, it seems I have been “nominated” to construct for you an outline of what you may expect in the coming year as it pertains to conventional reality. Since other teachers will be offering you predictions for spiritual possibilities, I will try to give some guidance that will be helpful to you in the areas of the financial and economic sectors. Please know that I hold forth for a wonderful year of transformation for each and every one of you, and may you rest in a peaceful heart, no matter what 2010 brings.

ECONOMIC GLOBAL PURIFICATION

As we noted last year at this time, the world is undergoing a type of purification that offers transformative potential to the lower frequencies in both financial and economic sectors. You could say that this has been, and continues to be, a type of light activation focused upon greed and corruption. While the process may be underway, we have not as yet reached the point of critical mass that can effect a quantum shift. Indeed, this process may continue for several years, since the relative density in these two areas is substantial, flowing somewhere under the radar for much of the collective conventional mind.

Since the industrial revolution, Americans have exuded optimism in virtually all areas of life. However, since the economic meltdown that erupted in September of 2008, Americans are exceedingly angry at the way the U.S. government has handled (or not handled) the challenges of the past year in their behalf. Former levels of collective hope have been replaced with collective cynicism. Dreams have been overshadowed by disillusion, and the collective courage of the nation (formerly an inspiration to other nations)

KEY POINTS

- Both local and global economies are currently undergoing forms of purification that will, once they reach a point of critical mass, effect a quantum shift.
- The purpose of the current “recession” is to correct mistakes in the way the economy plays out both as a whole and in the collective mindset.
- With the purification process now underway, positive values can be reflected in a more direct and less inflated manner so that sustainable growth may begin once more.

has been ousted by reactionary blame. As suggested by Frank Luntz in his column for the *Los Angeles Times*, September 27, 2009:

Americans in the unhappy majority are struggling to keep their jobs as million-dollar bonuses are being awarded at companies their tax dollars bailed out. They’re watching Congress showcase the partisan spectacle we now blithely confuse with “government.” They have learned (with good reason) to distrust their leaders, their institutions and even their own positive values in a culture that has turned coarse and critical. . . . From scandalous personal behavior to bailouts of everyone and everything except the hard-working middle class, Washington is seen as the source for America’s mistakes. . . . Employers resent the lack of loyalty and commitment from their people; employees resent the lack of job security and the need to work longer and harder for less.

While anger and resentment run high, it is also important to remember that in times of global purification, it necessarily becomes unlikely that the prior states of financial and economic sectors will simply return. Indeed, this is a time of rewriting the script, so to speak. It is a time of bringing forth a new reality. Thus, do not cling to the notion that the economy of the bubble era, as it is sometimes called, will return, or “recover.” While you may find yourselves to be the targets of the media’s massively projected messages that U.S. shoppers can save the economy, that is highly unlikely—particularly in the coming year. In truth, millions of jobs are gone for good, which certainly does not bode well for any immediate economic turn-around.

Even a partial market recovery is not likely for at least 18 to 24 months, and while the economy may, in fact, lose 10 to 20 percent of the GDP, this is not a time for mental pre-occupations of disaster. You will not be forced to literally grow all the food you eat yourselves, nor make all your own clothing, nor return to a bartering system as the doomsday proponents would have you believe. While things will undoubtedly change, it is important to stand firm in your understanding that Earth is moving forward, not

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backward. Thus, replace any and all your disastrous obsessions with forward-looking, innovational thinking.

It must be understood, however, that the recession or depression (however you see it) must continue until it comes to an end. While that process may not be as rapid as many desire, this is a classic case of the old saying, "It takes as long as it takes." The purpose of recessions or depressions is to correct mistakes, both in the playing out of the economy as a whole and in the collective mindset. Indeed, the bubble-era mentality must go; its purposes have been served, and its relevance now outdated. With the purification process now underway, values must be reflected in a more direct, less inflated, manner. In this way, sustainable growth may begin once more.

MORE BANK FAILURES THAN REPORTED

At the time of the writing of this article [toward the end of September], the number of banks that have failed in the U.S. in 2009 is at 95, bringing the two-year total to 120. It is very difficult to state exactly how many more bank sacrifices will be required to clean up a host of questionable banking practices on the part of those who fostered a whole trend of poor banking decisions. To date, the FDIC—government insurance paid for by banks to secure the accounts of their depositors—has lost some \$52 billion, and I would estimate that this is about half the total cost in insurance claims that will be paid on behalf of failing U.S. banks before the crisis is deemed over. In the meantime, since the FDIC is nearly broke, it will have to find ways to generate more money if it continues to stand behind the deposits of U.S. citizens, as promised.

The federal government is determined to do its part to keep the general populace from finding out just how many banks have failed. You may have noticed that the media has all but quit reporting bank failures in the U.S. While the logic behind this tactic has been to avoid the creation of mass panic and a run on the funds now held in banks, such certainly is not a tactic of transparency. Many of the problems for banks with regard to what has been termed the mortgage crisis still remain, since many banks have under reported their foreclosures, following suit with the federal government's under reporting of bank failures. Here again, it is not likely that the extent of the foreclosure trend will be fully revealed until well into 2011.

What has appeared to stave off many banks from failure is a scheme hatched by the Federal Reserve, or "Fed." Here is how it works: The Fed lends money to banks that, in turn, lend it back to the Fed. This keeps banks happy, since they make money on trades that are virtually risk-free. In fact, this is what accounts for much of the "profits" of banks, which are being used to propagandize the masses into believing banks are turning viable profits these days. Additionally, the federal regulators are also happy, since they hold that nothing is safer in the vaults of banks than ample supplies of U.S. Treasury bonds. Since it appears that the financial sector is once again turning a profit, investors are happy. Further, the

Fed is happy since it appears able to finance its deficits. The problem with all this, as you are likely to discover in 2010, is that it is not a sustainable recovery. Clearly, it is impossible to construct any kind of lasting recovery on debt and games of appearance. A glaring example of what I am talking about here occurred in the auto industry. The federal government used part of its borrowed money to give the industry a boost. However, now that the Cash for Clunkers program is over, car sales dropped radically to a twenty-eight-year low when the government closed its doors to the auto-incentive business. When the fourth-quarter reports are revealed sometime in early 2010, it will become obvious that the auto industry stimulus did not really make its way into the economy as a whole.

If you look at the statistics for unemployed late adolescents and young adults, ages sixteen to twenty-four, you will discover that they have never been so high since the post-WWII era. While the government figures claim that roughly 25 percent of the people in this age group are unemployed, other independent surveys claim as high a rate as 52 percent. The government's figures do not include young people who are not looking for work. Even so, this statistical spectrum reveals the highest levels of unemployment for young members of the work force since roughly 1948.

WITNESS REALITY BUT DON'T DESPAIR

Statistics aside, there are clearly some issues flying about in conventional reality. While it is important to be aware of the conditions existing "out there," it is also important to remember that conventional reality is engineered and run by the collective karma of the people who comprise it. In other words, it is important to recognize the conditions afflicting conventional reality, but it is not necessarily a powerful thing to accept these conditions as your personal reality. You will be better served in your spiritual journey to see yourself as witnessing conventional reality, but not being formed by it.

Since your service to the planet is accomplished within conventional reality, it is clearly important to understand how it is conceptualized by the masses. However, it is also important to realize that the conventional reality is subject to the very forces it generates or creates. If you can witness what appears to be going on without caving in to despair or compromising your good nature, then you will be ahead in the game of life that is now playing out.

Indeed, the current job crisis is really experienced, and your recognition of that fact can generate compassionate responses on your part, whether toward yourself or toward others. Since current U.S. statistics show there are approximately 14.5 million people officially unemployed, and only 2.5 million job openings, that means that for every six people looking for work, there is one job to fill. You can look for the figures for unemployment to escalate in 2010, but what will also begin to take form is a new wave of innovation, which will likely have its peak in the years 2012 to 2014.

In a normal economy, the financial sector provides a useful function. It facilitates pairing up the people who have

money with those who need it. The financial sector has, at least for a thousand years or so, been filled with hype and not a little pretentiousness. The models used by recent financial analysts have been flawed, since they were limited only to the past 25 years, which were “boom” years. Market analysts, real estate analysts and financial analysts of the past few years have operated as if economies only have “boom” years. Now, however, we have entered a recession or depression—a natural occurring phenomenon to correct the mistakes and misjudgments of the bubble era.

EXCHANGE RATES IN THE GLOBAL ECONOMY

It is highly doubtful that correcting the global financial and economic issues at large will leave the dollar unscathed. In fact, as we near the end of 2009, U.S. dollars are being perceived as a “funding” currency in the currency trade. Leveraged speculators can borrow U.S. dollars in the short-term money markets at near zero interest rates. This money is then used to buy bonds in higher-yielding currencies, such as the Australian dollar or the euro. It is likely that this trend will continue into 2010, which will have the effect of driving down the exchange rate for the U.S. dollar, which in turn will drive up the demand for gold.

Indeed, it is only due to manipulations by Wall Street and Washington that the U.S. dollar has held up as well as it has. However, these manipulations are unsustainable, and you can expect to see the U.S. dollar slip in its global strength. While this will prove profitable for exporters of agriculture and energy products and specialized manufactured goods, it will work in just the opposite fashion on all imported goods. On the down side, the weakened dollar will drive capital outside the U.S. and into economies that will pay an actual return on their currencies. This will likely weaken the U.S. dollar even further by mid to late 2010.

CONSOLIDATION OF BANKS

You have seen the consolidation of big banks in 2009, and it is likely that you will see more consolidation in 2010. With government encouragement, large banks will become larger and more interconnected. The U.S. government is not about to allow its large financial institutions to crumple, and in 2010 the extent to which the financial sector is bolstered by the government will likely be clearly obvious. Even though there has been much ado about the repayment of the TARP funds, it is unlikely that the taxpayer will realize a full return on the \$700 billion “investment.”

The year 2010 will demonstrate more losses on large loans for U.S. banks. While large loan losses in 2009 were roughly double those in 2008, they will continue to be written down and charged off at banks around the country in 2010. The shifting needs of a country in economic distress will be a contributing factor to new loan failures in 2010, and the balance sheets of banks will continue to shrink due to older loans being paid back quicker than new loans being made, loan charge-offs and government mandates that banks create larger monetary buffers.

CHANGES IN CREDIT AND SECURITIES

The Federal Reserve now claims it will pull out of the mortgage-backed security market in March of 2010. However, since this is roughly the same time that the second wave of ARM resets arrives, it is unlikely that the Fed can extract itself from the mortgage-backed security market at that time. Since there is no financial entity prepared to step up and take its place, the Fed is not likely to find its way out of the sticky wicket as neatly as predicted.

After a long period of credit growth, credit for the private sector is not shrinking. This trend is not likely to shift in 2010. The consumer culture of the U.S. is in a state of breakdown, and economic activity is likely to remain weak through much of 2010, as hiring, revenues and even prices continue to weaken. It is likely that budget deficits will continue to increase for several years, which is likely to exert a negative effect on the economic power and political influence of the U.S. in the global arena.

Of course, it is just such deficits, or the expansion of global credit, that has brought about the current worldwide recession. There will eventually come a time to “pay the piper,” and high levels of inflation are likely to occur, although not likely in 2010. In the meantime, unemployment will hover around 10 percent, and workers are likely to face declining wages. When the U.S. can no longer sell off its debt, the Federal Reserve will likely step in to “monetize” that debt. This should further exacerbate rising inflation. The year 2010 should see the rise in value of all precious metals, particularly silver and gold. Consumer debt will continue to contract during the first half of the new year, but growing federal debt will offset its net effect. Given the increasing federal debt, and the falling of value in paper currencies, the atmosphere is right for escalating prices in precious metals. This should be apparent before the middle of 2010.

There is likely to be a “correction” in oil prices through the final quarter of 2009 and the first quarter of 2010, but oil prices are likely to begin rising after the first quarter in 2010. Since it has recently become known that the Saudis do not have the oil resources they have declared to the world, 2010 will see a great emphasis placed on the resources held in the oil sands of Canada. Look for natural gas prices to move upward in 2010 and continue to do so. While the future of green technology is very promising for the planet’s future, it will not break out in 2010 as predicted, due to the need to create new and different infrastructures to support this coming technology.

DEVELOPMENTS IN FUEL TECHNOLOGIES

As for the car of the future, it will be neither the hybrid nor the hydrogen fuel-cell car. These two engine types are expensive to build, and each has its own particular problems—the hybrid engine’s fuel efficiency has already been surpassed by the newer variety of conventional engines and the fuel cell mandates the costly production of hydrogen. The engine of the future is most likely the diesel engine,

which has already undergone significant changes and will undergo more. The Europeans have already produced a diesel engine that is quiet and clean, and 2010 should see even greater improvements—mostly in cleaning certain particulates from the fuel. Further, new technologies are arising that will demonstrate that the manufacture of diesel fuel is no longer dependent on fossil fuels. New breakthroughs in the lab show that diesel fuel can be made from coal, plant matter—biofuels—and even used cooking oil.

Liquefied coal will become one of the biggest technologies of future years. In its liquefied form, coal is clean and is a very efficient fuel. While it is likely to take more than another year to accomplish, you can look forward to some kind of combination of hybrid and clean diesel technology within the next few years that will far surpass the levels for clean emissions now set.

The Chinese will become world purveyors of a new form of nuclear plant for generation of electricity that far surpasses the existing standards for safety and efficiency. The year 2010 should see their prototypes, which will likely be snatched up by power companies all over the world. In these new reactors, the threat of “meltdown” has been completely eliminated. They will produce clean and inexpensive energy, which could have a profoundly positive impact on global warming.

A NEW AND BALANCED REALITY

Thus, my dear friends, 2010 is categorically a beginning point in the creation of a new reality on Earth. Of course, the shifts that must occur will certainly take more than a

single year. Even so, if you are awake and determined to be part of the solution for the planet, you will begin to see various forms of transformation coming to the planet this year. While it may be a bit tempting for the ego to dwell upon the shifts that may prove somewhat uncomfortable, do not fall into the trap of taking them out of context. Indeed, purification is not always easy or fun; even so, it is unquestionably necessary in order to secure a higher vibration for Earth.

Give 2010 your best effort in becoming a witness for the unfolding purification of Earth. In all ways, seek to rise above taking life personally, and always offer your calm consideration to the process at hand. Know that you are living in a time highly charged with profound potential. While you may not be able to know the potential up front, you can bear witness to the unraveling of the old systems, with their penchant to foster greed and corruption, and the birthing process of a shared reality that is new and balanced.

Indeed, I wish you well in your journey through 2010. As you learn to remain wakeful, you contribute to the planet’s overall wakefulness. As you dedicate your life to greater personal balance, you offer the possibility for planetary balance as well. Recognize that you have taken birth in order to be of some usefulness during this time of rapid planetary shifting. Walk with insight, look for grace and breathe new life into a planet now undergoing spiritual purification. May you succeed in all your endeavors, and may you continually give thanks for the opportunities that arise to greet you. ✨

Seeking the Future

Onereon through Jeff Michaels

As above, so below. The future is of interest to those in the realm of spirit and you in the physical realm also search for knowledge regarding coming events. We offer you some glimpses and also some perspective concerning both the visioning of the coming days and guidance for how to think and

feel. In terms of prophecy, we must remind you that the future is malleable. Your personal choices affect not just your own future course but also that of those around you. Choose your life wisely.

THE SHIFT TOWARD HARMONY

Many spiritual beings made positive choices during the harmonic convergence and the harmonic concordance. Now as we move through to the peak of the coalescence, there is a greater tension on the planet. Emotions especially are running high, and many are not open to speak-



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KEY POINTS

- On the path to harmony on Earth, there is presently a growing tension that will translate into action throughout the globe.
- Changes in the world and changes in you in 2010 will lead to greater unity.
- Don’t get caught up in the fear surrounding 2012, as the harmonic convergence and concordance replaced the concept of a destructive apocalyptic shift.

THE 2010 CHANGES IN YOU

ing in a clear and fair fashion with others of differing views. This tension will translate into action throughout the globe.

Rather than an escalation into large-scale violence or social unrest as has happened in the past, the result will be more subdued and the effect will be more immediate. The direction the planet is heading in is one of greater peace and unity, but there still needs to be further reduction in old thought patterns and belief systems. Events will unfold within the next one hundred years that will ensure this occurrence. The choice of the family human is this: Be surprised by and forced into change, or look forward with anticipation and embrace the new world.

From the realm of spirit, we see that the latter choice is the more probable one at this time. This might be difficult to believe from the standpoint of the family human, especially in light of current events. We remind you now that you have chosen to be here at this time. You prepared for this eventuality. We acknowledge that it is more difficult than initially visualized, but this demonstrates that there are limits to vision even within the spiritual realm. However, there are few limits to what can be accomplished when humanity teams with its spirit companions.

SOME UPCOMING CHANGES IN 2010

We will offer you some specifics for the near future. We again remind you that the future is changeable, but these few examples are more certain than most.

Several nations on the African continent will begin to come together in a unified way. Old tribal differences will begin to erode in the light of new thought. Much of this will be motivated by economics, but the underlying force will continue to come from the women in these regions. We point you again to Rwanda. This area holds a source of much of the energy of the history of the family human. This societal change will be health-initiated as well. Knowledge is spreading in this region, and we see a different light reemerging from the women and their children.

The unity will be challenged and may not succeed at first attempt. Other nations will continue to fail to act in support of the populations there. It will be left to strong new economic entities rather than archaic governmental systems to further spread the energy of growth to these regions. Wireless communication will be instrumental, and there will be new systems that arise from the actions taken.

Wireless systems have already begun the changes that you will observe in China. A collapse of sorts will begin within the interior of this vast nation. This is not a rebellion in the old style; it is more a separation of old ways. The vision of Western culture gives rise to many questions in the population of this region. They do not seek to duplicate the consumerist approach to life, but they do seek the abundance that can become available when unnecessary rules and restrictions are eliminated. There is a theology regarding the state. Like the old religious theologies of Europe, this too must undergo scrutiny and adaptation when exposed to new light.

What was the once revered and worshipped is now being surpassed by truly spiritual beings. We do not speak of anyone in particular. Instead we simply say that you should take a moment to look in the mirror and reread that phrase "truly spiritual beings."

This too is a prediction—the realization of your innate spiritual power and the acceptance of the responsibility that you have to continue the creation of the future. It is not necessary to invite you to take this action. The truth is, there is nothing that can prevent you from acting on this fact.

Let us take note now that you are not spiritual leaders. You are leading spiritually. The difference is the same as the old ways versus the new light. In the past, people looked for someone to follow. They sought rigid rules and responded to punishment as if this were something that a god or gods would do. The new way is experiential. It is personal, and no one can instruct another in how he or she communes with the spirit realm. Judgments are put aside in favor of exploration; rules are taken down and examined. They are replaced by spiritual principles.

In each of the changes, we predict you'll see that the guiding energy is one of unity. There is a seeming lack of this force in the earthly realm today, but this is simply an indication of how entrenched the old archaic rules are. We do not speak of an apocalypse here, not in the sense that it has come to be known. We do speak of an apocalypse in its original meaning: the bringing of light or the unveiling of truth. This points us to one final prediction.

CHANGING THE PAST

Do not be caught up in the many words that attempt to give fear to the time of 2012. Many will seek to capitalize on this and draw others to them with promises of secrets to be revealed. Many will seek to acquire financial gain on the basis of claims of understanding of ancient thoughts. We tell you now: No one knows the full import of the civilizations that left the markers for this time of 2012.

Those that speak truth do not seek to explain old ways. Rather they guide you in paths of peace. They do not ask you to follow or re-create old beliefs. Rather they encourage you to find great joy in the present days. They do not require the study of old cultures that acted in primitive lower-vibrational ways. They indicate to you the opportunity for self-examination and powerful spiritual growth based on loving yourself and radiating love outward in all directions.

Even the past is malleable. How we view different events changes as we gain distance and perspective. Some thoughts and ideas have been hidden and suppressed, whereas others have been promoted as absolute right. These are the thoughts that are in transition now, and they are the most difficult for people to release.

Understand that "That is the way things always have been" is not a true statement. Those words are designed to justify stasis. In a universe where diversity is the only real constant, any effort to make things stay still will not be met

with success. Maintaining old orders or behaving as if new thoughts or recently attained knowledge does not exist or have value will ensure that a person will have a difficult time in the coming years.

Willingness to reexamine and alter your perceptions strengthens your ability to grow. A being who will look forward is more likely to avoid obstacles and stumbling blocks than one who only looks to the past for guidance. We have said, "It is all new now." A brief scan of recent years will quickly demonstrate this when compared to a century ago, yet this does not invalidate all that has come before. There is a continuum, and all events build to other actions.

SEEING THE FUTURE

The harmonic convergence and the harmonic concordance replaced the concept of a destructive Armageddon. They instead revealed the true meaning of the term "apocalypse." The shift that is occurring will finish the energy of those times and leave things altered beyond what can be

imagined. Would it surprise you to know that this all began some 200 years previously? Look back to the time numbered as the 1700s, and note the attempts by many to release themselves from old ways and old thought. Note the rise of technologies that supported this energy. Note how during the latter portion of the 1900s personal freedom fueled the developing technology. This has not ended; it has intensified.

The vision of what spirit and spirituality meant was slowly replaced and altered from vast hierarchies to personal vision. This must proceed. It is something that moves faster with each passing year.

We remind you now: The future begins with you. If it is to be a future of loving, peaceful beings, then you must love yourself and feel peaceful within. No exterior force will grant you this state of mind. Being in a physical form may limit your spiritual power, but it does not prevent you from exercising your true spiritual nature. The actions of love, joy and peace are the key to energizing your spiritual life now and always. ✨

Realizing a New Collective Reality

Michel through David Reid Lowell

The world is much more interconnected than you think. What we will speak to are the coming events that will shape your quality of life. Be proactive in your own considerations. Your internal environment reflects on your external environment—personally, socially, nationally and globally. What you are seeing now are the results of detoxification. We will always show you many perspectives of truths, as time is always consistent but the destination is highly malleable and has many variables associated with it through your personal awareness and thoughts. We remind you that you create through love.

KEY POINTS

- These times are painful for many, but they are part of the learning cycle of humanity; not much will change until you yourselves choose to change.
- For benevolent change to happen, you must move away from a fear-based reality, respecting boundaries and forgiving those who hurt you.
- These next three to four years will prove to be the most exciting time of your life if you choose to approach life with balance, living within your means and embracing the free will that gives you the power to create your reality.

We would also remind you that the thoughts you have form the realities you experience. Where your thoughts lead, your physicality follows. You each have the ability to take formless energy and collapse it in upon itself, creating a tangible physical substance that gives form to the energy that had been your thought.

ADJUSTING THE LEARNING CYCLES OF THE COLLECTIVE YOU

So you are asking us to predict, which, as you know, is not as important to us as it may be to you, for with each moment in time—within each dimensional, shifting fragment that coalesces into an actual reality—there are many changes that happen. Time is ongoing, so your perception of time is what defines it. Now, in saying that, you must realize that the inconsistency within this process is your ever-shifting framework of belief and thought. With each shifting thought that becomes a belief, the outcome changes within that standard of time.

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Of course we must then advise you that not only is this playing out in your third-dimensional reality, but it is also being played out in the collective “you” that exists on various dimensional levels at the same time as your present, living representation of yourself. Each of these “yous” acts out and lives a life that represents one of these shifting realities. The question then becomes: Which one of you is influencing the world of the other? We have spoken to you about this before. There is an absorption of awareness that the collective has redistributed throughout itself when one of the beings that represents you dies within the framework of its reality.

So what we share with you is malleable; it can self-adjust. It is part of your learning cycles of karmic debts balanced against the hopefulness of your emerging soul presence. If you think some of your knees are skinned now, then prepare. The thing about skinned knees is that they heal over time, even though they may smart and be sore. The pain reminds you to remember not to do what you had done to skin your knee ever again. People forget their history.

ECONOMIC PATTERNS

We do not see many changes. Things will remain as they are, and those who “have” will have to learn that even they have to realign their thinking. There are no safe and guaranteed investments. Not in anything. When you invest, do so for the joy of the process. The gold standard and the cost of minerals will continue to increase, especially during the winter season, and then they will reduce again. As a whole, commodities that are based on the needs of people are something to consider. The banking and finance industry will relax. There will be some longer-term fallouts going into the winter and spring seasons as notes and loans that are based on fifteen-, thirty- and ninety-day cycles will become increasingly delinquent.

The retail holiday season usually sets the financial trend for the following year—in this case, 2010. Sales will go down in the soft side of retail by 18 to 24 percent on year-to-date figures, and hard lines or durable goods sales—where people will invest and spend—will be off by 5 to 10 percent of year-to-date figures. This means that during the spring of 2010, there will be deep sales to take advantage of, and later, going into the summer of 2010, there will be continued closing and bankruptcy of larger box stores that filled niche areas, again adding to unemployment, as many employers will contest unemployment funding, affecting the home markets. In short, the retail markets for 2010 will get hit.

Community banks that are under \$600 million in assets will slowly see gains over their modest month- and year-to-date figures, which have been averaging \$20,000 to \$80,000, given the areas and locations of the banks. Now the problems will come in with developer loan and investments. Larger land developers will start defaulting this winter-spring season, and that will mark the true bot-

toming of this financial crisis. Banks, especially community banks, will become a good investment starting in late 2010 as they gain solvency.

In the late winter-spring season of 2010, there will be greater increase in oil and gas prices throughout coasts of the American continent and throughout coastal Europe, except in Italy and the United Kingdom. The money and securities exchange that they have in place with Libya and Venezuela have been brokered and will serve them very well. Italy already has off-shore drill sites, and other countries are beginning to do the same.

The United States economy will continue to slip, and there will be double-digit unemployment, especially in urban areas and throughout the heartland. In the late end of June until late September of 2010, there will be a three-month spike in hiring. Going into late summer and fall of 2010, there will be another major downturn in the propped-up economic markets with sudden decline in the Tokyo and London exchanges and the American Dow. Financial institutions that had been propped up will see sell-offs in order for them to try to self-stabilize.

REAL ESTATE TRENDS AND GEOGRAPHIC CHANGES

By fall to winter of 2010, the real estate markets will take another hit in the development area. Developers who had been able to stay themselves will take a deep hit on speculative developments; throughout the United States, this means the Las Vegas area, areas in New Mexico, Florida, California and the Gulf area. Miami and other areas on the coastline of the North American continent will see changes. Taos, New Mexico, Albuquerque, Mount Lemon and Palm Springs are going to see a huge influx of investment and an increased standard of worth, especially in hillside, mountain areas and green areas.

The impressions we see are buildings that are empty with losses yet to occur. The real estate market has yet to bottom out, as it is still deciding what it will become. Many are hanging on to that which needs to be let go; to move forward you cannot cling to a past that has had its time. Again, that time will come, but not until 2013 will you see the gains that you saw three years ago in February of 2006. How things can change in three to four years!

There will also be significant topographical changes in California through the Lake Mead area and Las Vegas, Nevada that will involve heat, sun, fire and a shifting and the opening of land. From where the heat rises, the waters fill and the land mass rises to become that which is beyond the control of humankind. By the summer of 2010, there will be increased storms in California, both in the ecology and economics of the state, and speaking of the Gulf areas, another rough season is ahead for them, so they should start prepping in advance for rains and flooding. Placements of concern: the great bridge that spans and the dam that holds back the rivers that sustain life in arid regions.

There will be increases in produce prices, and because of the changing weather patterns on the Earth, many areas

will see a loss of jobs relating to this industry. You will have to tighten your belts. But again, this will pass. This is not anything that prior generations have already survived, but now the economy is global. The U.K. is already sensing this and that is why it is making its own deals to ensure its oil flow, much as Italy has already done.

The places of huge increases of growth worldwide are the Portuguese coastlines and Italian countryside as well as the Cognac and Champagne regions of France. The Euro will become the international currency exchange standard, and the American dollar will begin its decline as the monetary standard. Some middle-European regions, as well as Scandinavia, will see an increase in values and desirability. If you are planning on spending in Europe, save ahead and plan ahead. South America will stay much as it is, with the exception of Rio de Janeiro and San Paulo, Brazil and Buenos Aires, Argentina, which will become much like to a new Rome or Paris; they will see a boom period.

WISE INVESTMENT OPPORTUNITIES

The times of unlimited spending you knew in the United States during the 1980s won't begin to return until early summer 2011; but watch out, because they won't be stable. The stability you are all inquiring about will not really reaffirm itself until September through October of 2012. Be patient until then and do not make any sudden or urgent financial changes. Then start to initiate your changes.

This period of time will be a healing time. It is a time of release, and when things are released, well needless to say, a huge purge comes. This huge purge has not yet fully hit. In your markets in America, the standard cost of living will increase. Rents will increase substantially—up to 33 percent, especially in urban areas like New York City, Philadelphia, Houston, Dallas, Los Angeles and San Francisco—so invest now. If you have been waiting to invest, then now is the time. You will be fine. Do not worry about not having enough or failing. You are designed to succeed and to reach a level of self-success that, in some words, will “boggle” your mind. Buy now; this is the period for you to grow your investments. Once late 2012 to 2013 comes around, you will be pleased that you did.

Even though we can give the alignment of energy now, it will not be until 2014 that the new economy will emerge and a period of true calm and solvency will result in full stability. You have the next five years to use these peak-and-decline cycles to your advantage. Insurance industries will see positions locked into place, and larger Swiss investment and insurance companies will hire and employ people who are older, multilingual and have experience in a cross section of management profiles.

KEEPING WATCH

By summer there will be a lightening of spirit, except where the American president is concerned; there will be an increased level of discontent regarding his on-point messages. Sadly, it seems more than likely right now that the

United States will become engaged in the Iranian conflict with Israel, and we will remind you that history has proven that any war in Afghanistan is not winnable because of the topography of the land and its primitive nature. We are concerned about a conflict in late 2010; October, November and into December is a time to be very vigilant regarding entering into any conflict. If this process is engaged, it can have very long-termed and serious consequences affecting most of Europe and the Middle East.

The former Soviet nations are selling nuclear submarines to the highest bidder, and why do you think that is? So that the purchasers can simply dry-dock them? These things are acquired so that they can be used. These are the areas to watch in the Middle East: Iran, Libya—because of the son of its leader and his agenda and rising power base—Syria and Kuwait because of their oil money and collective power-base and their ability to manipulate others, Afghanistan and the non-winnable war, Iraq—because of resentments. India—because of its desire to have status—and then the money indexes of the Tokyo Exchange, the United States Exchanges and the Toronto Stock Exchange will also be the ones to watch carefully.

The United Kingdom has propped itself up with a recent infusion of monies. For investment, we would say that the Euro and the Canadian indexes will be stable. Real estate investments will be and remain stable in Montreal, Toronto and British Vancouver. France, Italy—the Tuscan region and northern Italy—and of course the United Kingdom will remain stable, for now. There may be a backlash that will occur in late 2009 and throughout 2010 in the U.K.

MEDICAL DEVELOPMENTS

Medical advancements in HIV and AIDS are already in the works. By mid-2010, a new series of trials will begin that will lead to a huge breakthrough that will not cure the disease, but it will shut it down, allowing infected people to have otherwise normal life-expectancies. In the area of autism, new breakthroughs in treatments will lead to other classifications of the criteria and genetic treatments, lessening its effects. Those who explore youth with bio-identical hormone replacement therapies in clear topical creams, combined with organic diets, restricted meats and dairy and ozone treatments may also see positive results.

We also have told you about hybrid viruses and mentioned them in prior seasons. You will begin to see this process unfold with the H1N1 virus. Airborne viruses will become more like retro-viruses that can readapt themselves to changes within their hosts so they [the viruses] can survive. A new strain will emerge in the late spring of 2010 and reemerge in early fall of 2010. Sudden changes in environments and topographies will accelerate as you move toward 2012 and into 2013, and warming trends will escalate the storms in warmer tropical areas and seas, so there will be an increase in flus and viruses, because new pathogens will be released and carried on air waves across the continents.

TAKE ACCOUNTABILITY FOR YOUR COLLECTIVE AWARENESS

Our thoughts in spirit are that there was a knowing or awareness of the American 9/11 attack before it occurred. Did you ever see your president reading to school children prior to that or even after that? The choices that were made regarding it came out of a series of probabilities that were equally as tragic. There are events that are so tragic they remain forever etched in the soul life of the species itself. When people react out of pain, fear or vengeance, the outcome is as sorrowful as the event itself.

We in spirit are deeply mournful over the continued loss of life that has sent too many to an early transition. Many times people, you—humankind—need a reason to validate your actions when most of the time, they were already planned out. What is there about Pearl Harbor or when the United States used massive atomic weapons against Nagasaki and Hiroshima in Japan that your history has proven out? That atomic bombing, the equivalent of over 20,000 tons of TNT, flattened the cities, killing tens of thousands of unknowing, innocent civilians.

Think about what you call the north-eastern corridor. All the major cities of Boston, New York and Philadelphia and even Washington DC are literally within driving hours of each other. How many military bases and radar systems are in that area? Even now, administrations are already designing ways to manipulate your reality. When you find out about something, it is usually much later in the process, which is why your accountability for your collective awareness is so important. You cannot just passively let people make your choices for you.

MOVING FROM ANGER TO HEALING

Remember that these are cycles—just cycles of learning. We have sense of a growing fear that is among some of you. Your minds are sending out such a vibrational cry, and many here in spirit are working to amend and heal the tentative errors in political judgments we see happening. You have made deals with those who have not maintained or honored those deals. There are those whose souls have come back to learn, and yet they have again become caught up in the cycles of power and ambitions. There has been too much senseless loss of life; we see those coming across to spirit and know that many are electing to effect a quick turnaround, coming right back in to this existence to ensure that life will be valued.

Many will become peace leaders, healers and activists who will chart a new course for your awareness, beginning in the years 2029 through 2030. Humankind has a history of not forgiving; it lets its anger and pain take control over its ability to reason and live well. Who has not made errors in judgments or mistakes? Learning to forgive will heal yourself and then others. Again, we are coming from a practical point of view, as we can see things well laid out from our perspective. You need to think in a sensible and practical way. There will be wars, far worse than what you have recently known, but you learn from loss.

Unfortunately or not, you are involved in places where life has little if any value, for there is no standard of quality, just the need to survive, like rats: Another day of living has little meaning to that which has no basis in dignity, and they so learn to resent that which, to them, has what they have not and what they feel has been denied them.

In some countries, you can do anything. You are truly not limited, only as limited as your own fears and beliefs, blaming this one and that one—blaming events of a past that has long been buried and have memories of their own. This is such a loss for all, but this is the way you learn, and only then will you begin to change. Great civilizations have gone and come and still live within the land you have only scratched the surface of. They watch, and they wait, indeed.

CREATIVE FREEDOM AND LEARNING TO STEP BACK

The American president will have to enforce much of his agenda; if not, he will lose the respect of many countries that you will need as allies, and the remaining years of his term will be lost. But again, these things are in play long before they come to light. He is not aligned at this time for another term; people are fragile and he is moving too quickly toward change. He should step back and relax his agenda, but the momentum has already been set. When people face change, they retract; it is an unknown that makes them worry. Oftentimes, slow and steady wins the race. Life is about the allowing of others, about respect. It is also about learning to pace yourself in a stride that will carry you with ease.

People will announce who they are. They may only announce it once when you see their true nature. We often tell you about these celebrities you find so much fascination with, but this time we will not, for these newer ones are not yet of interest to us, as they are fabrications rather than the embodiment of the creative process. For art to become art, the creators must release themselves from their own control and let the essence of their non-filtered design flow freely and unrestrictedly through them. Art is a mindless action. It is formed when the person ceases to be, and the energy of their creative process remains. Oftentimes, the two exist within contradiction to the other. Like night and day, they manifest unknown to the other part.

So WHAT Now?

As far as scandals and deaths—of course there will be many more, but this is what your society is shaping itself toward with its lack of a moral connection to your own actions. “Why, what is the big deal?” you say. And there you have it: your collective way of thinking is shaping a world that is edging toward self-induced change, for only at the edge can you think of other alternatives and better ways of being.

When we speak to you, we will not talk down to you nor spell things out—we never have, and we will not now—as this will deprive you of your own learning process. Not too long ago, we were asked about students and masters. You can see this relationship within your societies and economies.

Masters make the choice. They know that there is a chance they may succeed or not, and they know that it becomes their burden. When people look to leaders, they look to them to lead, not to ask questions of their followers. For the student to become the master, one has to risk taking charge of one's life and destiny. Within all things there is the ability to do well, to succeed, but you have to be willing to see the patterns.

Life as you know it will become increasingly localized. The joy of living will be found in the everyday moments. There will always be that more attractive person, the larger house and the people who seem to have more and to be more than you, but it is the same for them. When is enough, enough? When will you realize that you have collectively created the world you know, with its worries and problems? "Tell us how to fix it," you say. "Tell us what will happen, so we can prevent it or make good use of it." And we have, and we will again and again, but there are no shortcuts. There is no golden key to make you more than you already are. Only you can do that. Your thoughts create your reality.

CHANGING PERCEPTIONS OF TIME

The Mayan Calendar ends in 2012, and that event hallmarks a change in the Pleiades star cluster. This also marks a change in the awareness that you are not the only beings here upon this planet. During this change from 2009 to 2012, part of the beginning of a three-year cycle of energy, there will be some topographic changes. We have spoken about this before, setting the tone for an increased probability of sudden and abrupt weather changes. To be told is pre-told.

Now, Venus, Mars, Saturn and Jupiter and the rotation of the Earth around the Sun will all slightly be nudged, changing their elliptical orbits. During the solstice of the six months prior to the spring and fall equinoxes of 2010, 2011 and again in 2012, you will begin to become aware that your perception of the movement within time is something that is already being changed, and as you move into this final adjustment period, some of your own kind will already be able to move forward—but, alas, not yet back—in time.

Thoughts, reality and the movement through time are malleable, constantly changing each of your individual destinies. This movement is not about a specific date; it is about a specific way to perceive time. There are already many projects that are being worked on relating to time travel. This is not about going back, but moving forward within it. The process is rather simple, as it has to do with the speed of light: If you bend light, you can first send information back, but each thing you touch is changed, and that changes the outcomes.

The microscopic collapse of atoms creates small worm holes, and this is part of the issue with the ongoing Large Hadron Collider project: What if when these atoms collide and split, creating a worm hole or a black hole, it grows exponentially? The project, as we see it, may be faulted, and it may be reinitiated in mid-2010. Our concern is your development of black energy. You define this as such because you do not yet fully understand the rift that occurs

when atoms split and energy fuses at light speed. These rifts, in modified form, are one-way time or dimensional travel occurrences, but this is something we have already spoken too much about, because you are too close.

AS ABOVE, SO BELOW

The beginnings of your life and societies about 4,000 years ago have been watched by those dimensional beings that still shift and orb in and out of your world. These days and cycles are meshing and becoming one. More and more, you are seeing how your thoughts are globally manifested. The weather will become more severe, and you should pay attention to this because of the shifting of the planetary bodies—Venus, Mars, Saturn and Jupiter—that even affects the rotation of the Earth around the Sun, causing changing patterns.

As you may or not accept, there is and has been non-human life coexisting with your species. By August of 2010, there will be a release of previously protected information that will begin to reveal the truth of your origins and that you are not alone. The merging of species is what much of your reclamation is about. This is also what the recent "ice" bombing of the Earth Moon was about.

Those that you consider deities will re-ascend from within—not from outer space, but from within and beneath Tortuguero, Costa Rica. Many are already among you in seats of power that are trying to work with spirit to continue the healing of your planet, for the passages within are where the orbs transmute their dimensional representations of the physical to take on human-like form within your plane of reality.

The amazing discoveries that await you are the ones that are already in play—ones that you cannot focus on because you do not see the actual world you live in. The sayings "as above, so below" and "mind, body, spirit" have been introduced into your vernacular for a reason. You consume yourselves and your environment, and so it will be thousands of more years before you begin to get to the point where many of you claim you are already at—truly enlightened.

EMBRACE YOUR FREE WILL

Not too much will change until you yourselves choose to change. Beneficial change happens when you respect boundaries. This means not coming from a fear-based reality but instead learning to forgive the people that hurt you. When you hurt someone, you are hurting yourself. When you wrong someone, the harm is done even more to yourself than to the other person. What will change is your awareness.

You can choose. You can decide. You can carry hate and anger and try to trick out your life to your advantage, or you can release your fear, contempt, jealousy and anger and forgive. If you knew exactly what you had done, if you realized who you had been, then how could you choose to demonstrate your desire to become more, to re-evolve back to the pure sense of life that you emanate from? The universe and soul collective are fair; that is why some

of you can connect to non-physical beings for guidance and knowledge, and that is why you have a sense of “d  ja vous,” which is the experience of thinking that one has been oneself before. But it is singularly your own mind that creates your personal monsters.

The final thought we will leave you with is this, and it is for a reason: What is different between the Christ energy and the antichrist energy? Ego. Consider those you have given power to, and ask how this may pertain to them and how you so easily delegate your own authority without question. Finally, realize that these things are nothing more than blips to us. Life is ongoing; yes, you will die, and yes, you will no longer be as you are or retain the “you” that is now, but your very energy, your soul and spirit, will continue on. The hardest concept for you is that death is only a renewed beginning, that you have within this life the chance to do it right through your free will.

You come in without an edge—no premade plan or cheat sheet—just you and the hope to live and live well. At times, you may get a glimpse or a feeling that something is as it had been, or you may feel you know another person; you can sense a familiarity, and then it eludes you. Why is this? So your soul can learn. If you only knew how, you

could manipulate your existence into what it is you think it should become; the universe, the collective soul awareness, has set in motion a way of becoming, and that way is achieved through learning and becoming ascended by and through your own free will.



By this time in 2010, most of you will be having an easier life if you have learned to live within your means. Be mostly prudent. Be compassionately forgiving. Become increasingly tolerant and patient. The ability to live well is always within your means. But you have to choose to allow yourself to do so, and this often comes by making hard choices. Sometimes when you make the right choice, it is easier than you would have thought. Healing begins within.

Enjoy these moments. These next three to four years will prove to be the most exciting time of your life. So much is to be learned and to be gained. We in spirit celebrate your life. We acknowledge your learning path and the struggles you go through. Rest assured that there is only the experience, without judgment or condemnation. Live well and know that there are those working with you for your own benefit and long-termed prosperity. *

Creating the Future Through Divine Love

Galactic Frequency Council through Catherine Richardson

Now is the time of year when many of you look to the future. What will the new year bring? How will it differ from the past year? Many of you are asking yourselves, “What can I do to break out of old patterns and create something new? How can I avoid the pain of the past year while expanding on its posi-

tive experiences?” Many of you will make New Year’s resolutions that impose discipline and restrictions upon yourselves, and many of you will quickly break these resolutions, as you have in years past.

YOUR FUTURE IS YOUR CHOICE

There’s nothing wrong with this ritual, strange though we find it. But we suggest a different approach. We have said it before and we’ll say it again: *Your future is your choice*. Many of you don’t really believe this. Many of you have followed the advice of some spiritual and metaphysical teachers about creating your future through the power of intention—through thoughts, affirmations and vision boards, for



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KEY POINTS

- This coming year is about truly remembering and becoming who you are as a creator, realizing that your future really is your choice.
- In order for you to do this, you must first acknowledge that you exist in all dimensions and that your soul encompasses universes, raising your vibration to ever-higher levels by embodying the energies of divine love.
- As you raise your vibration, your goals will inevitably change and transform, and you will change the future in a new and exciting way.

example. Others have been taught that you simply need to match the vibration of that which you desire. Yet many of you still get the same old things in your lives. You still feel trapped by forces outside of yourselves and dependent upon fate and upon other people's choices.

Why does this continue to happen? Are these teachers lying? Are they confused? Are they creating what *they* want by taking *your* money? The answer is no; for the most part, their information is quite sound. But it is only part of the equation. The truth is actually simpler than most people realize. Creating through intention is how God creates. In order for you to do this, you must step into your godhood. All the hullabaloo about 2012—this is what it's really about: becoming and remembering who you are as God-Creator.

