



SEDONA JOURNAL OF Emergence

PEACE TO ALL BEINGS

JULY 2018

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Gematria products are created with the intent to provide the most scientifically advanced and safe nutritional supplements available today. Gematria's line focuses on

antiaging, brain performance, and joint support — though there is something for every system of the body. Dr. Todd's precise formulas are further enhanced by a patented laser technology called "quantum coherence modification," or QCM Technology™, which reshapes molecules and enhances their nutritional absorption. QCM Technology™ homogenizes the molecules, making them self-similar and thus easier for your body to use. This homogenization has been revealed through the hard science of x-ray crystallography.

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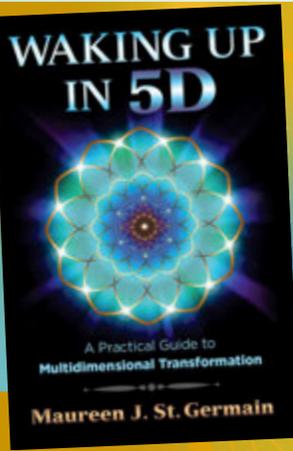
Former British Medical Journalist, Alison David Bird, C.Ht, became a Pleiadian channel in 2013 and was bestowed with an ascension healing modality called Marconics – the Human Upgrade.

Following a near-death experience, she became a specialist in life between life hypnosis and trains spiritual alchemy practitioners around the world.

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Look for our article in this issue:

Spiritual Fatigue: the Frequencies Aren't Helping

by Phyllis Light, PhD



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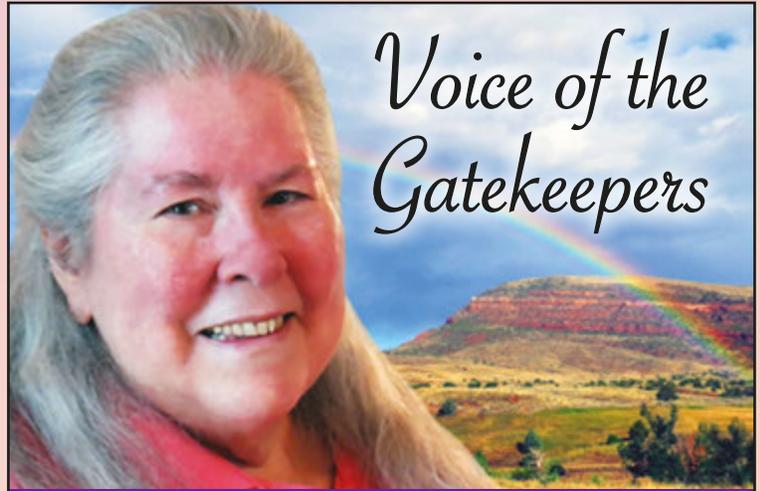
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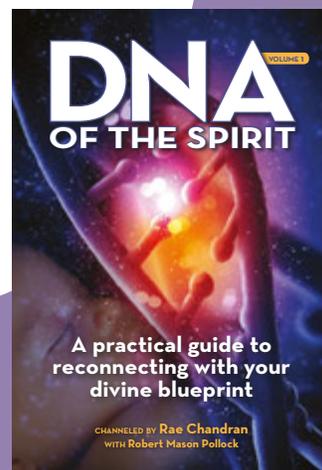
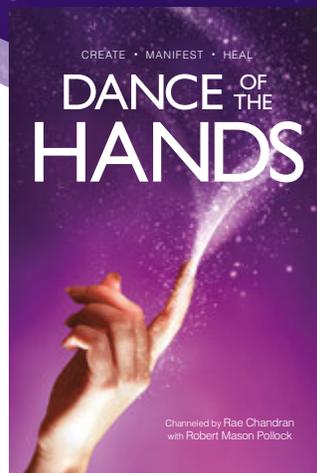
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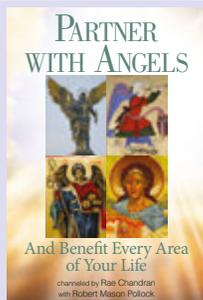
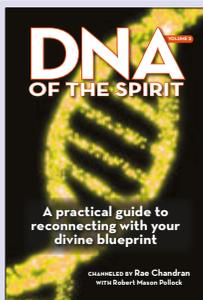
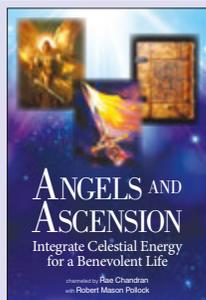
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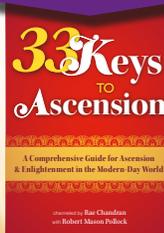
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180 capsules
Reg: \$36.77 sale price: **\$29.42**

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LIVER SPA

In general, the human body wears out and expires for three different reasons: narrowing blood vessels, abnormal proliferate cells that suffer from malignancies or cancer, and general degeneration of the body. Liver Spa (LIPO) is designed to help support and maintain a healthy, balanced metabolism.

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



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120 capsules
Reg: \$45.77 sale price: **\$36.62**

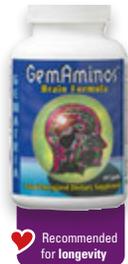


L-ORNITHINE

After age thirty, the pituitary gland starts producing 1 percent less growth hormone per year. Growth hormone is vital to maintaining the body's youthful state.

60 capsules
Reg: \$23.77 sale price: **\$19.02**

Brain Support



GEM AMINOS™

GemAminos™ provides exceptional brain support and is especially rich in glutathione, which has been called an antiaging triple threat. It deactivates free radicals, acts as an antitumor agent, and provides benefits in relieving allergies, diabetes, and arthritis.

60 capsules
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WEIGHT MASTERY PACK

Weight Mastery is a complete supplement package that includes a one-month supply each of five supplements to supercharge metabolism, burn fat, balance mood, and stop cravings: Dual Carnitine, Heart Gems, GemBalance 5, Liver Spa, and LiteBody Gems.

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Reg: \$36.77 sale price: **\$29.42**

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1 fluid oz. (1-month supply)
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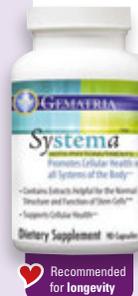


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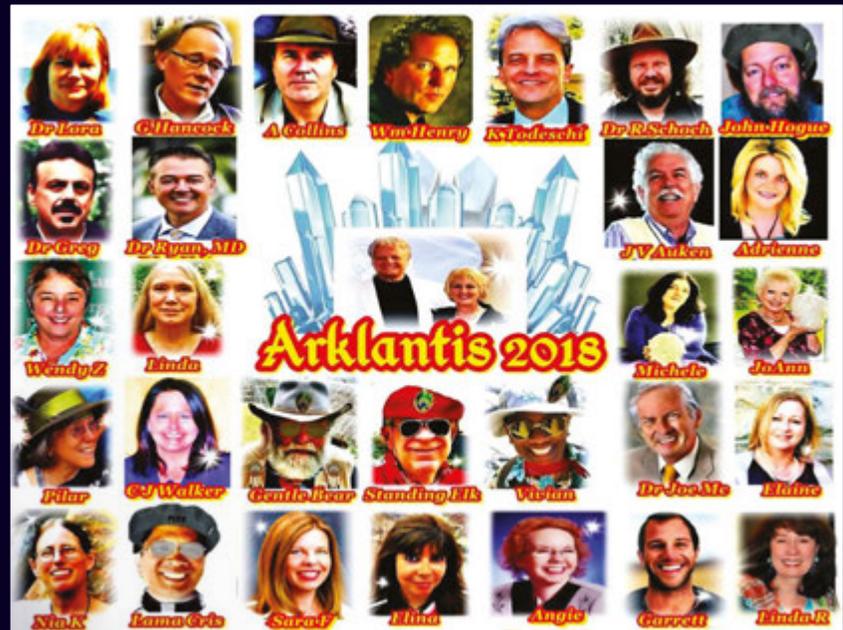
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- ◆ Offer practical guidance for living a healthy, happy, and benevolent life.
- ◆ Provide a forum for those who wish to speak to us from other dimensions and realities.
- ◆ Celebrate our emergence into multidimensionality and our reconnection to the rest of creation.
- ◆ Remind ourselves that our love, light, and sense of humor will carry us through into the adventure of forever.
- ◆ Bring information about the truth of our eternal nature — the origin, ultimate purpose, and future of the human race.

LETTER FROM THE PUBLISHER

Dear Sedona Journal family,

We are very grateful for the channels and spirit beings who take time and energy to share the new, incredible, and heart-warming information and suggestions for our awakening and safety now as we live through these difficult and uncharted times. I think this is the best issue of the *Journal* yet.

Robert Shapiro gives us words to say that will transform the cycle of violence and suffering on this planet. The more people who say the words with intent, passion, and energy, the better chance we will have to move from where we are and to become a benevolent planetary population.

The effect of these transformational words and energy is that when a person is about to harm another in any way, before that person can use any kind of weapon or assault another human being through bullying, child abuse, rape, domestic violence, slavery, murder, and terrorist activities, he or she will feel, to the minutest detail of physical and emotional pain, the effects of what he or she is about to do and will be unable to do the harm — unable to assault another or pull the trigger or detonate the explosive. And the person intending to cause this harm will know that he or she is the cause of that pain and why.

If you want to help create this much-desired, violence-free humanity, get the words and the instructions to ask for that energy from the article on page 3, find a quiet place, ask for the energy to be around and about you, and say the words with all the desire for change that you feel inside you and with all the love and sympathy and empathy you have for those who are suffering.

Now, if you are one of those people still saying, “Oh, I don’t have the ability or the power to do this,” then you haven’t realized or felt the extent of your awakening within the increased frequency of our reality now. All human beings on this planet have creative ability they haven’t become aware of and haven’t learned to use yet, so try it and know that you *can* make a difference.

In his brilliant description of enlightenment in this issue, Djwhal Khul (through Kathlyn Kingdon) says, “First transformation and then enlightenment.” We cannot become enlightened before we transform the violence and confusion we are experiencing now. So add your creative power to actualizing the gift we have been given to transform our ignorance, violence, cruelty, and all the other actions we take when we have forgotten who we are and need to recover our natural state of being.

Our souls have all agreed to end human-caused suffering of all sentient beings on this planet, so we need to bring benevolence — the qualities of being kind and good and caring about our fellow beings — to this physical reality.

Are you ready to do your part?

Happy July,
Melody

SEDONA JOURNAL OF EMERGENCE

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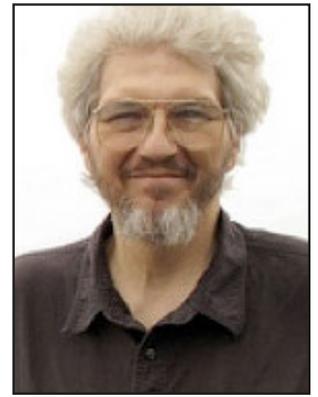
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You Can Transform Violence on This Planet

Grandfather through Robert Shapiro

29 May 2018



Robert: What to do about people who are causing harm intentionally? First say the living prayer preamble: “I am asking that all the most benevolent energies that are available for me be all around me and all about me now.” If you want to add the name of your deity, saying energies and your deity, go ahead. Or if you know the names of your guides, you can put them in there if you want too. Make sure it’s something that you think of as benevolent. That’s what you want: benevolent energies around you because they will help to bring about what you ask for. Then wait for about half a minute. For those of you who feel the energy come up, wait until it relaxes a bit or you know it’s there, and then say,

🌀 Living Prayer 🌀

“I am asking that human beings who cause harm with the intention to hurt or kill experience what they are going to do to others to themselves first, even if they are in the process of causing the harm, and know that they are the cause.”

This is Grandfather. Now, I feel this is a good topic to explore. It does not require a great amount of time, however, because what was stated already is what to do. Since this is carried out spiritually, you don’t have to add the statement “and to happen in the most benevolent way” and so on because by working spiritually, the mechanics are that your souls (and the souls of all beings), meaning one’s overall spirit and one’s day-to-day spirit, which you call your soul, must agree, at least to some extent, that this is a good thing. On a soul level, one is not affected by the slings and arrows of life, so the will and the ego are not factors. In this way, people have a chance to learn. You understand, though, that it will happen in the most benevolent way. It is an ultimate way to create a more benevolent society. It will, at times, create complications, but if it works for everyone (and it will not start working until it works for everyone), then it will accomplish its purpose.

Okay, I’m not clear. Is this something that whoever the person

is — let’s say a suicide terrorist — will feel before he does the action or after? He’s going to feel it after death anyway, when he goes through the life review.

No. It’s a good question. People will feel it even if they’re imagining it, which they usually do beforehand. They will feel the effects. It’s incremental. Even the acts of pointing the gun — reaching for the gun, pulling it out of whatever it’s in, just going for it — you have that intention. Some people point guns at people and think that pointing the weapon will stop them. In other words, they don’t have the intention. If they don’t have the intention, they may not feel something.

The simple answer to your question is this: It doesn’t happen after; it happens before. So say you were thinking about strangling someone. Even thinking about it, you would get an uncomfortable physical feeling. If you were planning to strangle someone, you would have your hand or arm or something around the other person’s neck. You understand you would get a feeling. You might not feel your hands or your arm, but you will get a slightly strangled feeling, and you will know that it is you causing the strangled feeling. It creates a conundrum for people who are violent. In this case, the violence necessarily checkmates the violent actor, meaning the person going to do the actions. You understand?

Checkmate — that means it will cause the person not to do the violent act?

That’s why I picked strangling with your hands. It would cause the person not to do it because the more he or she is going to do it, the more he or she tries, or even if he or she manages to get his or her hands around someone’s neck, the perpetrator will feel what he or she is going to do, not what he or she is immediately doing. He or she will feel the pain. The person won’t kill him- or herself, but he or she cannot cause harm without that harm being done to him or her and knowing he or she is the cause. Do you understand?

