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◇ **GLOSSARY**

A S H T A R



The Plan

I come to you with great joy in my heart to be able to speak to you in this way. We are all very excited about this book and very excited about being able to make this connection with all of you. We want you all to see how much spiritual support there is for you. We want you to know, through these pages, that you are not alone and that there is much for you beyond your immediate perception of yourself as physical beings. We want to help you stretch beyond the perception of physical limitation into the expanded state in which you exist as a divine being, one who is cosmic in his or her experience.

You have all had experiences on many planets, and in many dimensions and as many different beings. Someday you will be able to remember this while you are within physical existence, and it will be part of your conscious understanding of who and what you are. Right now you are all trying to understand what you are in a spiritual sense and to integrate that spiritual side of yourself into your awareness on the physical plane. This is a beginning that you are working on now, a beginning toward the understanding of yourself as a cosmic being.

All of you have misperceptions and misunderstandings about what it means to be physical, and what it means to be a part of the Earth. Many of you feel that because you have physical bodies you are less spiritual than those cosmic beings who no longer have physical bodies. I want to assure you that we do not feel that way; you are just as spiritual and just as divine as any of us who are not living within physical existence now. You are light beings, although you have not always seen that you are light. You are spiritual beings, although you have not always recognized your spiritual roots. You are cosmic beings even though you have not been able to understand, while in physical existence, that you are.

Let's suppose that there is a spiritual part of you that knows that you are divine and recognizes that there is much more to life than simply being a part of physical existence. Let's say this spiritual part of you wants very much to be a part of physical existence, and to experience within it, to understand it and to learn how to create an ideal life within it. That is what you are all working on now as a part of your

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spiritual growth. You are doing your “Earth Study Phase” of learning as a cosmic being in a school called Earth. You are learning to work with physical existence and you are learning to master it. You are learning to work together to produce an environment and a world for yourselves where everyone can exist happily in love and in full knowledge of the spiritual part of themselves. This spiritual part of yourself that we are supporting is guiding and directing you through this Earth experience. It is supporting you with spiritual love. It knows your desires, and it helps you create the opportunities that you need to satisfy those desires.

Part of our purpose in being here and remaining close to the Earth is to help you discover this creative potential within yourselves that will allow you to create the perfect Earth that you are looking for. We are here to help you create your New Age. We will not do it for you. You will do it for yourselves, but we will offer whatever help and guidance we can as you do it. We are here to help you expand your understanding of yourselves and your spiritual potential. In this way we will help you to become more creative and more able to follow the Divine Plan which incorporates this perfect Earth and New Age into it.

Many of you now are attuning to specific aspects of the Plan through your meditations or through your spiritual awareness. One of you may sense the need for peace and a possible plan for achieving it. Another senses the need for more food, and for better methods of growing the food that you need to survive. You tune into the part of the Plan that contains this and you work to bring that to the Earth. Another of you, perhaps, senses the need for a particular healing technique that is available through the Plan, and you are guided to attune to that and aid in bringing that knowledge into physical existence so that it is available for humanity. All of these, and many more, are available for you through the Plan; and we, your spiritual guides and teachers, are here to help you connect into it, and to understand and create the opportunity to build these aspects of the Plan for yourselves on the Earth itself.

I am what you might call a coordinator for all of this “Aligning-into-the-Plan.” I am here to make sure that each of you gets the guidance which you request and the spiritual support you need for your evolution. Sometimes this need is for actual knowledge which you can attune to through your spiritual channel or your intuition. Sometimes it is for a connection into someone who can help you clear your subconscious mind so that you can create your life more clearly. Sometimes it is a need for guidance into a particular type of activity that will be helpful for you. Each of you is moving through your own particular part of the Plan. You are always learning parts of what you will need later.

Sometimes it appears that not much is happening, or that things are moving so fast you can't keep track of what is occurring. What you are doing is gathering up the threads of your many strengths and talents, experimenting with them, perfecting them, and then moving onto something else which needs to be perfected. As you do this, you integrate each newly learned strength into the whole of your understanding. This lifetime is, for many of you, a summing up of everything that you are. When you have finished this summing up process you will be able to bring it all together and apply it all to a creative effort which is a part of the Plan. When you have gathered up all of your strengths, and when you have cleared yourself so that you can be a channel for the Plan, you will be able to create this Divine Plan more surely and more accurately on the Earth.

I am the Leader of your Space Command. We are an army. We are not an army which will create war or take over your Earth, but an army of Peacemakers and Servers of the Light. We are a "Peace Corp" which is here to serve the Plan with you and help you to bring it to completion as soon as possible. We are occasionally visible to some of you, especially those of you who have vision of the inner planes; but that is not important. What is important is for you to know that you do have much spiritual support, and that many of us here are working with you to help you achieve your purposes on the Earth.

These are not our purposes; they are your purposes. You are the ones who are in physical existence and will make the final determination of the course that the Plan for the Earth shall take. You are the ones who will choose whether to have war or peace, hunger or plenty, wealth or poverty, hierarchies or equality.

We see you moving toward a time of plenty, a time of equality, a time when each can explore his own creativity in the way that is best suited to him or her while he or she is within physical existence. This will be a time of great joy and great satisfaction for all who are a part of the Earth. That is why so many of you are here on the Earth now. You are creating a New Age which will demonstrate the perfection of your understanding of physical existence. It will be a new peak in physical creativity and will be a monument to your own abilities as spiritual creators within physical existence.

I am proud to be a part of all that you represent on the Earth, and I am proud to be able to serve you and help you in any way that I can. All of those who work with me wish to say that they are supporting you with their prayers, with their light and their love; and that they are striving, as you are, to help create the best world that you can envision now.

Exercise

Creating your new life is something like cooking. You decide what you want, choose the ingredients you think will help you create it and mix them together. The cooking process is your learning how to blend and use the recipe for living. The energy is provided by your desire to create a change in yourself and your willingness to keep working at it.

For this exercise, decide on some change or improvement you would like to make in your life. It doesn't have to be great. Work on one thing at a time. Write it down. Then list the things you need to do to accomplish it. Decide on how much effort you will probably have to put behind each ingredient. Some things will be familiar and easy. Perhaps only the way you are using them will be different. Others may be unfamiliar and will take more concentration, "heat" or will. Then you will be ready to begin to practice using this new way of directing or responding to life. You will have opportunities to use it. Your unconscious, creative mind will bring you what you want and need.

If your recipe works well, good. Give yourself credit for doing what you set out to do. If there are still a few bugs in the recipe, make a note of what did work and what you learned. At this point you can make corrections or make a whole new recipe. The important thing is that you are making a conscious effort to change and transform your life. You are recreating yourself into a more effective part of the Divine Plan.