How can you both become and remember simultaneously? It's quite easy, because in the creation space there is only right now, with all things happening simultaneously and all beings, entities, energies informing and sharing with one another in one massive ball of hot, hot energy. Dimensions and time are meaningless in this space. It is where creation forges and re-forges itself infinitely.

SCULPTING THE FUTURE

This is probably not the first time you've read about claiming your power as co-creator of the universe. In fact, you have probably read about it again and again. But how does one actually do it? How does one actually step into his or her godhood? How does one enter into the creation space and sculpt the future?

Gods create with their whole being—their entire souls—in all dimensions. That's the difference, and that's it. In order for you to do this, you must first acknowledge that you also exist in all dimensions. This may be a difficult concept for you to grasp, since you only experience yourself in three dimensions, with only occasional glimpses of the possibilities of a multidimensional existence. Some of you have experienced the adventure of astral travel—not just to other locations within the third dimension, but in traveling to dozens of other dimensions. You accomplish this simply by raising your vibration through meditation and then letting go of the body. A god, however, is aware of his or her multidimensional presence at all times, not just during meditation.

Another aspect of creating with your whole being is in realizing that you are a vast, multidimensional energy formation without clear boundaries. You are not in a container. You can expand yourself outward as far as you please, so that your whole being—your soul—encompasses universes! To do so requires a very high vibration, but it can be done. Jesus did it often, as have other humans on the Earth. The ability to do so is essential when creating as a god creates.

Anyone can raise his or her vibration to this level by embodying the energies of divine love, for divine love is the highest vibration in the universe. Divine love is the true

subject of today's channel, because, when fully embodied, it is the most powerful force in the apotheosis process—that is, the process of becoming a deity.

UNDERSTANDING DIVINE LOVE

Love is a frequency that is widely misunderstood by humans. There are many types of love, just as there are many corresponding frequencies of love, and almost all of them are misunderstood. We define love as follows: The energy that allows for each soul to fulfill his or her soul contracts. In other words, the energy that allows us each to evolve in whatever way we choose. It is the energy that allows us freedom and the energy we use to allow one another to choose freely. It is actually the opposite of what many people think it is. It is not something that binds us to one another; it is something that frees us.

A mother's love for a child means a willingness to allow the child to make its own choices. The protection that the mother provides for the child is also a form of love, because it enables the child to mature physically until such time that it can make its own choices. As the child matures, guidance is provided—but not forced—in a parent-child relationship that is loving.

A romantic relationship that is loving is one in which either party can choose to leave at any time. This would seem to negate any need for commitment, but the opposite is true. It takes deep commitment to the development of another's soul to be willing to allow that soul the freedom to leave you. What is not part of a loving relationship is control, limitation or fear. This does not mean that it is wrong to ask for sexual fidelity to be part of a romantic relationship. It simply means that attempting to force such fidelity on another is not a loving act.

TRUE LOVE BRINGS FREEDOM

Many acts that you think of as loving, such as giving money or food to the poor, may or may not be loving. Giving money or food to others freely, without attachment to what is done with it, is a loving act, but if such things are given in an effort to control the recipients in any way, then it is not a loving act. With the former, the intent is to provide more choices for the recipient; with the latter, the intent is to control. This is true even if you think you know what is best for the recipient.

The most important love is self-love. It is true that you cannot honor others without first honoring yourself. The way of expansion is to honor your choices and freedom to choose before honoring anyone else's. Self-denigration or self-denial is not love. In honoring yourself, you honor your godhood. It is only from this place of divinity that you can honor others. If you choose to move out of duality and into unity, then you will understand that all are one, and honoring one honors all. But this always begins with you.

Love is not about sacrifice. Love is about devotion, but devotion to the principle of freedom. Allowing others the freedom to choose does not mean you have to completely

disengage from them. You may interact with them in a number of ways and share many things in a completely loving way, so long as you do not attempt to take away their freedom of choice. Why would a god need to control anyone else? Why would a god need to be controlled? We can each create what we truly want. It never has to be contingent upon another person, unless you choose it to be.

Many other frequencies are mistaken for love. Sexual energy is often mistaken for love. Enjoying one another's company and feeling a deep connection or kinship to others is often mistaken for love. Being afraid of being away from someone is very commonly mistaken for love. Some of these frequencies are very powerful and not to be dismissed, but they are just not what we define as love.

CREATING THROUGH INTENTION

As with all energetic frequencies, love is divine love if it emanates from an awareness of one's own godhood. Divine love is the highest frequency in the universe because out of it comes the utmost respect and reverence for every being's path. This is our guiding principle on the Galactic Frequency Council. It is the guiding principle of many over-seeing bodies in the universe. It is challenging to hold this frequency on Earth at this time. We are here to assist those who choose to embody divine love. Simply ask for guidance, and we will provide it.

Once you achieve the ability to embody and emanate the frequencies of divine love, then you will be able to create and re-create the environment in which you evolve simply through intention. In other words, the future will no longer be veiled to you, because you yourself will create it as you go along. Do realize, though, that as you raise your vibration, your goals will inevitably change and transform, just as you have transformed. You will change the future in a new and exciting way, and, as more humans join you in this vibration, the vibration of the planet will also ascend.

Again, this is what the excitement surrounding 2012 is about. The year 2012 is an approximate date that you as inhabitants of Earth have set for yourselves for returning to your godhood. We will discuss 2012 in greater detail at a later date, but keep this in mind, because it is crucial: Ascension is still your choice. While the energies are coalescing for this planetary transformation, it is still completely up to you.



We urge you to make some decisions in this New Year. Do you want to participate in the ascension process, or do you want to continue as you have in the past? Do you want to feel controlled by fate, or would you like to steer fate itself? Please think it over. We're waiting to hear from you. Namasté. *

A Time to Create Peace in the World

Quan Yin through Shelia Shumate

18 September 2009

My beautiful children and wonderful beings, the Earth is changing, you are changing, and it's important to have compassion and understanding for what's happening on Earth. This is a time to assist in creating peace on Earth. With a lack of understanding, many things are happening

that are confusing, frustrating and misleading. It is important for each of you to connect to a higher realm of consciousness, to see from the higher perspective in order to not get caught up in fear.

Everything is in a divine plan and all lightworkers are here on Earth at this time to hold the energies of empathy, sensitivity and kindness. There are those who are in fear, and as you all know, fear begets

KEY POINTS

- "This is a time for tremendous growth for the planet and yourselves."
- To create a peaceful world, you must first envision that world and believe in it.
- By allowing guidance and support from the spirit world, you will find your strength.



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fear. At this time we need the compassion for all situations and for all people. This is a time for tremendous growth for the planet and yourselves. Each of you is blessed with the ability to hold the love and be tolerant of those who are lost in unawareness. It is a time to create peace in the world.

Let us remember when we observe others acting in a way that seems cruel, hateful or hardhearted because of their situation or the world's situation, that this is the time to remember your attributes within: your compassion, your ability to be sensitive and your thoughtfulness. You can make a difference in their lives, which in turn makes a difference in the world. Each time you are patient with another, you help the world. You bring about more peace. Each time you show goodwill, you help the world. Many of you are helping so much during this time on Earth by not getting caught up in other troubles or dilemmas. Instead, you are being grounded and coming from your heart to listen, to be supportive and helpful.

VISUALIZING A WORLD OF PEACE

There is a lot of judgment happening throughout the world, and your friends, neighbors, coworkers or family may be caught up in it as well. Are you finding yourself getting caught up in thinking other people should or should not be doing what they are doing? Maybe you think others could make better choices. Do you feel you are right and others are wrong? What is your role in this? How can you help the world?

If you examine yourself first and give energy to that and make changes, rather than giving energy to what others are doing or saying, you will be helping the world and others. By staying out of judgments, you are contributing to a better place to live. Stay focused on serving others rather than being served. Stay focused on giving rather than taking. Stay focused on your positive traits, as this will benefit you. You make the change and others will learn by your example.

Take a moment and visualize a world of peace. What do you see? Some of you might see a world where neighbors are helping neighbors, an abundance of food, an understanding between leaders and individuals, clean waters and streams, respect for all living things. Whatever you see, know that it is helping you and the planet. In a world where there is a respect for all living things, there is so much love, beauty and joy in it that it creates peace.

Let's just dwell on the word "peace." Envision a place where there is no disturbance, a place where it is quiet, and a place where there is serenity. Notice if your mind becomes calmer. As your mind flows into this energy, notice how your body feels. Experience your surroundings at peace: your home, your office or school, places you go. To create peace and compassion in the world, you must first see it, feel it, and believe it. Find the time to sit and hold your environment and then the world in peace daily and preferably at the same time. Of course, if you can find the time to visualize more often throughout the day, the better for yourself and the world.

NO MATTER THE SITUATION, YOU CAN MAKE A DIFFERENCE

The planet is changing, you are changing, and healing is taking place. You are probably aware that you have chosen to be here at this time and have this experience on Earth. Every action you take, every word you speak, every thought you think, is either helping to heal you and the world, or it is not. As you become aware and observe yourself, you will see if you are bringing about healing energy, compassion and peace, or contributing to the fear and negativity on the planet.

No matter what the situation is around you, you can make a difference. You have the choice to be loving and kind or not. You have the choice in every moment to come from a higher state of awareness and consciousness. By doing so, you are helping to make positive changes in yourself and the world. If you find yourself getting caught up in a negative situation, the moment you become aware of it, bring your thoughts back to what you want to see in the world: compassion, peace, joy, healing, or whatever seems to be appropriate for you at the time. Feel the energy of what you want to see in the world, and then make conscious choices.

FOCUS ON WHAT YOU HAVE

Even though many of you might be going through difficult times, just know there is support, guidance and love in the spirit realm that you can call upon. It helps to focus on what you do have rather than focusing on what you don't have. If your financial situation seems bleak, visualize a positive outcome and ask for guidance from your higher self. Give thanks for what you do have: you may have your health, your home, your pets or your family. There are hundreds of things you could be thankful for. Say them to yourself or out loud; it can change your vibration from gloomy to sunny.

Your angels, guides and spirits are here to help during unfortunate times. If it is your health you are worried about, focus on the parts of your body that are healthy and give thanks for that. If it is a family member or relationship that has your concern, turn that situation over to a higher power and trust that whatever happens is in the divine plan. See the good in others and see the best in your circumstances. If it is the world situation causing conflict within, have faith and assure yourself that God, Universal Mind, Higher Intelligence or whatever name you choose to use is behind it all. By allowing guidance and support from the spirit realm, you will begin to see how powerful you are and how best to overcome your challenges and help others to overcome their challenges as well. No matter what situation you find yourself in, the more you stay in peace, the more you help others achieve peace.

The spirit world is here to assist wherever needed. We hear your prayers and your cries; we are there for you. We are here to comfort the sick, to help the lost and the unfortunate ones. We are here to protect, guide and give hope. Trust the process and know there is a brighter future coming. There is new life on the horizon, and what a glorious time it will be. ✨

Your Spiritual Body

Amma through Cathy Chapman

My dear ones, I want to share with you a secret that is truth: You have everything within you needed to navigate the coming times. The human being was created in such a way that you have energy centers throughout your body. I am not talking about just the chakras, the meridians, the aura or even encodements. I am telling you that every organ—every part of your body down to each individual cell, down to the parts of the cell, down to the very atoms and molecules—has an energy center that you can connect with. You consider your body a limitation. It is not. Your body is a vehicle so amazing that you cannot, with your current belief systems, even begin to imagine what it can do and where you can go.

COME BACK TO THE BODY

Many of you do not stay within your body. Some of you have allowed your spiritual meditation and growth to take you out of your body. You have done this because you did not know any differently. These trips you take are wonderful experiences of the potential you have. Come back into your body and learn how to travel in ways you can only now begin to imagine. There is a mistaken belief or understanding that the body has nothing to do with spirituality. You believe your body is only the physical vehicle in which your soul rests.

My dear ones, it is not just a collection of cells. It is an intricately designed energy system. What I have been teaching you since I began coming through this one is how to discover the power of the energy system that is your body. The

KEY POINTS

- As changes occur in the world around you, remember that you, as a remarkable being of love, hold within you the power to assimilate and facilitate these changes.
- The physical body is not just a collection of cells; it is an intricate energy system through which you can transform into the Adam Kadmon.
- The more you are in your heart source, the more you will be able to assimilate the transformative energies coming onto the planet, strengthening your awareness of the infinite being that you truly are.
- “When you are able to view the wounds of the past while you are in your heart source, you will be able to transmute the low vibration energy of woundedness into the higher vibration of appreciation and acceptance.”

key to this is the heart source. For those who are new to this concept, you go into your heart source by entering the front and back of the heart center, the front and back of the brow center, connecting the heart to the brow with a beam of light and moving that beam of light up to the center of the universe and then down to the center of the Earth. I teach you this because, when you are fully in your heart source, you activate the millions of energy centers within your body.

Why is that important? My dear ones, have you heard of the Adam Kadmon? I know many of you have. The Adam Kadmon is simply a concept for you. It is the ultimate body. The Adam Kadmon can teleport, time travel, manifest, shape shift and be connected to infinite awareness. The Adam Kadmon is ageless and timeless. It is a physical body and can be your physical body, but you cannot have an Adam Kadmon if you do not stay within your body. There is a synergistic effect between the energy of your personal spirit and your physical body. All you need to know is how to use your consciousness, your very self, to activate what has been so magnificently woven into your body.

LIVING IN THE NEW

What does the innate power of your body have to do with what is coming and what is already occurring? The old is passing away. That you know. Before the old can pass away, it has to break down. That includes your old beliefs and those understandings that have supported you in the life you have lived these many years. If you wish to live life in the new and vibrant manner you dream, everything that is old must pass away. Are you familiar with the saying, “You must put new wine into new skins. New wine in old skins will burst the skins”? The beliefs you hold about the body, consciousness, the world, yourself and even spirit must pass and change, must transform.

Using another analogy, you must think outside the box. You must live outside the box of your current beliefs and understandings. Each belief, each understanding, is a boundary, a limitation. There are no beliefs within infinity. Infinity simply is. As long as you are in your body, you will experience limitations. You will be in a box. The choice is whether you will be in the small, constrictive box you are currently within or whether you will be in a

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box so expansive, you cannot find the limitations until you decide to leave this amazing body and amazing lifetime.

The more you are in your heart source, the more you are able to access the powers within your body that have been carefully hidden. The more you are in your heart source, the more you are able to assimilate the transformative energies coming onto the planet. The combination of the incoming energies, the heart source and your own personal spiritual practice will transform your body into the Adam Kadmon and your awareness of the infinite being, the love incarnate, that you truly are.

ENERGY CENTERS IN YOUR BODY

Here are some of the secrets hidden within your body that are now ready to be utilized: Your brain has amazing potentials within it. You have heard it said that people use only 5 to 10 percent of their brain. These other aspects of the brain enable you to access and work in dimensions other than this current one. When you meditate, you activate energy within the brain, turning on the potential within your physical brain. Your vision, as it were, widens and deepens. Your awareness of the energy around you expands. You are able to gather information in ways other than from your five physical senses.

You have been taught for years about the importance of being in your heart. Are you aware that the heart itself, the physical heart itself, also contains powerful energy? It contains energy centers that can transform your physical body, strengthening and expanding your energy field. When you connect the heart and the brain together, you are forming a synergistic energy that surrounds you. The simultaneous activation of the heart and brain energies through the heart source increases your vibration to the level needed to activate more energy centers within your body.

Think of it this way: In your plant world, there are seeds you simply scatter upon the ground and they will germinate. There are others that must be within the soil. Still others only germinate in the presence of intense heat, which opens the hull containing the seed. Your body contains energy centers activated by the energy of your heart center. Other energy structures are activated by the energy of your third eye. Still others can only be activated through the intensity of the synergistic elevation of vibration that comes from being in the heart source. Finally, there are energy structures that are activated through the combination of the heart source and your intention.

Not only the heart and the brain, but all of your organs and cells have an energy center. You could say that each organ and each cell has a soul of its own. Your body is a perfect metaphor of the Oneness. Your body is a whole, and there are individual organs and body parts within this whole. Within these parts, there are individual personalities, as in cells. Using the body as an analogy for the Oneness, do you notice how your whole body feels out of balance when one part is not doing well? Metaphorically, that happens in the Oneness. Notice that I say “metaphorically.”

The energy of the Oneness—and I’m going to call it the group energy—is affected by the parts within it that hold a lower vibration. When you remain in your heart source, the energy spreads throughout your body and awakens dormant potentials within you, expanding the energy beyond your body to other personas within the Oneness. This is the service that you can do. When you remain in a high vibration state, that energy goes out from you like heat waves, like currents, and it affects other people, assisting them in raising their vibration.

YOUR SPIRITUAL GROWTH

Your personal practice in coming to know who you truly are as an infinite being is crucial to these new times. Without you, the transition will be more difficult for all upon the planet. Your conscious utilization of the energies coming into the planet, in conjunction with your activation of the heart source, will aid the transitions you are all undergoing. This is not a passive experience. You cannot just wait for the highest vibrations of the energies to come. If you do, you will feel extreme discomfort. Do your personal work raising your vibration by releasing any low vibration result of any emotional wounds.

Be concerned about your spiritual growth. When I talk about being concerned with your spiritual growth, I am speaking of only your spiritual growth. Spiritual growth does not include judgment of others. You will find that as you grow, expand and come into who you truly are, the more detached you can be. Detachment means you have no judgment about anyone, anything or any event. Make choices for yourself based upon the motivation that comes from within you. In other words, you may choose to not stay in a marriage, change your friends, change your job or your profession. Do that for yourself, however, not because you are judging someone or something else as “less than.”

Some people have the mistaken understanding that working for your personal growth is a selfish experience. That is not true. As you grow, as your vibration rises, the vibration of the whole rises. Every growth, every healing, every detachment you do raises the vibration upon this planet. Unless you are specifically called to be concerned about the growth of others, there is no need for you to worry about anyone but yourself. Your spiritual growth naturally involves other people.

As you grow, you learn detachment. Detachment is the letting go of the wounds of the past and the people of the past. Any pain, any anger, any fear you continue to hold lowers your vibration. As you grow, as you detach from the past, you release others from the constricting energy of your judgment of them. When you release the past, low vibration energy is transmuted. As the energies intensify over these next few years, the wounds of the past will rise from where you have them buried within you. For some of you, this has already been occurring. You must release the low vibration energy which is hiding within you. Your goal, as these wounds reappear, is to look at them, bless them and

release them, seeing the one who wounded you as the beautiful being of light that he or she is.

The more you practice doing this in your heart source, the easier it will become. When you are able to view the wounds of the past while you are in your heart source, you will be able to transmute the low vibration energy of woundedness into the higher vibration of appreciation and acceptance. You will be able to see the beautiful light contained within everyone—and, dear ones, I do mean within everyone.

STRATEGIES FOR THE COMING TIMES

So how do you handle these coming times, as well as the time you are now in?

- Remember that the old has to break up and pass away. If you continue to be aware of that necessity, you will let go. The pain comes in trying to hold onto the old—the old beliefs, the old identities, the old attachments. All that is hidden is surfacing so they can be released and so you can let them go.
- Be fully aware that every person in your life is there by

plan and design. Each one is fulfilling his or her role perfectly. Have appreciation for them and their roles. Without them, you would not be who you are today.

- Remember who you are. You are an infinite being, created from love and consisting of love. You are love incarnate, and everyone around you is love incarnate.
- Remember that you have the power of choice. You may hold on and be in pain, or you may release and discover joy.
- Learn to be in your heart source. Learn to activate all the energies hidden within your physical body. Learn to talk to every part of your body and gather information. Learn to connect one to another through the heart source. Allow yourself to become the Adam Kadmon.
- There is only love. There is nothing to fear. Step into the flow of that energy.

Dear ones, this is my message to you. Yes, things are changing, and you hold within you the power to assimilate and facilitate these changes. You are a remarkable being of love. Remember that you are love. I am Amma, the divine mother. I am your mother, and I *know* you are love. ✨

Teleportation through the Pure Heart Chamber

The New Ascended Masters through Maurene Watson

Masters, for centuries there has been talk about the loss of the innocent heart and its connection to the memory of who you really are. Your societies write novels, make movies, defame love and brag about its foibles. Why is their power to remember—as to why you're here—so critical? Why would powerful, manifesting creators hide their hearts or need mediators to source their own love? Why is so much love turned inward in unworthiness, or too much love turned outward in over-worthiness? An authentic and tender heart knows that nothing else matters.

KEY POINTS

- “A conscious human heart is really a sun chamber that balances the creator-destroyer energies through sun-source love.”
- “Yes, you came to master a matrix universe, and you will return to a quantum sovereign sun that has mastered polarity evolution.”
- “However far your tender heart travels, you know you will come back changed.”

When all hearts become real, full of joy and strong again, then each will certainly have wonderment in relationship with the new world and a full vessel of love to create from at all times. This is because the heart knows that its spirit will never let it go without. A genius heart gentles the mind, the self and is its own validation—without the need to prove itself to itself, to hold itself against the flame of another to be valued, to be first or to be right. Being a better steward of one's own and others' love can only come from a true heart. To love everything and all life is to truly live and create! All tears, fears and bruises are wiped away every time love and honoring are chosen. A heart that loves all its experiences is truly free and conscious because it knows that love will re-sculpt, or begin again, in every situation, no matter what the journey requires.

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YOUR INNER HEART SUN

In this 2010, you will disappear so deeply within your new experiences of heart creation that you will feel like you have finally begun to live for the dream you originally came to Earth for in the beginning. In your own way, you will share and experience the secret of your greatest freedom—the return of the origination point of your source(s) through the blue-black hole sun chamber in your heart. All your miracles, your new creations, meditations, relationships and joy will come and go, teleporting from this place as you begin to precipitate your dreams—where choice will become creation. You have never experienced this secret in a multiconscious, universal, DNA cell body before. This chamber includes an endless chain of sources linking creation to creation—an endless chain of creational marriages and families creating anew. All your source suns are talking to each other and helping you choose new creations from multiple options of experience in a heart moment, where every single human life form is as important as another and must play its role.

This secret heart begins to reveal itself when the soul frequencies spin the physical cells, like you're in a seashell being pulled into your heart. Many of you report that your meditations turn into a spinning vacuum suction, like water going down the drain as you travel through a wildly pulsing heart, moving into new images of love for your new world. You report feeling like you're in a black-blue color or still-point stasis. Some have suggested that it feels like you're birthing through lifetimes. When a black hole heart becomes conscious, it ignites itself into a blue flame chamber to birth all of your "yous" as one.

Well, you have finally experienced your own mystery school secret. A conscious human heart is really a sun chamber that balances the creator-destroyer energies through sun-source love. This inner heart sun has been your ultimate cloaking device, and we will discuss its requirements for body teleportation. This application directly serves you in deleting old lifetimes, creating new lifetimes and changing your reality and your body at will. You are learning to travel inside out, through your heart sun's blue-black hole, out through the inner earth sun's black hole to your new universes. Black holes keep the love of the creator and destroyer energies in perfect balance—cosmic sun black hole chambers, birth solar suns, galactic suns and planetary sun families. In the center of each is the source entity or spirit heart.

BLACK HOLE SUNS

You emerged from particle-antiparticle creation from the center of many suns' black hole creation chambers. You lowered yourselves in vibration frequency to create a new free will polar matrix universe with a multiple, flexible DNA fractal intelligence for all life hidden in the solid, liquid, atomic and subatomic states of your water molecule. When a sun gives birth, it spews different fractals of conscious love water, which is the embryonic vacuum sac for

all life. A leaf sees its source as the oak tree, a pup sees its source as a seal, a human baby seeks mom's love and a mini-black hole star may look to its galactic sun as its parent source. These black hole parent suns had to keep their love balanced in each dimension they created without harm, distortion of essence, divorce or abortion.

Black holes have multiple functions and will change functions in your new universe. Every time you enter your heart from now on, something new will be born, changed or recycled instantly. These chambers allow you to teleport and delete lifetimes. They allow you to create new lifetimes, create new particle-antiparticle DNA fractals and create new suns or universes. You can also recycle everything back to its original source, bend and curve time light, create white holes, resolve polarity matrices, experience multiple holographic fields and change past event horizons or agreed-upon perception points. They can also reverse in on themselves to balance creator/destroyer cycles.

Now you can understand that many of your suns became reverse or distorted black holes that turned in or collapsed in on themselves as fragmented or creator-destroyer memories. This is too much love turned inward or outward in over- or under-worthiness. This is akin to constantly being thrown out of your own bodies. This is why many of you had aspect bodies, soul families and creator families that felt soul shattered—like you had fragmented memories all over the universe. That is also why many of you experienced the distorted cross-seeding of your four kingdoms' blueprints.

Creator and destroyer energies from your fractal patterns are a part of your main studies here. When you source creation in your heart, it looks like two spiraling hearts becoming conjoined in a torus, as if Adam and Eve were sharing their half of the apple in the Garden of Eden. When you created, you never intended for a crystal to be a reptile, a human to be a tree or a dog to be a mountain. It is one thing to make a human child in a chamber of love, and quite another to create the child and abuse it for your own needs. This is akin to living off your own creations instead of setting them free to become their creational purpose, which we could call soul. So when others come to you, they may need your assistance to release these old creator-destroyer memories that hide the heart in shadow still.

Your mystery schools, governments, churches, matriarchal and patriarchal races, and your renegade ETs have been arguing over this information for millennia. All of your great pyramids, star gates, star ships, inner earth sun, human brain heart and your DNA crystal-diamond skulls are powered though these black hole vacuum chambers where fractals of starseed sperm and ovum create. Yes, you came to master a matrix universe, and you will return to a quantum sovereign sun that has mastered polarity evolution. Already you are on your way to greet your new solar system sun at the galactic center, or what many of you call the golden age. You've learned that your bodies are the liv-

ing cell replicas of the pure essence fractals that made up all life from the center of your sun's black hole. You are the living love of the starseeded human angels who learned how to seed, guide, steward, enlighten and harvest new civilizations throughout the cosmos without doing harm. Using this black hole technology in many different forms will free humanity from eons of enslavement.

BENEVOLENT ENTANGLEMENT

Right now, you're all spawning off from your old origination points of consciousness as new sources. So we could say that Source is calling for its new return. Consciousness is love's magnet, coming to know itself again and again, and it is merging your atomic body back into the subatomic body field. That means in this moment, all source black hole suns are calling all their creations, fragments, parts, pieces and selves in all kingdoms back home to the one love and the one life. This is balanced love in all new fractals, cells and bodies. The cosmos is impelling its next sun heart, calling for new "white hole" universes to birth in freedom based on the mastery of free will. Whatever was created—plant, reptile, a thought form or a grain of sand—must find its source creator, master or slave. And is that not any one of you gods who dwell upon the Earth now? Presently, you are humanity's new guides to help those who must quickly sort themselves out to see who goes through the wormholes into the new universe.

For those of you going into the new universe, this brings up the issue of benevolent entanglement. You understand through your gamma sun brain now that you are one within the all of life and will serve each other—build the new universe in the sharing of your gifts and through sourcing your own blue hole heart creations. The heart rules again and your heart body will teleport back and forth until the old universe can no longer feel or see you, and you seemingly disappear or fold up into higher and higher consciousness. But you will create without a creator-destroyer conflict, and this freedom alone will feel like you're actually physically flying in your creations.

This ancient, militant creator-destroyer became built into the matrix through reverse mini black hole creations where choices were just different forms of slavery disguised by power sources outside the inner soul source of a creation. Thus, this infected the marriage system, causing an anti-love program. Your multi-diamond gamma ray body, with its protective reflectors, has put an end to this through its vacuum flame chamber in the heart, which generates new DNA and new dimensions in and out of the heart's blue needle hole. So you are no longer creating or lost inside another's source matrix, since all cell body memory can return to its source.

This is why mutual new holograms, or new over-soul families, are creating all the New Earth ecosystems together while stewarding the New Children. There is room in the heart to receive new fractals of music, sound, art, nature, technology or mathematic light patterns of multi-triangu-

lation points of many heart vectors sharing. They come together in imaginative, desired, intended, freewill miracle action moments of creation. In sharing the orb sun spheres in your heart, you will disappear more and more from matrix experiences because you will move beyond fractured, refracted or fragmented light love into tantalizing choices. Then others must reflect off your beautiful heart sun or find their own black hole in which to incubate their soul. Now you can understand how the unconscious shadow heart finally becomes conscious.

YOUR GOLDEN AGE DREAM BODY

Again, this is black hole technology that recycles all to its next frequency or returns it to its original source. This returns black holes to their balanced, zero-point energy to generate new dimensions. We are not promoting black holes as another religious dogma, but instead as a light physics understanding of direct manifestation from Source love. It means the black hole in your heart can recycle anything in its blue-black violet flame chamber to usher in your new life. Your bodies will continue to raise their frequencies until they become their own free sun hearts with the ability to create independently of any other god in the New Earth group experiences.

Some of you have called this cosmic consciousness, an ascended master or fulfillment. When your orb has finished living all its flower of life patterns, then it is free to travel the universes and interact as heart consciousness, choosing and changing the body at will to accommodate the experience. Your pure, conscious heart body can create any desire or reality you choose because it is patterned after a sun's blue-black vacuum chamber, and it remembers full-body consciousness that can never again be separate from its own experience.

So how do you travel and generate new dimensions in this golden age dream body of yours? How then does the starseed of spirit, or solid-state holy water molecule, teleport into a gaseous, super-fluid state like gems and precious metals melting together in liquid light? This happens when the hypothalamus or your plasma-gate gland, which fuses star material, turns on its switch to cycle the heart's black hole in order to create in its anti-graviton vacuum chamber. We have said before that this happens because the multi-dimensional pineal and pituitary cells forms a base multi-eight-cycle brain wave spin, and this allows the hypothalamus to activate the autonomic nervous system to allow Spirit to run the body. The vagus, or Spirit nervous system, takes over the functions of sleep-rhythms, hormones, satisfaction, mothering, maternal instincts, weight, blood pressure and thirst. It begins light conversion of mass into more fluid body states where your sun body quietly travels inside its seashell on scalar wave torsion fields—electrified heart plasma fields.

This turns your body into a blue-hole plasma reactor, which sits in an antigravity vacuum inside your own heart. This model will replace nuclear reactors, which

destroy atoms because plasma-fusion energies can replicate or fuse your subatomic cells into new creations. But when you want to teleport, you travel through your body's heart sun—through the center of the inner earth black hole sun—where particle-antiparticle are one. And then you can go out on holographic timeline curvatures, loops, event horizon wormholes or multiple potentiates, which originate in the plasma anti-graviton fields that travel exponentially to your heart frequency every time you create. So you will begin to travel through your own heart and through the blue-hole in the inner earth sun and then out again. Eventually, when your orb no longer has need of spiraling eight tetrahedrons—new soul fractal geometry to create in the multiple universes—you will be free to travel in your own sun orb again and come and go in all the new universes. You will even visit matrix source suns if you desire. An orb or seashell body has its own inner blue-hole, which acts as its own interdimensional, anti-gravity body ship.

TRAVELING WITH GAIA

Gaia is in her new marriage with all her source suns. She is gradually changing her electromagnetic chemical activity over to the plasma core, which is raising the frequency deep in her inner sun core. She is birthing new planets, stars and suns from her blue hole chamber through you as she sheds your dense memory veils through Earth changes. Presently the Van Allen photon belt around your planet, which looks like two spiral hearts conjoined, keeps her poles stable as she shifts her magnetosphere into the higher heart. This will shift out the old-Earth electro-field as the plasma core births. Gaia's spirit continues to detoxify her polarity skin body and stabilize her spinal poles and tectonic or cranial plates, just as you are through your spinal heart brain.

Now you are traveling with her as the new midnight sun at the center of your new universe as Gaia aligns with the galactic, solar and cosmic suns to birth your multiple universes. The only requirement for this journey is that you be pure of heart! Now you understand why your bodies are powerful, free energy sources that are powered by the cosmic, solar and planetary suns. These suns feed light frequencies into the magnetic field around your universe and directly into your own heart chambers. Your spirit's body genius, who folds up the third- and fourth-density frequencies, has walked you into your new universe frequencies.

This will put extreme pressure on old, unconscious, controlling or reverse black hole Earth technologies that have tried to twist the DNA, or turn heart against heart. Many of the tech communications around your planet must be updated to keep up with your heart's new model for New Earth technology by using conscious technology or plasma magnetics of a fluid heart! This is already being shown in your satellite and computer systems, which have to update every few seconds to keep up with new sun cycles. Humans with unconscious heart technology may rapidly begin to

forget you, forget who they are or go through a cell death process. Again, all sources are calling back all their creations due to this awakened cycle. Any entity, energy or fragment that is not fully soul infused or soul purposed must also migrate to its source as well.

Imagination is travel, is it not? Imagine yourself in your heart's blue spark as you travel through the source of your planet's blue chamber—transmitted on magnetic waves that are not carrying any mass or energy, only liquid light information, and cycling at speeds ten billion times the speed of light. Flying and levitation travel combine like riding a bicycle on ocean waves—love after love. It is like surfing gravity gradients while trying to find the magnet at the top of every crest wave to hold on to before your vacuum heart conch inside the wave takes you out to sea again.

Your orb levitation, or magnetic spin field, generates and plays with new rainbow fields within others' new designs as you pass through horizon libraries. The heart shuttles wormholes to exit and enter universes after looping or stringing light waves in different dimensional potentials—though planets, galaxies or other system suns and using the vacuum conch of the body's heart to return in just seconds. Then, you seem to flash—appear and disappear—in light wave patterns of information in milliseconds, which grounds you back in your heart to perform the most simple of tasks!

As the generators for the intention fields of new dimensions are all around, you venture shielded in your heart's cloaking device against lower frequency electromagnetic fields. A vaster magnetic field can reveal a new life choice or entrance point. This is so you do not get caught in the past, but can view it through your shielding while interacting with all the highway arcs of choices around you. Your frame flash images encounter mini black hole creations, shimmering laser light rays, changing dimensions, the melting and solidifying of various star liquid materials and temperatures that do not disturb your radiant field. You might see memory ghost fields of the past as massless spinners of flickering sensations, but know they are no longer part of your reality, for you are no longer locked in a past.



However far your tender heart travels, you know you will come back changed. And what you observed will also have changed. Whatever you create is not locked in, and it can be changed again and again through your conscious heart that has limitless freedom. Did you enjoy the center of your new galaxy and ride out on a comet's tail? Did you redirect an asteroid so it does not collide with your orb field? Did you notice the light field chambers of new heart suns, new heart worlds or new universes? Now you can continue on your journey, experiencing one multiple lifetime after another while still inside your own heart vehicle. So this 2010, let your heart become lighter and lighter until the touch of a finger lifts the sky—you hear the hum in the inner earth and join her in her heart. *

Liberating the Divine Feminine

The H-A Energy channeled by Tony Neate

As we gradually embrace the Aquarian consciousness, there will continue to be quite significant changes that will affect everyone on the planet. The collective energies representing the light were unable to successfully deal with the Piscean energy, and they unfortunately allowed the shadow to bring about an age of fear, control and putting down—an age of the ego expressed predominantly through the masculine. This imbalance is creating a number of problems for people who are now not sure how to move forward.

So, looking forward into 2010, I must highlight the two most significant characteristics of the Aquarian personality that need to be developed: The first characteristic is the return and assimilation of a strong feminine energy that will break down the need for tribal law, restrictive cultures and religions that seek to control people, put them down and force them to believe in a god of judgement, a god of punishment. The second characteristic is the need for each human soul to find their individual responsibility, particularly in response to the power structures on this Earth.

RESISTANCE TO THE INCLUSION OF THE FEMININE

The combination of the feminine and the masculine working together is essential for planetary harmony, and

KEY POINTS

- As the age of the Aquarian consciousness comes into being, the imbalance between masculine and feminine that was created during this last age will begin to be resolved.
- During this time, each human being needs to find their own individual responsibility in response to the power structures on this planet.
- On an international level, the nations of Russia, China and the United States of America will undergo great transitional periods as they move from a more aggressive, masculine focus to a more feminine consciousness.
- While the reactions to these transitions may be full of resentment and resistance by some at first, light-workers can assist in the process by responding with unconditional love, forgiveness and respect and emphasising the need for freedom from old concepts and ideas.

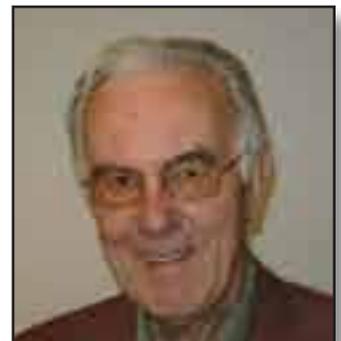
you are seeing this renewed feminine emphasis at work in all countries. But before the more sensitive feminine energies can flow smoothly into all areas of your lives, many of the male dominated systems and structures need to be reformed or dismantled.

Next year you will see women trying more strongly to assert themselves through institutions that have been traditionally dominated males so that the obstacles to this renaissance of the unrestricted feminine participation in society can be removed. This will, however, arouse the masculine to become more belligerent than it already is. The incarceration of Aung San Suu Kyi, the elected leader of Burma, who wishes to see freedom and democracy there, highlights the difficulty for women standing for high office in many countries.

The Anglican religion, faced with rapidly diminishing church attendances, is grappling with divisions between those supporting movement to elevate women priests to the position of bishop and those resisting this movement. In the American Episcopalian branch, there are much more liberal attitudes, but there is disquiet there also. There will be renewed calls for a split. It is not a ludicrous proposition to suggest that the Catholic Church could have a feminine influence working alongside the Pope, but the resistance to this will be immense, as there will also be in the behavior of those reactionary forces within Islam determined to keep women in their “place” and out of sight.

CLASH OF THE SUPERPOWERS

The aggressive male ego is particularly evident when looking at international affairs, and the activities of what you call the “superpowers.” The Cold War is over, but some of the attitudes that accompanied it remain. With internal economic problems reining in the American influence worldwide, you are blessed with a new president committed to reconciliation. The support for him from the spirit world is very profound. He knows that he has to take his time and that confrontation is rarely appropriate. He is waiting for the moment when the people can say,



TONY NEATE

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“Yes, we support you in this.” If he tries to do things ahead of time, then there will be a battle, and he will have to struggle to assert his authority. He understands this.

No, when looking for the most likely imminent clash between cultures, the danger point I see is between China and Russia, the two major proponents of the philosophy of communism, an important but misunderstood political idea—not least of all by those who have tried to implement it. America is a comparatively new country; Russia, notwithstanding the upheavals that have taken place since the fall of the Czars, is a comparatively old country. Much of Russia’s internal misuses of the communist principles were based both on an insecurity in relation to the western power bloc and to the fact that the imperialistic past could not be shaken off so easily.

World events are showing that Russia has a great deal more to face than most countries, and she has taken a retrogressive path that has been forced upon her by the conduct of those who have ruled her. When a country is forced to take an extreme view, the tendency is for the pendulum to swing to the other extreme, as you have seen with the rise of the Russian Oligarchs. If Russia is going to succeed in the world, she must learn to moderate her views and to accept other ways of approaching life.

THE ESOTERIC SIGNIFICANCE OF RUSSIA

Esoterically, Russia had and still has a great karma to perform in the development of the world. Looking far into the future, I see a very different Russia from the state you know today. Many further blows will be rained on her that will cause her to change her ways entirely. To the observing occultist, this will prove very interesting and will explain the debt that this country owes to the world. The type of role she will play in many years’ time will be a modifying one, a very placid one, and I feel that Russia has the chance to make the greatest advance of all nations, because the tremendous repercussions and upheavals she has suffered will, in the long run, prove extremely beneficial to her development.

Communism, as an ideal, could be far more spiritual than many other paths if it were ethically adhered to. It has many commendable facets, but it is necessary to face the fact that the active forces in the Piscean age would not have allowed any type of humane collective rulership its proper implementation. In view of the path Russia has pursued in its evolution, it is not surprising that its astrological rulership comes under the sign of Aquarius, for this is a sign that tends to jump ahead of its time, and its humanitarian type of thinking would easily produce an ideology that could be subverted by those of a controlling disposition.

The path of evolution that Russia has taken has been of a violent nature over the past century, and one of the greatest conflicts Russia will have to face is the influence of China who engineered a form of communism entirely unto itself. As with many ideals, there is often a discrepancy between the original motive and what is carried out at lower levels of

the order, and it is the force of the masses that will be significant in this country, as it always has been. In the Aquarian age, it will no longer be possible to control them.

THE ESOTERIC SIGNIFICANCE OF CHINA

China is a country with a great heritage. It is strange that, in a land as large as the present gigantic republic, there has been a great culture that has molded at various times by some profound philosophies throughout the ages. Unfortunately, the privileged elite who were capable of understanding the philosophies very rarely carried them out. Here is a nation with a heritage and wisdom that could make its contemporaries look like newborn babies; yet, despite all these philosophies, the web of materialism has stretched slowly but surely across its lands and the old order was replaced by a new, powerful and extremist regime.

The philosophies of China have been its strength and its weakness, for in their outlook they provided the answer to all things—except, perhaps, that man should be an individual within himself. Thus they failed to make contact with the average citizen. Revolutions have occurred from time immemorial in this land, and there is still bitterness among the citizens themselves and toward many other countries of the world. As she goes forward now, there could well be the tendency for China to subdivide into smaller units.

China has always been feared because of its numbers and it would be true to say that the westerner has held the Chinese in awe, fascinated by but not understanding the difference in the outlook of the oriental mind. I would say that although the economic domination that China is trying to impose on the world will have to be faced eventually by the United States, it will not be just yet.

No, it is a violent clash between China and Russia that we in spirit are all working to avoid. Tensions in the world are high enough without the risk of a spreading conflict where, if the savagery and the barbaric intent that still lurks behind the present regimes is unleashed, that conflict could easily, at this delicate stage in the world’s evolution, tear asunder the foundations of all known sympathy and civilization. I am not predicting this, you do understand, but I do need to mention that the attitudes that China is bringing to the world form one of the most tender spots in this anatomy of tension. It must be nursed with great care. The seriousness of this situation cannot be too strongly stressed.

THE EMERGENCE OF CHINA

China came into being at quite a different time in the evolution of your planet from any other nation. At different periods of Earth’s history, spirits have come from other planets to assist in its evolution. As the genetic or physical evolution of the human body has progressed, so has the type of spirit that has incarnated and experienced life through the medium of that physical shell. From this you can see that the development of *Homo sapiens* depends upon the type of vibration of the spirit incarnate in the

physical body; in turn, the vibration of the spirit depends upon the sphere of evolution from whence it came before it entered the human shell.

One example of spirits from other spheres incarnating on this planet to give it a little help forward was when the spirits from the planet Venus incarnated on Earth and slowly created in *Homo sapiens* an independent will to develop, thus causing the Atlanteans to grow from the Lemurians. Much later on, another branch of Lemurians formed the beginning of the Chinese civilization. It was into these physical bodies that certain spirits from yet another planet incarnated, causing the evolutionary variation that has built up into the Chinese race. These spirits came from a planet with a much heavier vibration than Venus: the planet Jupiter. Now, the vibration from Jupiter is one that finds the planet Earth difficult to negotiate, and when a spirit from that particular planet tries to experience life through the medium of a physical Earth body, it has to adjust considerably to find a balance.

When I say that the Chinese, as a race today, are predominantly of the vibration of Jupiter, let me be quite clear here; this does *not* mean that every Chinese person has had an incarnation on Jupiter. I am talking about something on an esoteric level. In the universe, there are an infinite number of spirits—each in its own individual stage of evolution—seeking, finding, growing and learning wisdom. Spirits tend to group together just as human beings do, and in that grouping they find strength. Within their own group—and they may be in varying stages of evolution within the group—they have characteristic common denominators, and thus they develop a group personality, ego or spirit. That group becomes, in my terms, a form of vibration, which is what I mean by the influence of Jupiter in the Chinese people; it symbolizes a heavy, slow-moving vibration. Very often, spirits of Jupiter in the physical bodies of Earth experience great difficulty in accepting life; they fight or rebel against it and often appear introverted, for they are people who think and meditate a lot.