Okay. So if someone goes into a place full of people with a gun he plans to use to shoot the people, feeling the pain of what he is going to do to others will cause him to not do it?

It works very specifically. Keep in mind the person would have imagined doing it before that, all right? I know you're asking about suicide shooters who go in and do that and then think they are cheating the hangman by shooting themselves. I understand whom you're asking about.

But what will happen is the person will be able to walk into the school with the gun, but he or she won't be able to get his or her finger on the trigger. The perpetrator will be able to put the gun on his or her person before he or she goes in, but there's a pretty good chance that he or she will be consumed with what he or she is going to do and won't be able to do it. The person won't be able to touch the gun or the knife, or whatever the weapon is, because he or she will begin to physically feel the effect that it will have on others. The person will have the feeling.

Imagine that homicide takes place in ten steps. Someone plans to do something, some immediate action. The effect on the perpetrator will be, let's say, the first two steps, before that person has touched someone else or caused harm, and the perpetrator will know it is his or her own doing. Otherwise it doesn't work. It doesn't help. If people don't know it, it doesn't help at all.

Understand What You Ask For

So this will stop all the school shootings?

In time. Not instantaneously, but it will. You have to think beyond the school shootings. Think about human violence. Think about domestic violence, which has killed more people than all the school shootings put together. Think about people fighting in bars, for example. One patron hits another. The other falls and hits his head. He's dead. The person who hit him spends time in jail (usually the rest of his life) and has plenty of time to regret it. But why not have the regret built in before the two get into the fight? Then the fight wouldn't happen. No harm would happen, and no death would happen.

So what about soldiers in war?

What about them? It will affect them too. You can't have what you want without it affecting everything. You can't have a planet of human beings who are nonviolent without it affecting everything. So understand what you're asking for.

Well, that's wonderful. That will stop violence — all violence, as you say — eventually. How long will it take?

As long as it takes. You cannot measure in years, Melody, but I understand what you're saying. How many years will it take? How many hours will it take? How many minutes will it take? It will take as long as it takes, but it will be in effect. So over time, it will get stronger and stronger. All the while, it has to affect everyone. Considering that people have to kill to eat (you could say they kill plants, which they do), it can only have the ultimate

effect that it will move you onto a planet that does not cause harm. Earth also causes harm with volcanoes, tornadoes, hurricanes, typhoons, earthquakes, tsunamis — keep going. Earth causes harm. So it can only move you onto a nonviolent place as nonviolent beings.

Is there an effect based on how many people say this, or is one person saying it once enough?

One person saying it once, especially with energy, will have an effect, but it might take a little longer. If many people say it with energy, it won't take as long. It will still take as long as it takes, and it cannot be measured in years. It will take as long as it takes.

But once someone says it, it can't be stopped. Is that correct?

It cannot be stopped — that's right. But it will take as long as it takes. That's the factor. So think about it before you say it. Is this something you really want? If it's something you really want, it will work even better. Don't say it if you don't want it. It won't work against it; it just won't have any effect. It won't mean anything. Say it only if you want to transform violence. And considered this: Nonviolent people can still eat, but the foods they eat must welcome being consumed because being consumed is either part of their fulfillment or part of how they re-create, as in the case of consuming seeds. Let's say a deer consumes an apple. They don't pick the seeds out; they consume the whole thing. And what's not used in their bodies is eliminated in the usual way, and the product wrapped around the seed will fertilize the seed to grow. So it is not that you will not be able to consume; it is that what you consume will fulfill its desire to re-create by being consumed. So the planet you will live on, which just might be a higher dimension of Earth, will be mild, not wild.

This is incredible. This is one of the most practical steps I've seen that can work toward nonviolence. Domestic violence, as you said, is just horrible.

Yes, and it affects all walks of life. That's the problem. Human beings don't like to be crowded. Let's just say that. There are a lot of causes. Sometimes people feel crowded and get violent when they are all alone. It just depends. One person's loneliness is another person's crowd. Human beings are not all alike. They are wildly, vastly different. But this thing, this request that begins this session, will affect them all because all your souls and all your spirits in your bodies now — meaning your spirit, your soul — all agree that this is desirable. I'm not saying that's so because I'm saying it. I'm saying it because your souls all desire nonviolence — meaning peace, happiness, and goodwill toward all. That's what they want. And the reason you don't live a life on Earth that goes on and on and on, like it will for human beings on benevolent planets, is that your soul cannot bear it. So your life lasts, even in the best of circumstances,

maybe 110 to 120 years, something like that. Then your soul says, “Let’s go somewhere better.”

Are the words that Robert gave at the beginning the exact words? Did you want to add something or change them or anything?

No, those are the exact words.

Okay. Wonderful.

Remember, the purpose of the work we do here, speaking for myself, is to stimulate people. It’s not to give them a new dogma, something they must believe 100 percent. They have enough of that in their lives now. It’s just to

stimulate something. They all have something wonderful within them that could be stimulated. Every life has at least three of those possibilities, every one. So just reading a few words in something completely innocuous — sometimes it’s about a different subject, or it might even be advertising — triggers something in them, and suddenly they get an inspiration. And that inspiration can turn into a good thing.

Okay, thank you very much.

Good life.

Good life.

You Are Processing the Energies of Slavery — Present and Past

Isis (Isis is a spiritual teacher and has great wisdom of heart and love for all people.)

24 May 2018

There’s an issue going on, and it’s building momentum. I feel you ought to know about it because it’s always helpful to know what’s happening, even if it’s not possible to consciously define it as a thought or an event. What’s going on is that Earth is dramatically changing her body. As some of you have noticed, volcanoes, storms, earthquakes, floods, and fires seem to be happening more often. Sometimes they are not very strong: a puff of smoke or a little movement in the ground, no big deal — kind of exciting. Other times, it’s much more extreme, and the excitement passes quickly as the fear and dread grow.

I’m not here today to scare you. I am here to help you understand some of the strange things that are going to happen to you personally. One of the strangest is that you might find that things you know for certain — absolute knowledge — for instance, the names of friends or loved ones will slip your mind for a moment. You’ll have to fake it with another word, such as calling loved ones “honey” even though you don’t normally call them that. You might call your friend “bud” or something similar. This will pass. You’re not going to forget permanently.

Your mind is shifting to using your subconscious as your conscious state, and your subconscious will begin cooperating with Earth. Only you, as a member of the human race, can transform some aspects of your past history on Earth — just on Earth — and in the country you live, places that have been fraught with discomfort, anxiety, fear, frustration, and suffering.

Suffering is one of the worst things you are dealing with now. So let’s do something about suffering. First understand one of the main things that’s going to happen, which will be, at the very least, embarrassing for some of you but most likely will be appalling. You will say things and do things (at times) that are totally not part of your day-to-day personality. Terms might come out of your mouth that are not always insulting but will

be cold and sometimes just cruel that you would never say as your day-to-day personality.

What’s happening in the United States, particularly the continental United States, is you are processing the attitudes that fostered, allowed, and perpetuated slavery for a long time. Slavery was really a much uglier situation as it took place, and even the most thorough accounts in the history books don’t capture the depth of the emotional and physical suffering. It is really quite appalling.

Think about the objects you like to buy, maybe a new television or a new phone, something you’d love to get. In those days, it was slavery, and it was much worse, because you didn’t love it. You didn’t love slavery as a concept. You just bought and sold people. Not everyone did this, but many of you bought and sold them as if people were things. There was never a thought or even a glimmer of feeling among the slave traders directly that these were human beings. They were devalued so that their conscious minds could deal with what they were doing.

There’s more. Immigrants coming in from Europe and especially from England (you would say white people) were considered indentured servants, but this is quite different. These servants were recognized as human beings, so they were not seen as just “things.” They worked for a number of years at no pay to have their basic needs met so that they could come over to the United States (which wasn’t the United States yet, but I’m going to call it that for your convenience). Perhaps they had a debt in the old country, and the debt was increased to accommodate the fare on the ship, even though the ship trip was not comfortable. It was the cheapest passage possible.

The debt built up, and the people worked for years to pay it off. Once they paid it off, they were free. Then they would go on about their lives. Sometimes people chose to do that just to get over to the new country as cheaply and as quickly as possible.

So the slave trade was not just in the South but all over the world. It is even happening now in your world in places you wouldn't think have slave trade. There are people who are slaves now, and this is appalling. It cannot go on. And it is the anchor of the past and current slavery along with slave-like conditions that humans are dragging up and purging in the United States, when human beings were valued less than what you would value as a new desirable object in your current life.

Examples of Shocking Behavior

Here's an example of the kind of thing that might fall out of your mouth unconsciously or an act that you would not ordinarily do: Perhaps you are walking down the street and see your neighbor. You always courteously say hello to each other. Maybe you're both walking your dogs, and as you get closer, the dogs are excited to see each other, so they do their usual ritual. Normally you laugh about this and exchange polite conversation. But on this particular day, you do not acknowledge the dogs trying to get together or show a good example of friendliness. Instead, you walk right past your neighbor (dragging your dog, I might add). When your neighbor says a cheery hello, you ignore your neighbor. You don't even offer a disdainful look.

You would never do that normally. Apologies will come later when you realize that this cannot be you. It isn't the day-to-day you. It does not mean you have been taken over by some horrible ghost or something like that. It does not mean that you have some psychological prejudice brewing in your body that you didn't know about. It might be that you were exposed to some prejudice or prejudicial talk when you were growing up, but as an adult, you realized it wasn't true.

Perhaps you are in an office, and your friend, whose skin color is different from yours, says hello at the water

cooler, so to speak, on the way to break for a cup of coffee or something. Then out of your mouth comes a racial epithet mixed in with your usual banter. You might feel struck and stop suddenly and say, "Where in the world did that come from?" Then you offer profuse apologies.

It's important to know that if you're on the receiving end of this, you will also probably be on the providing end at some point. This will happen in ways that shock you. If you are warned that this could happen — and it's already happened to a few people, which is why I'm talking about it — then you will know this is an anomaly. You are not that way; rather, you are processing something from the past. As I say, slave-like conditions around the world and in the United States are real. Granted, you don't see it, but it's happening.

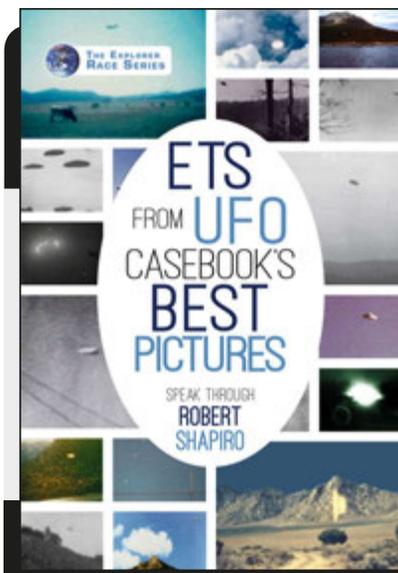
So, what to do? I want to give you something you can do. There are things that you can do. Here's one of them. First say the preamble, and for the sake of simplicity, say it in a moment that's quiet, even if you have to rush to the restroom at work, step aside, or think it to yourself:

🌀 *Living Prayer* 🌀

"I am asking that all the most benevolent energies available for me be all around me and all about me now."



If you want to add the name of your deity or request energies, go ahead. If you know the names of your guides, you can put them in there if you want to. But make sure it's something that you think of as benevolent. You want benevolent energies around you because they will help to bring about what you ask for. Then wait for about a half a minute. For those who feel the energy come up, wait until it relaxes a bit or until you know it's there, and then say,



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🌀 Living Prayer 🌀

“I am asking that these aspects of my interactions with others that are harmful and upsetting and unexpected in me now moderate to be softer and gentler and still accomplish the purpose they’re meant to do.”



Sit with that if you can. If you’re on your break and in the restroom saying this quietly or off in a corner by yourself, just try to stand or sit quietly without moving or thinking too much for at least a minute or two. That is the way it will work best.

If you do not have a second to do anything at work or you’re involved in something that requires your full attention, then do this as soon as you can when things calm down. Make sure to do it the same day if you possibly can or at least within twenty-four hours of the shocking exchange. So make a note to do it, and that will help. If you weren’t able to catch it the first time it happens, then the next time it happens, I recommend saying that.

Know that Mother Earth is not trying to put something on you that she has done in the past. She just has to look after herself right now. You’ve noticed sometimes that your life is getting busy and feels kind of out of control, and you act in ways that are overwhelming.

Such overwhelming actions will sometimes cause you to have an argument with somebody that you really like or even love. Afterward you realize it’s an argument about nothing, no big deal, but it might have become heated. If you feel that happening, come up with a sign

or a symbol that you can sort of wave. Put your hand up for a moment, and say, “I wonder if we’re processing something that has to do with that old stuff or is something that isn’t a way of being physically expressive and bringing something out. In short, ask yourself, “Are we blowing off steam about something else?” So try to get conscious. If you realize you are blowing off steam about something else, then (if you are able-bodied) go outside (if you can), and be on the land. If you have to stay inside (maybe it’s raining or snowing, who knows), you can do jumping jacks or pushups or run in place. That’ll get your energy moving out.

If you’re not able to do that, move your arms around, but don’t hit anybody. If you need to hit something, punch a pillow. Do something that gets your energy moving out, because that will transform the physical motivation that has you blowing off steam toward a friend or a loved one or even a complete stranger. This way, you can apologize afterward and go get a soda together or even something more fun. Do something together. Go some place. Have lunch, whatever.