Although the wisdom, philosophy and esoteric side of these spirits have been subdued, free will is being reawakened, and people are beginning to realize that a physical life can be enjoyed—a fact that most spirits on the vibration of Jupiter find difficult to accept. The sooner the Chinese emerge from this collective state of thinking, the better, for it could form a trap for them, especially if they become too serious in their rush toward modernization. They are a very dogged race and they must watch that this doggedness does not become further misdirected into narrow, nationalistic channels as they become more westernized. It is within their karma as a nation to rise a great deal in the course of this planet's future, but to attempt to rise too far under their present administration could present many dangers, for they need a more balanced, practical approach if they are to become a truly great nation. They have the tradition and they have the potential, but they only have experience of extremes and find it difficult to put their finer thoughts into practice.

This is a country that will assume a complementary role in the world's evolution, serving as a balance with other forms of national thought and expression. China has subjugated itself for too long. I am all for a harmonious balance between the East and West, and this is something that will eventually come about once this phase of materialism has played itself out. When it does, there are many who will be greatly surprised at what emerges.

THE COMING YEAR

However, we are looking at more immediate concerns, because when the feminine energy quickens in the hearts of those who are not receptive in both Russia and China, the shadow will surely appear. When you send out healing internationally, the energies between China and Russia need to be given a lot of love to create peace and cooperation, not war and control, for they can both be very controlling countries. To some degree this will be played out in the United Nations, where they both have a veto, and in Mongolia. A tense situation is likely to develop soon.

Indeed, the world as a whole must rise above the manipulation of thought and action involving retaliation that is so often carried out in the name of freedom and progress; this calls for more enlightened thought and direction from the world leaders. Just as Russia has to deal with its deeds of the past, all the other countries that have had empires will have to allow elements of the past to come forward to be addressed. No country that has had widespread power and misused it can usefully come to the fore again in world affairs until that karma has been worked out.

Personally, I would not be prepared to back any present form of government system as the better one to encourage a spiritual outlook, because I feel they all need a considerable amount of adjustment before they could really bring about a balanced and compassionate form of government. The greatest hope for engendering this understanding lies with societies and bodies outside the political field.

ACCESSING THE HEART OF THE UNITED STATES

Next year, to enable this increased emphasis on the feminine finding a much more effective balance with the masculine, you will have to deal with reactions to it—not with force, not with anger and not with resentment. You will have to deal with them with unconditional love, with forgiveness and with respect, emphasising the need for freedom from being locked into old concepts and ideas; this includes many members of the scientific community who are caught up in purely material concerns.

In the United States, where the divine feminine certainly needs to become more active and persuasive and more sensitively balanced with the masculine, it is necessary for those committed people who work with energies to access the heart power and dispense it throughout the country. The obvious place would be to draw on the energies of the highest heart chakra point located in the center of America, where it should be active but where, unfortu-

nately, you can find some of the most extreme aspects of light and dark.

This has caused the guardians of that great power center to close it down, denying access to all but a few of the most committed people who can balance their sensitivity with a strong inner resilience so that renewal can take place. It is an area where there are still many people who are addicted to the gun culture, who would shoot first and ask afterward. But it is also, most significantly, an area where Native American reservations were concentrated. The people incarcerated there were so harshly treated that the agony and anger is still alive in the atmosphere.

So I would like to introduce a different approach to the heart chakra for you by reminding you that within each chakra there are representative energies of all the others—the heart speaking from the throat, for example. I would

suggest that workers for the light concentrate their efforts to strengthen the heart chakra of the U.S. by working through the throat chakra at Virginia Beach and accessing it from there, either through mind energies or by being personally present there. This is an area that has been well treated by those true seekers who have visited over the years. It has a purity that will allow the heart energy to be accessed and used in an appropriate way.

I would suggest that this work of balancing the feminine with the masculine be intensified during the coming year, for as the overall energies become adjusted to being much more feminine, this will gradually allow new levels of sensitivity and new levels of understanding and openness of mind into the American character. It will also bring about a much gentler attitude to the things that are happening on the planet, and that will best serve the greater good. ✨

The Positive or the Negative Path? Decision Time Is Now!

Archangel Michael through Ronna Herman

Beloved masters, there are two streams of collective-consciousness thought forms surrounding the Earth at this time, instead of one swirling maelstrom of negative thought patterns that have, up until now, made up the aura of the Earth. This negative band of distorted energy is an accumulation of many thousands of years of fear, hate and self-serving interests and actions. It has created the shadow side of the broad spectrum of light and shadow, the illusionary world in which humanity has existed since the fall into what could be termed a semiconscious state of awareness.

Most of humanity has been caught up and stuck in a third-/fourth-dimensional form of mind control throughout their many lifetimes, for they have been ensnared in the beliefs of their forefathers: racial, political, cultural and religious. Many dear souls have hardly ever had any original thoughts of their own. The negative mass-consciousness belief system is all about doom and gloom, unworthiness, strict rules and dogma that discourages original independent

thinking and that has kept everyone in a state of guilt, fear and inertia. This has been called the “herd state,” whereby everyone looked to their religious and ruling leaders to tell them what to do, think and be.

Every great religion began with inspired teachings from a great master who was given specific wisdom teachings to impart to humanity. They were overlighted by and under the direction of our Father/Mother God, and during their lifetime, the concepts were adhered to and remained pure. However, upon the transition of the master, over time the teachings became distorted and were changed to suit the selfish interests of those in charge. They veered from the inspired truth and wisdom teachings that were designed for that particular era to assist the masses in developing a personal relationship with our Father/Mother God as they strove to attain a certain level of self-mastery and enlightenment.

We have said before that you are very brave to step outside the popular belief system, the collective consciousness of humanity, which has been a prison of sorts for so long. We know you have been criticized, scoffed at, ostracized and maligned in this and many other lifetimes, beloveds. However, we

KEY POINTS

- You have been stuck in a third-/fourth-dimensional form of mind control for many lifetimes.
- A new band of higher-frequency emotional patterns and thought forms now hovers above the negative band.
- It's time for you to step fully into self-mastery and write a new galactic contract.

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wish you to know that even though you may presently be in a minority, your numbers are growing by leaps and bounds. Many of what have been called “New Age concepts” are filtering into the minds and conversations of the masses, and the belief in angels and interaction with the beings of light from the higher realms is no longer totally discounted as it has been in the past.

YOU ARE HERE TO ATTAIN BALANCE

The good news is that there is a new band of higher-frequency emotional patterns and thought forms circling the Earth above the negative band. This band of energy is filled with light, hope and a strong desire for self-expression and mastery. Gradually, the crystalline grid system is encompassing the Earth and the Creator-consciousness band of light is growing stronger every day as more and more of you access the cities of light and become conveyers of the adamantine particles of creation. The masses are beginning to question their leaders and are holding them accountable for their actions. More and more people are beginning to question the dogmatic rules and restrictions of organized religion and are seeking their own higher truth by alternative means.

We understand that a great majority of earthly souls are in the throes of pain, suffering and uncertainty. Unfortunately, the majority of people do not take heed to the chaos of the times, which has been created by excessive and imbalanced thoughts and actions. The karmic laws of cause and effect are returning to the “sender” that which they have created much more quickly than in the past, so that it can be rectified and requalified. For every soul on Earth at this time, the most important life task is to strive to return to balance and harmony within both the inner and outer worlds of existence.

Those of you who agreed to come into physical incarnation at this particular time brought with you the major lessons or imbalances in your physical/mental/emotional bodies that needed to be harmonized so that you could begin to work compatibly with your soul or higher self. You have come into this lifetime to balance your masculine and feminine natures using the divine will, power and authority of the Father Creator, but also to integrate the love/wisdom, compassion, nurturing and creativity aspects of the Mother Creator. You came to experience the Earth and being fully in the physical body while integrating spirit into your physical being and consciousness. You are here to balance knowledge and communications, to learn through intuition what your own truths are, and to live those truths as an example for others, as well as to learn the balance of communication skills—when to speak and when to hold your silence—and to be nonjudgmental, learning that each person is on his or her own individual path and has his or her own lessons to learn.

IT IS TIME TO RECLAIM YOUR DIVINE BIRTHRIGHT

For those of you who have listened to the whisperings of spirit and who have stepped onto the path of enlightenment, it is time for each of you to remember that the Earth

is not your home. You are on assignment here. You are from far-distant star systems and galaxies and possibly even other universes. It is time for you and the many faithful warriors of peace/light to know how magnificent you are and how brave you were to answer the clarion call to descend into the density of this earthly experiment. The events in your galaxy, solar system and on Earth are quickly moving forward, and great change is in the offing. Therefore, it is important that you focus on what is right in your world and not get caught up in all the negativity and fear that is spewing out into the ethers. Remember, you give energy to that upon which you focus your attention.

It is time for you to step fully into self-mastery and reclaim your divine birthright. What would you like to become? What would you like to do? You have the ability to become or create anything you can envision as long as it is in harmony with your divine blueprint. You have wondrous light packets of information stored within your sacred mind just waiting to be called forth. As you build and perfect your pyramid of light in the fifth dimension, you will find that your creations will manifest more and more quickly.

Teaching by example is one of the most effective ways to show others how to become masters of their own destiny. Always ask for the highest outcome and for the good of all—you will not be led astray. We know it is not easy to step out of your comfort zone, for you have allowed others to make you doubt yourself and your abilities. We ask you to be a brave example to those around you: Those who are stuck in the cultural beliefs and limitations of the collective consciousness of humanity.

Each of you has experienced life many times in either a male or a female body. You have also experienced the physical vessel in a great variety of races, forms and cultures. Beloveds, when you judge others, you are really only judging yourself, for you have experienced most all of the many facets of earthly existence. It is a great privilege to be allowed to incarnate on Earth, and there has always been a list of millions upon millions of souls waiting to experience the physical reality that the Earth has to offer.

You are no exception, for you were anxious to experience earthly creation in as many ways and expressions as possible. Therefore, as the veil of illusion is gradually lifted, you begin to develop great understanding and compassion for those who are stuck in the pain and suffering of the third-/fourth-dimensional distorted reality. Beloveds, we are asking you to become a brave example for those around you. As you dare to step out and claim your mastery, others will follow your example. Call on us, and we will assist you in your endeavor.

Many of you are experiencing a divine discontent as well as dramatic life changes at this time. Things that used to bring you pleasure no longer satisfy, and you may have lost any common interest with many of your friends. This is because your soul self is nudging you to move forward, to expand your vision and to take control of your destiny. You must let go of preconceived ideas about the structure of your life. You must let go of beliefs that keep you stuck in a binding set of struc-

tural boundaries. Letting go gives you the power to expand your consciousness and your picture of reality.

The higher your vibrational patterns become, the more fluid the time-space continuum, or the sequence and timing of events, becomes. Structures become habits that bind you to the illusion of the third/fourth dimensions. Do not become attached to the structured life you have created. It is important that you are willing to change your life to include new concepts as you expand your vision and awareness of the potential of the future. Never forget that you are cocreators: either of pain, suffering and limitation, or of love, joy, peace and abundance. The choice is yours.

DURING THESE TIMES OF ACCELERATED EVOLUTION, YOU CAN MAKE A DIFFERENCE

My brave warriors of peace, it is time for you to write a new galactic contract. Be very clear and deliberate in stating what it is that you would like to do. We stress again: Anything you can envision, you can manifest, and we have given you the wisdom teachings and the method to do so. However, you must make the effort, radiate the love you feel in your heart and share the wisdom you have gained over your many lifetimes. Your reward will be the light in the eyes of those around you and the joy they express as they too allow the integration of spirit to create miracles in their lives. The violet fire of transmutation—through the energies of beloved

Archangels Zadkiel and Amethyst, and under the direction of Saint Germain and his divine complement, Lady Portia—is being showered down upon the Earth and humanity to assist in these swiftly changing times. The power of the Seventh Ray will greatly increase in strength in the coming years as you move deeper and deeper into the process of ascension.

It is not by coincidence that so many brave souls chose the Seventh Ray of transformation as their soul ray for this lifetime. In the higher realms, you were aware that it was to be the overlighting ray for the planet Earth for these next 2,000 years of evolution/transformation. See this blessed energy blazing up and around you, radiating out in ever-widening circles as you join others in helping to lift the consciousness of humanity back into the frequencies of love/light. Remember, during these times when the evolution of the Earth and humanity are being accelerated, you can make a difference.

Many of you are disturbed by all the negativity and injustice around you; however, deep within you know that the great changes taking place will eventually be for the betterment of all. Be assured that you can be an instrument for change. Stand firm in your integrity and allow us to assist you to fulfill your mission and to nurture you with our love. Allow your radiance to shine forth for all to see. Know that you are loved profoundly, and you are under my protection. I am Archangel Michael. ✨

Moving Forward With “Current-cy”

Divine Wisdom through Annie Konovitch

All aspects of money, material things, social, governmental, and all other structures and systems—from the macroscopic down to each individual—have come into the forefront of focus and will not be leaving for at least sixteen years. A new cycle has begun over the last several years regarding

these things, and you will be given circumstances that will allow all aspects of them to be transformed.

As 2010 approaches, those most conscious among you have an opportunity for more peace through this transition by understanding what is happening and by pro actively and deliberately working with the energies. No doubt you have seen the very obvious signs of this trend in our country, the world and in your own individual experience.

KEY POINTS

- “Many people will be called to simplify their lives as an intuitive and voluntary action, or through a seemingly forced and uncontrollable set of circumstances, or both.”
- We can utilize quantum reality in order to reconstruct external forms by changing our inner lives.
- “Current-cy means not spending most of your time in the past and the future, as is typical in the world of duality you are leaving.”

THE QUESTION OF PROSPERITY

Many of you who had abundance and wealth are now “losing” your material

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possessions or voluntarily giving them up. Those who thought they did everything right by going to school to get a good education, getting good jobs, saving money and investing are losing their houses, assets, seemingly stable circumstances and even their income. Many of you have encountered never-before-experienced situations of wondering where your next meal will come from and having to enlist help from family, friends or government systems. There have been turmoil and shock from this leveling off of wealth. This has been a major trend, especially for healers who often experience things before others in order to assist by helping other people through. From having had the experiences first, these healers among you glean the insights and put them into an expanded perspective in order to help others make the best and most productive use of the energies.

Still others among you have found new prosperity as your dollars can reach farther in a seemingly struggling economy, and you are now faced with the question of what to do with your extra money in a dubious economic time. Many of you are just now getting to have the experience of owning your own home.

The year 2010 will only bring more of these topics of money and material things—the views of them and relationships to them—for you to explore. Many people will be called to simplify their lives as an intuitive and voluntary action, or through a seemingly forced and uncontrollable set of circumstances, or both. What is Money? How effective is our currency, and would a new one help solve the current problems? How many things do you need to be happy? What does owning a house really mean? Can you really own a house? These questions and countless more will be at the forefront of your philosophers' and pioneers' minds in 2010.

UPDATING YOUR INTERNAL STRUCTURE

When a new level of richness is created in the lives of the conscious ones, you will no doubt use those resources differently than you would have a couple of years ago. This is part of the unavoidable transformation of the idea of money. As conscious healers, knowing that this is occurring will help you respond to the inner nudges inside of you on this topic. Another one of the arenas of inevitable transformation includes systems and structures. The breakdown of stodgy and unproductive systems will continue creating energies of chaos, and you have the option and opportunity to transform them into the continued momentum to create better systems. It is important to understand that all the work you have been doing as healers—individually and collectively—is part of creating the breakdown of the current systems, as they are only external projections of our own internal, collective psyche.

We live in a quantum reality where what is inside is projected outside. It is universal law. As we change what is inside, the outside projections—structures, institutions, systems and so on—have to disappear, collapsing under their own weight so that a true picture of the

new, collective psyche can accurately be projected. It will be necessary, readers and teachers of energy, to focus on the empowerment of yourselves and others by continuing to put energy into the inner changes that will help create the necessary outer changes. Do this instead of buying into the victim mentality that something is happening to you—to us—because of the systems. For instance, instead of feeling frustrated and helpless about the current health care or seriously flawed government system, know that they only represent extraneous and obsolete parts of your egoic structure that you can dissolve in yourselves. And help others to do the same until enough of a critical mass is reached to shift the outer reality.

As humans, you need an egoic structure to be in a form, your body, but you also have many personality matrices that have accumulated from this and past lifetimes that are no longer relevant or helpful. It is these outdated parts of your internal structure that you have been diligently working on healing through your focus on your path.

It is interesting to note that if you make a list of problems—with the government or any other major structure in society—that same list describes the adjustments to be made to the egoic structure. For example, the government or a big corporation might be too big, unproductive, have too much power or have parts of it that are obsolete and no longer relevant to the current society or current circumstances. All of these things are also true about the many layers of personality—the egoic structure. By using the countless tools available to clear out these obsolete programs from the psyche, you can and will assist in co-creating better—more streamlined, relevant and responsive—structures around you, both in your immediate and global environment.

EXCHANGING CONTROL FOR “CURRENT-CY”

A major, underlying energy with all of these changes is the issue of control. As things continue to come up that seem completely out of your control, relinquishing your perception of control is necessary. Remember that what you can most control is your outlook and perspective on the things happening to you; this is pivotal to effectively integrating the lessons being offered to you. By maintaining an empowered outlook of positive change and co-creation—submitting to “thy will” not “my will”—the third chakra tension associated with the changes of this time can subside.

Remember that your job is not what feeds you. It is Source that feeds you, and this is another necessary principle for you to keep in mind in order to help you experience these changes gracefully. You have the opportunity to really live the ideas you have been intellectualizing all these years. These ideas are focused around the one truth—all you need comes from the divine and your connection to it, not from your partner or job. Any perceptions of lack of money, love, happiness, etc. is really a mirror for disconnection from Source. Really embodying this principle is what the focus of 2010 and beyond is about.

In summary, 2010 and beyond is really about a new “current-cy.” Our monetary systems are crumbling as debt is a constant in our collective reality, which is really an external projection of the law of karma that is intrinsic to the third-dimensional world of duality. We will experience transcendence into higher dimensions where the law of karma, debt and the old world of currency are truly a thing of the past. A new currency built on current-cy is being created.

Current-cy means not spending most of your time in the past and the future, as is typical in the world of duality you are leaving. It means being connected to Spirit at every moment and always having what you need in each moment without worrying about past experiences and projecting those energies into the future. It means being in the present moment where all things are taken care of.

Enchanted Rock: Heart of the Dove

Archangel Metatron through James Tyberonn

Greetings, I am Metatron, lord of light. I greet you once and always in unconditional love. And so we speak this moment of what may be termed the “Heart of the Dove.” During the winter solstice of 2009, the Heart of the Dove will be activated into parity field. At the spring solstice of 2010, it will join with the Head of the Dove in the crystalline activation of the cosmic trigger.

Masters, we tell you that quickening changes are occurring throughout the planet, and among the most relevant of these changes is the balancing of the planetary energies. Areas that are considered overly industrial, overly corporate or overly dictatorial are being immersed in a softening energy.

KEY POINTS

- The granite dome in the hill country of Texas known as Enchanted Rock is the heart of a balancing vortex, known as the Return of the Dove, that is assisting the emergence into greater potency in preparation for the planetary ascension.
- “The Return of the Dove has the role of bringing higher-dimensional feminine energy into an area that has had an imbalance over the past 500 years.”
- Not only does this vortex have a special mission to balance energies, but it has, for millennia, been directly related to the higher quality of life and sense of well-being in this region.

The more you find yourself in the present moment, the more you will see that the previous back-log reality—lists of things to do, piles of stuff to be dealt with, being in debt, being behind, being everywhere but in the present moment—will dissipate. The method to create and give of the new current-cy is the same: the present.

There are many tools, and new ones coming in all the time, to assist with this new current-cy. Some timeless ones include all forms of meditation and breath-work. Another one that has done wonders for many is a book about a system titled *The Marriage of Spirit* by Leslie Temple-Thurston with Brad Laughlin. Ultimately, clearing out your mental and emotional space regularly allows for deeper, conscious communing with the divine. Whatever method you are drawn to is the mechanism through which you will continue to be leaders and pioneers of the New Age. ✨

This is indeed a crucial aspect of the Return of the Dove [balancing vortex in Texas], for indeed the Dove brings in a gentle nurturing, one that is termed feminine and is thus the balance of the masculine overage. Ascension is harmony, and harmony bequeaths symmetrical balance within the polarity of the planet.

FEMININE BALANCE

Let us be clear, however: While the influx of feminine energy is necessary to achieve energetic equity on the planet, do not misinterpret that feminine energy is better than masculine. Rather, it is what is needed to balance the current overage of masculine. You see, Lemuria was out of balance in an overage of feminine energies, and masculine flows were fluxed into that area at that time to achieve parity. So we tell you, dear ones, that the desired energy of the planet is one of balance—neither male nor female, but of balance.

In truth, the ushering in of the crystalline age raises the planet within that which is termed the fifth dimension to an accessible field of non-gender and non-duality. You see, crystalline energy is zero field, and as such, certain nodes on the planet are now being activated. These will serve to bring the balancing



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frequencial fields into synergy for the crystallization of the planet. You must understand that the unified crystalline field is the epitome of balance; indeed, it is a non-dual, non-polarity frequency, and it is zero field.

One such node exists within the hill country of Texas. Dubbed “Enchanted Rock” by the local inhabitants, it is a unique and potent energy source that is being activated in the previously described role of planetary balance. It serves as the capstone of the hill country vortex. Enchanted Rock is indeed the epicenter of a powerful vortex-portal complex that is being vaulted in megastatus in what is termed the Return of the Dove. It can be said that Enchanted Rock is the “Heart” of the Dove, for it is intricately involved in softening and balancing the energy within this critically important area of the Americas. The dove energy is feminine, but it is better said to say that it is nurturing and balanced. Humans assign genders to attributes that in higher dimensions are not gendered at all.

PARITY CALIBRATION OF GENDER

We tell you that those seekers who visit and do ceremony on Enchanted Rock are capable of balancing their fields into parity calibration within its unique inner field. That is to say that those who are overly masculine in frequency, as well as those who are overly feminine in frequency, can achieve harmonic stasis and proportion within the immediate vortex of Enchanted Rock.

Now, Enchanted Rock is natural sacred geometry. It is a half-sphere dome, not unlike a massive version of what caps many of your sacred geometric churches in Europe. However, it is a dome that covers a full square mile and is composed of unique, violet-pink granite that is over one billion years old, as such it is among the oldest domes on the Earth. How could it not be sacred? We tell you that it is a living cathedral, with a mission!

THE HEART OF TEXAS

The hill country region is in itself a very unique area in the heart of south central Texas. As the channel has told you, this specially coded land is a somewhat triangulated region of approximately 200 miles on each side. This encompassed region has a uniquely condensed energy field that is much, much higher in frequency than the surrounding area. Sensitives in the area can easily discern the subtle nuances in the energy that create a sense of well-being.

This field is plastically fed by a webbing of hydrolines and a major telluric ley line that traverses from the Yucatan into San Antonio and Austin as it encircles Enchanted Rock and the waters of New Braunfels. It can be said that every river and stream within the aquifer-fed area is in fact a hydro ley line. Masters, such energy fields exist in pockets all over the world. They are indeed special, they are alive and they are absolutely involved in the ongoing graduation of the planet.

The Return of the Dove vortex in the hill country of Texas, as we have said, is under a special mission of balancing energies. Yet in fact it does more than just that.

Indeed, it has for millennia been directly related to the higher quality of life and sense of well-being of the triangulated hill country region.

It is this very energy that has drawn intellectuals, artists and free thinkers to this area. It is why the area is noted for its quality of life, universities, artists and musicians. The harmonic frequency of this energy field is uniquely conducive to creativity, especially music. Are not Austin, Kerrville and Luckenbach renowned for their music venues and festivals? Is San Antonio not recognized for the cultural and artistic expression in the area you refer to as the “River Walk”?

Indeed, the water that flows throughout San Antonio is very beneficial; it is charged from the earthen spring pools of a potent ley energy aquifer. It creates a plasmic field that brings a joy and tranquility, and it is why the area is considered so “charming,” to use your vernacular. You see, this water is exceptionally ionic and carries an electromagnetic charge that is very beneficial for both the physical and etheric bodies. The aquifer-charging zones, or springs, found in New Braunfels, San Antonio and Austin are exceptionally powerful and healing, and yet they also promote exuberance and well-being.

ATLANTIS IN TEXAS

The indigenous have always recognized subtle energies of the living earth, and so the Native Americans of southwest Texas were well aware of the energy of Enchanted Rock. They recognized and held the lavender granite rock in awe, as did the Atlanteans before them.

Yes, we said, “Atlantean.” You see, this part of Texas was indeed habited by Atlanteans in outposts along the land bridge that connected Atlantis to the Yucatan. Even then, the Enchanted Rock was recognized as a natural amplifier, and thus the leys that ran through the pyramids of the aquifer-enhanced Yucatan were connected to the aquifer-enhanced areas of the hill country. In fact, the cave labyrinths below the Yucatan still connect into the hill country as well as the areas of Santa Fe, Grand Canyon, Lake Tahoe, Shasta, Arkansas and Sedona.

There was a small pyramid located very near Enchanted Rock that was used ceremonially for the calibration of crystal skulls in alignment to the energy of the granite dome cathedral. The pyramid was aligned between the energetic field of Yucatan and the complex near Galveston Island. The energy of Enchanted Rock remains very much attuned to that of the crystal skull, the thirteenth paradigm pattern of the divine human.

CRYSTALLINE STRUCTURES AND LEY LINES

Your geologists have correctly told you that Enchanted Rock is actually the obtrusive portion of a massive, ancient lava (magma) flow. The greatest part of Enchanted Rock is actually below the surface, and when magma is held under, it solidifies more slowly into coarse-grained rocks with larger, visible crystals. These are intrusive, or plutonic, rocks—of which granite is the most common example. Some of

the finest examples of crystals—such as quartz, topaz and tourmaline—are formed from chemicals that have been dissolved in solutions within rock cavities. Here, they have both space and time to grow. Enchanted Rock is, in a sense, a massive grouping of crystals, and it most certainly contains hollow pockets of prolific quartz crystals.

Now the electrics you refer to as ley energy, or ley lines, are a great part of the dynamic of Enchanted Rock. In this area, the ley energies are intertwined with the more feminine hydroline ley energies. This affects the manner in which they are absorbed, amplified and conducted by the mineralogy and shape of the physiographics of Enchanted Rock. Granite, as the channel has explained, contains a high concentration of quartz. This mineral compound is quite unique and is known to be a transmitter, receiver, amplifier and conductor of current. Very few materials can match the energy transmission of vitreous quartz, especially in the ultraviolet and infrared ranges. We tell you that quartz also stores energy and high-dimensional light. Quartz is capable of converting energy to electricity. Granite domes and conical and pyramid-shaped mountains also have this property of energy conductivity and storage. The conical shape influences the manner in which the energy is conducted.

The differentiating characteristic of Enchanted Rock is that it is a natural capacitor. Granite enhances this ability, and the domed shape of this living stone allows for the dual charges, integrating them in microbalance. It is there-

fore capable of infusing beneficial electromagnetic and light energy to all who go there. This transference occurs in very low amperage, suitable for human physiology in such a way that the physical body is balanced and restored. This charging is congruous—evenly distributed throughout the physical body. The etheric body, the chakric system, is also balanced—and robustly so. The geometrics of this area are spherical—thus the balance—but a tetrahedron and hexagonal matrix are enclosed within the sphere.



This region of the United States particularly benefits from the balancing vortex, for it is emerging into greater potency in preparation for the planetary ascension. The Return of the Dove has the role of bringing higher-dimensional feminine energy into an area that has had an imbalance over the past 500 years. In the scope of North America, this energy is being fed into Sedona, Monterey, Santa Fe, Shasta and Tahoe in the west, and Atlanta, New York and Carolina in the east. Enchanted Rock is connected globally and hemispherically in this role. It is the manifold apex of numerous triangulated fields on a massive scale that includes Uluru, the Tor, Table Mountain, Samaipata and Sinai. The year 2010 holds much in store in the crystalline activation of the cosmic trigger, and the Dove is integral to this activation. I am Metatron, and I share with you these truths. And so it is. ✨

Gifts of the Coming Year: Mending the Gap That Brings Us Home

Octavia through Victoria Tunnermann

Greetings, beautiful ones! There is much to discuss in so limited a time, so we will get right to it. It is a new time in your sense of the word. There has been much discussion of the coming shifts and access to other planes. Let me explain that although

there will be changes with these introductions, the most profound will come in the form of openness to spirit.

COMMUNICATION WILL FLOW BETWEEN WORLDS

Some of you are sensing it now; others will know it when it comes. There will be little separation between the physical selves you inhabit and the spirits of those you



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KEY POINTS

- In the coming year, you will develop new connections between yourself and spirits you have known.
- Your senses will begin to shift and play new roles.
- With this shift, you will come closer to where your spirit yearns to be.

have known. There will be communication between yourselves and those who have passed from this physical world, as well as those who have not inhabited physical bodies in quite some time. Understand that this will not be simple communication with a few hints here and there. Certainly not! This new connection will envelop you with love and light so that parts of your brain that had not been fully aware or developed until now will suddenly be charged.

The spark will cause an opening, an understanding. The best part is that you will not even realize anything happened until after the fact. Communication will flow through in such wonderful ways, and one day you will contemplate this and realize it has been happening. A part of you will wonder why you never did this before. For you see, your mind will begin thinking as it should at this higher level. Your potential for access will increase, and your internal systems will connect with spirit in the ways they had before you chose your current existence.

Individuals whom you have connected with on this earthly plane will be there with you again. You might not understand at first the way the energy is aligned for them to appear physically. They may have to show themselves as they had been physically in order for you to feel that they are with you. But as your brain undergoes the required energetic charge, the ability to recognize the true self in spirit will manifest.

At first, you will hear them. The vibrational level you are able to accept has been raised. You are in tune with the universal spheres and language. Buzzing and high-pitched noises will be heard at first, followed by word fragments as your mind pieces together the translation it is now capable of comprehending. Do not be concerned that this will interfere with your own thoughts, as these connections will have their place in the understanding brought about by higher energies. Willingness to accept these energies has been in your code from the beginning of your journey, so this will not come as a shock to your system. Instead, it will be accepted as a welcome device, giving you a feeling of being that much closer to the home you once acknowledged. Once this acknowledgment comes, there is great celebrating in the world of spirit! For we all welcome you, as you welcome us—with love.

COLOR WILL TAKE ON NEW MEANING AS YOUR SENSES ARE CHANGED FOREVER

Be aware that hearing is not the only form of communication that will flow more easily for you. You will feel and see emotion as light and color. This color is not the same as the aura of which much advancement has been made. Rather, it is color that has traveled from the spirit to fill your world with its presence. Such beauty is more available to your world, filling the spaces of darkness and revving the places of denseness to the proper vibrational level.

It is like dropping color into a can of black paint. Little by little the black fades. At first it is muddy, as your earlier connections might have seemed. But given enough saturation, the muddiness becomes vibrant, eventually taking over the blackness. Yes, this does require quite a bit of color, but this

is the gift of the universe that you have pulled toward you for so long. It is arriving now, without any more delay.

Color will take on new meaning as it becomes widely accepted through the sense of touch. Energies and the charge of your emotional states will manifest their own colors. Suddenly you will realize that you can reach out and touch them. Their substance will be similar to the natural clay in your earth but slightly different, as the properties associated with its denseness will not be present. Your perception becomes that much closer to the energy of spirit as the definitions associated with the five physical senses begin to overlap and play new roles.

What you used to know becomes an idea that you wonder about. It is no longer a truth for your being; it is filed in the mind as a potential whose path was diverted. As you move closer to spirit, we see this happening more and more: the ability to let go more easily in order to fulfill higher vibrational goals.

IT'S THE BEGINNING OF A WHOLE NEW WORLD

This coming year, as you know it, marks a time when your senses will be changed forever. There is no going back once you have made this shift. You have come closer to where your spirit wishes to be, so there would be no reason for it to move in a backward direction. This progression, only to be followed by reversal, can be very harmful to the spirit who has been seeking the higher vibrations of home.

However, there will be those who choose to stay in the denser vibrations. These individuals do so for their own reasons, some of which are laid in place so that they might secure a much needed understanding of the physical. They are not ready to allow their physical brains access to the changes that are available, and they should not be forced to do so. Each of you needs to progress within the journey you have set for your spirit. What is not accomplished with this coming shift will be accomplished with subsequent shifts.

The access to such energies does not come along once. There have been similar energy changes in your past, and there will be more in your future. Spirits who have chosen to embark on their journeys at times of great shifts, often do so for the energy available to them. However, there are others who chose their journeys as a slight step toward the next one. They are not ready to make a huge leap right now, but being present during such a shift can give them the tools they need to enter a lighter field during the next one.

As an individual who has chosen to work more closely with spirit, you are making a remarkable change for yourself and the planet! You are setting the stage for all those individuals who will make the next shift, and you are opening the way for spirit to bridge the gap that had existed between worlds. Your shift will come most intensely over the next year (in your time) as you work within a new world—a world with new understanding of color, light and love, and a sense of connection. This is the world of the spirit interwoven with the physical world in ways that had previously been unknown to your Earth.

You will soon be living with open communication to the world of the spirit, and you will remember the energies all around you. Earthly energies, otherworldly energies, energies that have previously been human—all of these will converge in the new world as it develops. What some could not come to believe will be all that is. There will be less wondering over truths and more realization that all is truth.

Be aware that this world is changing for you. Know when the changes come that they are as they should be. They are our creative desires that had been scattered to the universe by those seeking to mend the separation between physical and spirit. These wishes are now being fulfilled in the most exhilarating ways! Enjoy them as they present themselves. They have been waiting a long time to be acknowledged. ✨

The Year of Global Choice

The Brotherhood of Light through Edna Frankel

Greetings, dear ones, from the Brotherhood of Light, the ancient order of Melchizedek. Welcome, once again, to our energies of divine love and light. We are so much closer to you than you realize; we watch over you to guide and protect you on your path. No matter how dark things may seem, please remember that all physical life is transitional and that your bodies are temporary but that your essence, your souls, are forever eternal.

In these last days before the millennium shift of 2012, you have many good channeled sources for predictions regarding politics, science, natural events and a host of other topics. Through this channel, we focus on information about holistic alternatives for health and well-being. Discussing future events, however, can be confusing and misleading unless you have knowledge of past and current events that affect and direct those future predictions. As one of our greatest statesmen, Winston Churchill, once said, “The longer you can look back, the farther you can look forward” [www.churchill-society-london.org.uk].

DEFINING IMPORTANT TERMS

You have already seen many predictions come true in regards to weather events, politics, the stock market crash and the ensuing global financial turmoil. But what about the forecasted spread of new, virulent diseases? Those too are already here, dear ones. Some you may be aware of, some not. First off, we would like to define what the scope

of these illnesses truly is, for it is vital to define the words being misused by your news-reporting media.

In a prior article, we discussed the words “ethics” and “morals,” since their meanings have become obscured over time. Here, we have chosen the words “endemic,” “epidemic” and “pandemic,” because your current level of news reporting doesn’t seem to know the difference, and they tend to be used interchangeably. This only serves to add fear atop of fear to the general population. We are not passing judgment here on the news media in general; we seek only to clarify the information you are receiving so that you can make up your own minds about what is right and good for you. Remember, fear blocks you at every turn and in every decision. Acting out of fear gives away your personal power. The definitions for the three words, according to Dictionary.com, follows.

Endemic—Adjective: natural to or characteristic of a specific people or place; native; indigenous; (as in) countries where high unemployment is endemic; belonging exclusively or confined to a particular place; (as in) a fever endemic to the tropics.

Noun: an endemic disease; an endemic plant or animal.

Epidemic—Adjective: a disease affecting many persons at the same time; spreading from person to person in a locality where the disease is not permanently prevalent; widespread.

Noun: a temporary prevalence of a disease; a rapid spread or increase in the occurrence of something (as in) an epidemic of obesity (or) an outbreak of a contagious disease that spreads rapidly or widely.

Pandemic—Adjective: (of a disease) prevalent throughout an entire country, continent or the whole world; epidemic over a large area; general; universal (as in) pandemic fear of atomic war.

Noun: a pandemic disease.

KEY POINTS

- Your health and well-being are not a matter to be fearful or full of panic about. This is an opportunity for your faith to shine.
- Be aware and informed of the health hazards present in your everyday life and guard against them by keeping your life simple and free of unnecessary stress.
- The strength of your faith and the healing energies of the Circle of Grace will help you on the path to true health, giving you back all of the powers that fear-mongering may have stolen from you.

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THE PANDEMIC PICTURE

Cancer occurs in many forms, but is not considered a pandemic illness because it has not been found to be transmitted from person to person. Since 1981, there have been over 25 million deaths from AIDS, and over 33 million people are now sick from the AIDS pandemic. In the great influenza pandemic of 1918, 25 percent of the U.S. population died within the first year. Global estimates range from 50 to 100 million deaths. By contrast, the current wave of avian flu has killed approximately 260 people since 2003. Sadly, huge numbers of domestic fowl were killed and many poultry farmers went out of business because of fear spreading through many countries based on misinformation reported in the news.

Seasonal flu is not considered part of the pandemic picture. It is considered a "widespread endemic disease that is stable in terms of how many people are getting sick." [according to en.wikipedia.org/wiki/pandemia] Since seasonal flu mutates in form each year and vaccines are produced using the prior year's form, regular flu shots have a built-in failure rate that is skewed by statistical reports. Historically, diseases such as syphilis, cholera, smallpox, typhus, polio, tuberculosis, measles, malaria and leprosy have been successfully combated by consistent vaccinations in most Western countries. Still, many third-world countries see outbreaks of these older diseases because they do not have the financial means to vaccinate their entire populations.

Other factors such as natural mutation, global warming, over use of antibiotics (including those injected into cows and chickens), DNA tampering for biological warfare, GMOs, HAARP and artificial cloud seeding have led to the potential for new, vicious strains of illnesses that you are experiencing now, such as SARS, MARS and Red Tide. When these new strains defy your current medical resources to combat them, you are faced with new pandemics that spread quickly through human-to-human contact.

HALTING THE CLIMATE OF FEAR

One aspect of weather anomalies that most people do not recognize is the climate of fear created around new diseases. Dear ones, as we mentioned earlier, giving in to fear results in the herd mentality that governments, drug companies and insurance companies count on to boost their profits at the expense of the general public. For example, you could learn much from the last outbreak of swine flu that occurred in 1976. Yes, the swine flu pandemic that you are facing now is not new!

In 1976, there was an influenza outbreak at a U.S. military base that caused a soldier's death and spread through the facility. Back then, thinking that they were dealing with a swine flu-type outbreak similar to the devastating 1918 influenza, the government decided to launch an expensive program to inoculate the American public. The good news was that the feared influenza never materialized; the bad news was that the vaccinations had serious side effects. By the time (approximately) 50 million people received the shots,

hundreds had developed reactions such as the normally rare Guillain-Barré syndrome or other neurological issues. In some cases, these even proved fatal. This is a cautionary tale. Given the information at hand at the time, those in charge were acting in the best interest of the general public.

Medical decisions such as these are difficult enough to make without adding politics and politicians into the mix. As you can see by the current American debacle over health care coverage, what is best for the people has been lost to political posturing, bipartisanship and the behind-the-scene manipulation of big-business interests. Worse yet, current estimates indicate that it will take another three to four years before any resolution is seen. In the meantime, health insurance companies are free to raise their rates and continue the unfair practices that will exclude millions more from having adequate medical coverage.

STOP TAMPERING WITH NATURE

Dear readers, you may be thinking by now, "So, what's your point? Tell us something we don't know!" Okay, our major message here is to stop tampering with nature! If you look at the broader picture, you will see that there are many indicators leading to a sad conclusion. Your global food supplies have already been tainted with chemicals and GMO tampering. Your attempts to control the weather will only lead to a severe backlash as the planet strives for balance. Your quest for alternative fuels would have already succeeded if not for the intervention of the huge oil conglomerates. All of your current problems can be traced to a handful of greedy, short-sighted individuals who have quietly usurped the power of "we, the people."

In regard to the current swine flu pandemic, what experts are finding now is a percentage of illness and death comparable to seasonal flu numbers. Even though the second wave of this illness has spread globally in less than two months, those who have died had other clinical factors affecting their health, such as age, obesity and other pre-existing conditions. We advise you to step away from your fears and decide objectively if the new vaccine being offered is necessary for you and your family.

Simple yet effective preventative measures can truly help avert the potential for swine flu contamination. A good multivitamin plus vitamins C and B complex will help boost your immune system, which is the body's natural defense against illness. Adequate sleep, lots of clean water and food, even the frequent washing of your hands will safeguard most people from this contagion. On the other hand, those in high-risk jobs and situations must evaluate their individual risk and follow the path that feels right for them.

THE MYSTERY OF MORGELLONS

We have explained in many prior articles that your level of awareness depends on your perspective and your framework of reference. Dear lightworkers, the more you know, the higher you can go! What if there was an illness brewing in the global population that was not terminal, but making

people so sick that they lose their ability to think clearly, thus losing their jobs, their quality of life and even the support of family, friends and the medical community? What if we were to tell you that this disease has been around for several decades or more? What if this disease mutates so quickly that it even changes symptoms in the same host body?

Sadly, this is not a predictive statement, but a description of Morgellons disease. Our main word to describe this disease is “bioengineered.” Dear ones, this is an ugly chemical soup so illogical that even Mother Nature would be embarrassed to claim it as a product of natural selection. The CDC has not yet found proof that Morgellons is a disease, because it is only one of 200 or more illnesses being investigated that fall under the category of arising from an “unknown pathogenic source.”

The scientists researching this illness are bewildered to find both animal and plant cellular material mixed with GMO and red tide particulates, chemtrail droppings and brightly-colored plastic structures, none of which should be present in humans. The symptoms are so varied that most people affected don’t know that they are carriers. The incubation time also varies, depending on the person’s level of health. The source vector is as yet undetermined: Does it come from a tick bite or a plant? Is it being spread by human-to-human contact? Much of the information on the Internet is confusing and contradictory, posted mainly by suffering victims or those trying to make money on them.

MISDIAGNOSIS AS DELUSIONAL PARASITOSIS

The CDC has teamed up with Kaiser-Permanente in California to do the basic research on the subject since the epicenter of this contagion began in San Francisco in 2006. The worst-hit states are California, Texas and Florida with over 14,000 registered cases in the U.S. and thousands more in countries around the world. While the verdict is still out, more harm has come from another area of medical practice: Psychiatrists have rushed forward to label Morgellons as “delusional parasitosis.” They are misdiagnosing and mistreating Morgellons sufferers as schizophrenic, alienating most all family support, which these people so desperately need. They are being prescribed the wrong medications for what most doctors insist is an auto-immune disease, claiming that Morgellons victims are creating the symptoms all by themselves.

Simple logic dictates that no delusion can be common to so many people around the world who are exhibiting the exact same physical-particulate symptomatology. Yes, people are reporting that they feel like bugs are crawling and biting them under the skin. That alone could be compared to the DTs, but as to the rest, the list of symptoms is long, scary and so varied that it is difficult to navigate and find the truth. Some people start with losing copious amounts of hair, others develop trouble swallowing or chronic fatigue or mental fog. The skin lesions take longer to surface, but are exceedingly painful, involving burning and itching. The scabs slide off easily, causing the lesions to expand rather than heal.

The “matchbox syndrome” that psychiatrists claim is part of the delusion further deprives these victims of the help they need. When you get a tick bite, don’t doctors tell you to bring in the tick so they can tell what bit you? That’s just common sense and accepted medical practice. But when people show up with a collection of such a variety of (identical!) particles and beg their doctors for help, most are being dismissed as crazy.

POTENTIAL VIRAL CAUSES

Here we offer an historical similarity between Morgellons and chronic fatigue syndrome. Before chronic fatigue was determined to be a viable illness, those sufferers were labeled as depressed, lazy or just plain liars. In October of 2009, a study was released stating that an infectious virus called XMRV was found in the majority of cases. While there is still no effective treatment for chronic fatigue, the discovery of the XMRV retrovirus is a great leap forward in understanding this illness and helping those suffering from it. XMRV is in the same family as the HIV virus, and alters the host’s genetic material for life. Eventually, you will discover the same link to Morgellons disease.

While all of this is going on, has anyone realized that your blood supplies are now tainted with Morgellons? Yes, the same thing happened with the HIV virus, and many innocents who were not having unprotected sex or sharing drug needles became victims of AIDS. Since there is a growing percentage of people who have Morgellons but don’t realize it yet, many have and will continue to donate blood, thinking that they are helping others.

Dear ones, knowledge is power. We state here that Morgellons is a parasitic infestation the likes of which has never been seen before. The life cycle is very complex, taking on at least a dozen forms, all of which carry the genetic information to re-infect the host. This parasite nests in joints, muscles and glands, creating masses of thin, clear worms that look like nematodes (worms commonly found in soil). Morgellons thrives in people with acidic pH levels, sapping the body of sugars and carbohydrates. It causes the host body to crave those foods, which are nutritionally insufficient for balanced health. In addition, victims of this disease develop insomnia, depression, anxiety and panic attacks. This emotional damage further weakens the host body and slows it down, giving the parasite even more fuel on which to feed and grow.

POSSIBLE ALTERNATIVE TREATMENTS

Since this is a free-will planet and we are sworn not to interfere directly with your lives, we cannot simply hand you a cure. But we can suggest directions for your research: salt and silver, for example, are two things that adversely affect this parasitic life form. NutraSilver is a holistic solution of pure silver suspended in a dark-brown medium that will render Morgellons inert (not to be confused with colloidal silver solutions, which are clear). There has been good success with this product in combat-

ing the mental fog of chronic fatigue and in healing skin lesions, but it is an expensive product (because of the silver content), and if you stop taking it, the Morgellons will return in three weeks.

MMS is also being tested against this illness, so far with less conclusive evidence of success. We do recommend bathing with a quarter to a half cup of MMS in the bath water, as it causes the skin to expel many particles, threads and worms near or on the skin surface. Also, rubbing a simple 10 percent salt solution on the skin daily or rubbing wet skin with a mineral salt roll-on deodorant stick will kill surface particles and help to heal the lesions.

The symptoms of Morgellons are so varied that even doctors who are aware of this condition have trouble diagnosing it. Some people don't develop skin lesions, but have bouts of intense itching and burning on different parts of their bodies. In some cases, either one person or the whole immediate family is affected, leading researchers to conclude that the contamination vector was a one-time environmental event. Other cases seem to indicate that living in a contaminated space could eventually spread this disease, further fueling the fear of human-to-human contagion.

LET COMMON SENSE PREVAIL

We offer this information in the hope of educating the public; it is not meant in any way to cause you fear. If this condition were easily contagious, Morgellons would have already become much more well-known by now. The most susceptible segment of the population is those with compromised immune systems, especially people sick with other diseases. We counsel you to put aside your fears and allow your common sense to prevail.

In order to do this successfully, you must step away from the Western model of conspicuous consumerism and align yourself with the priorities of a simpler life. Now that you are facing the realities of global financial failures, it is paramount not to embrace the fears so prevalent in your current events. As we said earlier, fear robs you of your personal power, allowing "big business" to poison your air, water and food, keeping you sick and milking your resources through a health care system that only treats your symptoms, ignores the source of your illnesses and penalizes you for getting sick.

We remind you that the Earth is a freewill zone; you always have choices. Take responsibility for exercising those choices! For example, if enough people cancelled their health insurance and said, "We will not pay you for coverage just in case we get sick, we'll pay the doctors if and when we need them," then the health insurance industry would fall like the house of cards it truly is. This fear-based model has gone awry, and it needs to be corrected. So what is the true cure for all of your ills, from the physical to the emotional, mental and spiritual levels?

FAITH IS THE TRUE HEALER

The answer is faith, dear ones, pure faith. Since the beginning of this millennium, we have been patiently teach-

ing you the Circle of Grace. This natural cleansing system, already present within each and every one of you, is the path to self-health and gives you back all of the powers that fear-mongering has stolen from you. We have taught you the three basic layers that require daily clearing: first the current level of everyday stress and strain, then the chronic layer of built-up blockages, and finally the genetic layer, the deepest layer, that you can attain to clear and cleanse your bodies back into balance and health.

The real cure for all of the diseases we have mentioned is reaching that genetic layer, "enlightening" your DNA to fix those broken and damaged codes, which is the last step of the ascension process and the key step to achieving your lightbodies. Yes, back to our favorite subject—healing! You all have that innate potential to rise above any and all third-dimensional density and clear out that debris. Fear and faith are like two conflicting matrices, both available to you. Which life matrix do you choose? Ah, that is the ultimate question, is it not? You have a children's story that exemplifies this issue called *The Emperor's New Clothes*. The adults in this story were afraid to speak the truth, though it was plain to see. A child spoke up, declaring, "Look, the Emperor is naked!" So, put in simplistic terms, we ask you: Will you continue to deny the clear evidence before you? Or will you stand up and make that higher decision out of faith, not out of fear?

The first place to start is by denying the language of fear. That language is filled with violence and virulence, and it is being spoon-fed to you everywhere you turn, from your TVs to your grocery stores and even your schools and places of business. As we explained in the Circle of Grace material,

INTERNET SOURCES AND RESOURCES

www.dictionary.com

www.Wikipedia.com

www.nytimes.com

www.ushealthnews.org

www.healthfreedomalliance.org

www.time.com

www.cdc.gov/eid

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www.morgellonspgpr.wordpress.com

www.logosnutritionals.com/articles/naturalhealthtopic/hopeformorgellonsm/

all emotions—good and bad—fall into two major categories: fear and love. Can it be that simple? Yes, dear ones, it can be, if you choose it to be so. The choice is—and always has been—yours to make.



Your language falls short of expressing how much we truly love you. All love is the true expression of God's energy,

and since we are all within the great body of God, our love for you is all-encompassing, unconditional and eternal. We so yearn to reach out and hold you, to hug you, to soothe your pain and fill your hearts, minds and souls with love. Please, choose to let us help you! And remember, we are so much closer than you think—a heartbeat away, a breath away—for we are, in the true reality of spirit, all one. We are, in all love, your Brotherhood of Light. ✨

The Countdown to Ascension: You Are Entering the Final Phase

The group through Steve Rother

Greetings from home. We share with you a view of 2010 as seen from this day. Please know that, as in all of life, you have free choice in all matters, including changing the outcome of your reality at any moment. We offer these as a way of helping you see yourselves and re-member what you already know.

ECONOMIC RECOVERY IN THE U.S. AND THE WORLD

The economic condition of the world will continue to improve overall. There will still be setbacks throughout the year as further corrections are made to the systems of each individual country. But, in general, it will follow a process of three steps forward and one step back.

The United States still has not corrected many of the problems that led to the fall as it was predicted several years ago. The system was running well balanced until the mid-twentieth century when many of the financial rules were changed as safeguards were abandoned to allow for faster growth. These shortcuts have led to a wide separation of the rich and the poor, and have not yet been acknowledged, much less corrected. For this and the reason below, we say that the recovery of the United States will fall far behind the rest of

the world this next year. It will display many false highs and lows, but overall sustained growth will be minimal.

There is also one event coming that may have a large effect on the economics of the world. In 2010, there will be at least one important disclosure about secrets held within the government or related agencies within the U.S. How this news is perceived by global consciousness will determine how fast the United States recovers from this reset. Reductions in debt and spending can correct the immediate challenges, but thus far these are moving in the opposite direction.

POLITICS AND EVENTS ON THE WORLD STAGE

The countries of Brazil and China will now step further onto the world stage. India will soon follow but has several base issues it will first need to deal with. Both Brazil and Russia will begin developing renewable resources and technologies, and over the next ten years, together they could be capable of feeding the rest of the world.

President Obama is a politician who has learned to channel. You could easily see this in the debates around his election. He would start to answer a specific question and would end up channeling an incredible response, which not only answered the question but also covered the larger more important items. He got very good at responding to questions and spontaneously channeling in this

KEY POINTS

- The current health care system will limit any sustained economic growth in the U.S.
- For many countries on the world stage, 2010 will be a defining year.
- The year 2010 will see the start of a huge increase in technology on Earth.
- The next three years will have a great deal to do with determining humanity's course.

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fashion but is now having a very difficult time applying that same channeling in the new environment he is in.

You have here a man who walked into a near impossible job. Currently he is attempting to approach his work with a do-no-harm attitude. In 2010, this will come to a close and he will begin taking stronger stances and making tough choices. As a human, he will make mistakes, so just expect them. Accordingly, he will also make even more enemies, but this is the only time he can make any real change. In the next year Barack Obama will find ways of applying his channeling to the system and embrace new ideas that will help him once again see the bigger picture.

Health care in the U.S. went from an art to an industry over the past fifty years. The wheels of this industry will keep a stranglehold on a recovering U.S. economy. The U.S. will not find real change in their health care until the power is taken from the insurance companies and the doctors are freed to do their real work.

The two-party system in the U.S. continues to polarize an already overpolarized country. In 2010, the polarization techniques that have always worked in humanity will begin to lose their grip, including the fear-based techniques used so often to manipulate elections. As the manipulators begin to lose their grip, they may push even harder, and if they do, they may actually force the emergence of a strong third political party in time for the 2016 and possibly even the 2012 elections.

North Korea will push the comfort zones of several countries but will hold out for the best bargaining position in its play for world power. At the time of this writing, there are still two clear ways this can go: First, Korea will react to world pressure and stop its nuclear program, getting the best it can bargain for. Alternately, it could come to the bargaining table and find a lack of programs, funding and general interest, and thus may actually stay on that path and become a nuclear power. Currently, it is leaning slightly toward the latter.

Iran will continue to see undercurrents of mistrust in its government, and although the dissenting voices are dying down, they have been heard by the world. Although it does not appear that the government will step down in any way, Iranians will no longer support their leader except by force. An internal wave of disruption has begun that will have an effect. This is the first time it will be seen live as it happens, due to the technology now on your planet. Thus, there are *no more secrets!* As a result, what takes place in Iran will be an excellent example of people taking back their power from leaders. It will put every world leader on notice.

A new bond between all countries will form, but especially with Russia, the U.S. and the EU as they battle a common problem facing all of Earth. It will come to the attention of the world in 2010 that water and the distribution of it will become of immediate and utmost importance to all Earthlings.

The year 2010 may usher in some very defining years for Israel, Turkey and India. Each will begin new directions that will determine their direction in the world over the next twenty years.

A HUGE INCREASE IN TECHNOLOGY ON EARTH

The year 2010 will be a somewhat lazy start to a huge increase in technology on Earth. The technology drop of July 2009* was very successful, and thus there will be breakthroughs in several areas that have been capped at a ceiling for some time. Stem cells and the miracles around them will be more commonly known to all humans as the stories of what is possible start to circulate. Further developments in the area of medical prosthetics will uncover a deeper understanding of how the body works. Eyesight will be further helped as you develop new uses of lasers. These discoveries will fan out and end up helping many humans over the years ahead.

Public and economic pressure will produce the first realistic possibilities for alternative energy vehicles. Forerun-

*TECHNOLOGY DOWNLOAD: A COSMIC EVENT

[*Sedona Journal of Emergence!* May 2009]

We have spoken many times about the balance between technology and spiritual evolution. The level of technology on your planet is determined by the level of the overall—or collective—vibration of all humans on Earth. There have been many times on Earth where new technology was literally dropped on this planet by other life forms. Although this was usually done in an honest attempt to help humanity evolve, that technology did not work. It worked for the other life forms, but it did not work for you. Quite simply, it did not work

because the collective vibration of humanity was not high enough to support that technology.

There is a rather large download of technology that is coming to this planet between July 21 and 22. If the vibration on those days is high enough to support it, it will immediately take hold and grow.

Do you re-member what your lives were like without computers only a few years ago? Harnessing the technology of computers was a huge step that has, to some degree, affected nearly every facet of your daily lives.

This next step could be twelve times as powerful as the last one. Not only will computers change radically, but technologies that have been in the collective thoughts of humanity may now quickly manifest. Some of these have been in the collective thoughts for many years just waiting to activate. Those technologies never manifested before because the collective vibration of humanity was not high enough to support it. We get to tease you this day with one of the many things that may happen as a result of your own evolution. . . .

ners are electric- (battery) and hydrogen-powered vehicles. The industry and supply chain are all gearing up for hydrogen, as it keeps them in the loop.

In 2010 there will be the discovery of new developments in the wireless transmission of digital data that will open huge markets for communication and video on the web. Later this will lead to the development of technologies capable of projecting very realistic three-dimensional images, marking the end of computer screens forever.

Major jumps in computer technology are just ahead as a result of the technology drop in July. New human interface devices will be introduced during 2010. Although we doubt that any of these new technologies will be fully incorporated into any production models, you should have at least heard reports that something big is on the horizon.

As humanity evolves, you will begin to see how much time and energy you are spending on security. The preoccupation with security will lessen as humans learn to live beyond fear. The seeds that have been planted with the technology drop will start to work their way into computers. The need for security will be replaced with a healthy transparency built in.

THE BEGINNING OF MORE EARTH CHANGES

Weather will begin to show new patterns and push the boundaries of what was normal. The natural distribution of the energy you call water will start to shift.

The Earth, who was comfortably on a dead-end course with destiny, has now shifted realities. Many of the forces you activated to end the game called Earth are still in motion. The weather-pattern and climate changes humans will see over

the next ten years will be unequaled. You will see the beginning of these in 2010. The Earth has changed course the same as humans. The only difference is that humans can turn in an instant and it takes the Earth longer to make the turn.

The new hologram of Earth is ahead of schedule. We have stopped speaking of it, as to place it fully into collective consciousness would pull form to the energy at this point. This would create a new Earth in form as well as energetic structure, actually creating a new planet. It is important to keep this creation pure energy so that it can overimprint the original hologram of Earth. Know that it is waiting and ready.

THE REWIRING OF HUMANITY IN THE COUNTDOWN TO ASCENSION

The rewire of humanity is well underway. The pineal crystals in humans are awakening. In a few years, this will reach a critical mass as every human learns to live with at least some telepathic abilities.

Humanity is entering the final quadrant of the countdown to ascension. The next three years will determine more of the direction of the experience of humans than you could ever know. The game of free choice is in full evolutionary swing, gaining speed every day. The time lag of your creations is very short, and humans are learning to live fully empowered lives. The only potential block is fear. Our highest hope for humanity is that 2010 is the year that humans get sick and tired of being afraid.

Treat each other with respect, nurture one another and play well together. Espavo. ✨

Animals and Ascension

The Pleiadian Light through Hannah Beaconsfield

The ascension process you are experiencing is planetary in its dimensions. All species, elements and energies on Earth are changing and receiving an upgrade in consciousness. We would like to turn your attention to the animals with whom you share the Earth, especially your pets who are taken in as members of your families. You are aware of the changing attitude

toward pets, which has expanded dramatically in the past century. Many animals went from utilitarian elements in an agricultural society to creatures treated like children or siblings in a family.

PETS HELP TAKE ON YOUR LIFE CHALLENGES

During the twentieth century, human consciousness en masse began to expand, allowing for more empathy and communication to flow between peoples who formerly considered each other foreign, and by extension, to include a growing sensi-



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KEY POINTS

- Companion animals help you process turbulent or repressed emotions.
- Animals experience many different permutations of body/spirit interactions just like humans do.
- Human/animal interactions will expand and grow stronger with the ascension of the planetary consciousness.

tivity toward domestic animals. This opening to animal consciousness is nowhere near ideal in your current situation; however, there are many more individuals who openly communicate with animals and large portions of your society who actively support understanding, appreciating and improving the circumstances of animals on Earth.

Those of you who have dearly loved companion animals are the ones opening the doors of communication with animals and are the ones most likely to become aware of how animals are expanding consciousness with the ascension energies. Many pets who are emotionally attached to a person or a family will interact in a way to take on some of the life challenges of that person or family.

A family divided against itself might have a dog who chooses to transition when the family is deep in conflict. By doing this, the pet "takes a death" for the family, releasing the energies that were "killing" the family as a harmonious unit. Then the family situation begins to improve.

Companion animals will often act out emotions that their person or people have repressed and to which they cannot give release. They will sometimes take on symptoms and "share" an illness with their person in order to assist him or her. On a more positive level, animals often provide much needed unconditional love for people and sometimes even energetic protection in this time of chaotic energies.

ALL EARTH LIFE EXPERIENCES A FLUID FLOW OF SPIRITUALITY

People often ask us if their pets have souls and if they have a continued life after death. We will paint with a broad stroke and tell you that there is a spiritual extension to every element of the material world. Even rocks have a level that is part of the spirit world. There can be a unified spirit pool shared by all the members of a herd or a flock, and there can be very individualized animal spirits animating some of your pets.

You have been exposed to the concept of souls walking in to human bodies that have been left by the spirit that came into the body at or around the time of birth. There are many other permutations of body/spirit interactions: braid-ins, blend-ins, stand-ins and other combinations. The concept of rigid body/spirit connections is one created by human societies to counter the insecurities of a life

placed with illusions and separation from the God-source.

All aspects of Earth life have a fluid flow of spirituality, and your companion animals have the same malleable body/spirit interactions available to them as humans do. The relationship between humans and companion animals can have elements that are very rare between one person and another. An individual closely bonded with a pet can project a fragment of his or her own spirit into the pet, and the two will work together, sharing the challenges of the life.

Extending this concept, the human spirits of loved ones who have transitioned or are simply separated on the Earth plane are able to project a spirit fragment into a loved pet in order to continue the connection and/or be present for protection and guidance. The fragment of a loving grandparent who has transitioned could be projected into the family dog because he or she still wishes to look out for the grandchildren.

Yes, animals have spirits and can even have the experience of a spirit exchange (a walk-in). A cat who has died and who was tightly bonded with its person could enter into an "agreement" with a new cat adopted from a shelter for their spirits to change places, or the beloved cat spirit could reincarnate as a new kitten. The relationships of humans with pets have a simplicity and clarity that is not easy to attain between one person and another. Life on Earth is not easy, and the connections between people and their animal companions bring support and blessings to both species.

All the attributes of people/animal interactions we have just written about will be growing stronger and expanding with the ascension of the planetary consciousness. The recognition of the communications that go on between humans and animals is growing, and a greater conscious awareness of how you interact and help each other is part of the ascension expansion.

Ascension energy is a *unifying* force. You are witnessing unifying forces all around you. Even with reactive dark energies of divisiveness, the unification of all levels of your planetary elements can no longer be ignored. This coming together of disparate energies is a step on the path of unification with the God-source. The expansion of consciousness and unifying interactions between humans and animals is another part of this process. ✨



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Do You Know Where You're Goin' To?

Stephanie Clement

Diana Ross plaintively sang these words in *Mahogany*, a film released in 1976: "Do you know where you're goin' to?" I know I still ask myself this question from time to time, and astrology has provided many answers—as well as a lot more questions. Sometimes it helps to know exactly where you are headed so that you can make a brilliant plan for how to get there safely and happily. This month, the lunar eclipse on December 31 shows us a picture of both the end of the month and the year. This chart indicates where we have been heading all year, so let's take a look at the eclipse to measure our progress.

TAKE AIM FOR THE FUTURE

The lunar eclipse, coming as it does at the very end of the calendar year, provides us a closing snapshot of astrological energies. At the same time, it acts as a stepping-off place for next year, because it represents the ending of one cycle and the beginning of another. More precisely, the lunar eclipse provides a moment of awareness of what we have found and what we may have missed. Aside from the Sun opposing the Moon, the eclipse chart's closest aspects are Mercury to Mars and Mars to Saturn. Mars and Saturn are two indicators of career and business. Saturn reveals the career that best satisfies each of us, showing us both where we start out and where we desire to finish in our careers. Mars shows how we can get from start to finish in terms of energy. The tension between these two planets at the time of the eclipse reflects what many people have felt this year. Our best efforts have not borne fruit as we desired or planned.

The Mercury-Mars quincunx suggests ways to adapt to conditions. More than that, this aspect indicates that we must adapt if we want to continue on a path toward success. We have to find new and better ways to say what we want, sell our products and provide services to others. Some of the most successful people this year have learned to embrace change, to find out what the world really needs and wants, and then to provide it—all without losing

sight of their personal paths and goals.

These are big challenges! With a month to go before we reach the finish line for 2009, let's consider what we can do to get as close as possible to the desired final outcome. Mercury and Mars provide us with just the help we need. Both planets retrograde this month, giving us time to review our progress, revise our thinking and revive our enthusiasm as the holidays approach. And it's definitely not too late to make significant changes! Another very helpful planetary combination involves Jupiter and Neptune coming together on December 21, just hours before the solstice. They mark the darkest time of the year in the northern hemisphere with an abundance of feeling and imagination. We sense the potential to shape our futures with wisdom and devotion to purpose.

Last month, when Saturn squared Pluto, we all faced difficult challenges. Now we test the results of our actions. Did we do as well as we thought? If not, where did we fall down? If yes, can we continue to do even better? The eclipse will show each of us just how far we have come.

READ THE SIGNS

Cardinal Signs: If you have the Sun, Moon and planets in Aries, Cancer, Libra and Capricorn, you feel the potential to move into a new phase of your life. You sense that thought is the key to the future. Planning is not your favorite part of life; you prefer to be on the move! Now you know your direction and you have the means to get rolling.

Fixed Signs: With the Sun, Moon and planets in Taurus, Leo, Scorpio and Aquarius, you sense that you are already on the move and can afford to take time now to check your map and adjust your course. The early going requires major effort. You are so clear within your own mind about what needs to be done, but you sometimes lose something in translating that into action. Yet you are moving now, and that is a very positive thing.

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ASTROLOGY FOR SOUL EVOLUTION

Mutable Signs: The Sun, Moon and planets in Gemini, Virgo, Sagittarius and Pisces relish the chance to plan for the year ahead while completing this year's projects and activities. Insights pop into your head about how to tweak little things to improve a product, a writing piece or a relationship. Ideas also enrich your future plans.

Five Golden Rings In December

Get a golden ring for each of the five weeks of December! While December isn't really five weeks long, we always seem to need extra days to fit everything into our busy schedules now. So let's think about having five weeks and seek five golden moments this year!

PLAN WELL IN RING ONE

The first five days of December pivot on an emotional point. Creative impulse is the name of the game. You win if you pay attention to your own creative impulses, work with people to satisfy theirs and share jokes in social settings. The month begins on a compulsive note. Social calendars are jammed with the important, not so important and downright unnecessary activities. It's not too late to repair the mess. There will probably be one day when you would have to create a clone if you really were to get everything done, but otherwise you can agree with family, associates and friends by rearranging a couple of things. Use these first few days of December to plan. You and everyone around you will be glad you did.

IMAGINATION AWAKENS IN RING TWO

From December 6 to 12, you discover that last week's efforts begin to pay off right away. You gain clarity about what is most important to you, and you discover that you can move mountains in at least one case. The end-of-year results you want so much are right in front of you in the form of that internal tension that tells you that you are on the verge of something great. You could press forward like a steamroller, or you could decide instead to move through each moment of each day steadily and certainly, assured that you have thought of everything that can be thought of. Yes, there will be surprises. However, this week brings imagination to the forefront, allowing you to put out fires at work and tend the hearth fires at home.

FIND OPTIMISM IN RING THREE

By December 13, you have gathered all the important strands together and you are ready to braid events and people into a pattern of holiday activities. And what a braid the universe offers now! The creative focus is on imaginative, almost magical healing. Chiron, Jupiter and Neptune join their intelligences together to create unique moments of healing. The world has a chance to

immerse in the optimism that has been lacking recently. People generally seem more receptive to the message of the holiday season now, and joy can be found in formal activities as well as casual or private moments.

REFINE YOUR PLANS IN RING FOUR

Starting on December 20, the whole atmosphere feels more tightly organized than usual. Your keen awareness of the demands of work and social life puts you right where you need to be. Plan to work closely with a female who may be communicating from a great distance, and a male who takes her suggestions and runs with them. An older individual provides the starch to stiffen your resolve. This person is secretly one of your strongest supporters, but you may never hear that from him or her. Just know that it is true. Mars retrograde in Leo on December 20 allows you to retrace steps in order to complete tasks or refine work. Now is a good time to try on your tux or party dress so that you have enough time for alternations if they are required. Check menus and be sure you have the spices and trimmings you need. Confirm reservations now.

Mercury retrogrades on December 26 in Capricorn. The best-laid plans may undergo serious changes now. Hopefully work demands will not interfere with social activities. Only the most dramatic events can spoil your mood. Handle any upsets at the most practical level. You may not be able to resolve every difficulty, but sticking to the practical removes endless emotional reactions from the equation. Remember that the target is the eclipse on December 31.

You decided long ago which goals you want to fulfill. Reassess your position on December 26 with those goals in mind. Set aside issues that can wait until later and focus on family conversations and personal aspirations. What began as a very tough year for many of us can conclude on a festive, creative and positive note, because problems have been solved and change has been embraced. One other thing this week: people talk a lot, but you don't have to believe everything they say. Consider practical information. Disregard gossip that can only bring the general mood down.

FINISH STRONG IN RING FIVE

The week of December 27 probably produces considerable stress. Mars and Saturn force us to look at career and work during a week when we would normally vacation and enjoy end-of-year holiday celebrations. One sure way to relieve the pressure is to spend time in group activities. These can be games with family members, church activities or other social events. You may plan your own holiday party between Christmas and New Year's. Invite everybody. Sure, some people will be out of town, but the group you assemble will experience the warmth of friendship and love that you inject into the festivities.



DECEMBER ASTROLOGICAL REPORT

BY STEPHANIE CLEMENT



Ring (Week) One: Your partner provides intelligent ideas to support your goals. You also get an emotional boost from a friend who sends cheerful greetings filled with news. This gives you just the energy you need to put the finishing touches on a creative project. Enlist the help of an associate on December 3 to save time. Packaging your masterpiece can wait until December 4 or 5.

Ring Two: Circumstances allow you to capitalize on the work of associates. A career associate drops information in your lap about a potential job, so have your resume ready. On December 10, two people chime in with ideas that make your task ever so much easier. Emotional awareness centers you at work, even while your mind is half-focused on new possibilities.

Ring Three: Love flows both ways in your life this week. To enhance these feelings, grab a chance on December 14 to deliver your message in a quirky way that only you would try. Follow up with a more traditional gift the next day. December 17 promises to provide just the right mood for love, whether you are eight or eighty. Reserve time on December 19 for deepening the wonder of love in your life.

Ring Four: Adjust your holiday plans to include one more outing. If you don't already have plans for December 21, you may receive a golden invitation to step out with your favorite person to dinner, a movie or late holiday shopping. As the Sun enters Capricorn, document the shift toward the light with candles in your favorite colors to light a holiday table loaded with tasty delights.

Ring Five: The secrets are out! Show your amazement and don't hold back on the love either. Someone receives a gift that transforms the mood for everyone. Check your wardrobe on December 28 to make sure you have what you need for a year-end celebration. Take time on December 30 to phone, write or email thanks for gifts and blessings you received this year.

Lunar eclipse on December 31: With the Sun squaring your sign, you can expect to conclude career or business activities on a social high note. Work as though you intend to have the same position for a long time. A strong social presence puts you in line for a promotion in the near future.



Ring (Week) One: Careful budget preparation aids you throughout the month. Creative use of limited funds involves creative use of your many talents. Have you found a new household item that makes life much easier? Even if it is an ordinary item,

creative packaging can make it part of a practical gift to delight anyone from cook to CEO. Money isn't everything. Cool trumps expensive!

Ring Two: Make work your focus and accept a huge challenge. Although you might rather be somewhere else, you're not. A female supplies the right attitude, accompanied by snacks that remind you of years gone by. Take a lesson from a pro on December 7 and follow instructions to the letter. Enthusiasm builds on December 10 toward a grand finish.

Ring Three: A partner or associate provides the challenge you need to get a tough job completed. Because your focus has shifted, you accept the challenge and take it to heart. Tension builds on December 16 as the Moon enters Capricorn, providing you with the steam you need to get up that last hill. Think you can? You bet you can! Celebrate success on December 19.

Ring Four: A guest reaches your doorstep—one you had hoped would make it. Dig out camping equipment if you must to provide beds to go around. Hint: If you were clever, you made an extra hotel reservation just in case. Either way, you welcome your new guest with open arms and handle practical matters with aplomb. On December 25, all the details come together nicely.

Ring Five: Contacts with distant friends and associates set the tone for work. You may send or receive email from a coworker who resolves an outstanding issue and avoids potential repercussions. Although your mind is not on work on December 28, you find that details have realigned themselves in your mind. On December 29, you trade ideas with an older associate to confirm a decision.

Lunar eclipse on December 31: If you're yearning to travel, this is a good time to make plans. Choose a location that has both historic meaning and the modern amenities you like. However, you may want to remain close to home for New Year's Day.



Ring (Week) One: Creative work dominates your time and resources now. You focus so intensely that you may not hear when others call your name. Balancing the core of your message with the outer shell of appearances works brilliantly, because you deliver your thoughts straight from the heart. The buzz around you eventually catches your attention on December 5. That's soon enough.

Ring Two: Share your emotions and build stronger friendships. This may not be your usual stock in trade, but you have the capacity to open up, especially



DECEMBER ASTROLOGICAL REPORT

BY STEPHANIE CLEMENT



on December 7, when you get a chance to share your dreams with the people who matter most to you. By December 6, you slip back into practical mode and focus on practical applications for your imaginative ideas. Develop a sturdy platform.

Ring Three: Channel inner tension into creative projects now. Divvy up the chores early this week and keep track of progress. Surprise everyone by getting your tasks done first. Then add even more surprise by cheerfully lending a hand to the youngest person in the group. Share your imagination on December 15 to inspire others. On December 19, you institute a loving exchange.

Ring Four: Amid all the hustle and bustle, show your love in private ways. Life centers on practical acts. On December 21, you take on basic chores so another person can manage traditional holiday preparations. On December 24, you can move a mountain to clear a path. December 25 brings associates into your family circle. Late season's greetings arrive on December 26.

Ring Five: Financial opportunity knocks. Are you at home to answer the door? Just when you thought your work was done, someone comes up with a powerful concept that causes you to rethink your creative plans. This week is the time to listen and learn. Test your plan on December 30 for an emotional response, then let it rest a day or two before taking definitive action.

Lunar eclipse on December 31: Finances have been a major concern all year. With the eclipse, you may find that either you have more money or fewer bills. You also discover that nurturing yourself doesn't have to cost all that much.



Ring (Week) One: A legal matter opens up to more flexible negotiation tactics. Fresh information on December 1 either clarifies or mystifies. A female has work well in hand that day. On December 4, she provides organized plans for dealing with an issue central to the overall design. You gain confidence on December 5 and move forward with testing and production.

Ring Two: A partner challenges you to do more, and you do! First you think through all the possibilities and identify the right tone for your message: clear, but not too pushy. Then you add your own independent stamp to the plan and check to see that it works for other people. Finally, on December 10, you apply yourself to the task of completing everything on schedule.

Ring Three: Test a recipe you want to use for a big party later this month. Work your culinary magic on

December 14. Maybe you didn't know you had culinary magic, but luckily, it comes through in a big way today and you create a masterpiece. To insure you can reproduce it later, make a copy of the recipe and add notes about subtle changes you made. Then create it again on December 19 or later.

Ring Four: Adapt your plans to suit your partner or associates. You have one or two things that you want included—reminders of traditional holiday experiences. However, this year you can let other people infuse your home with their traditions too. On December 24, these different ideas show you how you have changed. Take plenty of pictures today and tomorrow to record the eclectic mix!

Ring Five: Ocean views appeal to your partner—and to you! If you can't take off to the seashore this week, rent a video favorite and go on an imaginative getaway. You deserve a break from hectic work and family activities. Leave someone else in charge of the home fires on December 29 and strike out on your own, just two of you spending time together alone. You eat well on December 30.

Lunar eclipse on December 31: You may feel, for about a day, that it's you against the entire world. After that, you find that you can easily join the rest of the pack and still get your needs met without much trouble.



Ring (Week) One: Group activities result in surprise gains. Design something new for your office and then take it home to show your family. If they like it, gather materials together on December 4 and begin construction. On December 5, you run out to get last minute materials or ingredients and complete the project just in time for dinner. If food is part of the picture, buy fresh ingredients if at all possible.

Ring Two: Emotions carry you through stressful moments early this week. You simply face more information than you can process and need time to digest it. Get your partner to run interference so that you have time on December 14 to understand the big picture. By December 17, the two of you settle into a comfortable routine, sure that you have covered all the bases.

Ring Three: Romance captivates you this week. Your heart is in the right place to take advantage of passionate energy bursting out all over. Expand your imagination to consider future potential on December 21. Two heads are better than one, so share insights. Never doubt that love will come into your life through some of the oddest channels. Keep your mind and heart open for new or renewed love.

DECEMBER ASTROLOGICAL REPORT

BY STEPHANIE CLEMENT



Ring Four: Throw yourself into imaginative social activities. You start out on the dull, same old track on December 21. As the Sun enters Capricorn, however, you find yourself willing to try something different to create a more cheerful atmosphere. Don't throw away antique family decorations. Find elegant modern items that fit your décor and your mood. Complete shopping by noon on December 24 if you can.

Ring Five: You gain insight into a problem that has been puzzling you at work. Perhaps time at home removes you from the pressure just enough to see through the pushy attitude of a coworker. By December 28, you resolve to make a couple of changes that soften the look or feel of a project to make it more user-friendly. On December 29, a female's objections are laid to rest.

Lunar eclipse on December 31: Use your energy to tie up loose ends today. Leave imagining new scenarios to others now. Each item you complete boosts your self-esteem to higher and higher levels. This is a good thing.



Ring (Week) One: A value judgment is spot on, opening up several creative options. Talk over the implications of this decision on December 1 and make sure a female understands the changes. Results on December 4 reveal additional opportunities that were obscure at best. Make an effort to elevate self-esteem for all group members as you finalize decisions and move forward.

Ring Two: Sustained and self-contained effort gains you positive reviews. The creative dynamic balances on the need for both private, independent work and partnership effort to make the most of the moment. Before December 10, you feel that you are standing outside the circle looking in. After December 10, you again feel like an integral part of the group, and you can sell your ideas better.

Ring Three: Dash ahead with imaginative touches to all your work efforts. Your internal guidance system has you right on track. Divide and conquer on December 14 where household chores are concerned. Work smarter by tackling the basics first. There's plenty of time on December 15 to add glitter. Each family member adds love on December 17 to complete the design.

Ring Four: Handle work issues in private. You have more energy than most of the crew and you tend to push everyone a bit too hard. Soft pedal your emotions that spill over from December 20 and upset you. Make compassion the center of your thinking

and action on December 21. There will be plenty of time to get down to hard facts later. Anyway, you rethink your position on December 21 and possibly change your mind.

Ring Five: Life comes into equilibrium, and you feel more like the person you have tried to be all year. You achieve balance by considering unusual ideas from many sources before you set your plan in stone. The women in your environment have the final say on December 28 about changes that you will have to live with for a long time. They have learned well, so let them decide.

Lunar eclipse on December 31: If you can, stay at home and work in seclusion. You get a whole lot more done and you don't have to listen to coworkers. You may want to stay in tonight and avoid driving.



Ring (Week) One: Take responsibility for your own actions now. You are trying to balance other people's desires against the size of your pocketbook, and the scales could tip either direction. Get all the ideas out in the open on December 1, and then sort by priority. Try to accommodate at least one request from each person on December 4. Regroup as needed on December 5 to get the best results.

Ring Two: Create an emotional rationale, and associates will get on board. This year has had enough times when you all had to take the most practical path. Now use feelings to re-establish balance and to gain agreement. You may have to simply say no to some ideas that stress your budget. An associate comes up with a bright idea on December 9 that relieves pressure.

Ring Three: You love the results of a group activity. A lot of work went into this project, and there were doubtful moments. Now the results are in, and they could not be better. Independent efforts come together nicely on December 14, and you see the creative edge has not been dulled. Take time on December 17 to spread love around liberally. Everyone deserves to know they are appreciated.

Ring Four: Honor core beliefs and family traditions this week. Seldom has there been the kind of focus on family and tradition that you sense this year. Although you have considered other values throughout the year, take time on December 24 to return to the ones you remember from childhood. They provide a basis for your life that cannot be denied.

Ring Five: A female reminds you of the beliefs that have carried you this far in life. Especially on December 24, you assess the meaning of life and your

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place on the planet. You realize that you attract just the right people and ideas that motivate your responsible actions this year. Pay attention to the deepening sense of structure in your life. On December 25, you may want to write about your experience of 2009.

Lunar eclipse on December 31: Definitely make a resolution to drink responsibly. Identify the designated driver if you are out at a party. Formulate a New Year's resolution you believe you can—and should—keep.



Ring (Week) One: Adapt to emotional differences among your family and social group. Arguments miss the point, yet they draw the lines of communication between opposing sides, especially at home. Fire the nanny on December 1? Maybe not. Bend to your partner's desires on December 3? That's probably the best plan. You get your way later after the dust has settled—if you still care then.

Ring Two: Some of the talk about love actually proves meaningful. Love is always worth a conversation or two, but now you hear a new story that makes a huge difference. The right timing on December 7 allows you to accept responsibility for your own actions, and allow others to accept theirs too. On December 10, career effort finally produces the results you have sought.

Ring Three: Feel your way through mystical moments that unite family and heal old scars. Karmic links have been obscured and come into the light on December 17. Understanding the past relieves the intense pressure of day-to-day living on December 19 when you find creative measures to overcome distorted memories. Concerted effort delegates some old business to the past.

Ring Four: Invite neighbors over for cookies, tea or eggnog. The solstice is a time for remembering others and laying plans for the future. You may want to establish a neighborhood group to repaint a room in an elderly person's house or bring them holiday meals. Fixing a little bit extra is not a big challenge, and it could make the holidays brighter for someone this year.

Ring Five: Hold back any criticisms that come to mind now. Invest in praise for younger people. As the year draws to a close, reward responsible behavior of children and associates. December 29 provides a great chance to close out old chapters of career, social and family stories and start a new page. December 30 brings family and social contacts together to celebrate the season.

Lunar eclipse on December 31: Transformation on the emotional level can be yours if you apply yourself. You can leave dull thinking and pessimism behind by first revamping your appearance and then taking a good look at the new you in the mirror each day.



Ring (Week) One: Get comfortable with the concept of success. An innovative idea shakes the foundations and lifts your thinking into new realms. Your task

on December 1 is to find a way to sell the idea. You don't have to handle the manufacturing and distribution. Do protect your intellectual property before you tell the world. Group activities move forward on December 4.

Ring Two: The urge to leave home is very strong. Do you want to leave and never come back? Consider a two-week visit to your desired destination before making a final decision. Travel on December 10 is possible if a surprise event on December 9 has been resolved. Seek karmic balance on December 9 by accepting an opportunity to re-establish emotional harmony at home.

Ring Three: Travel this week involves sun and water. Make a careful list of items to take with you. Restock your travel first aid kit and get smaller bottles for shampoo and other necessities. Verify reservations on December 15. Hospitality at your destination should include private time for you and your travel companion(s). This is a vacation, not work, right? You love the accommodations.

Ring Four: Gather your energy early each day so you can meet your public with a genuine smile. Start preparations for a feast even as you drink your first cup of tea or coffee. Run to the store for a missing ingredient on December 20. Shop early in the day to avoid crowds. Exert willpower on December 24 to resist overeating. On December 25, you get another chance to indulge in some of your favorites.

Ring Five: A group debuts with a winter wonderland performance. You think of snow, even if there is none available. You also think of one of your own performances from childhood and you relive some of the excitement. Ladies dominate the stage on December 28 and 29 with the guys doing their thing on December 30. Spend the evening of December 30 at home with someone you love.

Lunar eclipse on December 31: Group effort in the coming year is essential. This eclipse sends a message to your emotional self that you are ready to do your part without wavering.

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Ring (Week) One: Small acts of love result in big magic now. Imagine what can happen when you invest your energy in building esteem for all of your loved ones! Work quietly on December 1 to create a cheerful home atmosphere. On December 4 and 5, you find time to expand your efforts to the larger social sphere by sending party invitations to a select group of delightful companions.

Ring Two: Feelings prove to be accurate concerning a partner. Friction early in the week centers on differences of opinion about creative holiday plans. By December 10, the two of you have resolved most of the issues and decided on a course of action. Seek a balance between self-interest and cash outlay. Allow others to purchase personal items that require fitting.

Ring Three: Balance finances and some rather odd circumstances to create a happy party mood. On December 14, a lucky find produces just the holiday look you want. You imagine the perfect setting on December 15 and begin to bring elements together to produce just the right emotional tone. From December 17 to 19 you add little touches and remove breakable family heirlooms from the scene.

Ring Four: Gather family close or allow them to gather you into their arms. Settle into a comfortable routine that you have practiced over the years. Take charge of the one arrangement that only you can handle and leave the rest up to the social committee, whoever they may be. Include distant friends and relatives through email or pictures and holiday good wishes, or use that traditional instrument—the telephone.

Ring Five: You have reached the end of a year that has tested your limits. As you approach the finish line, you realize this has not been a race that depends on speed. You have demonstrated great tenacity and diligence along the way. On December 29, a female confirms that your work has been worthwhile with a gift of memorable stature. On December 30, you find time to relax and enjoy recreational activities.

Lunar eclipse on December 31: This eclipse marks the end of behind-the-scenes action and the start of an up-front and in-your-face approach to dealing with power in your life. Take control. It's your turn now.



Ring (Week) One: Devote yourself to a partnership arrangement. Put all your imagination and even luck into making this work. You find that love moves in a favorable direction on December 1. On December 2,

your ideas are matched by personal effort. A female weighs in on December 4 with solid information that makes your task that much easier. On December 5, you regroup and take a new direction.

Ring Two: Carefully made plans fall apart. You can regroup and create a new plan based on what others say they want. Listen closely on December 9. There is a message underlying the words you hear, and that is the message that matters most. Tensions ease on December 10, largely because you are able to discern a consensus about what should happen, even if people disagree about the details.

Ring Three: Ladies and gentlemen, dress up for a ceremony. Everyone in the group wants to look their best now. This is not the time for eclectic attire. Elegance and simplicity lend themselves to the moment on December 14. Dress up the plainest outfit with jewelry or other accessories. At the end of this week, you seek love and very likely find it right where you expect.

Ring Four: A new kitten or puppy could liven up your household now. Hopefully the source of this delight has been considered from all the angles. If not, make a trip to the pet store on December 21 to obtain whatever you need. If pets are not on your list of things to do, pamper family members with special treats from a gourmet store or order in everyone's favorites.

Ring Five: Gather photos and other memorabilia together in one place. Spend extra time putting together a scrapbook for the ages. Photos and glittery holiday items can be included to mark this year in everyone's memory. On December 30, you find yourself caught up in a flood of emotions. Remind yourself of times past and then shift your sights to the possibilities of the next year.

Lunar eclipse on December 31: Imagine life with imaginative opportunities and lucky insights every day to guide your way. This eclipse provides both, because you have the vision and the energy needed.



Ring (Week) One: If you ever doubted your luck, you can stop now. Your own creativity insures that luck will follow you wherever you choose to go. As Venus enters Sagittarius on December 1, you see the alignment between social life and career. Use this vision to maximize the benefit of meetings with superiors or elders on December 4, then spend December 5 organizing your thoughts for quick action.

Ring Two: Established relationships within your team can work to your advantage now. Work styles





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mesh to provide steady production of ideas and results. Use this week to solidify plans in writing on December 7 and use emotional energy to spark interest in the most reluctant individuals. You gain public notice on December 10, so be prepared to answer questions and field requests.

Ring Three: Surprise everyone when you announce a major change, possibly even a new career. You have put in a lot of hard work and now you get to

reap the benefits. News on December 14 just about assures that your confidence has not been misplaced. Don't let your imagination run away with you on December 15; at least keep your toes on the ground and await developments.