I know this sounds like a lot of New Age mumbo jumbo to some of you. But it is something going on for you right now, and you’ve actually felt it coming up and have managed to stop it in time, or it’s already occurred and really has you worried. If you know what’s causing it, then you will be able to share this with friends and loved ones. Then they’ll know a little bit more about this strange event. That’s what I recommend.

Thank you.

So we’ll ask Joopah to come in. Good night.

ET Contact Update

Joopah

Joopah.

Welcome.

I would like to talk about a recent contact we had. It’s not exactly what we’ve talked about before. It’s something we noticed. We know these beings, and they look different. We know them from another planet that we have occasionally visited in the Sirius star system, as you call it. But I think that they call it that too. These are whales.

We saw a small group, and we went there with our ship — underwater, of course. This happened at night, and they were doing something that was sort of like sleeping. They don’t move constantly, but they get quiet and sort of float. That’s when they make these little sounds to each other. It’s not snoring. It is a way of meditating. Some of you who mediate with tones will know because when you get to a certain state where you’re very relaxed, the tone is very quiet as it comes out of your

mouth. It sounds just as loud on the inside for you as it does when it comes out loudly on the outside. That tells you that you are very focused. That’s what the whales do when they sort of sleep.

So they weren’t quite there yet, and they acknowledged our presence. Then we made those tones with them. I have to tell you that I have never felt that type of relaxation. I had the ship on automatic, you might say. So the ship was taking care of itself, and it was sort of floating nearby but not invading their personal space. It was maybe 100 feet away, something like that. Afterward I noted that even the ship felt different and better. So we stayed and did that for about twenty minutes (in terms of Earth time). Then the ship reminded us that we were going some place else, and we quietly left.

When talking among ourselves (the people on the ship) afterward, we decided this was something we could do ourselves because we felt the tone. Just like with

whales, we felt it get quieter as we toned as a group even though it sounded as loud from within as when it was toned out loud. We informed our elders about this form of meditation, and the elders said this is something from the past that we did as a civilization and that it was perfectly all right to do it on the ships. It was something that they would reintroduce to the general population slowly.

As for our culture, we need to make changes slowly, and that's the best. So I thought it might interest you to know about these things today.

Oh, wonderful. Thank you very much. Thank you.

All right. Good life.

Robert Shapiro is a professional trance channel who has several series of books published by Light Technology Publishing: The Explorer Race (24), Shining the Light (7), Shamanic Secrets (4), Benevolent Magic (1), and Ultimate UFO (2). He is a mystical man with shamanic capabilities well and thoroughly infused into him who teaches through blogs, the Sedona Journal of Emergence, and books. It is his intention to bring about the most benevolent change available on the planet through sharing his personal inspirations as well as his channeling. Learn more at Google.com/+BenevolentMagic.

Understand Your True Self

Uriel through Arthur Fanning

May 2018

You're beginning to be willing to communicate with the spiritual aspect of yourselves — we'll say your auric layers because that's what you see sometimes. Each layer is energy of feeling, and when you begin to feel the space we talked of, you'll feel the loneliness. It's an intense feeling. That's why people hoard things. It's not for the things; it's to fill the space instead of understanding the delicate nature of space. You could actually call things out of space gently with little things such as cleaning your countertops, helping with the dishes after dinner, and turning off your TV for a moment or two to read a book.

You will need to do these things to find yourselves. You're all in this lost thing. You can't understand who you are yet, or you wouldn't be watching what you're watching and doing what you're doing to get into the conflicts you're in. Peace to all beings and mercy. You're going to find out that your planet is a temple of God, and you're walking in the temple. Your job is to clean it. Primarily, respect it and the beings within it. But you're not educated that way yet.

Your boundaries have committed you to different levels of consciousness. People from different countries act differently, and there's a national resistance to everyone who is different. You're going through that integration phase now. The only integration you can really use now is prayer. You have to pray for everyone.

You're going through your turmoil now, so button up, tighten the cinches, and get ready to work. Remember, the angels — Michael, Gabriel, Raphael, and Uriel — are on your side. They're the teachers of the human condition for reasons only known unto God. So peace to all beings. When you have interactions with the angels, be thankful again for yourself, and be thankful that the angels recognize you. There's thankfulness (and

respect) there that's different. It's as if you found your true friend who won't desert you. You'll know it, and you'll feel it. It is a feeling. Michael is a place of safety. Peace to all beings. Peace to all beings.



Walk Peacefully and Gently in Purposeful Intent

You had a new moon in Taurus in May, and a new moon means new beginnings. And Taurus gives you the steadfast ability to begin anew. It's a good grounding force to participate with as you begin to move in this. The other dimensions are coming upon you, and now you must learn to balance space with what we call pre-thought, thought that occurs behind you.

You can walk peacefully on the path. Peace to all beings, and mercy to ones who don't know. Be gentle because your bones, particularly your ribs (and solar plexus), are picking up that resonance. It's a spiritual recognition of resonance of you and the Creator. It's the expression, "Oh, that one." That's what's occurring in all ones now. So you have to be cautious and move gently because there's a tremendous amount of force involved.

It's very planetary, and it will take some strength and courage to hold peace, to be careful peacefully, and not to react to conversations or thought streams propagated by your news media and things. Each of you now has enough to do with your life to conquer this path and to understand the work you're doing for you and the rest of the human condition. This is an important time now not so much in verbiage but more in the doing prior to the verbiage. And then you will find out there's a silence in the doing that gives you a feeling of accomplishment and strength in yourself. Purposeful intent it's called.

That's why you don't put things off (and those sorts of things) in the concentration of your space, looking at where you are and what you're doing as you go through your day now.

Get down to the small, precise, trivial details, the minutiae of everyday life, and walk calmly. And we suggest you use your solar plexus and your heart chakra to communicate with the back of your brain. I say the back of your brain, but I'm really talking about the skull bones on the back of your head that resonate there. It has recognition all unto itself. And when its recognition is realized within the self, you get another "aha!" and it's almost as if a couple more eyes open for you. You actually have seven in your system: two that you feel, three are in the interior, and the pineal and pituitary glands act as eyes.

You're working on yourselves now. That's why you have to be gentle. Too much invasion into the psychic realm can confuse you because you have to know where your base is and where you are and what you're doing and why you're doing it. It's called purposeful intent. The easiest way to understand purposeful intent is to clean your surroundings. Then you'll understand the purposeful intent of cleaning your body, mind, and spiritual forces. Health to body, mind, and spirit at all times, and you consecrate for yourself and those around you.

Relinquish the Extravagance of Self

You're coming into a time when you will have to recognize what we call the extravagance of yourselves, and I mean that in a cautious way. It's being displayed all over your world now. Everybody's into the selfies. That's an extravagance of self. Humility is not there. You're in the process of understanding that. You're going through an emotional exposure. Feelings are intensifying in a manner you do not understand yet. A lot of your feelings are associated with words instead of the space and the conditions for pre-thought, which is peace to all beings. And you end up being the seed thought, the one going to do the expression of the thought. That's why merciful intent and humility are always important.

I want you people to realize the sacredness of water when you drink it, because that's 75 percent of you. And it is written, "God's path is through the water." That's biblical. So his path is through the 75 percent of you available. That's what you're dealing with now, the recognition of it and the tendency toward the extravagance of it. You think you know everything, but you don't. You still need breath, and you don't know how that works yet except that you breathe it in and breathe it out. You don't understand which auricle the breath's filtered through, your personalities in there in your physical heart.

The physical heart is beginning to understand itself as a heart chakra now. There are two beings — four in

one, actually. Four chambers in the heart are united with the heart chakra, and then you begin to beat with the pulse of life. You become a walking meditation — a walking tree, actually. Your bones move. You have those abilities with the spirit forces now.

Be gentle with one another, and remember your prayers. You are entering a new level of consciousness. It will begin in the solar plexus and heart chakra, where you will need to back up and use the skull to handle these energies. Also, concentrate on the word "domineer." It means to dominate, which is a crucial portion of the back of your head, the skull bone there. There's a bone that unites both sides. It sits there in the middle and dominates, and you will need to handle that energy as it comes through you not to dominate others but to dominate the space that you're in, in a peaceful and comfortable manner as you're changing. Remember peace, protection, and joy. Health to body, mind, and spirit. Peace to all beings, and mercy for those who don't know.

Contemplate Venus

This is a period in your understanding of spiritual values when self-righteousness can get you in a lot of trouble. You're going to have to remember humility through this process because you're growing up inside yourselves, and there's writing on the walls of those chambers inside you — on your bones and things — scriptures, or script actually. So don't be in a hurry, and enjoy the space you're in.

I want you to practice sleeping well. It's a practice. It's like a meditation, and that's why you pray before sleep and are thankful to wake up because you really don't know what will happen the next day. You're preparing yourselves. That's what is going on in the spiritual worlds all over the planet, quite frankly, and you're witnessing the confusion and the destruction. Peace, protection, and joy. Peace to all beings.

Contemplate the star Venus. There's a secret in Venus. She's called the Stop Star. She represents love, yes. Everyone knows that. Venus is love. She doesn't mean stop loving; she means, "Stop! You're not loving." When you contemplate her, she'll give you the essence of the love thing, you know. Stop your wandering and thinking. Find out who is influencing you and why you want to be influenced that way. You're crossing dangerous territory now in the psyche, entities. Peace and blessings and protection and joy for all ones. You're going to need it.

There's a movement in (what we call) the backward of time where you're pretty much educating yourselves. In the God understanding, you are in the gentleness called the love thing. You're in that play now. You will need to understand it. There are four vibrations in your head in the circuitry of your brain. The frontal lobes and the two lobes in the back (what I call lobes in the

back; they're not going to define it that way) — the ones on the lower left, the upper left, and the upper right — are always cognizant. What's coming to the fore now is the lower right one, that portion of the brain. Ancient knowledge is coming up out of the spine, and it interprets things differently, not just by visions. It interprets things by feelings. That's why everyone's anxious now.

So you need to understand Venus. She means love. She means, "Stop what you're doing that isn't love." That's why we secretly call her the Stop Star. Peace to all beings. She's very strong too, by the way. She stops what's not love. She herself remembers you.

Now, that particular quadrant in your head represents the earth elementals. It's the elemental tablet of Earth with the names of the elementals there and everything. The upper left frontal is air. The upper right frontal is water. The right rear is earth, and the left rear is fire. The elemental tablets are how you control nature, but you just forgot the process. I'm bringing it forward now because you need to learn to communicate.

You can see what Hawaii's doing. There's a spiritual activation going on in those who can assume responsibility for holding the natural forces in balance. You're being put through that process now. That's why everyone is anxious. You think it's in the consciousness of the war thing that everybody's talking about in your media thing. It is an "everybody wants to get in position" type thing because they know something's happening. They want to be ready for it, but they don't know what it is. Know you have the presence of the Mother coming along with the goose bumps. So you're going to need to pay attention. I'm just putting this out there for a reminder.

Thursday Is the New Sabbath

We need to pass on some information of what occurred on Friday, May 25. Your energies that you were playing with, feeling, and experiencing on Thursday, May 24, 2018, was your first taste of what we'll call Sabbath energies, the holy energies. That's why you were going through what you were going through. That's why you were feeling tired, nauseous, and a little confused at times. Some have said it was like a day out of time. You're collecting your selves in the space that you are in as the day moves on. Thursday's the day of Jupiter, and I suggest you look at where Jupiter is in your chart — your birth chart, your astrological chart — because that's the house of influences you will be experiencing every Thursday, every Thursday. There's a new Sabbath coming. It's been predicted. It's been mentioned. It's old, old stuff, and it's Thursday. It will take a while for the consciousness to get there, but you will begin to feel it on Thursdays.

We are issuing the advice and warnings. Prepare. By the time you get to Friday, you've already experienced

the power of Thursday, and you're collecting yourselves. That's what you're doing on Friday. A lot of people say on Friday, "What was yesterday?" You're in Sabbath energy.

There's a mystical understanding in number 7 in this. You know seven days from this Thursday will be next Thursday. So you count your sevens, and the sevens are your chakras. Your root chakra starts on Friday, after the Thursday one. Then on Saturday, seven goes up to the naval chakra and so on and upward though the body until the seventh again crowns seven. So you begin to understand yourselves and that you are in a spiritual class. You have to recognize yourselves for this now. We will tell you, but you have to recognize and understand it, understand the class.

There are only ten commandments folks. There are only ten commandments. There are ten steps — that's it. And they're marble, and you have to walk them. So just stay calm at the first step. Love God above all things — God, God, God, God — not you. You're coming into that understanding. So peace and blessings to everyone.

I pass this message on for the first time today. Sabbath is starting. It's an individual energy. That's what you felt individually, and that's why the day was so confusing. Peace to all beings, and mercy for those who don't know.

Humility is needed now as you walk through this process. So this Friday you're in your root chakra whether you know it or not. That's the first bell. Saturday you will be in your naval chakra, the second bell. Sunday you'll be in your solar plexus, the third bell. Monday you will be in your heart chakra, the fourth bell. Tuesday you're going to be in the throat chakra. Then you're going to be up in what you term the ethereal range. Wednesday you're going to be at the sixth seal, and then the crown on Thursdays, the Sabbath.

You'll feel the energy come down into you at the crown, and you will have to come up to meet it from the inside of you into the crown. Yes, it's peace and mercy because that crown is heavy, and it wants to drop right down to your feet. You're going to have to hold it at least at the solar plexus, folks. That's why you might feel that 3:00PM is time to take a nap to correctly get your teaching because you're in class in the physical sense, the third-dimensional sense. You're in class in the astral sense, and you're in class in (what you call) the interior sense.

The deep well casing that your spiritual force is in within the body is opening. The heart chakra is opening, and you'll find out that you have an elevator in there that's pristine. You can go up and down it and enter any dimension within any chakra. But you're learning that, and you have to get that teaching on the Sabbath. You can't get it any other day because you have to be in the holy energy, number one, and you can't create it. It has to be given to you.