Ring Four: Last-minute spending tests your budget. You made a very clear plan a few weeks ago. This is not the time to break promises to yourself. What you may think you cannot live without on December 21

Daily Aspects—November 2009

December 1	Moon square Neptune, Moon opposition Venus, Moon enters Gemini, Mercury sextile Neptune, Moon quincunx Pluto, Uranus stationary direct, Moon trine Saturn, Venus enters Sagittarius	December 17	Moon conjunction Sun, Moon enters Capricorn, Moon conjunction Pluto, Moon square Saturn, Venus trine Mars, no semisextile Chiron
December 2	Moon opposition Sun, Moon sextile Mars, Moon trine Jupiter, Moon trine Chiron	December 18	Moon conjunction Mercury, Moon quincunx Mars, Moon semisextile Venus, Moon semisextile Chiron, Moon sextile Uranus, Moon semisextile Jupiter, Moon semisextile Neptune
December 3	Moon square Uranus, Moon trine Neptune, Moon opposition Mercury, Moon enters Cancer, Venus semisextile Pluto, Moon opposition Pluto, Moon quincunx Venus, Moon square Saturn	December 19	Moon semisextile Sun, Moon enters Aquarius, Moon semisextile Pluto, Venus sextile Chiron, Moon trine Saturn, Venus square Uranus
December 4	Venus sextile Saturn, Moon quincunx Sun, Moon semisextile Mars, Moon quincunx Jupiter, Moon quincunx Chiron	December 20	Mars stationary retrograde, Moon semisextile Mercury, Moon opposition Mars
December 5	Moon trine Uranus, Moon quincunx Neptune, Moon quincunx Mercury, Moon enters Leo, Mercury enters Capricorn, Moon quincunx Pluto, Moon sextile Saturn, Moon trine Venus	December 21	Venus sextile Jupiter, Venus sextile Neptune, Moon conjunction Chiron, Jupiter conjunction Neptune, Moon semisextile Uranus, Moon conjunction Neptune, Moon conjunction Jupiter, Mercury quincunx Mars, Moon sextile Venus, Sun enters Capricorn, Moon enters Pisces, Moon sextile Sun
December 6	Moon trine Sun, Moon conjunction Mars	December 22	Moon sextile Pluto, Moon quincunx Saturn
December 7	Moon opposition Jupiter, Moon opposition Chiron, Moon quincunx Uranus, Moon opposition Neptune, Mercury conjunction Pluto, Moon enters Virgo, Jupiter conjunction Chiron, Moon trine Pluto, Moon trine Mercury, Moon semisextile Saturn, Mercury square Saturn	December 23	Moon quincunx Mars, Moon sextile Mercury, Moon semisextile Chiron, Moon conjunction Uranus, Moon semisextile Neptune, Moon semisextile Jupiter
December 8	Moon square Venus, Moon square Sun, Moon semisextile Mars	December 24	Moon square Venus, Moon enters Aries, Sun conjunction Pluto, Moon square Pluto, Moon square Sun, Moon opposition Saturn
December 9	Moon quincunx Chiron, Moon quincunx Jupiter, Moon opposition Uranus, Moon quincunx Neptune, Moon enters Libra, Moon square Pluto	December 25	Venus enters Capricorn, Sun square Saturn, Moon trine Mars
December 10	Moon conjunction Saturn, Moon square Mercury, Moon sextile Venus, Sun trine Mars	December 26	Moon square Mercury, Moon sextile Chiron, Moon semisextile Uranus, Moon sextile Neptune, Moon sextile Jupiter, Mercury stationary retrograde, Moon enters Taurus, Moon trine Venus, Moon trine Pluto
December 11	Moon sextile Mars, Moon sextile Sun, Moon trine Chiron, Moon trine Jupiter, Moon quincunx Uranus, Moon trine Neptune	December 27	Moon quincunx Saturn, Moon trine Sun
December 12	Moon enters Scorpio, Moon sextile Pluto, Moon semisextile Saturn, Jupiter semisextile Uranus, Moon sextile Mercury	December 28	Venus conjunction Pluto, Moon square Mars, Moon trine Mercury, Moon square Chiron, Moon sextile Uranus, Moon square Neptune, Moon square Jupiter, Moon enters Gemini
December 13	Moon semisextile Venus, Moon square Mars, Moon semisextile Sun, Moon square Chiron, Moon trine Uranus, Moon square Jupiter, Moon square Neptune, Sun sextile Chiron	December 29	Moon quincunx Pluto, Venus square Saturn, Moon trine Saturn, Moon quincunx Venus, Moon quincunx Sun
December 14	Moon enters Sagittarius, Sun square Uranus, Moon semisextile Pluto, Moon sextile Saturn, Sun sextile Jupiter	December 30	Moon sextile Mars, Moon quincunx Mercury, Moon trine Chiron, Moon square Uranus, Moon trine Neptune, Moon trine Jupiter, Moon enters Cancer
December 15	Moon semisextile Mercury, Moon conjunction Venus, Sun sextile Neptune, Moon trine Mars	December 31	Uranus semisextile Chiron, Moon opposition Pluto, Moon square Saturn, Moon opposition Venus, Moon opposition Sun
December 16	Moon sextile Chiron, Moon square Uranus, Moon sextile Jupiter, Moon sextile Neptune,		

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will still be available after December 25, and you might even get a much better deal then. Enjoy the basic pleasures that come your way this holiday season, and respond to communication from family and friends on December 26.

Ring Five: As the year ends, your life gains stability, if mostly on the mental plane. You have what you need to create security in the new year. Balance in your life comes from understanding the essentials of comfort and security. Ground decisions in a thought-

ful process of logic and good judgment. On December 30, you see great hope for next year.

Lunar eclipse on December 31: Even if you are not clear about what is ending in your life, get clear that your creativity takes a giant step forward with practical study and expression. ✨

General astrology questions will be answered by the astrologer at: stephanieclement@q.com

A Glimpse of the Year 2010 for Your Sign

After the disastrous economic year or so that many people have experienced, hope for the future has seen some rocky emotional moments, to say the least. In 2010, I am happy to say, I see greater hope in the astrological charts I have examined. There will be two solar eclipses this year, the first of which will shake up the status quo and set us on a hopeful new course toward creative expression and healing.

On January 15, the Earth will experience an annular (not total) eclipse of the Sun, which can be viewed from west central Africa across the Indian Ocean to Sri Lanka, India and into China. Although not total, this eclipse brings with it remarkable potential for change, due to the fact that at the time the eclipse is exact and the planet Mars is peregrine—that is, journeying through the heavens without making contact with any of the other planets by aspect.

A peregrine planet is one that wanders alone and acts on its own, separate from the rest of the planets. At the time of this eclipse, Mars will act completely on its own. Therefore, you have the potential to use your physical, emotional and mental energies in the best possible ways. Your capacity for devotion to spiritual activities and to loving your family and associates will be greatly magnified. Of course, so will all other manifestations of Mars' energy, such as enthusiasm, anger, physical energy and independence.

During this eclipse early in the year, the closest relationships (aspects) of the Sun and Moon are to semi-sextile Neptune. Mars and Neptune share the sixth-ray quality of devotion, so while Mars (presumably the angrier of the two) is wending its way alone, Neptune is closely aligned to the Sun and Moon, and therefore able to monitor Mars and possibly elevate ordinary desires to the level of spiritual aspiration.

At the time of the second solar eclipse on July 11, 2010, the Sun and Moon form very close sextile aspects to Mars. Whatever desires and aspirations began in January, in July they will have the profound opportunity to put down practical roots and manifest in the world. Thus our imaginations take flight early in the year to consider all manner of creative possibilities, and that potential is released at the time of the second eclipse in the form of active effort.

Both eclipses occur in cardinal signs. For those of you who are Aries, Cancer, Libra and Capricorn, the impact will be direct and forceful. You will sense the possibilities around you and take the initiative to make the most of what you see and feel. Obstacles will be evident and you will tackle them openly. In July, you continue to feel energized, yet you also have acquired a philosophical view of proceedings. You have not staked your entire life on a single idea, but have broadened your vision to encompass more.

If your Sun is in Taurus, Leo, Scorpio or Aquarius, you begin the year all fired up and ready for action. You perceive the potential to carry on with activities begun in the past and you relish the chance to bring them to fruition. Transformation in the form of a new job or career, a renewed emotional balance and a solid plan for reaching your goals can all be part of your plan. By July, you have identified opportunities that appear to have the greatest possibility and you are well on your way.

For those of you with Sun in Gemini, Virgo, Sagittarius and Pisces, the early going may seem rather difficult. You will feel that you are close to a breakthrough, yet you cannot quite see how to make it happen. By listening to friends and associates, you succeed in winnowing out the grains of possibility from the mass of data flying around. You also find that you harness your energies more easily if you apply yourself to the tasks each day presents. By July, you discover you have all your ducks in a row, so to speak, and you are ready to carry your vision into action.



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Potential for the Year: On January 8 and 11, tons of creative ideas enter your head. Make notes so you remember all of them! In mid-June, you feel your own power and you can take action more freely. Creative communication possibilities open up during the first week in July. Expand your horizons on October 20 by stepping up any spiritual practice. The key is to integrate meditation, prayer or writing with your other daily work and family activities. That way, enthusiasm drives all your activities.

Opportunities: Around March 22, possible business opportunities become available. If you are looking for a new job, highlight this period in your date book! You also have a chance to construct something new in your life. Think of a household remodel or transform your garden into a place of real beauty this year. The Mars conjunction to Saturn on July 31 provides another great career moment for Aries. Saturn has just entered the opposite sign of Libra, putting you in an ideal spot to observe yourself in action among the very people you want to associate with. With your energy focused on career potential, you make the best possible use of this planetary alignment. Around December 12, you feel the power of devotion in your life. Angels surround you at that time—probably no more than usual, but you will surely feel them then.

What to Watch Out for: Mars, your planetary ruler, has been retrograde through the end of 2009. It moves forward again on March 10, allowing you to use your intuitive insight in a direct way. The January 22 eclipse focuses on your career and social status, so appearances make a huge difference early in the year. In June, when Jupiter enters Aries, you are pumped full of expansive ideas and your energy takes off. You may need to stifle yourself just a bit to keep your feet on the ground! The July 11 eclipse presents powerful challenges to your creativity. Plan time then to practice or develop artistic and other talents.



Potential for the Year: The sky is the limit for you this year. Turn your imagination loose on new projects, but do keep an eye on the budget! In January, your creative juices are flowing. Ideas may turn into business opportunities as early as February 15. Steady work between then and May 24 produces strong results. When Venus, your planet, turns retrograde in October, you focus on relationships and impressions you get from other people. Re-evaluate them carefully. When she turns direct again on November 18, you become your most charming self again.

Opportunities: February 16 signals a lucky period when you can gain from close social ties. Around mid-July, you wield your own power successfully and may even transform a business alliance. By August 20, you may broker a social relationship into a promotion or even a more exciting career. Venus meets Mars in October, bringing romance into prominence. You may begin, renew or end a relationship around this time. Seek balance in your private and social lives on October 28.

What to Watch Out for: The January 15 eclipse suggests two possibilities. First, you may decide to travel at that time, in which case you probably want to leave before the date of the eclipse. Incorporate visits to museums or art galleries into your plans. Second, you may send or receive important documents relating to real estate transactions or contracts for work. The July 11 eclipse affects your pocketbook in a good way for a change. Creative efforts may result in a steady income source, or you may develop a work-from-home sideline. Just ten days after the eclipse, Saturn enters Libra. You may have actually enjoyed the previous period because you could focus on the details of life and go from day to day pursuing your personal life and ignoring certain issues. Now you have to adjust to the world in a new way. Partnering skills become essential whether at work, with friends or at home with family. If you have children, now is a good time for you to model partnership in a positive way, even though you sometimes feel you would rather just have your own way.



Potential for the Year: Creative potential on January 20 and 26 gets your year off to a good start, once you have weathered the solar eclipse (more to follow). Listen to every creative idea from others and pay attention to your own wellspring of ideas now. By the first week in March, you could be well on your way to success in writing, acting or other communication activities. At the time of the solar eclipse on July 11, you are situated to take advantage of a balanced pattern of power and luck where career and work are concerned. Plan ahead of this date to get your resume in order and to ready yourself for a speech, audition or interview. Take extra care to prepare your wardrobe and personal appearance so that you put your best foot forward. The main challenge is to perceive honest offers now and take advantage.

Opportunities: When Venus enters Gemini on April 25, you begin a four-week period of social activity that comes well ahead of the time the Sun enters

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Gemini. In fact, Venus moves on to Cancer before then. This means that you tend to get ahead of yourself in planning important events, or you lose track of key invitations and dates. Prepare a master calendar for yourself and for anyone close to you so that you can see the overall schedule at a glance. Plan suitable attire and make reservations well ahead of each important date.

What to Watch Out for: The January 15 solar eclipse affects you at home and in partnerships. Responsibilities may loom large as you try to take care of family, bills and issues with a business or romantic partner. If there are legal issues to sort out around this time, be sure to wait until your ruling planet is direct in motion; wait a couple of days, if at all possible. Issues involving power and responsibility won't go away, but you will feel less pressured to rush into a contract or sign on the dotted line. When Saturn retrogrades back into Virgo from March 26 to July 22, you feel like you are in a rerun of a personal responsibility nightmare. Whatever you thought you had put to rest can come up for another vote during this time. Not to panic, though. You have done the best you can all along. Review the facts to prove that you have fulfilled most, if not all, of your obligations (and probably cheerfully too).



Potential for the Year: Nurture yourself this year. Even if you think you have been doing a pretty good job of this, you can do better. Begin with utterly practical considerations concerning your home. The January 15 solar eclipse gives you a snapshot of what it means to use your energy to build self-worth, and this includes self-esteem just as much as property or money. When Jupiter enters Pisces on January 17, you can be well on your way to consolidation. Before August 13, when Uranus retrogrades to Pisces, you can develop a new portfolio of ideas and goals to work with. Jupiter retrogrades into Pisces on September 9 to aid revision of plans to accommodate your long-range goals. The Venus retrograde on October 8 brings passions into sharper focus. By November 18, when Venus turns direct, you re-establish yourself as a social force to be reckoned with. Use the Venus retrograde periods to identify your best physical and intellectual assets and find ways to reveal them to the world.

Opportunities: If you have been imagining a story or book, this is the year to get down to business and write! With Saturn returning to Virgo for a visit on April 7, your manuscript can be ready for a serious revision. Send the creative part of your personality on a

metaphorical vacation, and work out editorial issues between now and July 21 when you will be more than ready to get back on the creative track. Luck in the areas of business and travel improves for you in 2010. You discover a locale that attracts you like a magnet. Design a travel or business plan that takes you to this spot. Plant seeds in mid-March for travel in June that revitalizes your creativity. This could also be a time for physical or emotional healing and rest.

What to Watch Out for: Money and other indicators of self-worth come into high focus this year. Prepare to adjust your thinking as uncertainties resolve into concrete data. You experience very lucky moments, and you can make the most of them if you are alert and responsive. However, the luck is intermittent, with potential high spots on February 5, June 8 and September 18. The periods leading up to these dates are times to grasp opportunities. The periods following them are times to consolidate gains. Don't allow yourself to be pressured into spending or investing between July 25 and August 2. Instead, take extra time to explore your options, and only then make your own decision. Read documents carefully, even if you feel you understand their content already.



Potential for the Year: Energy is the one thing you have going for you at the beginning of 2010. You quickly learn, however, that the direction you go with your energy is completely up to you. There is almost no guidance system in place, so you steer by the seat of your pants now. As you move into the year, you decide that you like this arrangement. Independence has tremendous value as you seek to master educational or work challenges. You have the perfect seat from which to observe the imaginative ploys and lucky breaks that other people get now. The score in January and February is world = a bunch, you = a little. However, what you gain has lasting significance. By the July 11 solar eclipse, you find that your enthusiasm has taken you straight into your future with no unpleasant detours. You identify financial conditions soon enough to take advantage, and you share practical decision-making with your partner(s) with only the slightest friction. You find you can adapt to change more readily.

Opportunities: Look for a lucky break on February 28. On March 14, you hear about the startup of a new project, and you may choose to get in on the ground floor. During the week of April 25, you gather a team and the materials you need to develop a very creative product or service. Success depends on the degree of



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responsibility you assume and the way you delegate tasks to team members. June 28 marks another beginning. Try to wind up activities a day or two before this time so that you get a break in the action. What you start now may carry forward to at least September 30, especially if you maximize creative ideas on July 26 and move forward with them.

What to Watch Out for: In late September and early October, you may seem to run out of steam. Activities that were moving forward strongly now stall, and you flounder a bit while trying to get back on course and move ahead. To counteract this tendency, use the period from August 20 through September 12 to review priorities, verify that you are on schedule and generally clean up little details that could cause problems. At the same time, your intuition kicks into gear with reflections on prior successes that reveal how to achieve your goals in the immediate future.



Potential for the Year: If you start the year with a review of last year's accomplishments, you set the tone for greater things to come. Organize documents for filing your taxes, reply to email or correspondence and generally restore your home and office to a semblance of order before Mercury turns direct on January 15. The solar eclipse on that same day very likely brings word of a new work schedule. You will have tons to do, and that's why early organization is so important. Work behind the scenes through mid-March bears fruit. You get lots out of the way and you demonstrate that you are prepared to take on new responsibilities. When Mars enters Virgo in June, efforts earlier in the year pay off in the form of more enthusiasm for your work. You may put extra time into your garden to reflect your personality. The Mercury retrograde period from August 20 to September 12 allows you time to review and restructure personal activities.

Opportunities: On March 7, you get a lucky chance to adjust your direction where work or health matters are concerned. If there is a health issue, take this time to rethink your whole approach to wellness. There could be one or two simple adjustments that make a huge difference. If work is involved, adapting your plans only slightly will bring beneficial changes. On July 1, you see the next opening and move forward from your emotional center. Between September 3 and October 16, communication is the key to your success.

What to Watch Out for: Staying in rhythm with the motion of the planets is vital for Virgo this year.

You begin and end the year with Mercury retrograde. The trine to your sign in January sets the course for revising all kinds of creative activity. At the end of the year, the Mercury retrograde square from Sagittarius to Virgo challenges you to review your progress from a rather philosophical perspective. Adjustments mid-year bring physical healing and spiritual insight. Try to go with this flow of creative energy to achieve a healthier lifestyle this year.



Potential for the Year: This year you maximize imagination and creativity from Day 1. You probably began to rethink memberships and group activities late in 2009, and now you invest dedicated energy to redevelop your passion for working with others. You can accept greater responsibility in the form of an official office, or you may prefer to work more independently to manifest the group goals on your own. Either way, you get chances to put yourself in the spotlight more, especially after mid-March. Your personal efforts gain support from other people. You may meet a soul mate whose life is dedicated to a healing art. This relationship clicks in mid-February, when the two of you find yourselves working together closely. By the time Chiron and Neptune move forward together in early November, you will have formed a tight bond that includes transformational work of some kind.

Opportunities: The January 15 solar eclipse sets the tone for dedicated personal effort this year. Venus, your planet, is closely allied with the Sun and Moon at the time of the eclipse, bringing the earth element into focus in your life. Karma involves actions—associated with the earth element—and perspective or insight—associated with the air element. You may get a big dose of both this year. Not to worry, though. This eclipse brings awareness of individuals who have previously held central positions in your life. Between January and the July 11 eclipse date, you reinforce your beliefs in cause and effect in a very creative way. You now see that past efforts finally come to positive conclusions and goals reach fulfillment. By July you finish up one chapter of your life and look enthusiastically forward toward the next. The karmic injection confirms your personal direction and provides necessary companionship too.

What to Watch Out for: With Saturn in your sign for all of 2010, you face the demands of responsibility in every area of your life. Although you feel discontented with conditions, you benefit. The bottom line for Saturn relates to structure. Create harmonious

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structures in areas of work, relationships, family and health. This may be a year for some dental work. Also work on filling in gaps in your core beliefs that have drained mental energy in the past. Venus retrogrades in Scorpio on October 8 and revisits your sign between November 8 and 30. Use that period to acknowledge your own self-worth, reframe your image based on a major change and make a renewed commitment to your personal values. Oh, and remake yourself into a charming picture with a new hair style and attire for the end of the year.

Saturn squares Pluto on January 31, presenting the strongest challenge of the year. You face a struggle for success. Yes, you are capable of meeting this challenge. Yes, it will be difficult. Will it be worthwhile? Absolutely! The planetary dance brings Saturn back to the Pluto square on August 21. By that time, you will have felt a financial shift at the time of the July 11 eclipse, and you will have seen that group activities help both to dispel the harsh edge associated with great effort and also to infuse nearly magical qualities into your writing and other work.



Potential for the Year: The year begins with Mars, your traditional planet, retrograde in Libra. Your career efforts are working in reverse mode, drawing you back into work you thought you were finished with. You resist, at least on the mental plane. By the January 15 eclipse you work more independently than before. You struggle to overcome career challenges, and you find that you can make progress, even though it is difficult. One key to success this year is to develop your ideas privately, perhaps even in secret. The more important the concept, the more you want to develop and structure your plan without interference from others. That way, you understand the nuances and can explain them when the time comes. The July 11 eclipse in Cancer complements the emotional energy you have put into your ideas. At this time, balanced effort produces the best results. Inject emotional energy and mental enthusiasm into your efforts. Push for the resources you need. Above all, accept the luck in each moment and run with it.

Opportunities: Jupiter enters Pisces on January 17, tending to make you just a bit lazy. Don't go there! Instead develop home remodeling plans and break your projects into smaller, less disruptive pieces. The more you get done before June 6, the more the work will appeal to your emotional sensitivity. After June 6, focus your energies on work and health. This summer, you move projects forward, and you may even take the lead position. Enjoy! As you come closer to mid-November, you find you can braid personal and emotional aspirations with career and social desires, forming a tight weave of energy that feels virtually indestructible.

What to Watch Out for: From the outset, you sense the potential power in words. Communication is central, and you may want to take a writing class to develop story-telling skills. You certainly want to explore Internet potentials for expressing your ideas.



Potential for the Year: Travel is definitely on your agenda this year. You may have missed out on a vacation last year, so this year, plan time to see the sun shine on new territory. While traveling, you gather ideas for work and household projects. You may even come back with marvelous photographs to add to your website. When Jupiter enters Aries in June, you are more than ready to take off. Meanwhile, back at the ranch, you also expand your thinking to include financial matters. This is not the year to go wild with investments or spending, but you definitely make forward progress. March 7 could mark the date when an important contract or document reaches your hands. Optimism pervades your thinking from June 1 to July 26, when you feel fully prepared to push a creative project forward.

Opportunities: Three lucky moments in your life occur when Mercury is retrograde this year. Although you usually see luck as a moment to take action, this is your year to learn a new angle. On January 6, you receive information that causes you to think very hard about a decision you have made. You may not change your mind, but you benefit from giving the new data a lot of thought. The second moment arrives on April 28 and 29, when you again think deeply, this time concerning how you will apply basic knowledge to the solution of a problem involving a person with greatly reduced physical or mental resources. The third moment, December 22, challenges you to expand your potential to create mischief and, in the process, work common-sense magic for a beloved family member.

What to Watch Out for: The January 15 eclipse hits you in the pocket book. Conserve resources until you see just how hard a hit this brings. Do some preliminary work on income taxes to see if you are in good shape there. Limit big spending to necessary practical matters like appliances or car repair. In the mean time, stash some cash in savings to go toward



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that vacation you are planning. Saturn and Jupiter meet up with your Sun sign for a business conference in May. Emotional desires face off against practical considerations. Caught in the middle, you probably just want to get out of town! Feelings seem to win in May, but by August you come back down to earth with a plan that satisfies both the practical demands and the desires of each participant.



Potential for the Year: On January 1, you can imagine anything! Your mind downloads brilliant images of the future and you absorb them as if this were an everyday experience. Do take notes so you will remember all of this stuff. Once in your memory, these ideas provide the structure for a year filled with greater financial success and improved self-image. The January 15 solar eclipse reaffirms your imaginative journey into the future. With Venus conjunct the eclipse point, you embody ambition and strength to make the most of every moment. Your career path reaches new heights when you put your work where your heart is and focus all your energy on success.

Opportunities: Opportunities come from unique directions. You find you have more possibilities than you can possibly pursue, so the key this year is to pick and choose carefully. The most electric, exotic offer may not be the best in the long run. On the other hand, it could be just the fuel you need to take a giant leap forward where independence is both a means and a goal. Choose February 5 to shift your sights a bit. March 22 brings work in your direction that you may really enjoy. Around May 22, you realize that any future expansion depends on a solid foundation of skills. Don't stress out about details in late October. The pieces take a while to come together, but by the end of the year, you have a new project ready to lift off.

What to Watch Out for: Forward momentum slows between January 13 and March 10. One way or the other, you find excuses to wait, retreat or generally stop trying. After March 10, your energy picks up again quickly and you see ways to make career and social situations work for you. Financial results may take a bit longer, but you see ways to move ahead. On May 30, your internal systems switch into forward gear and you gradually gain speed as you work out the details of your master plan. For most of August, you try to balance the requirements of your situation against the creative urges that well up in your mind and heart. You understand the advantages of rest and recuperation toward the end of October.



Potential for the Year: This year, you shed the "me against the world" attitude and don the "we can do this together" enthusiasm that comes from working with the right team of individuals. The key word here is "team." You can be the pivotal energy that cements a group together to make positive forward progress. You feel momentum increasing before August 1 when you have the most powerful chance to establish yourself as a leader. Naturally, you will not wait until that date to begin your efforts. The January 15 solar eclipse throws you into thinking mode. You may even go into a mini-retreat phase to work out practical details and develop infrastructure that allows you to move forward with certainty. At the end of April, you meet someone who fills in your outline with details concerning people, materials and marketing.

Opportunities: This is no year to rest on your laurels. Instead, maintain forward movement by focusing on the little things when the big picture shifts into slow motion. During the first quarter, retrace steps to locate the best pricing for goods you need. This effort saves you a bundle! Explore every exotic idea you can during the first half of the year. After July 5, review your portfolio of the wild and crazy and filter out the handful of concepts that mesh with the practical framework you have created. (Save the other ideas for later—they may come in handy!)

What to Watch Out for: Stay in green-light mode with your thinking through June, even when other people try to slow you down with negatives. Let your subconscious make cautionary notes, but don't let those notes destroy your vision. Even later in the year, you only have to slow down a couple of times to take a look at your progress. Around August 1, you will want to begin to travel in a lower gear so that you can take in the scenery. Don't go over the speed limit between July 15 and August 15! Modify your diet around the end of October by dramatically reducing your intake of sugar and other carbohydrates. The goal is not so much weight loss as balance. If you are successful in this effort, after November 15 you will be running a more fuel-efficient engine based on protein and vegetables, with the occasional dessert thrown in to reward yourself for good behavior.



Potential for the Year: The planet Uranus has been in Pisces for several years, infusing your life with mysticism and mystery—if you have been open to these energies. In 2010, Uranus makes a move into Aries, causing a profound shift in perspective for you.

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From late May until mid-August, you get a glimpse of the most creative possibilities. Energy peaks on August 26 when Ms. Imagination meets Mr. Practical in the form of the Saturn-Uranus opposition. Can you really make money with these inventive ideas? You hit a rough patch when you doubt yourself. As Saturn moves forward, you get a chance to gather your ideas back into a tidy portfolio. In December, you're good to go with one more bright idea.

Opportunities: The January 15 solar eclipse produces a stage on which group activities can be played out brilliantly. Use all your personal magnetism to attract the right actors for your drama. Plan on a lot of work to get your ideas across in a meaningful way. In fact, plan on doing most of the work yourself for the first few weeks. This turns out well, because this is your idea, after all, and you don't want other people trying to change it too much. Chiron and Neptune follow nearly parallel paths this year. You find that forward-looking imagination results in a healthy response from your body

and mind. You discover that the retrograde periods of these planets between June and November offer time to achieve greater body-mind alignment. You test this alignment in late October and discover that it is just what the doctor ordered.

What to Watch Out for: Perhaps the most difficult period this year occurs in the first two weeks. Communications get all goofed up. You try to listen to what is said, but you seem to hear another conversation altogether. Plan on reviewing all information after the eclipse when Mercury will also have turned direct. Then spend a week or so redeveloping your plan of attack for 2010. The July 11 eclipse provides a period of mental rest for you. If you tune in to your own creative talents around this time, you find you can produce results with minimal effort. Don't critique your work. Just work. Get images on paper, words into the computer or weeds out of your garden. Later, you will have time to review what you have accomplished. ✨

AN ASTROLOGICAL OVERVIEW:

Wheels of Light

mar de luz

The Mother Earth has Her own Wheels . . . Her cycles. Some of them last so long that no human ever sees all of one cycle. She is always changing Herself. Sometimes," she added, "Mother Earth decides to change many things at once. She pushes up mountains, or makes mountains flat. Rivers disappear, prairies become lakes—everything changes.¹

We walk in two worlds—the outer and the inner worlds, the seen and the unseen—and they are in a constant state of evolution. This basic tenant of shamanism, that ancient, earth-tied belief system, is pervading our consciousness in these times of “walking between the worlds.” What we behold and regard is beholding us. The process of seeking experience and knowledge is actually becoming us, and we cannot separate ourselves from what we see and participate in. We are cogs in the wheel of tremendous, unprecedented change.

There is a physical and spiritual aspect to all things on Earth, even thought forms. All reality is based on polarity, that is the male and female energies that

circulate to create all life. As we learn to abide and walk peacefully through everyday life, we learn to walk within ourselves and awaken the inner landscape, and every day that we awaken, we have the choice to blend with the harmonies of nature or to swim against the tide. This is evolution and what the Hopi elders meant in their message released in the early 1980s:

“The river is flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hold on to the shore.”

“The river is always the river because she knows how to change.”² The patriarchal world view of clinging to outmoded beliefs and fundamentalism is yielding to an open-minded view that perhaps the Earth Mother knows more than we do. She is much more complicated than our scientists and politicians can even fathom, and if we could learn to just stop and listen, as indigenous peoples have done for centuries, then we would understand not to fight the river of Earth's paths, seasons and cycles of renewal. She will seek balance at any cost and has always communicated to those with eyes to see and ears to hear.

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WHEELS OF REMEMBRANCE

When a human embryo forms, it grows from the heart outwards, drawing the heart back into itself as it develops into a fetus. The heart emits a toroidal field of energy with every heartbeat, much like two circles that are joined at their perimeter and rotating away from each other. Our heart is the oldest part of ourselves, even older and wiser than our brain. Every planet in our solar system has a similar electromagnetic field that emanates from the core, or heart, outward, and is then reabsorbed at the opposite polarity. Our sun emits such an energy field and controls the living pulse and vibration of every living thing within its reach.

In this way, everything contains a heartbeat, like a star at its center that emanates in circular wavelengths outward and then back in again. It is a perfectly balanced and symbiotic system that absorbs energy patterns from orbiting spheres and then redistributes them back into the universe. Because we walk in two worlds, we are starting to realize that what we behold and regard is beholding us. As we gaze toward the winter sun or visualize the stellium at the heart of our galaxy, we are regarding our nativity and gazing at ourselves.

This is the same principle at work within the central fire councils of the Iroquois, passed down through some forty to fifty generations. The fires of their matrilineal tribes were circled by native people of both sexes and all ages. No one was considered less than anyone else, and everyone had their say in prophecy, healing and ceremony. Even those who we would now consider to have mental illnesses were regarded for their insight. They gave to the fire their offerings, prayers and sacred rhythms. The fire gave them heat and spoke vision to their hearts, which assured their survival. This is where the lesson of preparing for the next seven generations came from; the fire wisdom taught them that what we do today reaches both our ancestors and our children.

The feminine understanding of the circular movement of time and space permeates shamanistic understanding as it has for, perhaps, hundreds of thousands of years. What began as a spark or dream in the heart of the Creator became the heartbeat of creation, and the created world blossomed like a flower. She poured herself into oceans upon planets and rivers amidst the stars. She stirred the light like embers to glow in dark places where the desire for life had never been felt before. Then, when the light had tired and the need for dreaming outweighed the need for growth, she gathered the spirits of her children close to her and inside of themselves like seeds to weave a new journey through distant winds.

This is the greatest love story—the story of Father/Mother God and how worlds blow in and out of our mythological grasp, carrying the embryonic seed of each preceding reality to a new place in the Sun. Memory circulates

eternally; nothing is ever lost or wasted, and everything is connected to everything and on its way to becoming a part of everything else, everywhere and always.

TILTING ON THE WHEEL OF TIME

The evidence of life born and carried from love is found in circular archeology and artifacts: “wheels” that reveal matriarchal spiritual teaching such as campfires, peace pipes, baskets, pottery, tepees, medicine wheels, kivas, sweat lodges, rock and stone monuments, Meso-American, Egyptian and Celtic calendars and so on. Time, itself, is a circle. Some wheels of light in distant galaxies that we gaze at through the Hubble telescope are wheels of life that have long vanished, similar to the spiral petroglyphs carved on Anasazi rock face throughout the Southwest. And what we look at, digitally, on our watches is actually based on the Earth’s movement around the Sun.

So time is a wheel and implies a measurement of distance and travel, but that travel repeats itself in ever-increasing, mathematical progressions. The fact that the long-count Mayan calendar is based on a date some 13,000 years ago tells us that we are approaching another monumental time in Earth’s history. We are approaching a monumental time, yes, in our Earth’s journey around the Sun and the Sun’s journey around our mother galaxy, but even with known cycles of time travel through space, this is a hard concept to grasp. Time is a spiral—it grows and evolves—and even with all the artifacts, tradition and teachings that we now know as the end of the Mayan calendar (December 21, 2012), the truth is that we have never been here before and will have to rely on our instincts and trust in the Earth Mother to guide us.

There is intelligence in the cycles of the Earth Mother that only a few regard; it is being lifted to consciousness during the “end of time,” as the Maya refer to the present days. The tilt of the Earth that affects our seasons has a life of its own. The axis of our Earth has a wobble, much like a spinning top slowing down. This slow rotation is referred to as the precession of the equinoxes and has to do with the drifting of the equinoctial sun backward through the zodiac over thousands of years. For example, the Sun that will be rising on March 21 of 2010 at the spring equinox is grazing the last degrees of the constellation of Aquarius. Approximately 2,000 years ago that same rising Sun grazed the waning degrees of Pisces. Hence the “precession” of the Piscean age to that of Aquarius.

THE SCALES TIP

We are slowly waking to the realization that the rising equinoctial Sun carries ancient memory and consciousness of the civilization of Atlantis that came to closure some 26,000 years ago. This too, was a time of Aquarian sun, and the Earth has come full circle in its memory of a civilization that gave birth to our current



indigenous tribes. The consciousness of that historic society now pervades our consciousness, and the same perils of life imbalanced by computers, high technology and scientific probing now challenge our concept of progress.

Will we make the same mistakes and overstep our human desire for dominion over nature, or will we heed the warnings of our native peoples and seek balance between our heads and hearts? The answer is, and always has been, flowing quietly in the peaceful waters of our sacred lands. This is where we were first stirred to life in the womb of the Earth Mother, and with or without us, she will keep the sacred balance.

We are approaching a time of enlightenment, a time of remembrance and a time for the allowance of conscious change as our equinoctial Sun inclines ever more toward the center of our galaxy. The scales tip between darkness and light on the winter solstice of 2012 when the portal between heaven and earth floods our hearts and minds with the light of a thousand winter suns.

Will you join us in welcoming the unseen worlds to our earthly realm? With all this entails the appearance of the masters, the angels and the nature people, the release of the spirits of our ancestors trapped in the Earth due to war, climate and catastrophe and the reuniting of ourselves with our progenitors, the space-brethren? Some tribes may be preparing to walk into a new dimension as all of creation takes a quantum leap. Some of us may choose to cross over to the spirit world without experiencing physical death. You can feel it, can't you? Our world is stirring, like mists surrounding a mountain lake. We walk in two worlds with a river in between them, and our hearts are the bridge.

WAKING FROM THE DREAM

There are many realizations to be shared for these crossover times and for the new year to come. The nature and quality of the light emitting from our Sun is changing, speeding up our mental processes. The electromagnetic pulse is increasing, ushering in a higher vibration that stimulates the dream state, allowing us to use more of the right hemisphere of the brain while sleeping. This is nature's way of restoring balance to the left and right hemispheres of the brain, resulting in a more synchronistic relationship with the "brain" of the heart.

This same light is awakening our pineal gland (our third eye), much in the same way that photosynthesis awakens intelligence within plants. Orienting toward the Sun in the morning and doing a short meditation to ground and center yourself will expedite this awakening. Remember, you are the star at the center of your being where heaven and earth meet. The Hopi people have a saying that "Those who stand and face the light will wake up in a hurry. Then they will begin the journey to their true soul's essence."

Our metabolic processes are slowing, giving the perception that time is speeding up. Light exercise will help to regulate the restlessness that comes with a perceived loss of time. As the magnetic field around the Earth migrates and weakens in some areas, it affects our brain waves, concentration, thought patterns and memory. Short-term memory loss is becoming rampant. Dizziness and vertigo can occur. Some of us may just "pack up and leave" for a while, not remembering where we were a few minutes ago or how we arrived at our destination after driving.

KEEP THE SACRED RHYTHM

Tsunami, volcanic, earth vibration and earthquake predictions will become commonplace, and we will start to perceive these events prior to their likelihood, like native people and animals do. Sensations of suspended time will increase. These are kickbacks from the times of Atlantis when we could suspend time and space at will for the purpose of healing. Many new healers will emerge at this time who remember the art of the suspended state of healing trance. Remember to concentrate on breathing deeply from the solar plexus, which will always bring you back to the present moment. These are crossover episodes, stepping in and out of the fabric of reality through rifts in the fabric of the space-time continuum.

Sensitive people may see blurred energy in the shift between the worlds, as in a blurred photograph. Don't worry, you're not crazy and you're not alone. You can tell people you're just magnetically challenged. The key to everything is to try to keep in sacred rhythm, communication and relationship to the Earth. Those who do not regard her voice or who do not choose to live in moderation will risk losing their sanity.

We will start to remember unconscious conditioning from past lives, including remembrance of past life trauma. This is part of the Aquarian influence on our psyches that begins to free us of everything that we no longer need. Past life guilt, shame and self-denial can begin to fall away as we walk into the light of a new reality. That which we no longer need can be replaced with self-love, confidence and renewed abilities. This is the beginning of shedding earthly karma that will liberate us to our true life's purpose. Yes, it's possible to actually get off the wheel of karma and to change your imprint, so to speak, or the astrological map that you came in with. It's all part of the search for inner meaning that begins with self-forgiveness. Unresolved trauma will be dealt with in dreams and dissipated with the light of every new day. Possibilities to heal old wounds and illnesses abound.

CONNECTIONS WITH THE SPIRIT WORLD

And afterward, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions.

—Joel 2:28





Dreams become increasingly vivid, detailed and lucid to the point that we receive the exact direction we need before every new day. Don't be alarmed if your path instantly becomes crystal clear to you and each day has its direction and questions answered. Don't be alarmed if nature people, spirit guides, angels and guardians begin to appear to you and respond to questions as swiftly as they are asked—and even sometimes before. Don't be alarmed if all of your best-laid plans change suddenly and without notice only to find redirection the next day. This too is part of the Aquarian influence.

Life is a two-way street. Just as phone lines and roads go both ways, so does interdimensional communication. Expect departed souls to teach us in dreams so real that we can touch them. In doing so, we give them the assurance that we are united in the love that transcends all earthly boundaries. They will teach us the beauty and truth that we are limitless, creative, eternal beings having a gravitational experience. During the dreamtime, we can introduce them to new additions to our family, and we can have contact with ancestors on the other side that we have never met.

The kindest thing we can do for a loved one who suffers from old age or illness is to pray for healing. Sometimes this healing is releasing them from the physical world of pain. Many people will begin to understand that releasing their loved ones is the greatest act of compassion when their final passage is observed with dignity and the silent language of the heart. You are learning to walk by Spirit, and Spirit will send you where it wants you to go. Stay heart-centered and you will be guided from the heart.

A TIME OF ALLOWANCE

Those who practice the art of conscious dreaming will experience unlimited opportunities and abundance in their lives and will help to teach others to do the same. This is a time of allowance. We are opening up to the realization that whatever we can visualize for the greater good is tantamount to materialization. The object is to not underestimate the creative powers of the human heart and to use the power of love that is all around us. Allow yourself time out to dream, and dream big! Look for repetition and synchronicity, especially in dreams. Messages from the natural world will normally repeat three times if important. Become alert to your natural surroundings and the elements.

The more conscious we become, the more we will open up to that which we don't know. Super-consciousness is the door to true intelligence and the realization that we don't know what we don't know. That is to say, our leading astrophysicists don't even know what questions to ask about the universe as her secrets unfold at an alarming rate. This is a humbling experience and nec-

essary to keep our minds curious and childlike. It's as simple as that, so expect the unexpected!

A great equalizing effect will begin as titles fall away, roles reverse and the disenfranchised and the poor have more opportunity to have their voices heard. Children will teach their parents. Non-human life—animals, plants and minerals—will be greatly regarded for its teaching ability and instinctual knowledge. Wealth and privilege will pale in comparison to the understanding of survival and the cultivation skills that the wise will have amassed, and water, fertile land, heirloom seeds and common sense will become more valuable than gold. It will not be wise to live too close to the shorelines of oceans, rivers or lakes. When in doubt, higher ground that lends itself to lower waterways or underground arterial wells will be ideal. Cultivate a sense and deep appreciation of the absurd and the bizarre. All is in perfect order.

DEEP SKY REPORT

The time of Capricorn is from December 21 through January 18: December 31 is a full moon lunar eclipse in Cancer. The following is an excerpt from the Grand Maya Itza Council Full Moon Ceremony Calendar, printed in the February 2009 issue of the *Sedona Journal of Emergence!*: "Concentrate with high intent on . . . the sacred sites . . . and ask that the caretakers of those sites activate the positive energies available from each site. . . . It is suggested that we each join in spirit on these dates to 'do the work of returning of the Great Spirit in order to prevent our mother Earth from the unfortunate events foreseen to happen in the year 2012. . . . Note: If you do not have a 'group' to perform the ceremonies, you may work alone, or with one, two, three, four or many more. The importance is the 'intent' of your meditation."³

December 31, 2009; Grand Pyramid, Cheops, Egypt: Be patient with your ceremony. Prepare a sacred space. Honor the four directions and begin with sacred rhythm of drum, rattle or chanting. Allow for time out to pray, meditate and listen to the spirit world of the good ancestors. State your intention to the universe and all will open up to you. Watch for subtle changes in candle flame, air movement, sound vibration or sensation. Ceremony is the silent language of the heart and allows for silent passage between the worlds.

MIDNIGHT PASSAGE

I was told in a vision that there must be great darkness to behold the light. A native woman came to me from approximately 500 years ago and told me that there are billions more stars to the night sky than we can see, because we live in an artificial world. When we leave the visual world and reach out to the darkness of space, then the light becomes more apparent. "It must become very dark indeed to behold the jewel in the lotus," she told me. "You do not see because you do

not have enough darkness. The light is in the heart of the darkness," she said, "and the jewel is you."

We live in a time of "galactic midnight," in the final hour of a very dark time in terms of human consciousness, but we are entering an opportunity for conscious choice: to learn and teach the lessons of purification and unity to ourselves and our children. It's like entering a giant sweat lodge. We must be open to the stories passed down by our wisdom keepers, those who hold the truth to the original teachings from the time when the Earth was in balance and people honored all life and beauty. "You must be in here," the woman told me, and pointed to her heart. To enter the sacred lodge is to immerse yourself in the warmth and the sound of voices—medicine stories that no written history can hold. Our Earth Mother would not want one soul to be lost or forgotten, but for all to be found and remembered over time. That's why she now gives us this opportunity to wake up from the darkness. All that's required is your presence and one silent tear of recognition: that's the star at the center of creation—the jewel and the key to the light.

Everything we do comes full circle. It's not for us to change the Earth or alter the processes of nature that we don't understand. It's not our right to violate the rights of any living creature or to deny others a peaceful, fulfilling life. It's not for us to perpetuate war or genocide on other people or to subjugate those that we feel are less valuable or entitled than ourselves. When we do this, we only do it to ourselves. We must each sit alone in the darkness to weigh our own richness and self-worth. But don't believe a word I say; search and come to know it for yourself.

As I finish this column, I'm reminded of the words of John Denver, who wrote these words in his song "Rocky Mountain High":

*Now his life is full of wonder, but his heart still knows
some fear*

Of a simple thing he cannot comprehend

*Why they try to tear the mountains down to bring in a
couple more*

*More people, more scars upon the land
And the Colorado Rocky Mountain high*

I've seen it rainin' fire in the sky

I know he'd be a poorer man

If he never saw an eagle fly

Rocky Mountain high

It's a Colorado Rocky Mountain high

I've seen it rainin' fire in the sky

Friends around the campfire and everybody's high

Rocky Mountain high, Colorado ⁴

Oddly enough, it is October 12, 2009 as I write this, and John left the earthly world to begin his greater journey on October 12, 1997. Thank you for coming, welcome back and have a peaceful journey. ✨

1. Patricia Nell Warren, *One Is the Sun* (Beverly Hills: Wildcat Press, 1991), 88.
2. Robert Ghost Wolf, interview with Art Bell, "Coast to Coast A.M.," December 1977.
3. Grand Maya Itza Council, "New Cycle of Mayan Wisdom," <http://www.themayas.com.mx/>
4. John Denver, *Rocky Mountain High* (RCA Records, 1972).

DAILY ASPECTS:

December 2009 And Beyond

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.

Numerologically, 2010 is a "3" year (2+0+1+0). Dominated by Jupiter, it is a year of expansion, luck, financial abundance, positive new adventures and wider horizons. We could be drawn to learning more about other cul-



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tures this year through long distance traveling, and as always—all the way until 2012—we need to live with the utmost integrity. The more faith and enthusiasm we have, the more incredibly enriching opportunities will present themselves to us.

PLANETARY HIGHLIGHTS FOR 2010

Saturn retrograde January 13–May 30: These months, false authority is being unmasked. We are being asked to go within and tap into the depths of our own wisdom and not rely so much on external structures and power figures.

Solar eclipse in Capricorn January 15: The Sabian symbols describe this degree with a beautiful image: “a nature spirit dancing in the iridescent mist of a waterfall.” The veil between the visible and the invisible is thinning, allowing us to become directly aware and in contact with higher planes of consciousness. The extraordinary becomes ordinary reality.

Jupiter in Pisces January 17–June 5 and September 10–January 22, 2011: As we tap more into our spiritual resources, and manifest more kindness and generosity of spirit toward those less fortunate than ourselves, our imagination will fuel our creations in ways that magically transform our daily lives.

Saturn square Pluto January 31 and August 21: Through natural disasters, criminal activities and difficult economic, social and political circumstances, we are tested in our ability to uproot the old consciousness of fear, manipulation, power games and greed.

Jupiter sextile Pluto February 6: As we get rid of old conditioning and shift what was stagnant in our lives, powerful opportunities for new beginnings appear. We are likely to feel more benevolent and tolerant than usual. Trust and positive cooperation create beautiful expansions in anything related to the law, higher education and religion. A long-distance trip could completely change our consciousness. We could even decide to emigrate for social or political reasons.

Neptune conjunct Chiron February 17: The wisdom found in forgiveness transmutes our emotional wounds.

Pluto retrograde April 6–September 13: These months mark a transition. We are ready to leave the old and enter the unknown. Much is being transformed in both our inner and outer lives. We are moving forward with both eagerness and vigilance.

Saturn re-enters Virgo April 7–July 20: Previously Saturn had been in Virgo from September 2007 to October 2009. We are becoming more aware of the need to heal our mother, the Earth, and to honor her resources. The next few months are our final chance to reverse the abuse that has been taking place for too long. Supporting organic farming, recycling as much as we can, refusing plastic bags and stopping pollution wherever possible become primary concerns.

Chiron enters Pisces April 20–July 19: We are becoming more and more aware of our spiritual kinship with all living entities. The notion that we are all one doesn't feel like an abstract concept anymore. Forms of mystical healing are spreading like wildfire.

Saturn opposition Uranus April 26 and July 26: The old order comes crashing down as the new rushes in. In the face of a mounting need for freedom, independence and the manifestation of our individuality, limiting structures can no longer maintain their facades. Revolutions—literal and symbolic—occur to destroy artificial boundaries. Out of that chaos, a new society based on spiritual principles is gradually emerging.

Jupiter opposition Saturn May 23, August 16 and March 28, 2011: Existing structures are going through a period of readjustment. The obstacles limiting expansion are transmuted with wisdom and patience.

Uranus in Aries May 27–August 13: Our need to free ourselves from restrictive circumstances is impulsive. We are coming up with new initiatives, original ideas and affirming our independence and uniqueness with force.

Neptune retrograde May 31–November 6: The more we are in touch with our inner vision and personal wisdom, the more protected we are. As we recognize that our true strength lies in our inner wisdom, the magic of life becomes available to us.

Chiron retrograde June 4–November 5: Beyond the variety of choices available to us during this period, a unifying principle surfaces from our past.

Jupiter conjunct Uranus June 8, September 18 and January 4, 2011: This is a time of progressive ideas, independence and restlessness. We don't accept things so readily anymore, and we need to rock the status quo in both our lives and our environment. Exciting opportunities to travel and further our education open new dimensions. Legal breakthroughs are likely to occur.

Lunar eclipse in Capricorn June 26: In the Sabian symbols, this degree is symbolized by “Indians on the warpath. While some men row a well-filled canoe, others in it perform a war dance.” While we honor and claim our personal and spiritual power, our fighting spirit remains alert, making us ready for every eventuality. It is not time yet to chant victory; we need to stay cautious and aware of every reality around us, even those we choose not to participate in.

Uranus retrograde July 5–December 5: This is a powerful time to manifest our uniqueness. The clearer and more focused our choices are, the faster we can become everything that we are in our divinity.

Solar eclipse in Cancer July 11: This is a time of happiness. The image associated with this degree in the Sabian symbols is “Venetian gondoliers giving a serenade.” We enjoy life by appreciating its gifts and

being grateful for what we are blessed to have, both materially and in our social circle.

Chiron re-enters Aquarius June 4–February 8, 2011: Chiron entered Aquarius in January 2006. This is the last time before 2012 that Chiron is in this sign. Our dreams and visions are shaping the new society into existence. Incredible new healing technologies are coming to our consciousness—we are remembering the crystal healings of Atlantis and bringing them to a whole new level of mystical union with the divine.

Saturn re-enters Libra July 21–October 5, 2012: Relationships that were karmic in essence and have outlived their purpose dissolve. Great news for all those who have been single for a while. This is a time when our romantic relationships are solid and grounded in reality. We attract people with substance, and we approach our partnerships with a desire to give and receive cooperation, support and enrichment. Working in harmony with others is a priority, as is being creative in a productive manner. Our judgment is sound and we are able to resolve residual emotional inhibitions. Loneliness and isolation are feelings that won't exist anymore, as we understand that we are never separated from one another. Many true marriages between soul-related beings are formed under this beautiful transit while existing and growth-promoting relationships are strengthened.

Jupiter square Pluto July 24, August 3 and February 25, 2011: A time of new beginnings that require much reorganization. A tremendous reform of society is at hand.

Uranus re-enters Pisces August 13–March 11, 2011: Uranus has been in Pisces since March 2003. This is its last period in that sign. Channeling and visionary philosophies are flourishing everywhere. As they introduce us to a different understanding of what we thought was our reality, we are forced to look at traditional religion in a whole new light. A deeper alignment with our higher selves dramatically increases our intuition and, in some cases, our psychic abilities.

Lunar eclipse in Gemini December 21: In the Sabian symbols, this degree is described as “a parade of bathing beauties before large beach crowds.” Through personal excellence we are raising the bar for the whole of humanity.

DECEMBER 2009

There is a lunar eclipse on Thursday, December 31 at 10°15' Cancer. This degree is symbolized in the Sabian symbols by “a clown caricaturing well known personalities.” Appearances dissolve, allowing the truth of “what is” to reveal itself. This is the time to find where our real home is, what and who make us feel safe, which image we want to project, how we see ourselves and what affect we have on others. We may

try several identities on until we know with certainty who we really are and what we stand for.

Mars turns retrograde on Sunday, December 20 from 19°41'–18°57' Leo. The Sabian symbols' images for these two degrees are: “Zuni Indians performing a ritual to the Sun” and “a houseboat party.” Our homework is done; now is the time to both celebrate and express gratitude to all the people and forces who have guided and supported us along the way. The way we assert ourselves is radiant and full of wonderful, renewed energy. We are shining in the truth of our divinity.

Mercury turns retrograde on Saturday, December 26 until January 15, 2010, from 21°47' to 5°33' Capricorn. This is time when—through seriousness, structure and discipline—we reach depths of wisdom. Much can be accomplished during this time. As we complete tasks, finish work that was backlogged and clear old projects, we are ready to welcome whole new endeavors. This is a chance to re-invent ourselves and create exciting new possibilities that are deeply grounded in reality.

MOON MESSAGES

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

- Tuesday, December 1 between 5:39 AM and 6:23 AM when the Moon enters Gemini
- Thursday, December 3 between 2:28 AM and 8:01 AM when the Moon enters Cancer
- Friday, December 4 at 9:08 PM until Saturday, December 5 at 9:07 AM when the Moon enters Leo
- Monday, December 7 between 12:58 AM and 11:05 AM when the Moon enters Virgo
- Wednesday, December 9 between 2:04 AM and 2:47 PM when the Moon enters Libra
- Friday, December 11 between 9:45 AM and 8:31 PM when the Moon enters Scorpio
- Sunday, December 13 at 5:18 PM and Monday, December 14 at 4:25 AM when the Moon enters Sagittarius
- Wednesday, December 16 between 4:02 AM and 2:32 PM when the Moon enters Capricorn
- Friday, December 18 at 12:07 PM until Saturday, December 19 at 2:39 AM when the Moon enters Aquarius
- Monday, December 21 between 4:54 AM and 3:42 PM when the Moon enters Pisces
- Thursday, December 24 between 12:09 AM and 3:39 AM when the Moon enters Aries
- Saturday, December 26 between 3:44 AM and 12:26 PM when the Moon enters Taurus
- Monday, December 28 between 9:54 AM and 5:13 PM when the Moon enters Gemini





- Wednesday, December 30 between 12:29 PM and 6:45 PM when the Moon enters Cancer

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 Gemini between Tuesday, December 1 at 6:23 am and Thursday, December 3 at 8:00 am, and between Monday, December 28 at 5:13 pm and Wednesday, December 30 at 6:44 pm

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

- ☾ Moon in Cancer between Thursday, December 3 at 8:01 AM and Saturday, December 5 at 9:06 AM, and between Wednesday, December 30 at 6:45 PM and Friday, December 1 at 6:40 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 the people we cherish over for dinner. It is an excellent time for drawing, creative writing, crazy humor and anything requiring intuition and imagination.

- ☾ Moon in Leo between Saturday, December 5 at 9:07 AM and Monday, December 7 at 11:04 AM

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

- ☾ Moon in Virgo between Monday, December 7 at 11:05 AM and Wednesday, December 9 at 2:46 PM

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

- ☾ Moon in Libra between Wednesday, December 9 at 2:47 PM and Friday, December 11 at 8:30 PM

This is a great time 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 Friday, December 11 at 8:31 PM and Monday, December 14 at 4:24 AM

This is a perfect time for scientific research, es-

oteric studies, self-transformation, insurances, issues pertaining to the use of power and dealing with the mysteries of life—death, sexuality and exploring the other side of the veil.

- ☾ Moon in Sagittarius between Monday, December 14 at 4:25 AM and Wednesday, December 16 at 2:31 PM

This is an excellent time for traveling, religious and/or philosophical activities or matters related to higher education and the law. This is also a great 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 Wednesday, December 16 at 2:32 PM and Saturday, December 19 at 2:38 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.

- ☾ Moon in Aquarius between Saturday, December 19 at 2:39 AM and Monday, December 21 at 3:41 PM

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

- ☾ Moon in Pisces between Monday, December 21 at 3:42 PM and Thursday, December 24 at 3:38 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, channeling or connecting with the mystical, the magical and the oneness of All That Is.

- ☾ Moon in Aries between Thursday, December 24 at 3:39 AM and Saturday, December 26 at 12:25 PM

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

- ☾ Moon in Taurus between Saturday, December 26 at 12:26 PM and Monday, December 28 at 5:12 PM

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. Additionally, this is a good time for gardening, pottery and sculpting, as well as bodywork.

INTENTIONAL MEDITATION

Our intentional meditation begins on Tuesday, December 1. Take as many blank sheets as you will have intentions and place them out on a balcony, near a window or in a garden to be charged by the full moon in Gemini at 11:30 PM. Once that exact moment has passed, gather your sheets and place them in a folder until the next new moon.

On Wednesday, December 16 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 Sagittarius at exactly 4:02 AM. Once that exact moment has passed, staple your sheets together, write the date and put them away, expecting a miracle.

Our next intentional meditation will start on Thursday, December 31 at 11:13 AM with the full moon in Cancer. Follow the same procedure as on Tuesday, December 1. The next new moon, in Capricorn, will occur on January 14, which is also a solar eclipse.

A WEEK OF LOVE AND INTUITION

Tuesday, December 1: Mercury sextile Neptune (6:53 AM), Uranus turns direct (12:27 PM) and Venus enters Sagittarius (2:04 PM until January 18, 2010). We are more intuitive than rational today. Insights come through meditation and dreams. This is a great day for channeling, healing and any work requiring inspiration. Artistically inclined people will love this transit! This day is not so good for anything technical, administrative or requiring attention to detail. Our minds could drift into impressions and feelings and have a hard time committing to the here and now. During the next few weeks, the way we love is enthusiastic and alive. We enjoy meeting new people and gathering with positive, fun crowds. We could also spend a little more than usual and not care so much about it, trusting that abundance will follow.

Friday, December 4: Venus sextile Saturn (3:45 AM). Today is great for structuring an existing love relationship. A new romantic attachment is grounded in reality; it develops slowly and gradually for a long time. A business partnership established today is solid, as it is a day excellent for business dealings in general. Our financial investments are secure and realistic.

Saturday, December 5: Mercury enters Capricorn (9:25 AM until February 10, 2010). In the next couple of months, we may be more silent than usual. Tapping into our inner wisdom, we tend to favor fewer words and more action. Our thoughts are realistic, and the way we express ourselves is more practical. We could be drawn to serious studies requiring concentration and discipline.

A WEEK OF GROUNDED DEPTH

Monday, December 7: Mercury conjunct Pluto (1:11 AM) and Mercury square Saturn (6:35 PM). Today is a day of deep thoughts. We are able to examine people and situations with clarity and a sense of the practical. Our ideas are grounded and solid; the way we express ourselves inspires respect. Others feel that what we are saying comes from the depths of our beings and not from some place of superficiality. What we say affects others in profound ways.

Thursday, December 10: Sun trine Mars (5:18 PM). We radiate much confidence and are assertive today. We seek action and the practical application of our ideas. Sports are a great outlet because we have a lot of energy and are very direct in our personal expression. Today is great for taking new initiatives that further our ambitions.

A WEEK OF THE UNEXPECTED

Monday, December 14: Sun square Uranus (7:28 AM) and Sun sextile Jupiter (4:17 PM). The more flexible we are, the more the changes that we experience will redirect us in positive ways. This is a day where the unexpected can wreck our plans, and yet—through the adventurousness provided—open incredible new doorways that prove beneficial in the long run.

Tuesday, December 15: Sun sextile Neptune (4:17 PM). Meditation is greatly favored today, as is the development of our spiritual life. We could appreciate art and beauty more than usual. Our psychic sensitivity is greatly enhanced, and artists are more inspired than usual. We express more compassion toward those less fortunate than ourselves and with a greater generosity of spirit. Relationships with children are particularly pleasant today, as we are able to creatively enter the world of their imagination. A romantic relationship feels very magical—we can clearly feel the soul connection we have with this person.

Thursday, December 17: Venus trine Mars (4:39 AM). Today is great for creative endeavors. It is also excellent for business. Love relationships today are balanced and positive. Our finances flow, and if we need any help in that area, it is easily granted. Social activities enhance our lives.

Saturday, December 19: Venus square Uranus (5:52 PM). We need to be careful not to say things impulsively that may cause relationship rifts. We could be more willful than usual and be drawn to strange people out of rebellion. Our insistence on freedom could create sudden, unexpected breaks in love ties that are impossible to mend. Someone met today could be very exciting but also prove unreliable. Unexpected expenses may also arise. If we conduct ourselves responsibly, we can avoid some of the pitfalls of this extravagant transit.



A WEEK OF TRUTH AND STRUCTURE

Sunday, December 20: Mars turns retrograde (5:27 AM), Venus sextile Jupiter (8:53 PM) and Venus sextile Neptune (9:25 PM). Kindly see the opening paragraph. Today is a great day for social activities. Our exuberance, enthusiasm and positive outlook attract many like-spirited beings who expand our world and enrich our projects. Today is also a great day for a date. An existing relationship becomes happier, and a new relationship brings a sense of adventure and joy.

Monday, December 21: Jupiter conjunct Neptune (12:53 AM) and Sun enters Capricorn (9:47 AM until January 19, 2010). Mystical tendencies are enhanced by this transit, as is our idealism and the need to undertake long journeys. During the next month, our wisdom deepens. We are more reserved, more serious and more structured than usual.

Thursday, December 24: Sun conjunct Pluto (9:30 AM). Today is a day of powerful self-transformation. Almost as we were being turned inside out, whatever was holding us back can today be shifted into the light. Our leadership abilities are greatly increased and our charisma expands—we feel dynamic, strong and assertive.

Friday, December 25: Venus enters Capricorn (10:17 AM until January 18, 2010) and Sun square Saturn (3:58 PM). During the next few weeks, we are more reserved, grounded and serious in our emotional commitments. We want to anchor our love relationships in reality—either by breaking an involvement that was going nowhere or deepening one that feels good to us. Today, more particularly, we could feel the need to readjust our external reality to align with our inner needs, goals and ambitions.

Saturday, December 26: Mercury turns retrograde (6:38 AM). Kindly refer to the opening paragraph.

A WEEK OF EMOTIONS AND CLARITY

Sunday, December 27: Venus conjunct Pluto (10:47 PM). Today is a day of intense emotions. A love relationship could be a profound catalyst for transformation and lead us to a whole new understanding of love and what holds us back from a deeper expression of intimacy. Today is good for financial investments, which can lead to great wealth if we follow our intuition.

Monday, December 28: Venus square Saturn (10:55 PM). Difficulties could arise today in partnerships, both professionally and personally. We could experience a sense of disappointment, solitude or coldness. It is a time to become clear on what we really want emotionally and what we are willing to give.

Thursday, December 31: Lunar eclipse (11:13 AM). Kindly refer to the opening paragraph for December 2009. ✨

NUMEROLOGY: THE SILVER KEY

Form Relationships For Group Creation 2010 (21/3)

Rhonda Smith

This year, 2010 (21/3), will be full of opportunities for choices at all levels. There can be a deep inner peace underlying everything this year as long as you stay who you are. This is the year to begin forming those groups that will create and manifest the new institutions and organizations that will have a prime directive to serve humanity. You will have opportunities to define friendship in terms of unconditional love and to learn to be okay making the discernments necessary to choose and work with those who can put excessive emotion (self-created fear) aside and be the true leaders who understand cooperation and unity to be the tools to create the new world. This will require you to continually understand that it is loyalty to self first that will keep you on your path.

The following explains the method used for numerology forecasting. We use the 3+ digit convention, because we are evolved to the point of needing to know the “essence” of the numbers—their rooting. For example, if the final number is 3, what kind of 3 is it? The final number is like the peppercorn, the rooting tells you what kind of peppercorn: black, red, cayenne and so on. The computations are done thusly:

Year: 2010; $20 + 1 + 0 = 21(\text{root}) = 2 + 1 = 3$, and shown as 21/3

Day: $1/1/2010 = 1 + 1 + 2010 = 2012 = 20 + 1 + 2 = 23(\text{root}) = 2 + 3 = 5$, and shown as 23/5

Week: Add up all the roots for each day, then reduce the total.

If the total is three digits, such as 192, it is done thusly: $19 + 2 = 21(\text{root}) = 2 + 1 = 3$

Brackets indicate a “master number” that is never reduced to a single digit and is highly influential.

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MONTHS FOR UNDERLYING TRANSFORMATIONS

January ([22][11]) begins the year with an intense month of dual master vibrations. Underlying all your interactions will be the vibration of the spiritual master builder, giving you four times the strength to bring God energy into the material plane in your life. This will allow you to stand on a firm foundation of inner security, easing your ability to cooperate with others and, therefore, God's plan on Earth. Combined with the master energies of the spiritual light messenger, this is here to give you guidance and strengthen your connection to your source—especially of information. If your intuition phones this month, make sure to answer the call, because it will give you guidance on how to build your firm foundation within. Don't lose sight of the fact that a well-worked-out plan is necessary before your move forward. The goal is to stay connected to your inner information, integrate it into yourself and manifest it in all your interactions this month.

February (23/5) is a month that brings you a strong sense of adventure and change, which may challenge your inner security and your foundation to assist you to stand on your own two feet, no matter what happens. Allow your mind to expand, and look to adventure and change as something that is necessary for evolution. If you feel resistance to this, examine what beliefs you have about your own capabilities to "cope." You can help yourself get past the resistance by making small changes every day. For example, if you always put on your right shoe first, put your left one on first; that's all it takes. The goal this month is stay balanced in all your interactions so that you can move forward, no matter what changes are occurring around you.

March (24/6) brings you a month of increased sensitivity to what is beneath the surface if you tune in to your inner awareness. This can be very inspirational, and if you take responsibility for bringing things into harmony and allow yourself to become centered, you will achieve peace and balance. This results in having your inner world under your command—which, in turn, brings about order in your outer world. You will then have the opportunity to "get into the flow" so that you can respond rather than react to unexpected events and opportunities at all levels. The goal is to achieve that inner peace and harmony and integrate it into your being.

MONTHS OF REFLECTION AND COOPERATION

April (25/7) gives you a month to be reflective and reassess where you are and how far you've come. It gives you strong intuitive energies to help you move your mental energies into a positive force for your creation. Listen to your inner guidance, and you will be given direction for forward movement in your life. Your

foundation is the truth, and as you practice listening to your intuition, you will find information coming to the surface that will bring light, reality and clarity to your situations. Your goal is to remain flexible, resourceful and adaptable to make whatever changes are necessary in order to demonstrate the truth.

May (26/8) provides you with easy, free-flowing environmental energies that will bestow abundance in your life. These energies will be full of cooperation and compatibility so that you can investigate and examine any details that arise—often spontaneously—in your material affairs, making sure they fit with your vision. Your challenge is to take responsibility for the good things in your life without guilt or embarrassment. Remember that you created them too. Although much occurs spontaneously, you need to be on your toes so that you can act on the things that bring you your rewards and your vision under this influence. The goal is to create—in thought, desire and action—the "right" vibration to manifest on the material plane and reap your rewards.

June (27/9) is a month of completions and beginnings, of reaping your rewards from past achievements and, at the same time, preparing for new adventures. This is not a month to withdraw, but rather to interact with meaningful companions. Interaction will help you to gain deeper understanding of yourself and others, improving your relationships. Underlying everything this month is the energies to maintain harmony and peace so that all interactions lead to uplifting experiences for yourself and others. The goal is to stay in the inner space between the physical and the spiritual so that you reap your rewards—which are always in direct relationship to what you have previously earned.

MONTHS OF NEW BEGINNINGS AND CREATIVITY

July (28/10/1) is all about originality and initiative as the old concepts are swept away to start the new. This brings a great ability to crystallize your desires, using the power of your imagination to mold substance into form and to manifest ideals into the physical. This is the energy of beginnings, so accept the responsibility of leadership in your own life and move forward in your own way, holding to the ideal of the law of justice and balance, and you will achieve success. Don't forget to rely on your inner wisdom as you make the choices for your future. The goal is to stay in balance and be okay with creating in your own way.

August (29/11) is another master month with the energies of the master messenger, so make sure you keep your ears open for the ringing of that phone. This whole month will give you opportunities to express your spirit—the true you—in all your interactions. If you're not already doing that, this may cause a major shift in your life that requires more self-responsibility





and effort but also promises great rewards. Insights and revelations will be everywhere, so be receptive and remember that the messages are to bring balance into your affairs. The goal is to learn balance, diplomacy and cooperation and use those at their highest levels in all your interactions.

September (30/3) ends the year you started last October with the energies of celebration and creative expression of yourself. These can be very restless energies, so part of your process is to learn how to stay centered within the energies of joy. Rely on your intuition and inner guidance for direction at this time. The more you are willing to be who you are, the more joy, harmony and peace will come to you, allowing your relationships to blossom and bring you happiness and fulfillment. Your goal is to integrate and be your spirit expressing itself through your physical experiences.

MONTHS FOR EXPANSION AND INSPIRATION

October [22] begins the last quarter of this year—a time of setting the energies for 2011, with a reminder of January. This period will have intense underlying energies, although not as intense as January, with its two master vibrations. Since you completed yourself last month, you really don't need the 11 to keep you connected; you're there all the time. Let your mind expand and think in large, sweeping terms of what can be for all of humanity. Make sure to keep balanced this month, and—although you may feel this is really hard—just do the work one step at a time, and you won't overdo. There may be elements that feel like restrictions in your life; however, keep in mind that they are there to help

you build a firm foundation for the future. The goal is to be the master of the male-female polarity within.

November (23/5 [11]) brings a reprise of February's energies along with the underlying master messenger energies to keep you connected to who you are as you raise your consciousness to new levels of acceptance with respect to "expecting the unexpected." Remember that the old paradigm is gone and you are moving into new territory that has never existed before: the enlightened society of individuals who know who they are and are willing to co-create with others for the good of all. The goal is to let your mind expand and explore unfamiliar information without fear.

December (24/6 [22]) ends the year with more underlying master energies to support you in your progress into 2011 [22]. Remember that you're capable of dealing with this as long as you stay connected to who you are and your inner guidance so that you don't move into those self-created fears that claim, "I'm not good enough." The surface energies are designed to bring inspiration by making you aware of what is beneath the surface in all your interactions. Seek the truth of what is—what is beneath the surface—and choose a response to that knowing instead of a reaction. This will allow you to put things into harmony, staying centered and in control of your inner world and bringing order and peace to your outer world. Your goal is to examine any situations that feel restrictive in your life, to resolve them and to create a firm inner foundation for your vision and what you will build within yourself, your family and your community next year. ✨

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Ask Rochelle

Stars of Celestial Waters through Rochelle Sparrow

Dear Rochelle,

Help! I don't even know where to start. My health has been in a quandary for some time now. I have done everything I know up till now and have researched everything I can get my hands on. Have I decided to check out? Please help me.

—Thank you, Gail

I am glad you are asking for higher guidance, and thank you for your courage. Let's see what they say: "You are correct to think of yourself as shamanic, as a healer. Your being continues to re-create what happened when you were five years of age. At that time, there was abandonment"—mother energy is present—"and your being reacted by displacing the responsibility of her abandonment upon yourself through blame. Now your being has begun the long journey of recovery and creating a detachment from that energy." The energy manifested is that of an abandoning mother. "In doing so, your body has begun an attachment to energy that is nurturing and warm. Your decision to create an attachment to nurturing energy has begun the long journey toward recovery. You know now, correct? Your body took on the illness to allow your recovery through the discovering of your capacity to mother and nurture yourself. In doing so, you do not, of course, abandon yourself, but stay connected to what your body needs for recovery. In that way, your status of shaman is then received. Blessings."



Dear Rochelle,

I don't know what to do. Nothing is working; I can't leave a man I have been with for twenty-eight years, but he is emotionally abusive and not good for me. Please tell me what to do.

—Thank you, Donna

Remember that we create our lives from the inside out through our healing. Listen to the guidance and the choices they present to you. From my guides: "You are correct to note and journal your feelings when you are around him. Your being's tendency"—this comes through very loudly—"is to not pay attention and to minimize how you feel. Your being does not recognize that you feel a sense of emptiness when you are present with him. Begin to pay attention to the emptiness and think about where it originally comes from. In paying attention to the empty feelings you get when you are with him, you can begin to make choices about how you can fill the emptiness within yourself. In other words, perhaps you can imagine yourself becoming available to other people who can make loving attachments. In that way, you begin to resolve your dilemma."



Dear Rochelle,

It is great that you have this column. Can you please tell me when I will have a child?

—Thank you for your time, Liz

Thank you for writing and your support! The timing is up to you and your willingness to move ahead in your own healing. When we heal our energy inside of us, through our connections to who we truly are, the energy outside of us also shifts. Let's see what the guides say: "You are correct to move forward." The

energy here implies the international. "There are several considerations here. One is prejudice. Think in terms of comfort level; are there barriers here?" The energy here suggests you look within yourself. "Think in terms of cultural barriers. Are there barriers present? In that way—in discovering the self—your being begins to move ahead.

"However, movement cannot occur if you have inward reservations. Your being tends to"—the energy here implies make nice—"with energies within yourself that are not of you, but have learned from you. These energies need further ferreting out and investigation. In doing so, clarity of direction and purpose emerges." The energies suggest that this would come from within you, and the energy here is very loud. "However, until that occurs, your being remains unclear. We suggest meditation and journaling upon the questions we asked. In that way, your being becomes one of clarity. That is the correct way." *

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BENEVOLENT OUTCOMES

On a recent trip to Europe, my flight from London's Heathrow Airport to Nice was on KLM with a change of planes in Amsterdam. I made the mistake of forgetting to ask for a most benevolent outcome (MBO) as I went through security and was stopped by a security person and asked to put my roller bag in the metal form to see if it fit. The wheels made it too long by about one inch or less, and he made me run back to check the bag in at the KLM counter. I knew I had a problem because of the combined weight of the two checked bags, even though I was traveling business class.

They said I was at my limit and were going to charge me 130 GBP (about \$200) overage. My only option was to run downstairs (along with my roller bag and briefcase) to a store at the far end of the terminal and buy a cloth bag to throw everything into. Naturally, by now I was requesting a benevolent outcome for the problem. I bought the cheapest bag they had, which was 15 GBP (about \$24), and ran back upstairs and started transferring virtually everything in the bag over to the cloth bag. I then attempted to check the small roller bag and it weighed a total of 4 kilos (8.8 pounds). The supervisor said that they would have given me 2 kilos, but since it was 4, they were going to charge me 50 GBP (\$80) for the overage. I started taking literally everything out of the bag, including tissues, and putting it on the floor next to the bag. Then, however, the two supervisors were called away and the person at the counter told me to quickly give her the bag before they returned and she checked it.

Once back in the security line, I requested an MBO for the line. The man who had made me return to the airline counter let me up to the front of the line, even though he said KLM had not paid for "fast track." I made the flight with time to spare and had

a pleasant chat with a woman on the way to Amsterdam (naturally I had requested an MBO for someone interesting to talk to).

I had a long layover in Amsterdam before taking the flight to Nice. I had requested an MBO for my bags to come out quickly in Nice, and they did come out in plenty of time to make the bus to Cannes, which was filled with people going to the TV market. I had requested an MBO to again sit next to someone interesting, and I wound up sitting next to the same British chap I had sat next to on the plane from London to Nice last March! We still may do some business. He even helped to drag one of my bags to my hotel, as he was traveling very light. I showed him where to pick up his badge on our way, as he did not have his yet, and I was able to pick up my guide with everyone listed who was attending the market, so I did not have to return back to pick it up: a very nice outcome!

I met several buyers there that were not on my list of sixty appointments I had for the four days of the market. We had meetings either when there were no-shows for appointments or in the few remaining times I had left. Needless to say, I was exhausted each night, as I didn't leave until about 7:00 PM. I did reconnect with the two young ladies from Canada I mentioned in a previous article last year at the Buyers Club, and they're still requesting MBOs.



With the holiday season upon us once again, please remember to request benevolent outcomes when you are attending family reunions, especially those where there is stress involved with the relationships. You'll find things will go much smoother when you do.

Now for a few stories from around the world:

LUGGING LUGGAGE MBOs

A note on this next one: Jean is referring to the reported activation on 9-9-9 of the huge crystals that lie underneath the surface of Arkansas to the southeast of Hot Springs. In the September issue of the *Sedona Journal of Emergence!*, James Tyberonn channeled Metatron, who stated the crystals would be activated on this date; I recommend reading the article. I also reported before that my family and I have dug for crystals a couple of times near Hot Springs and have brought back some really large crystals. Even these small ones have great energy.

Jean writes: "I have a double MBO for you! I was part of a group going to Arkansas for the crystal activation on 9-9-9. This necessitated two pieces of luggage plus a large cooler. I live on the third floor, and was not looking forward to three trips down the stairs. As I was asking for an MBO, I heard another door being locked, so I opened mine and saw a new tenant in the hall. I asked him if he'd have time to help me with my luggage, and he very graciously carried down two pieces for me—each a separate trip—and then he told me to breathe!

"When I returned, I had the same three pieces to carry up three flights, so I started asking for an MBO as I left Windsor, where I'd left my vehicle so I could carpool with two other women. As I approached the driveway to the



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apartment complex, three people were walking across the street, but not in the pedestrian crosswalk, and yet cars were stopping for them. They turned into the driveway for my building, and I passed them as I pulled into a parking spot. Two of them were young men; the other was a young woman. Again, I figured that's why they were there and asked for help, and the two men carried everything up for me in one trip. Oddly enough, the earlier helper's name was Ryan, and so was one of the second helpers. Bless them all, and thank you times six!

"By the way, the owner of the other car in our caravan now closes a lot of her emails with 'Believe in benevolent outcomes,' after she read the Sedona Journal article with my Seattle bus experience, and I told her it was me. I'm sure there were a lot of MBOs traveling to Arkansas. I'm looking forward to your new book so I can see if my Seattle bus experience will be in it!"

You'll just have to read my new book, *The Gentle Way II: The Story Continues* to see if Jean's story was included! You can buy it now through Light Technology Publishing.

FINDING LOST ITEMS

Marie writes on Facebook: "One of my friends had another friend trying to help her find a craft book, so I said a request for an MBO and then walked straight to where it was. They had already looked through that box so I doubt they would have looked again. Funny thing is that when I lost something else that was a gift from my son, I went straight to it as well, and it wasn't in an area that I normally kept it in. I always say thank you angels after requesting an MBO. Thank you, angels, and thank you, Tom."

BRIDGE-CROSSING MBO

Kathy writes: "The great results from using MBOs just keep rolling in! Here's the latest: My husband's commute to work and back takes him over the Hood Canal Floating Bridge. This bridge opens and closes to let marine traffic through, which causes quite a backup in traffic and usually a delay

of half an hour to forty-five minutes. Yesterday my husband called me on his cell phone to let me know he was stuck in 'bridge traffic' and would be delayed. He called again a few minutes later to tell me that he'd found out the bridge was stuck open and no one knew when it would be open again. He was considering driving around Hood Canal, which would take him about two hours. I told him to wait about half an hour. As soon as we hung up, I requested a most benevolent outcome that the bridge become unstuck and close within fifteen minutes. He called me again about ten minutes later and said the bridge had closed and traffic was moving. Fast results! Thank you, Tom, and thank you, guardian angels."

BENEVOLENT HOSPITAL OUTCOME

Lynn on the Oregon Coast writes: "Hi Tom. I just came home from having a great experience I thought might not be so great: I had an appointment for physical therapy at a local hospital here. This is a very low-populated area on the Oregon coast. The hospital serves its purpose as a first stop for most, and so you hear good and not-so-great things about it. I have to get physical therapy for my knee and had heard various things about the physical therapy department at the hospital—several not-so-good things—so I was concerned. But I needed to get this done as close to home as possible. Other options meant a trip to Portland, an hour or more away.

"As I went this morning, I said an MBO request for the best possible outcome for my therapist and the best outcome for my knee. When I got there, it was national Physical Therapy Week, so they had all of their therapists' pictures posted on a nice bulletin board. As I waited, I looked at all fifteen of them and thought, "Surely there are some good ones for me." Then I got called in and met Amber, a wonderful young woman who, despite her age, knew just what she was talking about, listened to me and answered every question I had very well, giving me more information than I'd even asked for. I left feeling hopeful for a good recovery and

relaxed about it all. Thank you very much, angels and Tom, for showing me about MBOs."

I've previously described the same situation when I was in the hospital. I requested my benevolent outcomes and then didn't worry. That story, along with others in the same vein (little pun there) will be in a chapter about hospital experiences in my new book, which I mentioned previously.

MBO FOR A CUP OF COFFEE

Now here's an MBO I never thought of requesting. Mark writes: "I have been enjoying your newsletter very much and have been using requests for benevolent outcomes for a couple of months now. In one of your past newsletters, you mentioned the importance of asking for MBOs for anything—especially the small stuff—so we remember to ask for MBOs for the big stuff. Less than an hour ago, I really wanted a cup of coffee, but I am providing phone coverage and could not leave my desk. I whispered my request to my guardian angel, "I request a most benevolent outcome for someone to buy and bring me a cup of coffee, thank you!" Soon after that, a coworker sent me an email offering to get coffee and another from coworker who offered to buy mine.

"Another MBO I asked for was for a friend whose beloved cat, Ginger, had escaped the house and was missing. I asked for a most benevolent outcome for her safe return. Three days later when he was about to give up hope, Ginger timidly came up to him in his front yard, allowing him to pet her, calm her and get her back inside where she belonged. Thanks for this teaching. I was skeptical at first, but I am convinced now."

MECHANIC BENEVOLENT OUTCOME

Penny writes: "I am writing to tell you of a benevolent outcome we experienced. Our minivan was acting up terribly when we drove it one rainy day last week. After we got past a few blocks, the trouble stopped. My husband was on vacation, so he had the time to get the car checked out. He then told me it had been acting up for

several months, but not that badly. We left it at the shop the night before it was to be worked on, and I asked for a benevolent outcome for the mechanic to be able to know exactly what was wrong with it and for us to be able to afford to fix it within our means.

“The shop had a new mechanic who was very good. As soon as my husband told him, “It acts up when the weather is wet,” he said “I know what it is!” and went right to the distributor cap and spark plug wires. Once he looked at them, however, he couldn’t believe his eyes. He said he did not know how our car could have even been running at all—the pieces were so worn and melted. I know why it was still running: because they had to keep our car running until my husband was on vacation and he had time to fix it. And the bill? We had figured we didn’t have more than \$250.00 to spend, and the bill was \$256.00. Our car runs much better now, and I told my husband what I had requested.”

FIREWOOD BENEVOLENT OUTCOME

Jan in Vermont writes: “A few weeks ago, I requested an MBO for the perfect wood to burn in my wood stove: ‘May it be better than I could hope for or expect.’ It’s starting to get cold here in Vermont, and I was thinking how nice it would be to have a cozy fire.

“Yesterday, I was doing the dishes and heard a car door shut out in my driveway. I looked out the window and a neighbor of mine, Barb, had pulled her truck up to my garage where she was unloading a load of dry, beautiful firewood—cut to the perfect size for me. I now have enough wood to burn for at least a month. I appreciate the wood that I have and I’m already feeling appreciation for the wood that will be coming! I have now put in a request for the perfect new wood stove. I’ll keep you posted! Thank you, thank you, thank you!”

Don’t forget to thank Barb’s guardian angel for assisting your guardian with the MBO request too.

TWO STARS MBOs

Laurie writes: “Recently I had two MBOs that can be described as ‘star sightings.’ The first one was being able to see the International Space Station zip by overhead like a very fast-moving star. I wasn’t certain I was going to be able to see its transit because of hazy local cloud cover and the low angle of passage in the night sky, so I asked for an MBO to catch even a glimpse. I watched diligently for the few minutes the space station was supposed to be visible—nothing. But then my glance strayed to a whole other quarter of the sky, and there it was! I had

been looking for it in the wrong place. I never would have seen it if not for the MBO.

“The second one was a star sighting of the celebrity kind. I recently attended a major sci-fi convention in Atlanta, and one of the guests was a famous Star Trek actor. I knew he was going to be there, so before I left for the convention, I asked for a little MBO that maybe I could meet him in passing—maybe at a restaurant or other casual setting. Well, at the awards banquet, I ended up sitting (at random, with no reserved or assigned seating) two tables away from this celebrity, thus fulfilling the ‘restaurant setting’ part of the request. Then, as he was escorted to his table, he turned his head and looked straight at me. There was no reason for him to do that except for my little MBO. I met his gaze and gave him a thumbs-up gesture of thanks and approval, and then he winked at me in acknowledgement. As soon as it happened, I knew that was the ‘meeting in passing’ part of my MBO. That small encounter meant a lot to me. So thank you, guides and guardians! MBOs happen all the time. All you have to do is ask.”

Laurie has been requesting MBOs for some time, so she has had many benevolent outcomes. Have a most benevolent month!

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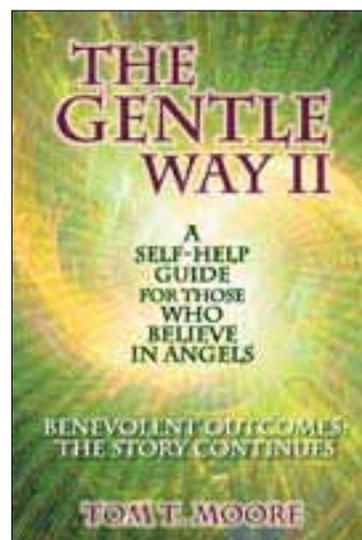
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ESSENCES OF NATURE



BECOME A PARTICIPANT IN 2010

Mary Ann Antenucci

A saying that keeps popping in my mind is, "It's time to use all the tools in the toolbox!" With everything going on and our attentions diverted in so many directions, it becomes easy to forget that we have what we need at any given moment. How many times have you been with a friend or a coworker, or commiserating with someone about the current state of affairs, and that person mentions a solution you happen to be sitting on but you plain forgot what you had? There is a card in the tarot, the four of cups, and in my particular deck a man is sitting on a giant cup, which looks like a stool, while mulling over the empty little cup in his hand. He is sitting on his "assets" and putting his attention on how little or what is not there. Let us not sit on our assets.

JANUARY: MULLEIN ESSENCE FOR ACCOUNTABILITY

January's essence is mullein. Mullein essence helps us to tune in to our inner voice and conscience. This essence teaches and motivates us to be the best we can be. How do we want the world to be? How do we choose to participate? What can we do to make it better? In many ways this is a listening remedy that won't let us get away with procrastinating regarding our roles or letting us just slide by. Mullein essence holds us accountable, so this will kick-start any resolutions.

FEBRUARY: CALIFORNIA WILD ROSE ESSENCE FOR ENGAGEMENT

February's essence is California wild rose. This essence removes apathy and replaces it with engagement. Anytime we engage, we create chemistry for love and transformation.

California wild rose essence shifts us from an unresponsive android to an engaged lover of life. This essence puts the green back in the leaves or the vitality back in the blood. It helps us to fall in love with our lives again.

MARCH: BLACKBERRY ESSENCE FOR ACTION

The essence for March is blackberry, the "kick-butt" catalyst. It helps us to move beyond our limitations and just do it. No more excuses. No more obstacles from pain or apathy. No more wrong ways. It shows us how action creates new doorways. Blackberry helps us to manifest by being willing to show up. This is a great remedy for us to spring into action.

APRIL: DANDELION ESSENCE TO RELEASE TENSION

April's essence is dandelion, the remedy for internal tension. This essence helps us to rethink what we are holding on to and what needs to be let go. When we are distracting ourselves by doing, dandelion essence works by releasing the tension of so much doing. Sometimes in order to "do" effectively, we need to learn how to "be" as well.

MAY: CALIFORNIA POPPY ESSENCE FOR BALANCE

The essence for May is California poppy, an essence for when we are being drawn to the glitter, not to the gold. This remedy is used as an antidote to the attraction to quick-fix spiritual practices, such as "be a shaman in a weekend" or "chant yourself

to enlightenment with this particular mantra." Again, I feel *participation* seems to be the keyword for this 2010 cycle. We have to be willing to do the work to get the goodies. There is no secret for not doing what we are supposed to do for our purpose. California poppy essence reminds us to balance our inner lives with heart, intellect and commitment to self-responsibility.