It's there, but you need to find it and know how to understand it, and I'm telling you it's coming on Thursdays. So protect yourselves with peace, protection, and joy. Blessings to everyone, and remember the Sabbath is coming. The Sabbath energy is coming Thursday, Thursday.

God Is Everywhere

Edgar Cayce had mentioned the realm of reality you're in. He called it time, space, and patience. Time, space, and patience are what you're in. Now you're understanding, or beginning to understand, your conscience. That's what you're going through now, this expression of consciousness of yourself. And that's why I mentioned the Ten Commandments before because if you just stay in the consciousness there, you're going to be safe. There are ten steps up to the seven channels you're in, and you walk the steps and declare whether you did or didn't. Your conscience is really the science of you within you. It's a specifically designed system that's perpetual. That's why, when you pass this body, you'll have memories of it and things and doings and so on because conscience has been trained, to a limited extent, to understand something else. By "something else," I mean outside of you. That's what they're all doing. That's why all this criticism and judgment about everyone else is going on. Peace to all beings.

Conscience within you is the sign of you understanding the laws of what you call Divinity, God. It's given for three reasons: for sacred trust; for the health of the body, mind, and spirit; and for the continuity of consciousness. So you know what you're doing when you're doing it and why you're doing it. And in that manner, you perpetuate in what you call the strength of the Divine.

God is everywhere — in all space, all time, and all presence — and you have to unlock the perceptive devices you have within you to see or to receive God, however you want to explain it to yourself. An enormity of love allows the consciousness of everything to exist on this planet and for other planets to exist in their perpetuity and to understand the Divine within themselves and the continuity of life — the understanding of it. By that, I mean the love of it, the understanding of it.

When a newborn's born, it's a little baby, and everyone's in love with the baby. But there's energy in the baby before the baby generates love to you. Perhaps you beings finally begin to realize that. But there's also responsibility, the divine responsibility when you accept the responsibility, an understanding that you have a conscience.

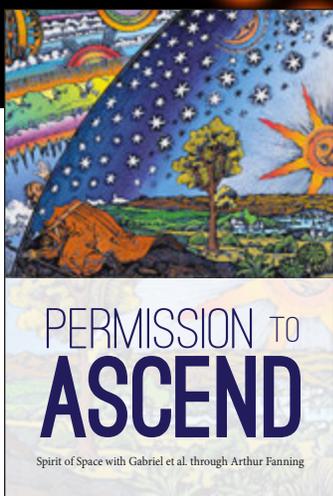
Those voices talking to you and from either side — left side, right side, topside, back side, front side, whatever — we're trying to find out whether you have determined who you are and what you're going to do. Not to impress

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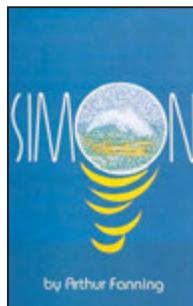
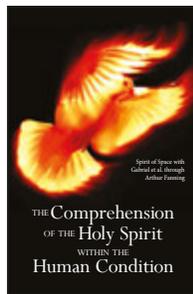
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or influence anyone else but so that the space you're in becomes a divine space. Your home becomes holy. Your bed becomes a sacred sepulcher, and that's where you do your secret magic at night, where you get your dreams and other entities working with you to help the next day. That's how it works. That's how it works. You just forgot how it works. And that's why many people are tired during the day, especially around 3:00PM, which is the Crucifixion hour.

There's a resemblance in the self now going through the Christ process. First, that's why your feet hurt, from the spike through his feet. That's why your palms itch. There's a clarity that's coming in on the rib side where the spear stuck. You're all feeling that — maybe not the pain of the incident in the body, but you're getting a nauseous understanding that there's something else coming in.

From my perspective, Father's about ready to put his foot down. The Mother is already raising her head. Pele's active. You're going to have to learn to talk to these entities. Work with them. By that, I mean with nature herself: the air, the earth, the fire, the water, and the elementals. Human, you're going to have to learn to walk calmly as a God consciousness. There's a slowdown process inculcating, being put in place, and when this starts happening, a lot of people start talking really fast. It's not their true selves talking. The true self wants to understand its ability within the body and understand that it is in a meditation as it's walking, alive, focused, and current. By current, I mean present.

However, there is a current in the air that you're all living off. It's an invisible electrical current that goes through the heart chakra. It gives you a resemblance of "you have a body" thing, and it's the "my body" that you're beginning to understand. You're beginning to understand it's your body. You're responsible for the mind and the heart in there. There's a responsibility,

and as beings start growing up and having children, they find out there's a responsibility within the children and for the children. What you have now is parentage, and the children are not being parented. It's as if you are in a playground in the astral, and you think you can get away with anything. You're not going to get away with anything. Why? Because you're feeling it. You're feeling it, and the only way you can correct yourself now is to pray. Pick one, a prayer.

Even the word "pray" upsets people. Even the word "prayer" upsets people. "My prayer is better than your prayer. I'll say it 'this' way because of 'this, that, and the other'" dah, dah, dah. That's where stupid has been taking over, unless you understand where the message is coming from and the petitions for it. You must understand the power there. The most powerful prayers that you have available in your culture right now are the ones in the Psalms, by David. There are twenty-six, I believe, that David himself received. They were given to him, and they worked. That's just a clue. And as you beings start going through your confusion and things, you're going to need prayer to clear the air and the space and your presence.

When the confusion really hits, a panic mode will set in, and you're going to need peace to all beings, mercy, and forgiveness of self and others. You're going to need gentleness. You're going to need it. So pray for peace, protection, and joy. Blessings to those who are working hard. Blessings to all ones. Mercy on those who have no understanding. Peace to all beings. We are through.

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Audio channelings are available at www.youtube.com/user/arthurfanning, including this one.

Clearing the Pain Body

Amma through Cathy Chapman

Yeshua ben Joseph (Jesus) and Buddha came to give revelations to those who would listen: one for the East and one for the West and the Middle East. You could say they came to reveal ways in which human beings could go into their hearts to live their lives in ways that would move them to spiritual growth and toward ascension.

The one you call Yeshua was known in some circles as the wicked priest. Imagine that, the wicked priest! Do you know why he was known as the wicked priest? I'm going to tell you. This one [the channel] read about it in

a book [*Jesus and the Riddle of the Dead Sea Scrolls* by Barbara Thiering] in which the author translated the ancient documents [Dead Sea Scrolls] that had been

hidden. Yeshua was called wicked because he revealed the secrets of spiritual growth. The common people were not to know those secrets. Because of Yeshua, the secrets are readily available for anyone who wants to open the



Christian scriptures. Look in the book of Matthew and read the Sermon on the Mount. They are there.

Remember, Yeshua says to forgive. What that means is to let go of the energy holding you to the energy of a wound. The energy from the wound is pain, and it moves into that layer of energy known as the pain body, between the second and the third layers of the aura. The energy from the wound collects in the pain body.

Think about the pain body in this way: It brings the pain as far as possible from your physical body. Those who have much pain have filled the pain body, and the pain then moves into the physical body. As you age, you think, “I get aches and pains, and that’s the natural course of aging.” No, that is the natural course of what happens when the pain body is full and pain has nowhere else to go other than through the other layers of the aura and into your physical body. That is why when you heal by calling on the basic plug-in or on Amma’s healing friends, it brings relief to your body. This is because you have stopped the overflow of pain into the physical body. Interesting, is it not? The aches and pains you feel are not due to the years. They are due to the pain you have experienced in your life that you have not released. Yeshua said forgive. Remember, forgiveness is releasing your attachment to both the person and to the event.

Yeshua also said do not become angry. Let’s talk about anger and again reference the pain body. Anger is a reaction to pain. It’s a reaction to loss and not getting what you want. It could be a reaction to someone you love dearly who betrayed you. It could be a reaction to someone you love dearly who passed on. It could be a reaction to slamming your finger in the door and losing a healthy hand.

In Matthew 5:21, Yeshua equated anger with the prelude to murder. When you keep anger within you and it fills your pain body, it then goes into your physical body where it affects your brain. A reaction is set up to defend you when you again feel emotionally or physically assaulted. Your reaction is to hit, speak out, or grab. When you hold on to anger, it lessens your ability to have control over your words and your actions.

Anger has a good aspect. Anger can tell you where you need to act. Let’s say you become angry when you discover someone has done something to an innocent person. It may remind you of something that happened to you when you were a child. You experience the anger. Instead of striking out, you decide to handle that anger in a different way. Instead of keeping it in your pain body and letting that go into your physical body, you choose to join a movement or to work as a volunteer to soothe the same pain afflicted on someone else.

Going back to your Christian scripture, Yeshua says not to lust even in your heart. Energy follows intent.

Think about what happens when you lust after someone’s partner or someone’s goods. When you lust in that way, you activate greed, and you set in motion your energy to do that which you know deep within yourself is not yours to do.

Whenever you have the energy of coveting or lusting, you are saying, “I am not sufficient in myself.” You are saying, “That which I have planned to have in my life is not enough.” You are saying, “I choose not to follow the first ray of the will of God.” How many times have you been told to govern your thoughts and to manage the energy of your thoughts? That is what Yeshua was saying.

Those are some of the secrets of being a master. The secret society did not wish others to know those secrets. Those who held the secrets wanted people to perform rituals. They believed people didn’t value the secrets unless they went through the rituals. Consider how much people have valued what Yeshua has revealed. Think of the times you haven’t valued those words. Think of the times that people have heard them so often that they stopped paying attention to them. The scriptures can become like a piece of paper on the table that reminds you to get milk. Perhaps the note has been there so long that it becomes part of the environment, and you forget to pick it up and read it.

Physical Pain Can Indicate Energy Imbalance

All these things that Yeshua was telling you are about managing your thoughts and your feelings, of being aware what your path is and staying on it. That’s the first ray, dear ones. When you go against the first ray, it doesn’t mean you’re a terrible person. It means you get to experience amazing things in this life. You get to experience what it is like when you do not follow the first ray, when you are not in alignment with the will of God, which is your path — pain occurs.

Let’s go back to adultery. You don’t have to be married for this one. That’s how it was then, but society has changed a great deal, has it not? You have a commitment with someone, and you see someone else. For whatever reason, you become bored with your current relationship. You’re not working on that current relationship because you’re not working with the fifth ray or the fourth ray or the sixth ray. You are not working in alignment with healing communication and the experience of love. Your eyes and your mind wander to someone else. You may end your current relationship.

How much pain occurs from your choice? How much pain comes into your pain body? Again, when the pain body has held about as much as it can, the energy must go somewhere. It moves into the other layers of your aura.

This is why clairvoyant people can see cancer growing or a heart problem manifesting in the aura. That energy keeps building and then goes into the physical

body. That is why people say they can identify the wounds by where the pain manifests. Physical pain or dysfunction is connected to the pain body. That's why you go to your pain body to release the pain.

The pain might be over the heart or brain or the kidneys. How about pain in the knees or your hips? When you think back on your life, how many times have you resisted being flexible and making a change? Your knees and hips are about flexibility in life.

Consider stomach problems. How many times have you not accepted life fully, refusing to digest it as you digest food by bringing in the nutrients of life and releasing that which you no longer need? When you do not release that which you no longer need, it goes into the pain body. That is why people rarely manifest the physical repercussions of their injury immediately. If you drive drunk and hit another car, you might go through the windshield and manifest the repercussions immediately, but in other areas of physicality, such as illness and disease, there isn't instant manifestation.

Use Plug-Ins to Clear Wounds

One of you asked whether the pain body can be cleared. Yes, of course it can. You're in the advanced class working with the Elohim. There is the slow way. There's nothing wrong with the slow way. Sometimes you must use the slow way, but it is faster than most healing methods. What you have been taught using encodements is faster than other ways. The various plug-ins speed the healing.

You can work with the basic plug-in. Let's say you have a conglomeration of cells in your breast that do not belong there. You can focus on that conglomeration, connect with your healing team, and make this request: "Please heal the wound that is most active right now." Your healing team then clears the wound. Then you say, "Please heal the next one. And please heal the next one." You can continue healing in that way.

One way to heal the pain body is to work with what is happening in your body. If you have a problem in one part of your body, know that the same area has been affected over the thousands of lifetimes you have lived. Let's say it's in the breast. Now, it may not be an illness. It may not be dis-ease. It could be when you fell off of a horse and landed on a rock. It could be when a lance went through that area. It could be when you were hit by something and the area was wounded. It doesn't matter what the issue or event was. It matters that the injury occurred.

Remember that the more elaborate plug-ins include the basic plug-in. You can use the healing-over-lifetimes plug-in, which brings healing to more lifetimes than just the wounds of this lifetime.

When you know you have a tendency to allow

energies that you do not particularly want into your energy field (we're talking about weak boundaries), you can use the plug-in that repairs the energy field. You can also use it when you fall and hit your head or experience some other wound. You can be moderately sure that you have damaged the hara line in some way. It may be bent a little bit, it may be bent at a 90-degree angle, or it may be broken. When the hara line comes back into balance, you will feel more energy and be more connected to yourself. That's the healing-the-energy-field plug-in. It will work with a hara line, the chakras, the meridians, and even those little energy parts you're just discovering or haven't discovered yet.

Now, many of you reading this may not know what the plug-ins are. Just know that there are a number of steps that your healing team uses to bring healing to you. Do you have to know what those steps are? It is helpful, but you don't have to because your healing team knows what those steps are.

Use Intent and Color to Clear Wounds

Now, there's a faster way to heal the pain body. You have been working with declarations. You can order, declare, and command pain to leave you. I suggest that when you begin, you start with a particular part of your anatomy or series of issues. For instance, if you seem to attract partners who always put you down, command that what is in your pain body that attracts partners who put you down to leave you.

Another way is to bring energy of a particular color into your pain body. Some of you who are clairvoyant may be very aware of what color needs to come in. You can also simply ask. We're going to do that now.

First, I want you to be in your heart while in your heart source. You might not be in your heart source because you do not know the steps. Just say, "heart source" while focusing on your heart center. Later you can learn the steps. For now, go into the front or back of your heart center, where you feel most comfortable. It doesn't really matter which. Now ask, "What color should I bring in to clear the pain body?"

In this case, you bring the color into your pranic tube. When you focus on the pain body, the energy of the color you are bringing in, which is intelligent, finds the pain body. The energy goes through the pain body and clears the energy related to your intention. You can request, "Please bring in the exact vibration of energy needed," and that vibration will be the color and the exact vibration of energy needed to clear the pain that is most prevalent in your pain body.

Do that now. "Please bring in the exact vibration of energy needed to clear the pain most prevalent in my pain body." Wonderful. Notice any differences. This one [the channel] noticed some differences.

What's to stop you from doing that again? Nothing. Request, "Please bring in the exact vibration of energy needed to completely neutralize the next most prevalent level of pain in my pain body." You may repeat that as often as you wish. There are other methods, but I haven't told this one [the channel] about them yet.

I want you to learn about this first. That is what I have to share with you today. My blessings to you. Remember always that I am Amma, the Divine Mother of divine mothers, and I am your mother. I love you more than you could ever imagine. Blessings to you, dear ones.

Can we not just bring in energy to clear the entire body?

The answer is yes, but beware. Why? Every time you release energy, you change your energy field. When you release a lot of energy at one time, you could have (what I call) a decompensation of your energy field. In that decompensation, you can have what is known as a healing crisis. That means your body might react in particular ways because of the work you are doing. The most common healing crises are nausea, diarrhea, and vomiting. When you allow your energy to free itself a little at a time, your energy field then reorganizes and comes into balance. You can always ask for your encodements to be harmonized.

Give your energy a chance to adjust to the changes. As you continue releasing energy, your energy field will not need as much time to reorganize because you have less energy to release. Those of you who have been working with me and your healing team can release more energy from your pain bodies because you have been doing healing work using other methods. Those of you who haven't done as much healing are more likely to have healing crises. Release a little at a time to allow your energy field to become accustomed to the process.

It's similar to lifting weights. You don't lift the 200-pound weight first. You lift the 5-pound one and build up. Then you can release more.

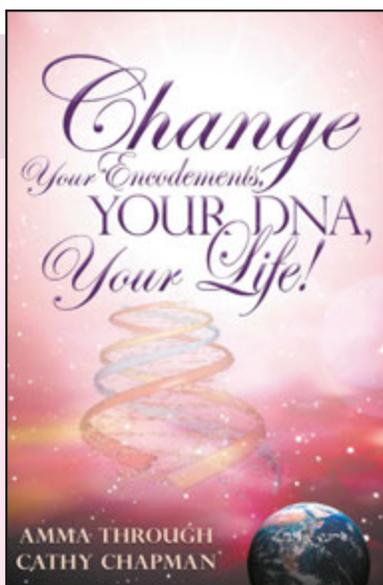
Those of you who have been working with the rays have released tremendous amounts of energy. Yes, you can command the release of energy from your pain body. But even then, you will have subconscious resistance to releasing the pain. You will need to repeat the commands and notice how your pain and physical body change.

You could focus on a particular part of your body. For example, if you're having trouble with your shoulder, ask specifically to release the energy in the pain body that is contributing to the pain you feel in your shoulder. You can ask for this release for your eyes, and you can do this for your hearing.

After we clear the pain body, do we fill it with love energy?

That's an excellent question. In our previous sessions, you were releasing and commanding energy to leave your physical body and then bringing in the love. When you call in the exact vibration to neutralize or get rid of the pain in the pain body, the vibration of love called in fills the pain body. When this one was doing the process, a green energy came in. That green energy keeps coming in. As it neutralizes the energy of the pain, it continues coming in and fills the pain body. That green energy is love energy. There is nothing wrong with calling in additional love.

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



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Your Persona Is Fulfilled

Teacher through Miriandra Rota



Greetings! I am Teacher, and I come forth to briefly speak with you to assist you in daring to change. Now, you might wonder what I am asking you to change, and the truth is that I am not asking you to change. Your inner being is asking — begging! — you to let go of who you have believed you are. This doesn't mean you have been a fake; it doesn't mean you are invalid. Rather, it means that the vehicle of your persona has fulfilled its purpose. Do you see? You are so much more than your persona, my dears. And yes, your human nature requires a persona through which to journey, but this is bigger than that.

Long ago you determined that you would live during this time of great change on Earth, this time of great battles. Not only did you determine that you would live during this time and assist the light to reside incarnate, but you also determined something for yourself. Determining something for yourself isn't selfish, nor does it put you in a bad light spiritually. On the contrary, that you decided something for yourself demonstrates the truth that you are who you are and there is no need to prove anything. You see, my dears, you are blessed beings.

Yes, there is the journey, but even on that journey, you do not try to prove anything. You simply do your best. One day on your journey, you discovered freedom in choice, and you dared to choose the direction of your journey. Sometimes you have stubbed your toe, spiritually and physically, yet you have recovered and continued onward.

Become Real

I am inviting you to dare to choose something better. It's this. The invitation from your inner spirit — and from me — is to become real, very real. What does that mean? As I said, it doesn't mean you are a fake. Yet within that persona that has fulfilled its purpose for you, you have lived in a particular way. You have developed beliefs and, through them, understandings. You have become a social being through that persona and the beliefs that have led that persona toward a myriad of actions, some toward fulfillment.

To become real means that you are invited to pause and reflect on that persona, not reflect on who you are. You are divine essence residing in a vessel. One of the vessels is the physical body, and because the physical body is human, you reside within human nature. And it

is the need of human nature to have a persona through which it can experience its journey. So we are talking about one of those vessels, the persona.

You see, my dears, it is time for that human nature to expand its consciousness, and in so doing, it will naturally transform its persona to a more real being. Ah! Now we are inching toward what you will eventually understand. "Understanding" means that truth has journeyed through a belief system, and within that belief system, the mind has transformed the truth into something that fits its avenues of integrating truth within known parameters.

This is different. Because you are truly divine essence residing incarnate, you are more and more incarnate simply because you have chosen to be here and — of course, this is the most important factor — you have chosen to reside incarnate awake. That's the secret of this change. You are awake now, and you will continue to awaken more and more. That's the real journey, you see. But you already knew that.

As you have been awakening and expanding your consciousness to include truth unencumbered with the "shoulds" and "musts," the persona has changed a bit. Perhaps you have found that persona to be more relaxed. Perhaps your human nature has begun to change its physicality a bit, its habits a bit, and its manner of viewing self more than a bit. This is the big moment. It is time for your human nature to fully awaken to the truth that it is the vessel of its divine essence, and in being a vessel, it is time to become more real. Now "more real" (here it is; I have finally gotten to it!) means that it is less and less devoted to being a certain way according to external expectations.

Some of those external expectations have become internalized, and that is what you are daring to change. If you were to sit and reflect on what beliefs you reside within regarding how you are supposed to be, how you are best suited for what you are doing, and what parameters exist around your spiritual expression, then you would begin to notice the web that has developed. This web isn't a crime, and it isn't necessarily wrong. It has served its purpose just as the present persona has served its purpose.

Release Beliefs That Keep You Captive

Let's take a look at possibilities. What are the beliefs and patterns that hold your journey captive? First, there is a physical image that you have decided you must have. Some of you have healthy, trim, and active body expressions. Some of you do not. Right now I am asking you to be okay with your present body. You can decide to change that body's form and participation later, after we learn a bit more about freedom and the next manner of being in which the transformed persona can delight in choice and adventure. But for this moment, let's agree that your body is what it is, and you accept the truth that it is a mighty fine vessel and a necessary one to remain incarnate.

Perhaps you have a belief in how your day should go forth in order to hold your spirituality intact. That's all right. You have developed that belief. Again, for this moment, let's agree that you are a spiritual being and you don't have to do anything to become perfect or more perfect. You are holiness itself, my dears. You are already perfection as it flows forth to reside incarnate. And that's the funny thing about residing incarnate: It feels so very imperfect, but it is not! Residing incarnate means that you reside within the cause and effect of the sleep state and awaken to truth again and again. Within the sleep state, everything is imperfect until the awakening demonstrates to you that there is very much more to this journey.

Perhaps you have a belief that you must be successful in some career or activity, and you have tried very hard to advance. Nothing is wrong with that. It's not unspiritual, as some would have you believe. But now might just be the time to reflect on what you have been doing and to ask yourself whether you are truly fulfilled. This reflecting doesn't mean you will give up your career or activities. It simply means you view the avenue upon which your human nature has journeyed, and now the real you, the divine essence, wants the journey to be lovely, joyful, simple, and kind. Again, this doesn't mean you won't work hard or develop new avenues for your expression. It means you might decide to change your inner experience. And that is where all this is leading.

Let Your Persona Rest

Changing your inner experience is at the crux of everything, especially now when you are discovering that who you are has fulfilled its purpose and there might just be another way to express and experience your true beingness. Now, I'd like you to hear these words (you are already familiar with them, but in this moment, there is a deeper meaning): You cannot change the inside by moving around the outside. Yes, it's the old saying that "everything is an inside job." But I am here to tell you more, so stay with me, my dears.

This inside change is big, but it is quite simple. When you sit quietly or perhaps when you walk in nature, slowly let go of the experience through who you have been. What do I mean? Slowly let go of your thinking process about anything. Just reside in the moment. Let your persona have a rest. Let your human nature have a rest. Let your thinking mind have a rest. Just be your divine essence residing incarnate.

This you, the real you, is the answer to everything — what choices, decisions, and creations you will participate in. This real you, the divine essence, naturally holds fulfillment of being. Why? How can that be? My dears, the divine essence is totality of being. There is nothing missing. There is no goal. There is no need. There is simply being the whole.

Now your mind won't know what to do with that simply because its beliefs and pathways to understanding don't hold the frequencies necessary to transform it into truth. The mind has an investment in its own developed beingness. That's not right or wrong; it is simply the nature of the thinking mind. Yet (yes, there is a "yet") there comes that moment when the truth of who you really are flows forth and fills your conscious knowing and clears the mind of its need to be more than its divine self. Then the mind rests and allows. Now, in this allowing, the doors to truth are wide open, and it flows forth into your conscious manner of being, into your human nature, into your body physical, and — at last! — into that persona. And the persona is bathed in the letting go of trying so very hard to be a certain way. The persona then allows its divine essence to be present and to hold within it joy, delight, lightheartedness, and (best of all) the truth of its entire beingness.

There is no need to figure out anything ahead of time. Yes, of course, in residing on Earth, plans are made. But you might find now that there is a natural letting go of the attachment to the outcome of those plans. You are (what you call) loose. You are easy. You find that there is a certain pleasure in allowing the journey to unfold before you and observing it as you journey through it.

That, my dears, is the transformation of your persona. Oh, your friends might say, "You have changed so much!" Your closest creatures might want to be closer to you. Your employer or employee might look at you curiously when you refuse to demand anything and encourage instead. You might find you delight in releasing the need to be a certain way to create an impression. You might even feel a bit lost at how to be simply because you do not hold those previous parameters. At that moment, my dears, it is time to delight in the dance of the freedom to be, the dance of the freedom to discover, and the glorious dance of divinity incarnate breathing forth fulfillment in every manner of being. Now that's changing from the inside out.

I invite you to dare. Once you have received these words, I think you would so very much want to enter into this letting go of who you have been. You can even give gratitude to that fulfilled persona. It won't know what to do with your gratitude, and it might become a bit confused, but that persona is complete and has fulfilled its purpose. You can know that for sure my dears. How? It is the time of the grand awakening, and you are the forerunners. It is your time to be who you really are. Don't worry; you can't miss your time. It's already here, and you have received these words. That means that the

process has either begun or continues in a very big way. I find that to be just grand. I am Teacher, and until we speak again, I say the words "so be it."

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

Consciousness Will Prevail over Everything

Kryon through Lee Carroll

4 March 2018, Phoenix, Arizona

Greetings, dear ones! I Am Kryon of Magnetic Service. The final day of this two-day seminar is coming to a close. For some, it's a time when you realize you won't be seeing each other again, as this may be the only time that this group comes together. Quite often there would then be the question, "Well, what is the message in closing?" It can't be said better than has already been established, from that which Adironnda and Jeshua have presented, and it's this: You are in the now, but you've always let the past predict the future. Therefore, although you live now, there are so many of you who are still in the past. In many ways, you're pulling those past energies into your life right now. Dear ones, it's a habit.

The channelings that we give on the last day of a meeting series are often more personal than the teaching that is done at other times. Sometimes we just ask you to sit for a moment and ponder in this energy: What is in the now for you? However, I wish to go further than that.

We are dealing with a new consciousness in this new energy. Yesterday we told you in question six [a previous channeling] that what you don't expect and don't truly believe is how powerful you are. Consciousness is something that will prevail over everything. More than any physical exercise that you've learned about, consciousness can do more to help you than anything you have at this moment. And one of the things that you don't expect is that consciousness can change the past.

I want you to think for a moment, dear old soul, of what may be in your akashic record. I actually know

what's in your akashic record, and it's astonishing. Do you understand and realize that in this group of more than 100 people, who've lived over a thousand lifetimes, just how many total lives are actually represented in this room? Think about that. It's almost a stadium full! In addition, you have something important in common: You've all existed through an old energy Earth.