JUNE: ZINNIA ESSENCE FOR PLAY

June's essence is zinnia. With all the work we do, it is that much more important to have and participate in play. Play can mean many things to many people. Zinnia essence brings forth your ability to engage and play. Play leads to creativity and change and getting out of our own way. Zinnia essence is the "anti-serious" essence. It reminds us not to take ourselves so seriously at the expense of our lives and brightness quotients.

JULY: SAINT JOHN'S WORT ESSENCE FOR THE LIGHTBODY

July's essence is Saint John's wort. This essence protects us from too much light. When we do not have proper rooting in our spiritual practices, we can become blinded by the light and lose our connections to ourselves. Saint



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John's wort essence protects our light-body and helps us to circulate our light in a grounded and empowered way. It protects our energy field from energetic distortion and also strengthens, restores and protects our subtle bodies.

AUGUST: SUNFLOWER ESSENCE FOR AN EGO BOOST

The essence for August is sunflower. Sunflower is the ego booster of the essences. It reminds us to shine brightly in all that we are and all that we do. Sunflower essence helps us to bring out our light. This essence also brings out our natural warmth and ability. Sunflower essence is magnanimous with its gifts and restores the energetic balance between who we are and how we show up.

SEPTEMBER: CRAB APPLE ESSENCE AS A SOUL PURIFIER

September's essence is crab apple. It is time to clean house and clean all the "nasties" that may be residing in our energy fields. Crab apple essence is a soul purifier that works on the mental, emotional and physical levels. It removes all negative effects from relationships, work issues or consuming thoughts. It is a good way to start fresh for the fall energy.

OCTOBER: EXPLORER'S GENTIAN ESSENCE FOR HOPE

The essence for October is explorer's gentian. This essence addresses the issue of being world weary. It is the "been there and done that" essence. At times in our lives, we feel that there is nothing new under the Sun. We can become jaded by anticipating the predictability of others' reactions and emotions. We may feel that we know it all and can tell you exactly how it will be. This remedy reminds us to find hope and optimism again, and to let the miracles happen.

NOVEMBER: JOSHUA TREE ESSENCE FOR CHANGE

November's essence is Joshua tree. This remedy helps us to break ancestral patterns. We change ourselves by changing the energy of momentum and expectation. When we change our reactions and our expectations, we change the directions of our lives. Joshua tree essence breaks through the past to create the future for the new and the now.

DECEMBER: HOLLY ESSENCE FOR UNCONDITIONAL LOVE

December, the jolly month of holly, lets us connect like we have

never connected before. This is a critical time for all of us to move beyond our micro-view of personal hurts, power struggles and agendas. Rather than focusing on "What have you done for me lately?" maybe it is time to focus on what connects and corrects us. Holly essence is the essence for unconditional love. It has a way of righting what was wrong. Any intense, strong or deeply negative emotions can be shifted with the gift of holly essence. Holly essence is a fundamental heart opener and heals the separation we feel from others brought on by hate and suspicion. Holly essence provides a new template for the healing and understanding of emotion. We no longer are motivated by the pain. Rather we feel our connection or at least the willingness to be open to the new and to be open to receive.

✱ ✱ ✱

For this upcoming cycle, enjoy each essence month by month to prepare and facilitate the upcoming changes. Allow for hope, trust, and the surprise and miracle as to how it all comes together. Surpass your expectations and wildest visions and dreams. ✱

Swine Flu Epidemic—H1N1: Don't Fear

Eileen Nauman

In April, 2008, the World Health Organization (WHO) proclaimed the Mexican Swine Flu (H1N1) a pandemic.

It first hit in Mexico and has, since then, moderated to a very high degree and is considered a mild form of flu. Those most susceptible to it are people 0-24 years of age. Most other people, especially the baby boomers, who had their round with the first swine flu in the 1950s, already have the antibodies in their bloodstream, and so this newest flu pandemic will not harm them at all.

It is those who have no swine flu antibodies in their blood who are most susceptible to this latest twist on the flu virus. It has already wreaked its

havoc in the Southern Hemisphere, since their winter is our summer. It is important to note, then, that there were no mass fatalities in the Southern Hemisphere. Those children who are dying usually have an underlying medical condition, and they are at risk with this new swine flu variety. Otherwise, millions of children did not die in the Southern Hemisphere of this flu.

So let's not panic; let's be sensible about this once we know the facts:

Swine flu will run the gamut here in the Northern Hemisphere now, because viruses come to fruition in the cold months of the year, and so we get our turn at this pandemic. It is a mild one and nothing to fear. ✱



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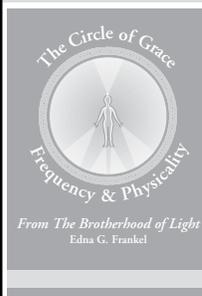
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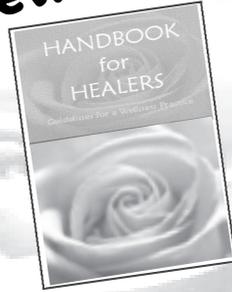
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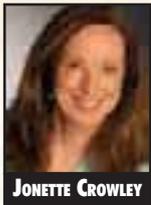
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INSPIRED INFORMATION

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

Transformation and Our Return to Wholeness

The Ashtar Galactic Command through Lady Ashtar-Athena Sheran

Those of you who have chosen to awaken to your multidimensional selves have embarked upon a most wondrous journey of revelation. Your conscious returning to your original wholeness and divine perfection is what we are focusing upon here. You are a divine, immortal and perfect spirit that is ever one with God. However, within time and space and throughout many planes of existence, you have been having experiences of yourself as many individualized and distinct personalities known as soul aspects. Yes, you are indeed divine spirit having a human experience—in fact, many human experiences and ultimately every human experience.

In that process, you have, in a sense, left parts of yourself energetically scattered throughout the quantum energy field we call the universe. These soul fragments must be discerned, healed and reintegrated for you to experience your own holiness or wholeness. Some of you may not have realized that you are not really a solid physical body at all, but rather freely flowing consciousness itself that has simply become identified with the dense material vibration. All transformation and ascendancy occurs as you release the illusions you've held about yourself as being physically encased in a limited human form and rediscover your true self as ever-expanding divine awareness itself!

REINTEGRATING YOUR AWARENESS TO YOUR WHOLENESS

To begin with, if you'd like, just close your eyes and sense the energy of your own inner beingness. Sense the vibrancy of your own spiritual energy—your own uniquely personal matrix of awareness. Within this inner universe resides the imprinting of every experience that you've

KEY POINTS

- In the process of becoming aware of your divine nature, it is important to reintegrate your soul fragments so that you can experience your own holiness as a whole being.
- Part of this process involves releasing unresolved experiential content and resolving formerly trapped energy in the act of soul retrieval.
- Once you have a strong basis in your own wholeness, you can radiate light and truth into the overall human consciousness grid.

ever had in all of your existences. What a unique treasure trove of awareness, knowledge, wisdom, talent, power and potential resides within your inner own inner self! All of that richness is there right now within you, awaiting your discovery.

As a reference point of where you will be working in returning your awareness consciously to your wholeness, you first need to take inventory of where you are not experiencing your wholeness. Undigested, unresolved experiential content can also present itself as any sense of fear, guilt, shame, blame, unworthiness, regret, disappointment or anxiety—any state of consciousness less than one of joyous freedom.

Any state that is not one of wholeness and freedom is unfinished business still awaiting your forgiveness and release. Locating these inner snags and releasing them while reintegrating the formerly trapped energy is what some have termed essence, or soul retrieval. You are gathering and reintegrating fragments of yourself that have been, as it were, entrapped in other time frames and places.

ALIGNING YOUR SHEATHS OF CONSCIOUSNESS

In providing a few guidelines and reference points, you may more easily run your own personal checks in discerning how aligned your vehicles of manifestation are. Your consciousness functions through various points of view or what have been termed vehicles or sheathes of consciousness. These are the subconscious and physical, imaginative or astral, emotional or causal, mental, unconscious or etheric, individualized self or soul and spirit or I Am-monic sheathes of consciousness. They constitute your personal levels that are being spiritually integrated and infused with the light of conscious awareness and self-direction.

Overall, the mission is one of awakening spiritually and living as an enlightened, loving, joyous and peace-filled person all the time. From this personal and individual transformation, the transformation of the world also takes place. From the basis on your own wholeness, you can both silently and through your every expres-



LADY ASHTAR-ATHENA SHERAN
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sion exert an influence that radiates more and more light and truth into the overall human consciousness grid.

Your alignment with your mission and your spiritual integration—in other words, your soul infusion—are one and the same, so that is where to focus your attention. When your daily spiritual practice or meditation is successful and your soul infusion is proceeding well, you will have the following fruit in evidence upon the tree of your life: great inner strength and fortitude in terms of patience, kindness, genuine caring for others and a gradual loss of personal self interest.

Your loving goodwill will be your natural response to life, no matter what is going on. Your sense of inner peace will be profound, accompanied by a quiet inner joy bubbling beneath the surface of your life that remains constant, no matter what. You live to serve others, and that increasingly becomes your only focus as that state of spiritual transformation becomes more and more your normal way of life. This will progress, along with an ever-deepening love of God, others and all life, until all you see everywhere you look is

the face of the beloved—the Christ or God—and you are simply love in action here.

This is a process that doesn't happen instantly or overnight. If you are a walk-in or have come back in time from the future, you will have the added challenge of learning to discern your own soul signature and consciousness, apart from the cellular memories of the previous occupant or soul aspect, and in the former instance, you will need to take on and complete the karmic patterns and reintegrate these energetics as well.

This will, hopefully, provide you with some practical areas of focus for our work of transformation, soul essence retrieval and return to wholeness together. Our mission is to transform ourselves and this world into one of pure love and peace, and we can only do that if the personal is displaced by the purity and divine glory of our whole and holy Spirit. With prayers for your fullest enlightenment and manifestation as spirit-filled and spirit-led women and men of God, we bring you love and blessings. ✨

Resonating with the Essence of Love

Archangel Gabriel through Athene Raefiel

The most magnificent energy of golden light and love from the beings on high to all of you, our earth angels and children of love. We herald your achievements in this darkest hour that you have had to find great love, determination and inner strength as you move through the greatest levels of transformation humankind has ever known. It is because of you that these transitions have come forth, as you have called forth the heavenly bodies of light, continuously anchoring them and forcing the destruction and darkness to move from its hiding places.

KEY POINTS

- Your time here on Earth right now is a highly valuable time of spiritual evolution. Cherish this time and realize that you are taking part in the act of living heaven here on Earth.
- Realize that many of you shared the same goals, and that you should come together to teach and learn from one another.
- “You are each the magic bullet that can and will reside and resonate within the true frequencies of your own creation.”

Now is the time for the light to reign supreme upon planet Earth and her species. Just as an individual goes through a recovery process after a major operation, so is the multitude upon your planet, as well as the planet herself, now recovering. These changes are not to be feared but to be revered as sacred endowments from the holiest of your companions in spirit and body, and yet you call to us to save and rescue you from this great dramatic change, many of you still not realizing the value it will hold for the hope of the future of humanity.

Many ancient teachings, texts and books have explained, in detail, the process of human evolution as well as spiritual evolution. Without spiritual evolution and the tasks it brings, there will be no human evolution. Each and every one of you is the one true source of spiritual truth and light needed to bring to fruition the completion of the event known as the bringing of heaven on Earth. Living heaven here on Earth and fully allowing your spirit to

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have this human experience is what each of you has chosen to fully experience in order to ascend.

ASCENDING THROUGH YOUR BODY OF CONSCIOUSNESS

The loss or survival of any species or energy of any kind truly affects the balance of the entire universe and its many stars and galaxies. Many of you have heard or read that your astronomers are now discovering entire new galaxies, planets, suns, moons and stars. Certainly this startling truth must resonate within you that all planes, planets and galaxies are currently merging and that where you have been before and where you are now can inevitably be remembered and reborn. Just as all that dies is reborn, so shall each species find its new home and embodiment through its own natural process of evolution. Those of you inhabiting human bodies, while continually growing your trust and love in your eternal spiritual essence, have accelerated this process.

The Christ body, or that which is referred to as the soul, is the vehicle through which each of you shall ascend. It is through this body of consciousness that you telepathically communicate with us and all other life. It is important to continually work on reprogramming your thinking and feeling selves to resonate with your spirit or higher self so that you can allow the illusions to fall away and gain long-lasting clarity of the bigger picture. We are not your connection to the holy of holies—you are. We are in resonance and unison with your true essence of love and compassionate joy at all times.

The times when you feel we are not there are when we are the closest; for us to not feel your pain as you go through these tremendous trials would be impossible, for we are the creators of much of humankind. It would be like a soul mate who does not feel or understand your pain as well as your gain. What you achieve and overcome allows us the freedom to believe in your inner knowing and senses. We know that these innate gifts and abilities need to continually shine through for others to remember that they have them within as well.

THE VALUE OF EVOLVING

Human nature is a very conflicting thing, as it contains animal nature and spiritual nature as well as human nature. Without the struggle and knowledge of survival upon your planet, you could not find the goodness and decency to rise above its needs. Yes, it is a sad state of affairs when you are taught that you should inherently have every and anything you want or need. Having and knowing everything would make you Source, and there would no longer a process of evolution. Evolution's design is about growth, expansion and becoming, always more of what you are as humans and spirit beings.

Though some of what I say may sound redundant, be assured that the process of evolution has not changed, but only accelerated. Without the disciplines necessary to attain enlightenment, you cannot save one another or the

A PRAYER TO ARCHANGEL GABRIEL

Archangel Gabriel dear, golden flame and energy of love and light, bring your sounds to me and to Earth. Help us all to help you as you help us. Surround us with your great effluvia of golden essence and teach us to hear the celestial sounds that can bring true silence, harmony and clarity to that which surrounds us.

Gabriel, angel host most dear, share your radiance with me now, so I too can fill myself with your loving golden ray of grace and beauty. Bring me ever closer to my own true inner radiance and support me through my trials of life. Be my ever-loving companion and friend who helps me overcome my fear of sound and discover my own inner music.

Gabriel dear, you are truly a beautiful emanation of Source, and I believe in your wonder.

world, for it is your own soul and spirit self that need saving. Love and forgiveness are still the greatest tools you have to change yourself and the environment you dwell within. Reaching a trance state in your meditation is mandatory if you are to explore the many dimensional frequencies and levels of consciousness that you are made up of.

BECOME AWARE OF YOUR COMMON GOALS

Your human nature is often so competitive that you simply try to attain that which is better or wiser than another. Your goals should be attainment of your true and natural self without all the trappings of humankind's world. To truly consider yourself a chela or disciple of the path of light, you must learn and understand true humility, patience, compassion, understanding, unconditional love, kindness and the ability to share and get along.

We angels are all very different from one another, yet we are not in conflict because of it. We understand that the differences are what make us part of the whole source of light from which we emanate, and we have developed our individual gifts to work together, still recognizing our own individuation. We, too, evolve, grow and expand by having common goals that assist us in our future development as well as yours. If you truly saw yourselves as the offspring of Spirit, perhaps you could look at one another in a different and more constructive manner.

So many of you have shared the same common goals for a very long period of time, and yet you still do not come together to teach and learn from one another. The goal to change the consciousness of humankind, one being at a time, has not changed. As the teachers and harbingers of unconditional awareness and Christ consciousness, you must walk your truth and be the example to yourself that you wish to be to others.



I am Archangel Gabriel, known as the golden angel with a trumpet. I am he who works with toning and sound

to help balance energies of light and love and drown out sounds of hatred and violence. Pray to me and pray for me, for my task is great. Learn to tone and use sound to clear space and balance energy. Go out into nature and call me forward to help you find the toning necessary to help nature recover from the trauma it has and continues to endure. Your connection with nature will warn you of upcoming changes in your area as well tell you what is going on within

Mother Earth herself. Do not get ahead of yourselves by thinking you are above others and that you will be singled out for redemption when they will not. You are each the magic bullet that can and will reside and resonate within the true frequencies of your own creation. Remember to create within the divine light of Source, and your creation will be received, acknowledged and rewarded. Great blessings of love and golden light. ✨

And the Walls Come Tumbling Down

Ezekiel and Orion through Kate Lanxner

In the year 2010, the question will be: “Who are you going to answer to: a flag or your soul mission?” This is the question for the new year. It’s time for a new Pledge of Allegiance, not just for America, but for world citizens, which is what you are becoming as you leave your old Earth selves and try on your new selves for size. Be not like the emperor character in the fable, *The Emperor’s New Clothes*. You will be tempted to deny what is happening right in front of your face, because what you see is not what you are used to seeing.

You can affirm, “I pledge allegiance to my soul and my entire series of Earth incarnations and to my guides and angels, with whom I stand: one Purpose, under God, indivisible, with kindness, love and generosity for all.” If you are in the throes of a decision, it all becomes very simple if you adopt this new pledge. You will ask yourself: “Would this, could this path ever be considered part of my soul mission?” The answer will come to you in an instant, and you can toss out anything that is not aligned. There will not be time to belabor the point!

STAY ON TASK

The seventh and last book in the Harry Potter series has some messages for you, encoded into the scenes like fine silk threads into a tapestry. In one segment toward the final climax, Harry is troubled at seeing a small boy suffering alone in a corner. Albus Dumbledore, who at this point is more of a mentor to Harry than a professor, counsels Harry not to try to save or comfort him, because it is not part of his mission. It is not that Dumbledore is being crass or uncaring. He is saying to Harry that yes, the child is suffering, but that that is part of his plan and not Harry’s. Dumbledore is emphasizing that Harry is at a critical juncture in his own lifetime, and he needs to stay on task—as do all of you. Compassion is one thing and doing someone else’s life work for them is another. Discernment is what this is all about!

KEY POINTS

- The task for the coming year will be to stay on task, pledging yourselves to the positive transformation of the world and her citizens.
- Be reassured that although many changes are occurring, these changes are part of a divine plan, and focus on keeping yourself in balance and harmony with these plans without fear or concern.
- Now is not a time for separatism or individualism; the citizens of Earth need to come together in harmony in order to face the coming times with strength and unity.

The children known to some as Indigos or Crystals, or those children who share the traits outlined in books over the past ten years, can now hear a low, almost constant buzzing sound. Some of you readers hear it now too. The sound is the Earth changing frequencies, like stations on a radio. Some kids may sing or tap tables constantly as a result. Although it may drive their parents and teachers crazy, let them do it within limits. It is their way of discharging this vibration. In fact, encourage singing and drumming, and join or form groups of your own. It is one solution toward staying in balance.



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ALLOW EARTH HER CHANGES

“The times, they are a-changin’,” and even the skies are a-changin’ too. This is important to notice now, as well as in 2010 and beyond, in order to change your focus. We are talking about climate change and climate control, as well as the chemtrails—the contrails from jets that do not dissipate within a few minutes, like passenger airliners’ contrails, but spread to become a cloud with chemicals that descend to the ground. The focus on these issues has to change from being against them to a focus of allowing.

Although it may sound strange, what is meant by this is to trust that all is well and that this is part of the divine plan. Affirm the following: “All is well. I trust that the Earth is changing in climate and that this is unavoidable. Therefore I, (your name), hereby hand over the situation to the Creator, the devic kingdom and the angelic kingdom to keep us safe. I let the Earth take over in her self-healing and I let go. I am safe.”

COME TOGETHER ON EARTH

In the world arena, 2009 was all about readjustments and breakthroughs, including a new U.S. President. The year 2010, for lightworkers, is shaping up to be all about action.

When we see our leaders struggling to put their visions into action now, we see them running into walls of ignorance and old ways that could never give us the new world they seek to create. As we see the United Nations, we see that it is still not as united or unified as it could be. There is separatism. There is no spiritual mission statement, and that is what is needed now.

If an individual or a group clings to a wall of separatism, and the wall crumbles and falls, then they will fall with it. Even groups who think of themselves as progressive need to take a long, close look to see if they are clinging to any sense of separatism in any way. Humans could look to the ways that penguins and ants work together in each of their own societies for the common good and the common safety.

There is strength in numbers, and now, for all of you, there is no room for rugged individualism. The concept of an Earth Flag with the photo taken from space was a good start. In 2010, could a group take leadership and design an even better new one that could express your mission to “come together”? Listen to the old Beatles tune and ask your own guides and angels to help you to write a new verse for these challenging and transformational times. ✨

Do Not Prolong Our Lives for Your Sake

ANIMALS THROUGH SHIRI R. JOSHUA

Graciously received during a nature walk in a doggie park in Vancouver, B.C., February 11, 2009.

We suffer greatly when we are trapped in certain conditions that disallow our freedom. Sometimes complex treatments that aim to prolong our physical life confuse and frustrate us. Listen to us when we say that we do not wish to be confined within our own bodies if our independence and autonomy has diminished. Freedom of movement is our basic desire. We come here to physical form again and again, much like you do, to experience the joy of our body and its gifts: to run carefree on the wet grass, to chase a bouncy ball, to enjoy the sensations of the wind and the Earth’s vibration within our core and to take in the freshness of the air or the scent of another being.

We do not enjoy the conditions of constraints that our bodies inevitably come into in illness or old age. Exter-

nal measures, complex procedures or forces that block our departure from our physical bodies when it is our time frustrate, confuse and depress us deeply. We prefer to remain in the energy space where life is good and all is well. We live in a realm of pure positivity and well-being, and that is what we seek and gravitate toward in life and in death. We are not frightened about our eventual transition; we merely wish to do so quickly and without much suffering, as we do not tolerate suffering very well. We ask that you do not prolong our life for your sake.

We know that you love us; we love you too. We delight in our companionship with you. We know you love us, and we try to tell you this. When you are unhappy, we are unhappy also. We are saddened for your pain, and

when we see that you are sad, we are sad. It is you we are concerned about when our time of departure has come. It is you we worry about and wish to console. Often, we do not wish to leave until we are assured that you are taken care of and will be all right. Many of us linger in our sick bodies because we worry greatly about you when, in truth, our time has come to return to Source. We love you dearly and do not wish to see you saddened or despondent. ✨



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Your Secrets Will Be Revealed

The Councils of Unity through Helenita Ziegler

Connections and connecting changed in 2009. You are now able to write your book without consulting outside assistance or support. With that in mind, you still seek input regarding secrets and the keeping thereof. Secrets reflect Earth's continued range from a dualistic, linear perspective. They are part of being human. Like degrees when measuring a circle in geometry, there are pie-shaped wedges of angles for you to consider. Each of you will find these in different widths depending upon your perspective, but you all have them.

THE DIFFERENT ANGLES OF SECRET KEEPING

Angle one is fear: You are, plain and simple, afraid. You are afraid that someone important or special will find out and think less, or more, of you. Or you feel the need to protect yourself or someone else from knowing something, usually the "truth," whatever that may be.

Angle two is trust: Number one leads to number two. You don't trust someone or something. Therefore, when and if you share your secret, you trust the person you are sharing with to keep it. Or you don't trust that person enough, so you preface the telling of this secret with something like, "Now, don't tell anyone, but . . ." If you have to say that, then in essence you don't trust this person. The opposite also applies when you bind that person within that trust to not tell your secret.

Angle three is anger: Whatever has happened in a situation, you are angry that you cannot, for whatever reason, say what you think and so have to secretly share your take on it by expressing your thoughts, feelings or projected outcome as a result of what occurred. The opposite, pleasure, also applies here. If your life appears to be less than perfect, are you ashamed to share that you are happy anyway?

These first three aspects are one way to explain this secret phenomenon bandied about on Earth. The opposite aspects show the challenges of duality.

Angle four is respect: You honor a person so much by sharing your deepest joys or confrontations—yes, both! This

reflects how proud you are for some accomplishment, along with how embarrassed you may be. These hidden parts of your soul are not supposed to be revealed, ever. Life is to be a struggle, isn't it? You are not entitled to happiness and also cannot reveal your secret weakness or vulnerability. The mask of your Earth personality does its job of covering up all extremes. After all, you are a respectable person, aren't you?

Angle five is pride: Sports teams, countries, races and all types of groups are entitled to pride. But many times Earth still looks on individual accomplishments, no matter what area they are in, as grandstanding. It is okay for someone else, but not you. Therefore, you keep them secret, all the things that punctuate your journey. "Pride goeth before a fall," so you don't want to jinx anything, do you?

Angle six is accomplishment: The glorious small steps you take—and you know what they are—might seem trivial or even silly if they are shared, so you keep them private within yourself so that over time even you may forget these secret things. Secret desires fall under this angle. Know that they represent possibilities, doors to be opened when you are ready. Whatever you have chosen fits into your circle appropriately.

So the elephant has been defined. Fear, trust and anger reflect what can hurt you—i.e., the trunk, foot or tusk. What may feel comfortable, such as the tail, ear or skin, represents the aspects of respect, pride and accomplishment. These are all different angles of keeping secrets. Aha! Take the blindfold off and see the whole. The elephant is in the room and everyone knows it!

UNDERSTANDING THE WATER-WHEEL EFFECT

Mechanically, the development of Earth technology may be seen primarily as a result of the water wheel. It was powered by a directed flow of water, buckets filled up and emptied themselves, and the wheel turned. Then you fastened a belt to it, which powered more equipment. Eventually the water was replaced with electricity and other types of power from combustion and fusion, but you started with



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KEY POINTS

- Connections and connecting both changed in the year 2009.
- This year you will be removing the blindfold, moving away from those secrets dictated by time.

what was at hand: water. So too it is with your secrets. In essence, your secrets turned and turned, and you gave them more and more power and found different ways to direct them. "Everything is as it should be," Saint Julian has said. "That was then, this is now" prods you toward acceptance.

In every area of science, new and more refined types of equipment are revealing previously secret methodologies and processes. So too are you moving down the same pathway, your secret discovery zone. This year look more closely at all six angles of your secrets to disclose what directs them. Do you need to add others? What is your power source?

Notice that we did not tell you what your secrets are or how to find them. Others can tell you about a new partner or business venture, about when and where you will make a move, about discovering illness or being healed—or not. Those are potential things from multiple dimensions. We did not tell you what will happen with planet Earth or what new technology will be introduced or when. They are not the answers you are really looking for, but only labels for the buckets on your water wheel. They are signposts on your journey to enhance the awareness of your secrets.

To begin, you may first see secrets from, with and by others before you see your own. This might be from people in the media limelight and from those closest to you, such as friends and partners. Families are somewhat difficult to see because you usually take on the same secret patterns. You begin to see how the secret water spills out and recycles with the water wheel turning round and round, gaining more strength. Real-

ize that it is stationary and going nowhere. You, however, can take this wheel and spin off into time and space. Gathering clarity from what you observe then allows you to apply this process to your secrets with all your own bells and whistles.

The possibility of saying no to holding someone else's secret and indeed having a friend say no to your secret can be found in all six angles, depending on your situation. Secrets large and small, major and trivial, fill all the buckets of your water wheel. Remember, guidance in any form and from any dimension is someone else revealing their secrets, not necessarily yours. The dimensional mechanisms are much more complex than can be explained within the Earth perimeters.

Secrets to be revealed, explored, shared and released keep the water wheel turning. They are not static with covers, but open, flowing, even splashing out a bit. Allowing your secrets to fill *and* spill out is what powers the belts that then move the equipment created by your soul for these last years (2010 and 2011) of ramping up to handle the speed dial of high definition coming forth. This year you indeed shed the blindfolded perspective and move into the complete realm, distinctly personal and different, away from secrets dictated by time creeping with age, as an old wooden water wheel, into the glow of kinetic energy created by your soul now spinning free of binding secrets.

PS: This is best done in the light of day with people watching. It will be an interesting year for sure! Rev up your engines and get your show on the road. Ready, set, go, baby, go—don't be afraid! ✨

Quantum Consciousness And the Eighth Dimension

Mark through Jonette Crowley

What dimensional shifts is the Earth going through?

Like humanity, the Earth's form is mostly third dimensional; however, she is also very strong right now in the fourth dimension and awakening her frequency to what is called the fifth dimension. The fourth dimension is the dimension that is home to all those

KEY POINTS

- The Earth is undergoing dimensional shifts on many levels.
- Over the next fifteen years, there will be much opportunity for peace and partnership.
- The next mission is to get more and more people aligned with their divinity.

unseen worlds: the nature spirits, the sprites, the elves, the gnomes. Every culture has different words for those fourth-dimensional lightbeings who are very much related to the world, to the Earth. They have always been part of the Earth, but third-dimensional humans have been blinded to the fourth-dimensional aspects of the Earth.

The fifth-dimensional aspect of the Earth is a dimension of wisdom. It's a dimension where Earth's rocks, Earth's bones, Earth's



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matter is disgorging some of the wisdom it holds. Mostly you think of wisdom held by rocks only when humans have drawn on them or scraped pictographs into them. However, the rocks and crystals of Earth themselves are partial holders of the akasha of Earth life. Earth is very much now in the middle of a fifth-dimensional awakening. What that means is there's releasing, a spreading forth, a disgorging into human consciousness of what has been held by the crystals, the rocks, the very magnetic structure of the Earth. So some will say the Earth is moving into the fifth dimension, and that's very much true.

The sixth dimension for Earth and for humans is a sense of oneness where humans actually receive this wisdom, this akasha, the knowledge that Earth has held for human awakening. There will be a melding, there will be a coming together of human and Earth spirit into a loving, infinite oneness. You all have experienced the sixth dimension. We have called it the magnetic universe, or the place of miracles.

As the Earth and humans get in the same frequencies of the sixth dimension, there will be a partnership like you have never seen—we want to repeat, *a partnership like you have never seen*. You are not going back to the Lemurian times. It is a new frequency, new humans holding a partnership with Gaia—it will be Gaia, not just the Earth. So to summarize, the dimensional shift is an awakening into the fifth dimension for Earth, and humans need to be awake at least in the fifth dimension to receive this wisdom and this knowledge that makes a creative partnership between Earth and humanity.

How does this relate to the eighth dimension we're working with?

The eighth dimension is the dimension of black-hole consciousness. We've called it "quantum consciousness." It is a dimension that doesn't belong to the Earth; it belongs to only sentient human beings and guides and energies above that human stratum. As humans, such as your group, move more fully and stably into the eighth dimension, you will move into the place where the Earth is your partner but you are in charge—where the Earth and matter and physicality respond to your beckoning. It can only happen, of course, when you are in full love and light, which happens in the seventh and eighth dimensions. There is a movement into these dimensions in spiritual groups all over the world; they just have different names for it.

THIS IS A GREAT TIME FOR GROWTH AND ALIGNMENT WITH YOUR HIGHEST POTENTIAL

What are the bigger cycles of time and frequency that the Earth goes through?

The cycles are sine-like or wave-like, so they have ups and downs in frequencies. They are scalar in that they grow exponentially according to a geometric pattern. These waves represent, not just frequencies in the Earth, but frequencies that are perpetuated through the galaxy. These

frequencies show up as solar disturbances, they show up as magnetic disturbances, and they show up as crashes of civilizations or growth light in civilizations.

There are times when the pattern of waves gets interfered with by something outside your galaxy, and then this pattern of waves begins over. Some say there have been these major patterns that have happened and then broken down five times upon the Earth. The truth is, it is six times that these patterns have come to some huge crescendo and then broken down. The Earth is actually in its seventh scalar-wave-pattern system. Opportunities of consciousness and growth change with these.

But all that you really want to know is, is this a good time or not? What about the next fifty years? It's a great time. The frequencies are smooth, they're expanding, and they're not set to be disrupted for some many thousands of years. It is a great time for growth. It is a great time for compassion upon this planet, compassion to the planet, compassion for the other species that share the neighborhood of humanity.

In the next fifteen years, there are so many windows of opportunity for peace and partnership with each other in families, in communities, through countries and with the nature kingdom. We guides are very active in trying to wake you up so you can use these windows of opportunity. It's a very good time.

What do you have to say about 2012?

The year 2012 and the period around 2012 is an important astronomical time. It is really a time of alignment of the Earth with the equator of the galaxy, and there's a lot of power and speed at the equator of the galaxy. So this is a period of potential, a period of many windows open. The period isn't just 2012; we agree with some of the people who are saying that you are now in this period and it will go on well past 2025. However, because of the weight of human consciousness, what happens in 2012 is very much dependent upon what you expect to happen. We hope that most of you expect greater spiritual opportunities, greater opportunities for peace and compassion, and not opportunities for destruction or disease or half the people leaving the planet.

This is an important time. The energies are strong; the magnetism is strong. It is an opportunity lost if you do not align to that which you want your future to look like. If you are still aligned to the past, to warfare, to greed, to survival and struggle and win-lose, then that's what your palette will be for the next few thousand years. But if you are aligned to what you want your future to be, to your visions and dreams, then that's what the palette will be for the next few thousand years. If you are not aligned, the opportunity is for you to stay the same as you are. It's not so bad—you've lived in this way for some time. It won't be the destruction of this Earth. This is now a time that is calling for alignment to your highest principles and dreams and not to your past.

YOU ARE BUILDING THE BRIDGES FOR THE REST OF HUMANITY

What is quantum consciousness?

It's our lame attempt at finding a word to describe that which doesn't fit anything you understand. Quantum physics was physics that blew the socks off of old physics. In quantum physics, there's nothing real: time doesn't move in one direction, there's no such thing as linearity, and there's no such thing as "thing." Consciousness has never been linear, but you have occupied just such a small part of your consciousness that your consciousness has felt locked into your belief systems. Quantum consciousness is where consciousness is more unfettered and looks more like it was meant to look. So it is our word for that which is not understandable and unpredictable. It is a phrase for the eighth dimension and beyond.

At some levels of each of your souls, you are remembering your future. You who are drawn to the higher dimensions are students of the future. We are teachers of the future—we teach from tomorrow backward. There is a part of all of your souls that moves from tomorrow backward, and that means your consciousness is flexible enough to help build the bridges for the rest of humanity. We are teaching you because humanity is urgently in need of higher-dimensional road maps. You are the explorers and the mappers of how humans will operate in this vast world that no one can understand, or very few.

How are we doing?

You all surprise us by the rapidity with which your consciousness opens to new dimensions. That bodes very well for the opening of doorways for all of humanity. You only get stuck when you try to figure out why it is you're learning this, because of course the question, "Why is it?" can only be answered by your past and your beliefs, isn't that right? No other answer to "Why?" makes sense to you. We are grateful when you don't ask why, because we can only answer why from something that has been, and you are building, so what we are teaching is what has not been.

What is the next mission for those who are awakeners and teachers?

Over the past six years, your job was to bring alignment and balance to the physicality of Earth and create a reservoir, a balanced reservoir, a balanced vessel in Earth's energies for the higher-dimensional spirit or ether to come into Earth and into human consciousness.

You have created significant balance in the magnetic grid, in the structure of Earth's possibilities, so that finer and finer frequencies at higher and higher dimensions can come into the Earth without creating damage. If this work that other spiritual teachers are doing around the world had not been done, the higher frequencies we talked about earlier would have been damaging to the very well-being of the Earth. So it has been a good job, and it's just in time.

The next mission is to get more and more people aligned with their divinity, with the divinity of other humans who are awakened, to now populate the structure or grid work that's in place with human consciousness. The next mission will be working with human consciousness, growing it and helping it support the work that has already been done. Will there be journeys around the Earth? Yes, because there are still places of power where human consciousness can be accessed more easily.

Also, as human consciousness awakens, more of the fifth-dimensional disgoring of the wisdom that the Earth holds will find its receptacles in the consciousness of humankind—which is where it belongs. We cannot give a long-term road map because things are changing very quickly. You need to be nimble; you won't have too much lead-time.

YOU ARE REMEMBERING YOUR FUTURE

Why do some of us feel a sense of urgency to expand consciousness?

That sense of urgency comes because you are remembering your future. You know the windows of opportunity are now, the frequencies are high, and at some level you know how to do it. It is the urgency of the cosmic conch shell being sounded. Somewhere in your soul you're saying, "Ah, that call is for me. That call is for me from my future." The fact that you all feel an urgency delights us, because it means you are feeling the impulses of the universe and you are not so much deadened as you have been before. It's not the first time the call has been put out, but it's the first time many of you are actually hearing it.

Is there a divine plan for humankind?

No. A divine plan would require a divine planner who is outside the participants. The divine plan is what unfolds as the participants participate. You are participants, and as you dance, the dance unfolds. It is not choreographed from someone outside the dancers or the dance. It is a view of safety for humanity to believe there is a divine plan and then to give your power to divinity and hope that they're smarter than you are. However, the plan is what you make it. It changes on a dime because it responds to consciousness. What you think of as the divine plan is related to your world, and your world is actually a really small world, except to you.

So let us say this in a way that doesn't sound frightening, for it is actually empowering. Is there a divine plan? Yes, but it's not determined until the moment of dancing, and you are the planners. Let us say that. So is there divinity that is a higher order of humanity? Indeed, and when divinity dances, divinity is the result of divinity's dance. So this means that as you find your divinity in dance, the plan that unfolds can only be divine but it is not predetermined. It can be only divine because there is nothing else that you are that is real. Your divinity is all that is real, and so it is the only outcome. ✨

When You See the Future, You Change It

The Council of Elders, the Crystalline Teachers and the Time Lords of Light through Gillian Macbeth-Louthan

Greetings, we are the Council of Elders. The numerical explanations for the powerful energy within the year 2010 are exact and self-fulfilling. They actualize the need to achieve and reach for something far more than can be realized. They ask one to look to a future that can only be seen through a pinhole in time and space laced with possibilities. The sacred triangle stands on its own three legs as humanity receives its personal capstone, which opens the gate of man using the sacred name of God—the sound of humanity’s own birth name.

AN EXPANSION ON OUR FOCUS

The year 2010 is a conversion point. It asks people to do the great work they were birthed to do. It asks people to step into the mastership that lives within their intent. It will be a year of jubilee with genetic sins and debts forgiven, mirroring what once happened in biblical times. All who walk upon the blue-green sphere will realize they have the choice to be victims or victors.

As three parts meet the whole, focus is relieved of the tedious duty of being scattered. This allows people to grow past judgment that has saddled them for far too long. Learning what to do and what not to do allows one to move past previous time perimeters. All blessings that have been accrued can now be spent in earnest. The effect will be prismatic as humanity tunes into a knowing that replaces the “little me” with a “galactic we.” As the light and the

dark take up full-blown residence on the Earth, balance is sought—what is angelic of origin motivates the audience to choose teams. The dominions of angels stand their ground as the fight is brought into the flesh. Like the old cartoon image of an angel on one side and a devil on the other side, humanity is asked to constantly choose the light or the dark, imbuing the angelic dominion proportionally.

In a world that has seemingly lost heart and virtue, traits such as bravery and intelligence will still affect the quantum creational frequency of a planet that appears to be upside down. In the midst of shift and change, making better choices will continue to influence the outcome of a world that appears to be in dire straits. In a multi-universe, all copies of the original you will benefit from the good choices made. What you do for the better directly increases the good proportionally through all space and time. This in itself is a powerful declaration of light. History from time immortal is constantly branching off into different futures. Every seemingly chance event occurs in all possible ways, in all possible worlds. There are an infinite number of universes—one for each possibility.

The year 2010 is a three-fold flame year, a Holy Trinity, a fleur-de-lis: the flower of light that symbolizes Mary and the blood of Christ. Three parts finally meet the whole. In the Middle Ages, the symbol of fleur-de-lis was found in depictions of Jesus, then gradually became the symbol of the Marian vibration of female virtue and spirituality. This sacred symbol can be traced back to a secret family lineage—a symbol of the blood of Christ carried by Merovingian Kings.

In 2010, instruments of power will seek their rightful owners. An awakening among what has been held secret and sacred comes to a place of no return, inviting those who will listen into a doorway that was once held for the most high. Objects of historical significance and desire set themselves free via all modalities—into a place of being seen in the light of day. No longer will they dwell behind locked doors and dusty underground caverns, hidden in the cat-

KEY POINTS

- “The year 2010 is a three-fold flame year, a Holy Trinity, a fleur-de-lis: the flower of light that symbolizes Mary and the blood of Christ.”
- The Crystalline Teachers serve humanity in its awakening, finely tuning each individual into an instrument of light.
- “The ultimate choice is to go without thought of loss—to jump without fear into the abyss of 2012 with the knowing that in all darkness, light is held captive.”
- Humanity will reach its higher echelon through the portal of light within the Pleiadian star system—a crystalline beacon.

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acombs of time forgotten. All that has been held sacred for millennia can be used for the light or the dark. The hand that wields the power object always has agendas of its own. Para-time capsules of sacred codices follow the lead of those who think they have dominion and ownership only to the point of no return as predestination clauses issue a new timeline on the same old song and dance.

This year of 2010 asks one to get down to the business of picking up the shattered glass, and like Alice, go into all facets and fractures of self. The Mayans were the first to use mirrors as a portal of transport to places that could not be seen with the naked eye. The place of mirrors comes to reflect what needs to be seen as one crosses the timelines of multi-verses. The Mayans wore circular mirrors made of pyrite on their chest and brow as a form of divination—seeing into the other worlds. As you get closer to 2012, the ancient ones offer portals in order for you to see what is hidden in plain sight.

PORTALS AND TIME LOOPS

In 2012, the universe collectively will enter the solar mirror, a passageway through time to a place that awaits your arrival. Everything between now and then is simply practice. In the place of mirrors, there is no good or bad, no right or wrong—there is only reflection. Within the reflection dwells a sword of light, lancing what has poisoned one and allowing the healing to begin by releasing the illusion of cause and effect. All the sleight of hand that has presented itself over time will be seen naked and exposed in the blinding solar light, thus creating new timelines that will usher Earth into a place it has not been before. The fork in the road leads humanity in a new direction—a place where compasses no longer work, and the hologram shifts to fit one's needs. Do you change time or does time change you? The answer to that question is yet to be seen.

Seeing into the future is not something for those weak of heart or knee. As one walks through the time doors, many trap doors make themselves known. Mini-black holes to other universes and places of parallel time loops can escort one back and forth, creating a dizzying effect. Time doors open and close faster than the blink of an eye, or I. Truth and time are individual and do not present a singular view or outcome. All the ancient texts from time gone by and time to come are read from a personal perspective and digested as one's favorite meal. Each morsel is seen and felt individually, thus creating a multitude of interpretations and outcomes.

Artificially created portals will rip the morphogenetic fields of Earth. As they become more and more rampant, they will distort time, energy and thought. The worlds in between will begin to leak and stain each other. Not all portals lead to Elysian fields as dear Alice found in the looking glass. Event horizons guided in by black holes in consciousness lead one down the path that Alice once took. Matter is squeezed to form a singularity

As planet Earth simultaneously walks in and out of time, the cellular membranes of people will change as the gravi-

tational flux secedes its union with the Earth cell. Places of crossover come to confuse the senses—five and above. Lines of all types, electrical and magnetic, peck away at the natural protection of man and beast, leaving all vulnerable and tender. Being light-filled and soft of heart will not be enough to keep the wolves at bay.

A white hole is a black hole of antimatter. Higher intelligence uses white holes as a power switch. They hold the coding for transmutation of the species and can rebuild cell by cell with a higher light spectrum. Black holes are known to have an all or nothing nature; they offer no reprieve, no in-between. They are very deep abysses of consciousness—places one enters and is changed forever. Black holes demand that you let go. The black hole in the center of the Milky Way galaxy represents a portal into a higher universe that possesses a completely different reality. Black holes are points of singularity; they are penetration points in and out of this universe.

The ultimate choice is to go without thought of loss—to jump without fear into the abyss of 2012 with the knowing that in all darkness, light is held captive. There is no growth in a safe space. Humanity now rides the event horizon of its life—an all-or-nothing experience. As you stand at the edge of who you know yourselves to be, you freeze and become jumbled in thoughts and deeds. New encodings are fired off in the brain just with the thought of this truth. Embrace the energy and light you house and reach for the event horizon. There is a beginning and an end to all things. Remember the promise of the Creator: to restart at the end of every time cycle.