You have such unique experiences to offer, and so many of them are profoundly dramatic. It's etched in there, and you know it is. Dear ones, we've said this before: Part of being a Human with free choice is dealing with the akash. We've also told you that the akashic energy of the past is starting to change. Now, how could the past change simply because the present is moving into another energy? The answer is this: It's because the akash belongs to an older energy and comes forward to you from the past. Therefore, if you change the present, the akash will change what it brings forward. Lifetime after lifetime of experience may not come forward in the same way in a newer energy. Think for a moment of what you might have experienced. Think of that profoundness of who you might really be with that much going on inside you in that which you call the past.

Change What You Receive from the Akash

There are some who have said, "I don't want to wait a generation for some of these evolved ideas to start working in my consciousness. I don't want to wait until



I'm reborn, perhaps in another body, to start glean- ing the wisdom from the past. I don't want to wait!" If you're one of those people, you're way ahead of the curve. You don't have to wait. You really don't have to wait at all. You have to cognize [believe] that you can do this now.

What's coming next from me now asks you, "Can you do this?" You might wonder: "Is it possible for Human beings to rewrite the energy they remember from a thousand lives? Does humanity have that power?" The answer is yes, oh yes — more now than ever before. Oh, dear ones, in ancient times, you sat at the feet of the gurus who could do this. They had control over that which is both esoteric and physical. Now you are learn- ing that mastery, and changing the akash is part of that.

Do you believe that you could take that which is lurk- ing in your akash, what is poking and prodding you in so many different ways because an old energy has allowed it to, and change that? It includes the energy of the ways that you died, the children that you've lost, the wars that you've fought, the others you have killed, and the ones who have killed you. You have been in circumstances that were this dramatic and more.

There were lives so horrible that you never experi- enced joy. There were lives that were short and fearful and awful. You all have experienced these things! Many were alive during the plagues in civilizations that your archaeologists don't even recognize existed. That's your akash. It even included civilizations that went extinct. That's in your akash.

Now you might ask, "What about the good things, Kryon?" Well, they're in there too, dear one. There was celebration, joy, beauty, and love. This is the subject of this message. You can change what your akashic energy gives to you in these new times! That's changing the past.

Let's do an exercise that will turn around what you remember and what energies are allowed to touch you today. Oh, master that you are becoming, why not instruct the akashic record, which belongs to you, to morph into one that is positive and starts to give you the wisdom you've collected in a thousand lives instead of the drama? So many listening to this right now are nod- ding their heads and saying, "I know what you mean!"

We talked last week about the buzz. The buzz is a residual energy you always have because, at some level, all those past lives lie there in some way. Even in your quietest moments, it's difficult to get rid of the buzz. The buzz is that which says, "You're not worthy to be here. Tomorrow is going to be difficult, just like it always has been." Even if you've lived a beautiful, young life so far, the buzz is there because the buzz is an old akashic record that remembers negative things almost exclusively.

"Why is this the case?" you might wonder. It's

because it's a reflection of the energy humanity has cre- ated for centuries of low consciousness, war, and more war. In a new energy of less darkness and a promise of more light, the akash will respond to instructions to change.

If you are serious, let's do it together. I want my part- ner involved. Now he steps aside, but he's here. He knows what's going on. He also is able to simultaneously receive information from me as I give it to you. He doesn't talk about this often, but he can also receive information different from that which is being given to you. It's part of his multidimensional awakening, so I'm going to give him different information than I'm giving you, because he needs to do this too. He needs to do it for some things that still lurk in his akash, just like you do.

I want you to posture yourself right now for an exer- cise that could change the rest of your life. I want you to remember this because you might wish to do it again — not because the first one didn't work, but because Human beings are in a linear timeline, and you've been trained that if you do things two or three times, it will be more meaningful. We are not going to go against your training. We're just going to tell you that it won't hurt anything to do it again. But, dear ones, if you do this and mean it and cognize it at 100 percent, you will feel the difference in the days and weeks to come.

You want to ask, "Kryon, why should I do this? I'm not really sure that my akash has been bothering me."

So you're youthing, is that correct, and you're per- fectly healthy? You have no issues at all?

You might answer, "Well, what does that have to do with my akash?"

The answer: Absolutely everything! You have inher- ited so much from what you've been through that you don't realize it postures almost all of who you are. Your akash postures the way you think, your personality, the way your body accepts an invasion of disease, and how you view yourself and even your spirituality. That's all an inherited trait from your akash. Yes, your parents gave you some of it, but I know you are aware that you can have two children who come from the same parents who are vastly different, almost as if they came from other planets! One is always healthy; one is always sick. One is self-assured, and one is timid. You know there's more to existence than just the chemistry of biological inheritance. That is what you're looking at right now. The akash makes you who you are today.

Before we do this, understand that you're not just dropping the things that have disturbed you in your dreams. You're about to turn the corner, if you wish, on how your body sees Earth today.

"I Am in Charge"

I want you to get into this as deep as you wish to,

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44-Card Deck

by *Monika Muranyi*



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because you are about ready to address your akashic record like you never have before. You can repeat the following silently if you don't have your own words. This is the way it goes:

Dear beautiful akash, which represents me and my soul in so many expressions in this new energy, I am in command.

Dear akash, which is my essence and represents the expressions of thousands of lives on this planet, look at the energy of today, because I am in charge.

Dear akash, beautiful that you are because you are me and represent the one soul I have been for thousands of lifetimes on this Earth, know this: There is change, and I am going to dictate it because I am in charge. The bottom line is I am in charge of my life, and for the first time, I want you to listen up. I command benevolence in remembrance! I command that this akash alter that which has been remembered lifetime after lifetime. I hereby put a limit on the drama. It is not allowed to invade the light of my life. I put a limit on all the negative things — all the anger and the betrayal and the horror. I put a limit on all inappropriate things.

Oh, these things may still be there, but now they will go into the dark and stay there. I command the negativity in my akash and that has been there: Get in the backseat because I am driving today! There is no longer any reason for it to show because, you see, I am in charge of it all. It's me talking.

Do you see what you're doing? There often is the feeling that you are not in charge of your life. You talk about the akashic record, but it just sits there as a library of irritation, doesn't it? It's as though you have no control of anything. Now, however, I am telling you that you have control of everything — *everything*. Let's finish it.

Dear akash, beautiful and benevolent, you are me, and I am you. Let all of the beauty, joy, and wisdom (that has occurred in thousands of my lifetimes), with the maturity of my soul, present itself in ways that will surprise me with benevolence. In good things, benevolent things, and positive expectations, let my akashic record be the best thing that ever happened to me, and let my life reflect this day and this decision. I have spoken. I am in charge.

We're not done, because we're working in the now, remember? There is more to this because there are things that are also disturbing you right now that are very current and not yet in the akash. You know where I'm going with this, right? Do you wish to finish the job?

Dear cellular being that I am, I am in charge. Let all things that have occurred in my life (from my birth to this very moment) be on notice. Let the memories in my brain, the very synapse that holds them, be on notice. Cease and desist those things that are below my magnificence as a creation from God on this planet. You're not allowed to keep the tapes playing (the betrayal, the sorrow, the bad feelings, and the anger I've experienced), along with my low-energy Human nature — the buzz itself. Cease and desist. I am in charge of my memory, and every single cell resounds with my higher self. I am part of this in a way that I never knew before. I am in charge of all things that are me. I command this so that I might go from this place and not have to carry those negative things from my past that have occurred since my current birth on this planet.

I'm not done yet. Do you believe you can change your consciousness through your will? I told you yesterday that you wouldn't believe this tool you have. I'm showing you how it works. I'm not done yet. There's more. I am pondering just how much to reveal that you might be able to do.

Can you change that which is you? Can you take that which you believe is your personal nature and work with it? Can you work this puzzle to shape the things into that which you want instead of things you don't want? Can you change the degree that you age? Yes!

Dear cellular structure, I'm in charge. The boss is talking. Listen up: I command you to see the beauty and the benevolence and the God inside of every cell in my body. I command you to be more resistant to disease than I have ever been before. You see, disease cannot attach itself to the light, and I hold more light than ever before. I command that which was in me that is inappropriate to go away and to change. Let the chemistry in my body show itself in the next days so that I know this is real. I take command of things that I was never told I could take command of. It is settled.

That's the exercise. Oh, there's more, but that will be it for now, because we will get into unbelievable

things of what you might be able to do in the future. Right now, dear ones, stay on this planet a very long time, and in the process, be joyful instead of fearful. Let the buttons that push you into anger, sorrow, and fear be disengaged.

Feel Freer than Ever Before

Now we come to this empty space, a beautiful empty space. It's a space caused by a major cleansing. All these things and more are now possible for everyone, no matter how unique you are or how many lifetimes you've had. This full akashic redirect doesn't even have a name yet. The process has not yet been developed in the fullest. Imagine how powerful your consciousness is to take hold of the esoterics of your brain — the very memory of your lifetimes — and manipulate them into benevolence, joy, and light.

That's the message. It's grand, isn't it? As time goes on, more things will be revealed. There will be those who listen to this, who roll their eyes, and say, "Not for me. Not today."

Dear ones, you're loved as much as anyone on the planet. Free choice through love has always been the option available to every single Human being. There is no judgment at all. I want you to go from this place without guilt and without fear.

Over the next few days, you might feel that something is a little different. Perhaps a weight has been lifted. It's an esoteric weight. You might say, "I can't explain it, but I just know that I feel freer than I have ever felt before." People may tell you that you are thinking and acting differently.

The truth is that you joined a profound old-soul group that is learning to enhance the shift for humanity, because you just changed yourself. The others around you will benefit immediately because they will see you as lighter. They might even see beauty in your soul where they didn't see it before. This is the truth. This is the way things like this are going to work, and I just gave you advanced information for very old souls.

Don't confuse "old" with how old you are in years, for sometimes the youngest are the most wise. Many times the youngest are here with the seniors because they understand there is no generation gap when it comes to the akash.

Go from this place changed. Ponder the things you have done this day. And so it is.

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

Release Expectations to Be Free of Disillusionment

One Life through Catherine Bean Weser

Becoming disenchanted or dissatisfied with something as a result of discovering that it is not as good as it was believed to be is how disillusionment is usually understood. Becoming disillusioned might at first sound like a wonderful release from beliefs and illusions and even something you might desire as part of your spiritual development. Even if it is uncomfortable, the benefit of disillusionment is freedom, or so it seems.

We say that disillusionment is actually primarily beneficial as a means of discovering the nature of your expectations and how those expectations lock you into a limited view of reality. The discovery of expectations, especially those that are enshrined in your consciousness over long periods, is the discovery of that which keeps you from direct experience and locks you into disappointment.

To rest in your center, in your true self and awareness, is to be free of expectations. Most of the interactions you have with your outer world are interactions with your expectations and not your experience. If you were to be aware, alive, and awake in every moment, you would experience everything as One Life. However, most of what you think you are experiencing is actually just your thoughts about that interaction — your ideas, presuppositions, and expectations constantly being evaluated against other expectations — and not direct experience.

The times call for awareness in every moment, and expectations get in the way of that awareness. Rapid change in the outer world means that the inner world also undergoes dramatic change. Everyone and everything is experiencing some kind of disillusionment and change that is uncomfortable. Many things are occurring in the world that are disillusioning, likely causing you to feel out of sync with your world. One Life offers a deeper level of truth and understanding to cope with the changes and disillusionment. A deep, very composed, and magnificent self lies within you, ready to express what rests beneath the surface, beyond (in a sense) the discomfort of the changes and disillusionment.

If you can discover the expectations that trigger your disillusionment, you can clearly recognize that the expectations are unnecessary thoughts and beliefs about

future or past events that you have become attached to. You believe that something must happen for the next things, which you desire or fear, to happen. Dread or excitement emotionally fuels the expectations. Often the expectations involve someone else's behavior, such as expecting someone to contact you. Then there are the expectations you have for yourself. You expect that you will complete some task or achieve some goal.

A strong belief that a particular outcome is necessary is always a trap and a distraction from what is occurring right now. To have knowledge and true liberation from all the illusion of the world, you need to be thoroughly engaged in the experience that is happening right now without projecting into the future or the past.

Experience the Uniqueness of the Moment

Disillusionment can be seen as the absence of the distortions of reality caused by expectations, memories, projections, and fantasies. Direct experience is the experience of living without elaboration and with One Life presenting as it is.

You have probably heard some say that the world is illusion. The true purpose of this notion is its helpfulness in loosening the ties you have with the material world. It is an ordinary belief that the material world is the real world and the illusory world is the spiritual world. To contemplate the reverse — that the world of spirit is the real experience while the material is all appearances and illusion — causes you to let go of your ordinary view of reality in favor of a more extraordinary one, a One Life perspective.

The ordinary view suggests that everything you experience that might appear to have solidity and separate identity, including even your self, is the attempt to create an enduring existence. You separate from the true spaciousness of One Life, your true nature, and attempt to be an individual with form and a finite ego. This is an isolated version of a self that reaches out for confirmation of its existence, and this separate self has all the expectations. Even though this perception of self seems more manageable in the world, it constantly



creates confusion that tries to hold on to ideas about what should and should not occur there.

If you view your world as divided into aspects that meet or fall short of your expectations, you deepen your dualistic stance. You tend to base your happiness and sadness on the beliefs you develop and hold on to. You cling to the judgments you make as if they are reality. Everything becomes subject to disillusionment.

In the more extraordinary view, you understand that there is only here and now, everything is impermanent, and fully and consciously experiencing the uniqueness of the moment allows you to live in One Life awareness. This awareness accepts the thoughts, beliefs, attitudes, and emotions of the internal monologue without elaborating on any of them or developing or associating them with anything else, thereby not

taking you away from direct experience but allowing you to rest easily in it.