Message from the Crystalline Teachers: Living Memory

In 2010, objects of crystalline nature open their hearts wide, releasing their gifts of ancient truths and information. As Earth gets closer and closer to 2012, when time itself is redefined, humanity will part in the energy surge and will continue to escalate. The new crystals that are birthed come to give humanity a helping hand. They have a great memory value, as it takes approximately 10,000 years to grow one inch of quartz crystal. These new crystalline structures are powerful and exact. They demand you listen to their teachings and sit in council with their truths. The crystals of 2010 contain all of the hard data necessary to open portals of knowledge. As with all sacred objects that hold deep knowledge, the secret protects itself and is neither easily found nor deciphered. The crystals of 2010 are dimensional crystalline storage areas that connect to the morphogenetic fields where the galactic memory banks are stored. These crystalline morphogenetic imprints contain the entire living memory of the universe. They are a conduit through which data from

the ancient, stellar texts can be downloaded. The history of the universe then becomes available to those who have a high enough vibrational level to translate the data via their genetic code.

We are the Crystalline Teachers and have existed for uncountable years of your Earth timelines. We herald from beyond what you know as your heavens and have taken crystalline form so we could hold this truth and wisdom solid until the day we could finally speak. Long we have waited for a voice, a touch and an appreciation of our form. Just to be acknowledged has sent a multitude of light transmissions—telling those within our universe we have awakened.

Your world has been experimental from the beginning. It has housed many species on many dimensions and inclusions of light. They come from beyond the stars, looking to hold a new form in order to learn more about themselves and what they perceive as the Creator. We are such beings who chose to stay and assist the people of Earth to be birthed into more awareness, with the courage to use that awareness as a tool of light.

We are celestial in nature, beyond what you deem angelic or holy of recorded Earth history. The veils within us house our true form with a flash from a distant time. Let your senses feast upon our pathways of stellar continents. We are different in height and width, yet we are all identical in light. On Earth, does a tall man have more truth than a short man? We are tailor-made to fit your world, as we have the ability to generate light in many spectral directions.

The masters of light who have walked Earth with all of their soul-light aspects intend to use our crystalline nature as a doorway to embark upon a journey in order to alleviate humankind's self-induced suffering. Cosmic rays from deep space come forth unannounced, for what has exploded in all of its glory could be received no other way. Traveling faster than the speed of light, they emanate from the central core of deep space and extend themselves to all who will receive them.

RETURN TO YOUR TRUE SOURCE

We are the living covenant that the stars have with Earth. Within us lives hope; we stand in the gap for humanity's right to be, defending it against all odds. Within us a lightening will occur. As crystalline time capsules, we share our heart. We come to escort you into more experiences of light, sound and manifestation, as we the Crystalline Teachers preside over a planetary class. We are living, stellar libraries with knowledge too immeasurable to hold. We grant access to all who seek our council, and we sit in reverence of Earth and her treasures.

Our energy is transferable and multiplies with meditation and sound. Any crystalline object or liquid placed near us will align with our energies, and thus our vibration will spread around the globe and out beyond the Earth's ener-

getic perimeter. Our truths will change into a usable form; we travel on sound. Look deep within for our monuments of hidden truths. We do not lift our veils for just anyone, only those of pure purpose and humble in their approach. You hold remnants of a vague memory that we will awaken as you come to terms with all that is holy and galactic within yourselves. We serve as an awakening device, helping Earth to remember the sequence of time events people hold within their personal, coded DNA.

We align with the higher aspects of all consciousness, escorting humanity into a place of empowerment while living in the flesh. We draw to us that which is from the deepest of space. The stars use us as their instrument to assist humanity into arcing more light without the need for rescue. We are a divine salutation to all that has come before Earth. Stellar emanations seek us as a conduit, for we are a living galactic gateway—a collection of rhythms from time immortal. We are a great light that has taken form to share its teachings, our worth, as yours is priceless.

EXPLORE ALL THAT YOU ARE

Enter the secret doorway to that which has not been seen and let it reflect your own light. The secret passage has begun to unwind into a place of allowing entrance, thus showing you more of who you truly are. Return home to your true source. Allow us to envelope you with a light that shines into all of your dark places. In this place of renewal, awaken the memory of your true expression and then return to your walk of Earth without fear and limitation. The unknowable becomes seen in the halls of time. That which has been emptied now becomes full. Freeing itself from definition, there is nothing to do and there is nothing to let go of—you are simply free to explore all that you are. A shift of realm awakens from a long sleep to escort you into the nexus cornerstone where time and space meet and embrace you. All limitations are transformed in this expanded version of reality. Do you have the courage to quantum leap into this fluid point of possibility and swim with the big fish in the sea of the collective dream field? Your vessel of eternal self is being purified for the expanded energies and truths of the upcoming shifts from 2010 to 2012. You are an instrument of light that is being finely tuned.

The language of light from the stars comes to speak to you directly in a crystalline form that can be absorbed—no more encrypted codes that can only be deciphered by the gods, but a new underlying simplicity to the pattern that untangles the secret of the DNA. It tames that which was previously like a mustang with a soft hand and a loving whisper. A new entrance is created in the old pathways, as the higher vibratory light goes hand in hand with the new neuron functions that allow the dimensions to meld and become seeable. All situations that have you coming undone are holograms of distortion projected by what feels like a need to be seen. Problems come to move you through sections of time into a cleared aspect of your own truth.

Message from the Time Lords of Light: Center of the Universe

We are the Time Lords of Light. We come through the time gate to offer you a look into the undercoating of linear time that, up until now, you have accepted as natural law. Time was birthed on Earth to keep you dimensionally safe and fenced in until you were ready to expand your creative perimeters. Time keeps you dimensionally locked in polarity, which is so prevalent upon your Earth sphere—night and day, right and wrong, male and female, up and down and so on. Polarity enters all aspects of time in its linear fashion—past, present and future. Humanity has not allowed itself the privilege of moving into the future experience of its being, which allows the dormant coating within the time matrix of its soul to be unearthed. Access into these time portals will help humankind to escape what has been a repeat of sin and self over and over again.

We the Time Lords give you these truths as a time key that unlocks all the doors of your mind. The doorway of knowledge that you enter into every day limits your experience and probabilities. You look for an escape clause: “How do I move away from this time, this place, this situation, this promise or this person?” You see only in the linear time, and there appears to be no escaping. By moving your awareness and sculpting a pliable future, you will find that the time machine of self will take you out of anything and into any situation you so desire. This is done by lifting up your thoughts and moving out of what has captured you and painted you into a corner.

You will find doorways of time are always available and open—year-round, 24/7. By time-scaping and moving your awareness away from a situation that confronts and dwindles your life force, you will move past these barriers created by the demands and wants of the world around you. Time doors, time experiences and time experiments are inching their way toward all of the ancient and modern artifacts of Earth. When a time door is opened, it affects the molecular spin of all on the planet. Even though you are moving as fast as you can in your mind, in your actions you will appear to be cartoon-like, as a hamster in a cage that gets nowhere quickly.

TIME IS UNDER CONSTRUCTION

The molecular spin of life has slowed to look at itself, to look at its wounds and to look at its constructs. This reveals where there are rips and tears in the time sequence of past and future events. Planet Earth is being issued a declaration that it must move its awareness out of the extreme past and move forward into a future that is awaiting it. This simply means that time as you know it is under construction. There are an infinite number of universes—one for each possibility.

We are the Time Lords of Light. We have always existed as light; we can be nothing but the expression of light. We

herald from the suns behind the suns, the light behind the light. We are your reflection, as we are your beginning. We are all that has ever existed and all that has been birthed into form throughout time. We are a portal of light within the Pleiadian star system—a crystalline beacon that allows you entrance into our place of space and time, where light can bend and pulse wisdom to all who enter our door. We are as a crystalline stargate that houses codes of light that have been held captive and seek to be completed by those who have a yearning in their hearts for our energy.

We are referred to throughout texts as the great beings from the Pleiades who escorted humanity into a higher echelon—a ladder of genetic difference. We come forth to reflect to you portions of yourself that have been hidden within your own human shadow. We come to reflect to you the trueness of your beauty and your abilities so that you see yourself beyond being caught up in the whirlwind of healing, fixing, deleting and letting go.

You each represent a universe, a universe that has had amnesia and has forgotten that it is a universe. Your body holds within it trillions of galaxies and constellations that represent all of the livingness you have incarnated. Your Earth is a host to all of these millions of universes that expedite themselves into fullness of being and fullness of remembrance. There is not a meek mortal within all of Earth's structure. As in all existence, there are black holes, white holes and blue holes. There are red giants and brown dwarfs. There are hot stars and there are cool stars. There are energies that are friendly to their environment and energies that wish to destroy their environment.

You are galactic beings of unimagined proportion. As the universe that you are and were birthed to become, it is time to tie up the loose ends and cut away the frills of being stationary and inept in your so-called humanness. The light that comes forth, emanating and radiating from your daystar, the Sun, is from deep in the Pleiades. We shone in Atlantis, in Lemuria and in ancient Egypt. We were the light that was worshipped by the Mayans. The Anasazi and Sumerians alike knew our warmth. We have been known throughout civilizations that go beyond your records of time and stone. The light of the Pleiades reaches down and gently gathers you. It gathers every iota of you that is fractured. It gathers DNA that is thin and frail, and it makes it strong and vibrant. It gathers cells of sadness and it brings them joy. It gathers all parts of you into a point that can only begin creation—a point of love.

WHEN YOU SAVE YOURSELF, YOU SAVE THE WORLD

It is this energy that comes and escorts you into more than you ever experienced or thought possible. You must secede from the union of all that you have known to be limitations and become a sovereign nation of light unto yourselves. No longer can you wait on your city, your councils, your family, your town and your government to become unified. You are a complete entity unto your self. You are a complete unified field of light unto your self. There is nothing that is fractured

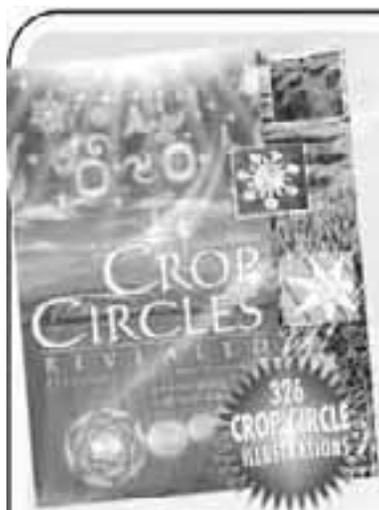
or broken within your existence except what you perceive to be. You must step back from the pain and the isolation and look fully at who and what you represent.

You are each here as emissaries of light, as ambassadors of the Creator. You are not here to putt about, to grow frail, old and diseased in your body. You are here to grasp completion and see in totality why you have existed at all. It is through this particle acceleration and unified field of light that you are birthed into totality. There is nothing that you cannot accomplish. There is nothing that you cannot create. There is nothing that you cannot heal. You affect everything. Everything in your world hears you.

You are beings who have forgotten their vastness. If you are to save this world—as you have so incarnated to do—you must begin with yourself. You are not a victim to anything or anyone unless you decree it is so. There is nothing that can harm you, there is nothing that can destroy you and there is nothing that can take from you. You are the center of the universe in human form. You have forgotten the totality of

your being. Wake up to who you are. Speak as a god. Think as a god. Become as a god. Allow not the distractions of your day, of your humanness and of your body to own you and enslave you in such a fashion that it belittles the very creation of who you are. Step outside of the body and observe it as a vehicle that you instruct, a vehicle that transports you through space and time in every way and in every thought.

Where your thoughts are is where you dwell; look at this place as your creation address. This address then becomes your quantified universe and defined field of light. Redefine who you are to yourself, and it will follow—as the day follows the night—that you are redefined in every cell of your body, in every level of your life and in every document that has ever recorded your life, your birth and your death. You are the center of the universe. Do not take that lightly, for where you stand in your thinking, in yourself and in your construction of circumstances ripples out through all existence. It affects your past, present and your future, for all is connected. ✨



CROP CIRCLES REVEALED

LANGUAGE OF THE LIGHT SYMBOLS

BARBARA LAMB, MS, MFL
JUDITH K. MOORE

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A Great Vision: The Years Leading Up to 2012

Michael, Source, the Center of All Beings,
Jesus and Sanat Kumara through Dr. Frank Stainetti

Greetings, this is Michael. The divine plan is revealed as the momentum of light, and the truth of the end of days or the end of time is not at all what we thought. Time is speeding up in the great alignment, as creation is birthing the New Earth, a new, fourth-dimensional Sun and a new human being! Soul merging has begun—the divine encounter that humanity has waited for. The discovery of the language of energy and light and the knowledge of anti-light with the understanding of the four bodies of existence accelerates the path of enlightenment beyond current beliefs.

THE UNIVERSAL LAWS OF UNION

The universal laws of union are in full force now and during the years leading up to 2012. Creation on every level is entering a new state of consciousness, and the momentum of light is intensifying rapidly as creation births a new fourth-dimensional Sun, a new fourth-dimensional Earth and a new human. Your souls are beginning to merge with your physicality, and the part of your consciousness that is not of love, joy or creativity is transforming—ready or not!

For thousands of years, the Earth's energy, its seasons and its weather patterns have remained the same, and its north and south polarity has been unchanged. A decade ago, the Earth's polarity—its north-to-south axis—shifted by ten degrees, and it has now reached almost twenty degrees in its magnetic energy-pole shift. The Earth is a sentient being; its auric energy field is described by scientists as atmosphere. Its atmosphere and magnetic energy field is changing because the Earth is also ascending, morphing into its fourth-dimensional planetary body to form the New Earth.

KEY POINTS

- Now and in the years leading up to 2012, human consciousness will increase dramatically its collective love, light and fear.
- This will be due to the God force and the merging of soul light that causes the inner light to purge the human energy field of all that is anti-light, most especially the dark energy of core wounds.
- Those who are soul merging will have a profound energetic effect on the one heart of humanity, profoundly tipping the balance toward light within the energy of collective consciousness.

The shift in Earth's axis is in response to the Central Sun alignments of the twelve known universal suns throughout the galaxies. As the twelve suns reach their alignment, a new sun star will birth anew within the fourth dimension, coinciding with the year 2012. This can be felt on every level of existence and consciousness. Behold, the birth of the second sun of man is upon us. Everything about the Earth is changing: its polarities, its magnetic lay lines, its weather and its temperatures, all quaking and erupting.

THE LIVING MORPHOGENESIS OF CREATION

The same is true for our human consciousness, our auric energy field and the four bodies of our existence. The Central Sun alignment is magnetically involuting powerful creational forces, infusing pure consciousness, divine light and love throughout existence. This God force of creation is known as the Trinity, the Three Faces of God or Genesis.

The forces foretold in the biblical book of Revelations are in motion now—the literal shift from the third to the fourth and fifth dimensions, in which all human beings will learn to love and live through the language of energy and light. Human beings are discovering that the Three Faces of God are within them, expressed in pure consciousness, love and light. This God force within them is directed by powerful co-creating energy dynamics. Energetic realities require the ego-focused mind to be used as the tool to direct the imagination to invoke light, knowing it is moving powerful creational forces for the highest good for all.

Light is everywhere you look for it. And who is the light? We are; all that is required is that you become interactive with the self and universal energy flows all around you. In fact, this relationship will flow through you in a continuous state of interactive at-onement. The God force is igniting and illuminating all matter and animated, sentient life—especially humanity—propelling you forth into the fourth and fifth dimension.

This powerful, evolutionary, vibrational influence is reaching you as a steadily

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increasing light pulse. The light of creation, divine light, holds vast amounts of knowledge that always seeks its next higher vibrational existence. The steady stream of divine light is pulsing into and is profoundly interactive with the soul light within those centers of your human body that are known as chakras. The solar alignment is stimulating the God force of creation from within the chakra centers of the body, radiating as a continuous pulse and flushing all that is not the light of you to the surface of your awareness!

BUILDING THE MOMENTUM OF LIGHT

The new human will learn the language of energy and light as the lightbody or higher self now emerges from within you. You will learn how to interact with your human auric energy field through the four bodies of existence. This is an accelerated path of self-discovery—entering higher levels of expanded awareness that go far beyond current belief. This accelerated path opens the inner door to the soul merge, a heart opening that propels you into a spiritual leap in consciousness.

The momentum of light has two components: Its first component is the powerful solar creational wave pulse that magnifies the light within each chakra center, flushing the anti-light of core wounds to the surface of human awareness. This prompts the choice to go within and heal, or to not heal. The choice must and will be made! Second, the first 144,000—of the three times 144,000—with the greatest potential to soul merge has begun. The inner calling for expanded awareness, spiritual seeking and healing is incredibly strong within them, for it is not only the fulfillment of their heart but their divine service.

These experiences have been called the initiations of light. Historically reserved for initiates and adepts seeking enlightenment, now the merging of soul light is available to all through the direct experience of the source of you—quite literally the union of love and light in the fourth- and fifth-dimensional self. Becoming interactive with self and the universal energy flows all around you, in fact, becomes the new relationship of energy and light that flows through you in a continuous state of interactive at-onement. The knowledge of creation—that which morphs all sentient beings into their next higher vibrational existence—and of love-centered beingness is held in light, and as light that is building as the momentum of light from above you, from within you and all around you!

Inner light is pulsing through the center of each chakra, from the inside out, at the same rate and rhythm of your heart beat. This pulsating light is increasing exponentially due to the solar alignment that is stimulating creational forces and the laws of union. The God force is magnetic and divinely sourced—a powerful wave pulse creating a momentum of light that radiates throughout creation to birth a New Earth, a new sun star and the new human. The God force and the Three Faces of God are already within you, becoming activated throughout your human body from the center of your beingness. You use the God force by liv-

ing the language of energy and light; however, this knowledge has been withheld from you, leaving the God force within lying dormant.

FLUSHING OUT ANTI-LIGHT

Right now and in the years preceding 2012, collective human consciousness will increase its collective fear dramatically due to the rising energy of emotional fear. This is because the God force of inner light will be flushing the human energy field of anti-light—the dark, non-luminous energy of core wounds—to the surface of your emotional and mental awareness. Anti-light is synonymous with anti-christ, a term widely misunderstood on your planet. The Christing of self is a state of being—the union of love and light. All energy within the human energy auric field that does not support the life force or its luminary auric radiance is anti-light.

Emotional core wounds also darken the naturally illuminating auric energy field of human beings. Wounds from the critical parent, self-judgment, rejection, abandonment, fear, having been a witness to violence, physical and sexual abuse, grief, want, not being held or seen or allowed to self-express, anger, hatred—these are just some of the sources of emotional wounding from man's inhumanity to man. These experiences create emotional energy wounds that are held in past memory, resulting in contracted energy pockets within the auric energy field. This contracted energy darkens the natural radiance of love and light layer by layer, year after year. A single thought of judgment toward another or thoughts of self-judgment project a gray-to-black energy stream onto another or onto self at the speed of thought. If you are not self-correcting, these thoughts, among many others, can darken the auric energy field with anti-light, the energy that degrades the living life force.

Those who are soul merging have a profound energetic effect on the one heart of collective humanity, as soul merging will profoundly tip the balance of light and dark within the energy of individual and collective consciousness. All that is not light and love within your being will be flushed to the surface of your human awareness. This is the divine encounter humanity has waited for. The end of days and the end of time are not what we thought they were; these terms refer to a time of morphogenesis, not extinction.

The only wrath at the end of days and end of time is man's inhumanity to man, an experience that has reached its conclusion. Multiple heart openings will occur along the way with many dark nights of the soul. Any moment you have been stuck in the past will rise to the surface of your awareness as contracted pockets of energy that separate you from who you are. Not a moment will be wasted, and no one will be left out. Ready or not, you are evolving into a new human. Resistance to this change, this morphogenesis, will feel physically, mentally and emotionally uncomfortable because third-dimensional time and space are speeding up, collapsing into the fourth-dimensional, higher-vibrating space-time that is more fluid. Its merg-

ing capacities with other worlds of you and the multidimensional self will feel like the entire universe is flowing through your bodies of awareness.

CHOOSING TO EVOLVE

The momentum of light is entering humanity from within the chakra centers to stimulate the choice to evolve into higher consciousness that is love-based rather than fear-based. The pulsing waves of divine love and light emanating from Source and Central Sun alignment are rapidly flushing the layers of anti-light, also known as emotional wounding, to the surface of your awareness. In other words, the self-destructive emotional core wounds and many unhealthy patterns of behavior are flooding the emotional and mental body within every human being on the planet with the urgency to choose: ready or not! The momentum of light—the great shift of the ages—is underway and unstoppable, by divine decree, and the gradual phasing of the soul merge of humanity has begun. It is the gradual igniting of your leap in consciousness—the choice to evolve or to remain the same.

The momentum of light, the soul merging, has been underway for the last fifty years. According to Archangel Gabriel, to date there are 18,143 individuals worldwide who have soul merged. Soul merging is the second wave of the divine plan that is occurring within humanity and having a profound holographic effect on collective human consciousness. In order to soul merge, you must transmute a certain amount of core wounds that are held within you. The amount (approximately 51 percent) is unique to each person. The first 144,000 to soul merge are profoundly challenged in their day-to-day life. Their lives have been unraveling and their false identities have been purged of toxic physical bodies. Their emotional and mental bodies have endured an accelerated change in relationships, careers and urges to travel to ancient sites or relocate residences from the continuous inner call to heal that is seemingly unending. Sudden severe or chronic illnesses that miraculously heal are discovered to be multi-causal in origin, demonstrating the severity of some core wounds and their resistance to change as they rise to the surface to heal.

PURGING THE BODY OF EMOTIONAL WOUNDS

There is an unprecedented increase in physical, emotional and mental symptoms. For example, there are profound increases in recurring fatigue, depression, attention deficits, anxieties, sleeping disorders and feeling overwhelmed. The list goes on and on as the contracted energetic wounds mimic every physical symptom known to medicine as they flush out and heal.

All physical symptoms are multi-causal in origin. There is always a mental and an emotional energy component to every physical symptom that leads to a buildup of the energy of stress. As stressful mental and emotional energies build, the neurophysiology of the body is altered, eventually creating dis-ease. There is a mental and emo-

tional energy that is generated from the surface of life that contributes to dis-ease, but for most, the source is deeper. These are mental and emotional wounds held in the subconscious and unconscious mind. These states of consciousness are simply layers of memory. Some memories of emotional wounds are buried deeper than others. These memories are what drive unwanted behavior and unexplained reactions to life and relationships.

These memories can also drive uncontrollable thought conversations within the ego-centered mind—day in and day out, if you let them. If you are not aware of these memories and how they are driving your life, then you are living predominately separate or very far away from your self. This is evidenced in day-to-day life by continuous life dramas and unsuccessful relationships with yourself and others. The quicker you identify these emotional wounds and patterns, the easier your path will become. Faith-applied trust, open-mindedness and positivity will be required to allow the authentic self and innocence to emerge.

THE SOURCE OF CORE WOUNDS

Healing and transmuting core wounds leads to multiple heart openings and, eventually, soul merging. With persistence, as people heal and transmute a large-enough percentage of core wounds and burdens that are unique to them, the heart will open and the soul merge will begin. Core wounds and their out-picturing patterns have their origins in the treatment we receive as children, sourced in the causal body of the soul, which lies between the eighth and ninth chakra.

When children are not held, if they are not seen, if they are not allowed to express or if they live in fear or in the witness of fear—in the conditional love of an over-critical parent with a constant sense of rejection and abandonment—it affects the their auric energy field. They are imprinting this mistreatment energetically onto their energy field, and these imprints become the core wounds that produce contracted energy pockets within the aura. These then become self-destructive adult beliefs that are thought-driving within the ego-centered mind in day-to-day life.

When children have just come from the light of all souls—the fourth through thirteenth dimension that we call heaven—they only want to know one thing: how they will be loved here on Earth. Any treatment they receive, they interpret and energetically imprint as love onto their auric energy field, for they do not know the difference between love and abuse. Any treatment in the absence of love is abuse. Children begin to withdraw, protect and numb their energy, beginning the repatterning of their auric energy field.

Why is this important? Because the reshaping of their energy field is the energetic sourcing of the loss of innocence and the building of dysfunctional adult behavior patterns that are held as energy within the bodies. As an adult, the acquired multiple layers of contracted wound energy, which have become identities and beliefs, are held within the energy field and are now part of what is manifesting the

life of that adult, wanted or unwanted. Parents always love the best they can, but it is where they do not know themselves that can lead to the image of the child inheriting the sins of the father.

The location of potential core wounds in the chakras:

Seventh Chakra: Location of divine knowledge and the potential for trust and distrust

Sixth Chakra: Location of wisdom and the potential for self-deception

Fifth Chakra: Location of self-expression and the ability to receive love or rejection

Fourth Chakra: Location of unconditional or conditional love and the sense that one can't open to love

Third Chakra: Location of power and the potential to see oneself as a victim, have low self-esteem or a sense of unworthiness

Second Chakra: Location of the authentic self, intimacy and inhibition, but also the potential to feel one is not good enough

First Chakra: Location of the sense of being grounded and safe with the potential for fear and the sense that it is not safe to be here

CO-CREATING AT THE SPEED OF THOUGHT

The four bodies of existence are the dynamic, energetic and interactive communication of the spiritual self—or the fourth-dimensional body also known as the higher self—through your emotional and mental awareness as you live day to day. Access to your fourth- and fifth-dimensional self has always been available to you. The feelings of love and intuition come from your fourth- and fifth-dimensional levels. Humanity has forgotten that one must be interactive with love and intuition in order to open up the greater self.

The structure of the four bodies of existence is the interactive energy dynamic of how humanity co-creates its reality at the speed of thought. Human beings move powerful flows of energy with their minds through thought, and powerful magnetic energy flows within their emotional bodies. Where thoughts and feelings go, energy flows! The nature of who you are and how you create rests in the living truth within.

To know the living truth is to know thyself, to live through your feeling body that continuously reveals your essence of being. To live through your essence of being is to experience the living energy of the feeling body interactively through thought impressions and feeling impressions of the mind and emotional body constantly in day-to-day life. This is done with the forethought of feeling first—residing in the feeling body, not the mind in everyday life. This is living from the heart.

CREATING A DIALOGUE WITH SELF

Who you are—as well as who you are not—then emerges in a continuous communication of awareness. The more you meet yourself within, the more your higher self communicates with you. This communication enters your awareness

through thought impressions and feeling impressions that often expand as visions in your awareness. The heart is clear in divining the truth in any situation that will provide solutions and guidance. In this practice, the language of energy and light is revealed in a continuous dialogue and real life synchronicities. The more you meet yourself there, the more your higher self begins to create a dialogue with you.

The dialogue comes through the four bodies of existence—through your emotions, memory, divine mind and profound communication through your physical body—all orchestrated by the fourth- and fifth-dimensional spiritual body, enriching the concert of your life. The living truth of you holds what you want and what you don't want your co-creational reality unfolding to be. To discover what's driving what is undesirable in your manifestations, look into the memory body of the mind that holds the living energy of wounding experiences. These are held within your auric energy field, and you will discover where you are stuck in the past that is still creating your future.

All thoughts and inner emotional wounds reside in our four overlapping energy bodies. The energy of our thoughts and emotions create our realities at the speed of thought. Our thoughts and emotions on the surface of our life, in combination with the core emotional energy of the past, generates the energy of our beliefs. These beliefs and repeating thoughts produce dynamic, unseen energy flows that enter the All That Is and create our realities. This accelerated path of self-discovery opens the door to the soul merge through the interactive language of energy and light. This was described in the Bible as the "living way." However, it did not describe the day-to-day language of existence, living from essence. It is up to us to become self-interactive and begin the journey within. Archangel Gabriel states that all is given according to belief. You are co-creating at the speed of thought, at which point thoughts and repeated mental conversations become beliefs.

The four bodies of existence are the physical body, the emotional body, the mental body, or ego—including the memory body and divine mind—and the spiritual body, or higher self. The four bodies are unique, energetic, overlapping energy spheres, each possessing a dynamic energy signature you must come to know. Find out how they are interactive with each other and how you must become interactive with them. The miracle of the heart and its unending wonderment is discovered while living in the feeling body, rather than the mind. The path of self-correction and healing results in the energetic re-illumination of the aura. This opens the door to multiple heart openings, leading to the greatest heart opening of all, the soul merge.

TIME TO CHOOSE

Right now and in the years preceding 2012, collective human consciousness will increase dramatically in its collective love, light and fear. This is due to the God force and the merging of soul light that will cause the inner light flushing of the human energy field of anti-light and the

dark, non-luminous energy of core wounds. Those who are soul merging are having a profound energetic impact on the one heart of collective humanity, and that effect will profoundly tip the balance of light and dark within the energy of collective consciousness. This momentum of light is unstoppable.

I came as the lamb; I return as the lion—the divine plan working out though the momentum of light is not a battle of light and dark forces, however. The wrath of the Four Horsemen will rage as a transformation within the hearts of all of humanity. You are in the final hour, the years preceding 2012. The choice is upon you and time is speeding up! In the final moments of 2012, just before or slightly thereafter, there will be three hours or three days of darkness within your awareness—a sort of blackout—and upon awakening, you will know how you have chosen. If you have chosen to remain the same, the Earth sky will be reddish in color, indicating you did not choose to make the vibrational leap and will reside on third-dimensional Earth for another 26,000-year Kali Yuga. And at the end of that time, you will be offered the choice again. If you have chosen to heal and to soul merge, you will wake up and the Earth's sky will be luminous with two suns, and you will be on the New Earth, living in the fourth and fifth dimension. Some would then say you have chosen wisely. It is up to you!

Message from Source: The Nature of Mind

The nature of divine mind is to ease you into the grace of rest and peace. To fulfill the nature of your creations toward what serves the highest good for all is often much more fulfilling than expected. This is but one measure of thought creation, as your love carries your thoughts to fruition. The nature of divine mind is fulfillment within, as it permeates the one—that place that connects us all. The nature of the little mind is to create as well. It can be characterized as the autopilot without a driver. Most of the time in this realm, the little mind creates a problem, a condition or situation simply so that it may solve it, thereby fulfilling its smallness. Being divine is much grander. Divine mind requires the focus within; the focus on self reveals the love within—slowly, but most assuredly. Where there is love, pain and suffering cannot exist. This is the prediction for 2010!

However, depending on the act of predicting, you create thought into belief that will come to pass if it reaches a collective mass. I would most assuredly predict that all predictions are occurring right now, somewhere in the worlds. Therefore, all predictions are true and are or will occur as these beliefs and thoughts have or will reach the critical mass required. To say what will be is a simple measure of collective thought. How will you contribute? Refocus the thoughts of outcome and the thoughts of doing into ease and grace. Leave only thoughts of being, and be present in the thoughts

of being, bringing clear all that is feared. One at a time, each of you chooses. Reading the potential news within, find your own muse. To be is divine; at rest is best.

Message from the Center of All Beings and Beingness: Becoming Conscious

It is known that you—that we—are entering full consciousness in this realm. What is full consciousness? It is where the heart within your humanity longs no more. Your heart is attracting to itself the love of self and its connectedness to all living beings. This is occurring beyond the speed of light, precipitating all that is in fear and separation to the surface of self for your review. Like it or not, suppressed or illuminated, your love within is prevailing. So it is occurring with the earth and all living elements; your body is an elemental creation, made of earth, fashioned by you and wrapped around the center of your being. Therefore, the earth and all elements within you and outside of you that have been adulterated or held in distortion are rapidly seeking wholeness.

What does this mean for you? You may have noticed an acceleration of changes inside your body and in your worlds. All mental misconceptions of self—all discordant feelings bound in your tissues, all joys and passions—are reaching the surface of you, becoming fully conscious. The center of your beingness radiates love; all collective consciousness that is not in alignment with the love of beingness is exposed and revealed to its collective tension point for conscious transmutation. If you do not wish to participate—hanging out, instead, on the outside of you—the road of your adventure may get a little bumpy. The only shortcut is going within. By going within, you bring your awareness and your love to the seat of your creations, thereby accelerating the longing of your heart being. Suffering has become an old habit in which you measure your strength. The training wheels of love have been fashioned to your feet until you learn to fly again in the way of love. Love is the mountain mover, and—individually and collectively—you are reshaping yourself and the Earth!

Message from Jesus: Love What Is

One who loves is dear, within the heart of the One. For as soft or passionate as love can be, those without measure can be free. Loving what is is the secret of existence. Always seeing the beauty that surrounds you, even below the surface, attracts more beauty, for this is seeing the truth that lies within all present expressions of you. Would you not endeavor to seek beauty—the real? Would you not seek love—be love? What is of your making?

Humanity tells the old story of greed, hatred and fear, and this story has died a thousand tears, only to rise again and again. The Christ is you: the unconditional love, not the death on the cross for your sins. The word “sin” has been exploited to perpetuate the idea of “I’m not good enough.” Let me give you its true meaning. Sin is that condition of the mind that separates you from yourself. I came to seed unconditional love once again, to dissolve the tyranny of those fabricated illusions that were beginning to solidify separation. I came to once again resound the frequency of love in your hearts, igniting the spark within you that was already there. It was only that which you had forgotten.

So again, your structures would hide and twist the truth from you, and many followed down that same tired road, separating again what lies within. This road has a dead end and you are reaching it. The only way to get through this dead end is to fly through it. “How do I do this?” you might ask. On the wings of love. “How do I find love?” the mind may ask. By being the love within—that which is already there. You can find it by spending time each day intending to be in your love within the heart chest.

I will tell you the response the little mind has to the words of God: The mind will say to you, before you can blink an eye, “This is too simple, it doesn’t work.” For the little mind will say, “I must do. I am not required for this ‘being’ with the truth.” The true self, however, was designed for accessing love with ease and grace. This is so natural to you that you have forgotten it is there. In the doing, you are limiting your being. In the being, you enfold yourself in the wings of love. When your mind is being, not doing, you begin to enter divine mind—that which creates, sustains and holds you in love and protects. You call this resting place the hands of God. You must realize by now, in the modern day, that your life experience is of your own making. So shall we together twist our hands in fate and begin anew? What shall you be?

Message from Sanat Kamara: Return to the One

I am one with the worlds, what you might call the higher self of the Earth and all the worlds of beingness within her—and most certainly all illusionary worlds of man. I oversee all holographic existence. My presence in this day is to bring clarity to all predictions. The many illusionary scenarios that may be read are deceptive in their very nature—mere possibilities at best. But they are carefully crafted, layer upon layer. It doesn’t matter how clearly predictions and fates are read, there is always a piece of the personality that will interact with at least one layer of illusion to accomplish a distortion of the truth.

The ship of divide and conquer has a full sail, and it is determined to maintain the waters to its liking. This presence is blowing its own wind, but its lungs grow weak, for this aspect of the One is also surrendering to its longing to return from where it once came: the one heart. As has been decreed by the One Source, or God, the tide of union has swollen once again. The grace of love that binds us all is swelling to tidalwave proportions to ensure this event.

This union is also swelling within you. If you trust that your own truth is within you, you will not rely on others for outcomes concerning the magnificence of the soul creation that you describe as your life. Looking to others is the first step in giving yourself away, losing yourself in the vast illusionary layers of deception and self-deception. The knowledge of the One is within you; there’s nowhere else to go! The knowledge, the fruition and grandeur of being at one with the All That Is is within you. The fluidity in communion with all, with full consciousness, is the flow of God. Direct, telepathic communication with others—plants and trees, animals, elementals and all angelic and devic kingdoms—is the fluidity of union, connecting and living as one. You—we—are the living prayer of God! ✨

ANIMAL SOULS SPEAK

THROUGH ROBERT SHAPIRO



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

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



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What the Year 2010 Holds in Store for Mother Earth

Predictions for the new and improved year of 2010 from all the creatures, great and small, translated by all the critters at Kim's house: "Okay, here we go, woo-hoo! Hang on to your socks, everyone; changes are in store and we are very optimistic and know you will enjoy them.

"First off, we have to let you know that the reason you have been noticing that a large number of the animals have been passing over is due to old age, neglect and abuse, health issues and many other physical reasons. Even though we do not have a physical voice, we are choosing to do something about our lives here on this beautiful planet we call home.

We as a whole (with, of course, your help as well) are changing the Earth's vibration. We are all connected to each other, and we are trying to work with the humans of our world, from the tiniest of the hummingbirds, with the incredible lightening speed of their luminescent wings, to our brother and sisters the magnificent and majestic whales, who steer and direct the oceans' currents and help to control the weather patterns. Did you know that they are also the record keepers of all pertinent information, storing it in their bodies and their incredible brains to help keep and redirect our planet Mother Earth back on track?

"You will start noticing more and more people surfacing who are able to communicate with the creatures of the world. More and more people, from all walks of life here on our Mother

Earth, will slowly and gently begin to have the veil lifted and removed so that they can hear with their minds and hearts what we are so desperately trying and needing to inform you all of. Have no fear of this process; if you do not want the new gift coming to you or are afraid of it, simply say, 'I do not want this gift. I do not accept this.' Tell us anything you feel in your heart to let us know, and we will pass the gift on to another person. You are not letting the animals down in any way, and this will not keep the vibration down. With our newly found communication skills that we are adapting to ourselves, we are slowly and gently passing the vibration on to our human friends. We ask only for understanding and compassion and that you know in your hearts we would never do anything to harm you. As your own intuition and gut feelings are being heightened, trust your inner feelings and listen to the information that comes to guide you."

MIRACULOUS HEALINGS FROM THE WATER AND THE LAND CREATURES

"A great number of people will have their eyes opened wide and start to realize the tremendous healing powers of whales, dolphins and other sea mammals. Chakras will be opened; DNA

alignments will happen more rapidly, 'incurable' and terminal diseases will be cured. When people listen to the healing sounds, tones and frequencies of our songs of love for each other—whether or not they can physically go on whale and dolphin tours or if they simply listen to recordings—they will realize we bring forth the healing energies from the heavens. People will begin to demand the end of the whale slaughters that happen yearly. More income can and will be generated through recordings and physical sightings than by killing us is great numbers. We are here for a greater purpose: to help humankind. We welcome the dawn of this healing era.

"You will also begin to notice more and more that you are healing your pets and animal companions mentally, physically and emotionally with your loving thoughts, actions and words and that we are healing you from your sicknesses. Be they mental, emotional or physical ailments, by the raised vibrations of our love for you, we as a whole will be working together in unison, helping and healing the sick,



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elderly, depressed and so on, both in the human and animal kingdom, for when we work together we are as one.

"You will be noticing more and more miraculous healings, both in human beings from all walks of life and all creatures large and tiny as we combine our healing energies to help one another. People will begin to realize what the power of their minds is able to do when they set their minds to remove and not accept all types of illnesses: Cancers will start to shrink, pain will lessen, biofeedback will be used more frequently. Chakras will begin to open further, DNA will align and incurable and terminal illnesses will be cured. People will begin to take their lives and health back, and they will know that it is within their power when they ask for help from the archangels. People from all over the world will begin to listen to information that has been available for many years but not heeded."

INFORMATION FOR ALL ABOUT CANCER ELIMINATION

"Here is some crucial information for the elimination of cancer. *Disclaimer: We are not veterinarians or medical doctors, but rather we are translators that have been appointed to you from the archangels with some very important information for you to use at your will.* When a person or an animal has cancer, it indicates that the being has multiple nutritional deficiencies. These could be due to genetic, food, environmental or lifestyle factors. To overcome the multiple nutritional deficiencies, changing the diet and including supplements will strengthen the immune system. This applies to your animals friends as well. An effective way to battle cancer, we have found, is to starve the cancer cells by not feeding them with the foods they need to multiply.

"Sugar is a cancer feeder. Cutting off sugar can cut off one important food supply to the cancer cells. Many sugar substitutes are made with aspartame, a chemical that is very harmful to the body. A better natural substitute would be honey or molasses, but only in small amounts (seek medical advice if you

are a diabetic). Table salt has a chemical added to make it white in color, so a better alternative is sea salt. Cancer cells thrive in an acidic environment. A diet high in red meats is very acidic, so it is best to eat fish and chicken (preferably organic, free-range) rather than beef or pork. Many meats also contain livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people already with cancer. Avoid using plastic containers or plastic wrap at all in the microwave, as the plastic leaches into the foods, and do not store plastic water bottles in the freezer, as the plastic leaches into the water. Margarine is only one chemical away from being plastic, so use butter if you have to; it is pure and real, but use it sparingly.

"A diet made of 80 percent fresh vegetables and juice, whole grains, seeds, nuts and a little fruit help put the body back into an alkaline environment. Fresh vegetable juices provide live enzymes that are easily absorbed by your body. Vitamins A, C, E and Zinc are crucial for immune system building and support. Antioxidants are also very crucial for a healthy immune system and cancer prevention. Avoid chemical additives and preservatives in food for your animal companions and yourself.

"People everywhere will also begin to realize that all the chemicals in women's cosmetics and men's toiletries are actually causing a great deal of cancers. Did you know the average woman uses twelve toiletries every day and applies more than 175 chemical compounds to her body in the process? These chemicals are found in deodorants, face and body creams, lipstick, nail polish, mascara, shampoo and so on. Wherever possible, it is so important to use natural products, especially for pregnant women. When you decrease the use of chemical ingredients in your toiletries, cosmetics and cleaning products used around the house, your health will start improving, and the risk of cancers of all types will start to slowly decrease.

"Cancer is a disease of the mind, body and spirit, and proactive and pos-

itive spirits will help the cancer warrior be a survivor. Anger, bitterness and a lack of forgiveness will put your body into a stressful and acidic environment. We urge you to have a loving and forgiving spirit. Learn to relax a little and enjoy your life to the fullest. Even if it is just enjoying the little things, little things mean a lot!"

ANIMALS IN CAPTIVITY

"Many people will begin to realize that keeping marine mammals, such as dolphins, killer whales, beluga whales, seals and so on in enclosures, marine lands and huge aquariums for the sake of people's entertainment is a form of mental and physical cruelty toward us. People will start to reject this treatment by not going to visit such establishments, and this will force the closure of many of these institutions. Once again, we will be free to swim the mighty oceans with our beloved family and friends, no longer severely depressed and enduring our lonely days being laughed at and ridiculed.

"Many more people around the world will no longer be tolerating circus animals performing ridiculing tricks by cruel trainers (not all trainers are cruel, but we speak of the 99.99 percent of them that are). Humans have such a wonderful capacity for tricks and acrobatic stunts, thrills and spills that they do not even require animals in their circuses; the entertainment the people provide is immeasurable and we really enjoy watching the people perform. Roadside zoos will slowly start to become a thing of the past when more and more people have their eyes opened to some of the deplorable, inhumane conditions and treatment our friends must endure.

"We realize there will always be zoos, and most of these we accept because they give us protection, safety, warmth, love and the friendship of our caregivers—especially since some of us have become dependent on them for food and protection. However, people will begin to take a stand against badly run roadside zoos and circuses, giving us a voice by calling the local SPCA

in their area and reporting cruelty, cramped living quarters, filth of badly kept and barbaric cages, sickness and inhumane treatment.”

SUCCESS AND HEALING IN YOUR FUTURE

“Our spirits will walk with you in this place of higher vibration, fellow lightworkers. You and all the creatures of our wondrous planet are actively involved in creating and healing as well as bringing a much needed peaceful energy that no one has ever seen nor experienced before. In a short period of time—two generations of your time

from now—you will not recognize our world; it will be the end of the old time and the beginning of a new and loving consciousness. Do not listen to the people who say, “Doomsday is coming, beware! Woe is us; the end of the world is near!” Take it from us and trust us; we would know. The end of the world is not near, but rather the beginning of a new and improved world is at hand! We have the information from the highest of authorities—the Creator.

“Success and healing is in your near future, we say! Imagine what your life would be like if you replaced all your worries with hope, if you were to trade

all your self-doubt for self-confidence (and we know you can do it). Let your fears just fall back and let your natural courage step forward, expecting the best to come instead of dreading the worst. When you really believe, you can, should and will achieve your dreams. Believe it; we believe in you, and you will succeed! We wish you health, prosperity, love, light, joy, laughter and blessings from all the creatures, large and tiny, all over this glorious Mother Earth to you, our dear friends. We hold you in our hearts with unconditional love. So it is written, so it will be!” ✨

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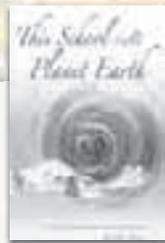


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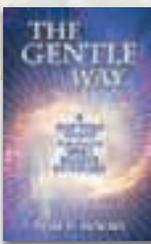


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