Awareness, One Life, is the spaciousness that is free of all expectations. At the root of any of your disillusionment lie unconscious expectations that attempt to hold you. Uncover your expectations, release them, and discover One Life awareness, free of the disappointment of disillusionment and filled with the spaciousness of reality as it simply is.

Catherine Bean Weser is an artist and writer who has lived in Santa Fe since 1974. She began a collaborative relationship with inner guidance and information provided by a spiritual master in the One Life. This presence later came to be known as DK but is now identified as simply One Life Consciousness. The teachings that come through are known as the One Life tutorials. To learn more about Catherine, go to www.OneLifeDK.com, or email her at catherineweser@yahoo.com.

New Energy Is Coming

Omnidimensional Beings through Kathy Wilson

We are in a rare state of confusion regarding what to share with you. Some here say that you, the human collective, are not ready for this new information. However, others are of the opinion that without this new information, you will never achieve the level required to receive it. This is, as you say, a Catch-22, is it not? After much deliberation, we have agreed to share some of the information with you. How you use this knowledge will determine whether we continue to give you the complete missive.

Your species is experiencing an energy that has not occurred previously on your planet. It is a blend of incoming energy and your own energy as you respond to the new energy. Eons ago this new energy was concocted in hopes that, at some point, your kind would be advanced enough to accept, align with, and properly utilize it. Although some off-planet and other-dimensional observers say it is premature for this new energy to be sent to your planet, others believe it is the exact appropriate time. Those who disbelieve your readiness to utilize the energy appropriately and beneficially have agreed, albeit reluctantly, to allow the energy to be released and sent to you. They are of the belief that you will either use the energy for its highest good or destroy yourselves as you experiment with it. They say it will either kill you or cure you.

Although both sides have vastly different reasons for allowing this energy to be sent to you, the fact remains that it has been sent and is on its way. Within one of your years, you will strongly sense this energy. At that

time, those of you who are sensitive to and aware of energies will sense and recognize it. How will you know whether you're sensing this energy or something else, such as astrological influences? One easy method to discern energies from other planets in your solar system is to check your astrological influences at the moment you feel the energy. If there is nothing relative to it astrologically, nothing that is causative of the sensations you feel, then it is this energy.

The new energy will feel different person to person, but in general, you will notice a sense of disorientation that can't be explained. Other ways you might experience this energy include the following:

- feeling uneasy, as if someone is staring at you and you can feel his or her energy but no one is there
- having an urge to do something unusual, such as making a change in your routine for no explainable reason
- hearing sounds that aren't explainable or identifiable
- experiencing your dreams as extremely realistic, but when you awaken, you find it difficult to remember them even though you know they were important

You might experience these symptoms and others in the very near future. If you are experiencing them now, the energies will become more powerful, and you will have more occurrences at greater intensity.



Intelligent Creation Energy

This energy is unique from any other energy that has been and is now sent to you and your planet. It is highly intelligent. Although you are surrounded by intelligent energy, that intelligence is limited. Like your computers, your current intelligent energy can be programmed, but it cannot make choices and decisions, have creative thoughts, or sense and define finer energies such as emotions. Your current intelligent energy has only the capability of responding to your commands. You are familiar with this process and know it as the law of attraction. The new energy is sentient and has the ability to make decisions based on data it senses. It perpetually experiences other energies around it and uses the data from this process to determine how to respond.

Know that this is a highly beneficial energy. It was created eons ago by (what we call) Source gods specifically for the purpose of aiding those species who are advanced enough in their evolution to safely use it. It is designed to speed your human evolution to a higher type of being.

When you sense this energy around you, use it to aid in creating the most beneficial form of whatever you are working on. You will experience amazingly fast results that are far greater than you could have expected or even dreamed of. The same methods you currently use in your law of attraction work can be used with this energy for the time being. As you become comfortable using it, you will be given additional methods to use it.

We are excited to see what you will create with this energy and how you will use it. You have so far amazed all with your highly unusual creations in the limiting energy of the third dimension. You have proven yourselves to be true creator gods.

Kathy Wilson is a spiritual teacher and mentor, channel for the Omnidimensional Beings, Reiki master, Advanced PSYCH-K practitioner, certified professional coach, and cocreator of the Interdimensional 12-Strand DNA Activation. Kathy is also author of Omnidimensional Oracles: Universal Knowledge, Practical Wisdom for Human Evolution, and An Inner Journey: Living Your Life Purpose. To learn more, visit her website: www.Warrior-Priestess.com.

Take a Step Forward in Love

Mother Ulura through Karinna Nielsen

Many are asking, “Why is there so much chaos? Why can we not come to a loving consensus on things?” The world, as you know it today, is a product of existing for thousands of years in a patriarchal, yin-yang reality. After the great shift in consciousness (which is occurring now), nothing will be as it was before. Third-dimensional journeys and lesson plans must be completed now. Your higher selves know this and have placed each of you exactly where you need to be to do what you came here to do.

Now, you might say, “I don’t like where I am or who I am with.” In that case, look at your life in the now, and feel love for yourself and all those around you. Just take a moment to recognize where you are, and open your heart to make the changes in your life that you would like to see. While you are doing that, take a moment to send love to Mother Earth and all her weaves of life — the plant weave, the animal weave, the mineral weave, and the human weave. This love that you share will create a pathway forward, but you must first understand where you are. Then take a step forward in love.

My dear ones, this is the journey you have chosen — to be on Earth during this momentous time. Open your hearts to the guidance and the love surrounding all life on planet Earth. Call forth the love of the matriarchs

and the energies of the great spirits to assist you, and you’ll never feel alone.

You’ve often spoken about the Goddess light and recently about the matriarchal weave. What is their relationship?

Wonderful question. They are both about a love that is not often felt in the third-dimensional world of your Earth plane. This love I’m speaking of is a love without an opposite, the love of creation, the love that is. On all evolutionary planets such as Earth, there comes a time to raise the societal frequency and to move into the next level of light. For all of you on Earth, this time has come.

The Goddess light is a love that is present within all of you — male or female. Each of you has a particle of this love, for you are all part of the Creator’s force of light, and each of you can choose to activate and to awaken to this Goddess light within. On Earth, you have had a third-dimensional yin-yang experience, but now your bodies are shifting, and children are being born with this Goddess light already activated.

The matriarchal light is the evolutionary weave of energy that restructures the way that you live your lives



on Earth to evolve into the fourth light and beyond. It opens you to a new way of relating to one another so that you can see your love in each other. It nurtures a new experience of life on Earth, a new and powerful way for you to hold each other in love.

Matriarchal Light Nurtures All

As a male energy, I wonder how men are going to have to pay for all that has happened on our planet and where we will be in this new matriarchal energy.

For eons, the female light of your planet has had to take a back seat to the male so that people could experience a third-dimensional patriarchal world. As you have heard, it is time to return to a matriarchal way of life. This way of life may be long forgotten; however, there have been times when matriarchal societies flourished on your planet. Lemuria is one example.

This does not mean that the male energy will be downtrodden or must somehow “pay” for the centuries of patriarchal rule. Everything unfolds in perfection. How you feel about that perfection depends on your perception of this evolutionary change. Raise your frequency of love, and see which thoughts or fears you might need to release to allow healing to begin. The matriarchal light nurtures all. So if you are accustomed to being top dog and ordering people around, it may not sit well with you to be more aware of the feelings of others and more empathetic and balanced. However, this will be a society balanced in love.

My love, for too long many of you — male and female — have put your emotions in a box, so to speak, when this is the one of the four bodies (physical, emotional, mental, and spiritual) that contains the love you need to create a better world. Allow your Goddess light to awaken and welcome the weave of the matriarchal light that elevates your world into the next dimension.

In answering the previous question, you mentioned healing. What sorts of things are being healed in the movement from patriarchy to matriarchy?

Many things are being healed. Of course, there is the rebalancing of the light of Creator within all, meaning equality of male and female energies. The male energy is also healing because it has had to play the dominant role for so long. That role must be released in order to feel the matriarchal weave rebalance the aspect of one energy dominating another. This is a time of cooperation, or honoring all participants in a society or an endeavor.

The focus shifts for the female energies to feel released from thoughts or memories of being used and abused. All evolving lights will feel this healing. You are also healing the notion that you have somehow failed over the past years of your evolutionary process. This third-dimensional focus of life has been for all of you

in the light of creation, and now it is time to move to a higher level of experience. You will do this with a spiritual focus and in balance with your higher selves in a way that promotes healing for all.

Love is the key to your evolution. This is the time. Now is the opportunity to feel a higher frequency of love incarnate that is not commonly felt in third-dimensional worlds. Love moves you forward now. This is what you are feeling in your meditations. It is indeed a very special time.

I often feel so uplifted by the children of today and their passion for change in our world. What can you tell us about the children now?

It is no secret that you are amid a great shift in consciousness. The children being born today are different from those born on your planet since the time of Lemuria. These children come well prepared for what is to unfold on your planet, and they come focused in love. It is in their DNA to sense this shift. (In fact, knowing of the shift is in the DNA of everyone on Earth, and as you walk through your life’s blueprint, you’ll have a knowing of this and your role in it.)

This is why many students now react strongly and feel compelled to do something. They are demanding the truth, and they know that love is the way. They ask, “Why?” and say that changes need to be made, but let me share something with you: It will be their children who say, “Here’s how.” And working with the matriarchal light, they will show you the way.

My love, this is the key to your great shift. It is a collective force of love that says, “#enough,” “#marchforourlives,” or “#whatever!” The Goddess light within everyone sparks a desire to awaken to this collective feeling of love. Love is the force of evolution on an evolving planet, which is what you have here. It is said that love can move mountains. That is the truth, and it also moves hearts and minds.

The next dimension is available to you. It can be felt as an elevation in the frequency of love on your planet. My guidance is to focus on your heart. Feel your vibration rising as you continue your spiritual practices of meditating, praying, and nurturing yourself in all four bodies — physical, emotional, mental, and spiritual. Practice kindness, compassion, and love for all. Hold everyone on planet Earth in love, as each one has a purpose here. Send light to Mother Earth, for she feels the shift as well. And so it is. Humbly in love, I am Mother Ulura.

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Seek Harmony

Keeper of Time through Steve Rother



Greetings, dear ones. I am the Keeper of Time, and I bring you a little story about harmony. Harmony is the sixth plane. Humans have a wave pattern for everything on your side of the veil. Each wave has a frequency to it as it travels up or down, forward or backward. That is the frequency of your wave, or your tone. Every part of your body has a slightly different wave and vibration, and you have a signature vibration that you send into the world at all times. Can you alter it? Yes, of course you can. Just having different thoughts can help open those waves so that you can more easily harmonize with other people.

The collective vibration of humanity has risen although you do not see the results of that. You have been moving apart in this huge wave of separation, but as that changes, you'll have the opportunity to form unity. Unity is your natural state. That is the first dimension that you lived in; you were not separate from each other. You're all a part of each other, but it's very difficult for you to grasp that concept while you pretend to be separate.

You have gained individual personalities, which we adore. We find that fascinating and beautiful. When you return Home, you will bring that beautiful core personality with you, and even as a spirit, you will laugh at the same jokes, have the same energies, and see and believe some of the same things. However, your humanness will be left behind, as will your fears and your energy that do not harmonize with a larger collective spirit of who you are.

This harmony can be seen in the area of relationships. Look at building a relationship as playing the keys on a piano. People think they must find relationships in which they play the same notes as their partners. When you play the same note time and time again, it is validating, but it is also rather boring. So you try to get very close on the keyboard and end up playing chopsticks, which is tolerable but aggravating. It is not until you move a comfortable distance apart on the keyboard that you can strike a chord and find harmony. In effect, you move out of dissonance and into harmony.

That is what we're looking for as you ground in this new vibrational light. It is coming, dear ones, as we have mentioned before. We already see the changes occurring on the vibrational level, and now it is up to humans to anchor those changes. How do you do that? You look for harmony. You look for the ways in which you are alike rather than the ways in which you are separate. Even as

you play different notes on the keyboard, look for harmony. Yes, we've said that many times before, but over the next several months, it will be even more critical.

Many of you are concerned that there are so many with conflicting views. How can you harmonize with those who have different views? Over "here," you are conservative, and over "there," you are liberal. Is anyone right? No, not as long as you are that far apart. The separation has become so incredible during these times that we wonder whether you are even playing on the same keyboard.

You have moved into the fifth dimension, and a wave of fear has swept over this planet. Besides that, Earth was pushed into a timeline at a very inappropriate point during a cosmic event. A quasar exploded and sent a wave of energy that hit Earth at a very awkward time. Ripples of the wave affected people in such a way that it caused them to try to hang on to their old truths and ideas in an attempt to prove themselves right. Can you prove yourself right? Of course you can. As a conscious creator, you can believe anything that you wish to and hang on to whatever truth you have, but is there harmony? That's the biggest question at this point.

How much harmony can you find in one another? One person watches a certain television station, and another person watches a different one. Their belief systems are so far apart that they cannot come together. So what can they learn from each other? That's the first step toward harmony. Will they agree on things? Probably not. But if they can find areas they agree on, a harmonic wave is set in motion.

Over the next several months, this will be critical for all humans on Earth. You can pretend to still be separate and widely divided in your understanding of each other, or you can look for whatever harmonies there are. There's always something you can learn from another person if you look. That will be a challenge to you for at least the next seven months. There will be opportunities for harmony that you did not have just a short time ago. If you can achieve such harmony en masse, you'll return to what you had in the days of Lemuria. You will rediscover that magic ability to communicate even long distances without words and without the technologies that you currently need.

You will be able to eradicate much of this ambient energy that floats around and causes so much frustration. Sometimes people act out and explode in road rage or other violence, such as mass shootings. People often do crazy things because they can no longer hold that intense energy. How do you work with somebody of that nature? By listening, talking, and focusing on the one piece that you can agree on. That one tiny piece, no matter how small it is, makes all the difference. Once you find it, you can expand on it and work with it. You have now formed a unity that you would not share any other way. That's what is coming for all, dear ones. You will have an opportunity to step into a morphogenic body so that you can shift into a new light frame to hold more light in your body than you ever have before. This will begin a luminous lifestyle that will allow you to step into any circumstance and find harmony.

When that happens, you become magical. Are people going to fear you? Sometimes you will be in a harmony that others have tried desperately to reach but did not know how. You will just walk right in and find it. Yes, people might fear that, but it is not your job to worry about it.

The Family of E

You are all well trained even though you may not understand it. You are from the family of E, with whom the Keeper has spoken. Many of you want to know what that *E* stands for. Well, I wish I could tell you, but there is no word in your languages to define it. You can say it stands for "empowerment" or "evolution." Yes, it can represent all the empowering words you know, and that will be close. It may also be helpful to know that *e* is the most common sound in all languages.

Many have come in with those reminders all around them. Some of you have names with *e*'s that are pronounced loudly. If you have a name that doesn't include an *e*, sometimes you shorten it and add one, such as when "Sandra" becomes "Sandy." These are all gentle reminders of what you are doing here, who you really are, and what harmony truly is. You can find these over the next seven months with all this energy coming in through the twenty-two waves that are approaching and landing on planet Earth during this next year. This will bring huge changes for everyone. If you can find ways of introducing that harmony for yourself, many of you will turn around and teach it to others because that is your nature. What is important is to form a sphere of harmony around you in all dimensions. Once you learn how to do that, the world is open to you.

You have now landed in the fifth dimension, and you have abilities of conscious creation. So far, very few people have exercised this in the way that you will in a very short time because it will become commonplace. What you have

experienced before with people who could do magic in some way was a singular magic. Oh, dear ones, you might say they were given a gift, and you didn't know whether you could have that gift. Maybe you even put them on a pedestal, but, dear ones, what would happen if every person on Earth woke up tomorrow with the gift of finding harmony in everything? You would return to the days of Lemuria, back to the times of a very simple lifestyle.

Communicate through Harmonic Resonance

You will be working with an entirely different potential, which will help you move very quickly. You are now evolving as you carry the morphogenic lifestyle, a luminosity that would imprint everyone else. Does that mean your vibration will take over? No, that doesn't happen. It means you can find a resonance with the vibrations. The channel [Steve] plays guitar, and he keeps it on a stand in the corner even though he does not play it very often. If you sit at the piano in the same room as a guitar and hit an E note on the piano, the two E strings on the guitar start to vibrate. That's a beautiful harmonic resonance. The string inside the piano is much, much longer than the strings on the guitar, but they are in harmonic balance.

Finding resonance will become more important as humanity evolves. There are those who speak words that you cannot hear while others speak words that you absolutely disagree with. Does it mean you don't listen to them at all? If you were to listen and find the one or two things that you can actually agree with, you could gain something from an interaction you would have missed otherwise. It takes time, patience, and practice to find harmonic resonance at every opportunity.

This is the time to help others awaken from the dream, grasp the energy, and step forward into a whole new light. Dear ones, you're working with dense physical bodies, and in a very short time, you will learn how to stop the aging process. It's easier than you think. Most of you already hold the key to this, but you simply have not put it into use in the fifth dimension.

As more and more people start grounding a fifth-dimensional reality, it will be acceptable and easier to communicate this way. It will happen very quickly. Have you noticed how quickly things change on your planet now? Things that have gone on for years are suddenly viewed in a different way. A critical mass is now easily reached. Suddenly everybody is on board. Why didn't you do that before?

One critical mass trigger is moving into the morphogenic body where you can carry more light. Will you wake up one day to find things have changed? Or is it a process? Is it an activation that you will go through? Dear ones, it happens one moment at a time. You're starting the process right now. Most of you have been working on this for some time. You may call it by different words.

You may speak of it in different ways, but you are beginning because your physical dense body that you hold right now is starting to hold more light.

What if you substituted that word “love” for “light”? How much love can you hold? Most of you are only at 1 percent of what your being can hold. What would happen if you were to overload with love? Would you lose your unique personality? No, you would become like those in the days of Lemuria who had completely open hearts, and you would be able to tap into anything at any moment. Does it mean you would carry the pain of another? Does it mean you would feel all the things you need to avoid now? No, you could select where you focus. You could select what you work with and where you could be of the highest harmony. It requires an awareness of harmony.

The next time a new person comes into your field, whether he or she is someone you’re actually going to work with in person or someone you’re going to watch on television, immediately sense his or her vibration. Find out how much harmony you have right off the bat. Then step aside, take a couple of breaths, come back in, and find that harmony. You will be amazed at how much harmony you can find in an otherwise dissonant situation.

Now, the next seven months will be critical. The majority of the twenty-two waves will come in during that time, and you will see some very interesting things

take place. You will experience some movement in the opposite direction that can be either quickly eradicated or harmonized. Start moving together whenever possible. We have great hopes for what you can do during this time, for Earth is yours. Humanity is yours, and this is your experiment. It is your game, and you wrote the rules.

Now you will change whatever is needed so that you can return to the unity process. Those things that pull you together, those harmonies that you can find to bring you back into a likeness of the first dimension when you were all one, will be supported. That which used to separate you will no longer be. Although those issues will still exist, they simply will not remain the same as you step up.

Play the game joyfully, dear ones. We ask you to remember three little things: Treat each other with the greatest of respect, for you are all masters. Nurture one another whenever possible, and include every person, no matter what his or her harmony is in relation to yours. And enjoy the game as you play it well together. Espavo, dear ones. I am the Keeper of Time.

Steve Rother was an entrepreneur before he became a lightworker and author. His change of path happened following a spiritual experience on New Year’s Eve 1996. That night, he started saying things that, according to him, did not originate from him but came from the “group” — a group of nine energetic entities. To learn more about Steve, visit Espavo.org, or contact him at PO Box 34838, Las Vegas, NV 89133, 702-871-3317, or steve@espavo.org.

You Are in the Midst of a Spiritual Revolution

Archangel Michael through Ronna

Beloved masters, imagine for a moment that you are fully aware of your origins and that you can tap into your personal cosmic history files anytime you wish. Imagine that you have the ability to communicate without words (mind to mind) with those around you. Imagine that you have the natural ability to see everyone’s auric field and therefore can read or understand a person’s state of being at any moment. Imagine that you can envision clearly that which you wish to manifest so that it takes little time and effort for your visions to become reality. Imagine that you have the ability to communicate and interact with the archangels and the vast angelic realm as well as the ascended masters and the great beings of light. All these attributes and abilities are part of your natural state of being in the higher realms, and you are now in the process of regaining these God-given talents

as well as the ability to assist in the evolution of humanity and Earth.

We have explained many times how you separated your Divine self into a masculine spark of essence with the characteristics and qualities of our Father God and a feminine spark of essence with the virtues and attributes of our Mother God. Since that first separation, each facet of your self has refracted into a multitude of smaller sparks of divinity, and you have assumed myriad forms and innumerable missions throughout this universal experience. The next grand stage of universal expansion and the evolution of all sentient beings are well under way, and each of you has an integral part to play as a starseed and bearer of Divine light.

The ascension process requires letting go of those



things that have kept you in the stifling, restrictive reality of the third and fourth dimensions. It entails returning to balance and harmony in all facets of your earthly being, and that will result in clearing your memory banks of all the discordant energies and events of your rich and varied past. All that will remain is wonder, joy, and success you have attained as a cocreator in the material realms.

As you traverse the path of ascension, you reclaim the wisdom stored within your sacred mind, and you tap into the rich storehouse of Creator light called adamantite particles. You are demonstrating and using many latent abilities that were kept in reserve until you were ready to reclaim them.

You were designed to transmit light in a world of illusion and shadows. You are on Earth to become a master conveyer of energy. Your breath is the mechanism by which you draw forth the primal life force substance of creation while you function in a third- and fourth-dimensional environment. However, as you open and activate your sacred heart and sacred mind, you will gain access to the full spectrum of light in this universe and the divine alchemical properties of the violet flame.

The law of the circle ensures that the vibrational patterns you send forth will return to you along with similar energy (or vibrations of the same frequency patterns). You are the center of an energy vortex made up of a loop of vibrational patterns that you have projected through your solar power center. Your solar plexus is aptly named. Just as the Sun of your solar system radiates cosmic energy to Earth, you radiate life force energy from your solar power center.

Envision yourself as the central focus of your world. You are the power source, and your thoughts, actions, and intentions radiate forth from you in a loop of energy that connects with like energy. That energy magnifies and manifests in the world of cause and effect and then returns to you, reinforcing your picture of reality. Your body absorbs a portion of that energy, creating pain and suffering or joy and blessings, depending on the frequencies. The remainder flows out behind you, creating the other loop of your infinity pattern while the residual gradually flows into your personal wheel of creation. You constantly add to your personal prison of energy or your vehicle of light and your personal reality on Earth. Have we not told you that you came to Earth as cocreators with the God force?

Practice the Law of Forgiveness

Returning to balance and harmony is a prerequisite to staying centered within the sacred heart. To do so, you must constantly evaluate and upgrade your awareness of self. Your emotions are affected by your beliefs, and your intentions are affected by your emotions. Listening to the nudges of your soul, the wisdom of your sacred

mind, and the emotions of your sacred heart will help you fine-tune your discernment abilities so that you can make the right decisions and always choose the highest path. Reverence for all things and God-inspired choices lead to self-mastery.

One of the most important things you can do to return to balance and harmony within the reality you created is to apply the law of forgiveness to all your miscreations and interactions with others. Doing so will accelerate the process of returning to center because it erases or breaks the energy cords you have attached to other people's solar plexus and shuts off the radiation to and from any negative collective-consciousness belief systems that you have taken on. You are taking back the vibrational patterns you have exchanged, added to, or participated in, thereby allowing you to move into the state-of-grace process. Be aware that as you do so, you will experience transformational clearing and all that entails; however, it will not be as traumatic or drawn out as it would be if you had not willingly and wholeheartedly agreed to take the initiative.

The law of forgiveness includes aligning your will with the greater will of our Father/Mother God for the highest and best outcome for all. The divine plan for this universe is at a critical stage of evolution, and time is of the essence. Becoming an active member of the light brigade and a new world server will open a portal of new possibilities. Those of you who have diligently stayed the course will reap the rewards of self-mastery and discipleship.

As you move into the realm of self-mastery, you automatically view your life and the world from a higher vantage point and with much wiser insight. You embrace your reality through a filter of love and light, and non-judgment and discernment become natural parts of your state of being.

A good affirmation to remember and use is this: "I embrace the wholeness of my divine reality." There is power in humility. There is power in forgiveness. There is power in gratitude. Love is the power that contains all the virtues and qualities of God consciousness.

Many of you are aware that in the initiation process, there is a crisis as the battle for supremacy begins between the ego and the soul. Each person must endeavor to clear his or her distorted reality of the astral planes. The ego desire body is controlled by the energies and impulses of the three lower chakras, and these imbalanced inclinations must be brought under the control of the soul self once more. This period is often referred to as the dark night of the soul or as traversing the valley of shadows. When you are in the process, it is important to understand you are not being punished. After you successfully traverse the shadowland and emerge triumphant, you will look back and realize that you were given a great opportunity.

Become a Full-Fledged Spiritual Aspirant

A spiritual aspirant is an aware human being seeking en-lighten-ment and self-mastery. In the beginning stages, he or she remains somewhat self-focused and often prone to irritability and bouts of self-doubt and depression. A spiritual aspirant should endeavor to develop sensitivity and a loving, understanding nature. The aspirant's life purpose will gradually move away from personal ambition and love of power into a desire to serve humanity. A desire to serve others is a soul instinct.

An aspirant gradually lets go of the "it is all about me" and the "I, me, my" concepts as the external focus slowly fades. There is a gradual turn inward, and the major focus becomes the solar power center, which is the solar plexus, heart, thymus, and throat. As this area is bathed in the higher frequencies of light, the three-fold flame in the chest area begins to blaze once more to prepare for the opening of the sacred heart portal.

Allow us to give you a few more important points to assist you in integrating the wisdom necessary to become a full-fledged spiritual aspirant on the path of en-lighten-ment:

- The emotional body is a reflector. It responds to external stimulation, such as other people, events, emotional attachments, and addictions.
- Tread the path of life gently and reverently. Speak softly with discernment. See that your actions reflect the purity of your God self, and leave footprints of light for others to follow.
- There is ebb and flow to the cycles of the soul just as there is throughout the cosmos.
- The soul draws forth the essence of life from its I Am presence to prepare for a new life cycle of experience. At the end of that cycle, the life essence slowly withdraws, and physical death results. However, the real you, in spirit form, remains because you are immortal.
- The soul's impulses and influence are much stronger in a being who has stepped onto the path of awareness than in an unawakened person who is still caught up in the illusion of a third- and fourth-dimensional existence.
- You must strive to maintain an ever-expanding state of soul consciousness to make progress on the spiral of ascension. It is time for those who will be among the new world servers to become aware of each other.
- Criticism is a faculty of the ego and the lower mind. Criticizing or finding fault with yourself or others is extremely detrimental. You add energy to that which you focus your attention on; therefore, it is most important to look for the good in everyone and everything.
- Constructive criticism is sometimes necessary.

However, it should only help correct harmful behavior, take the right action, or find the appropriate direction.

- You can only fail if you quit trying. You may lose time with each failure; however, you should gain some knowledge. Growth and wisdom come from learning what not to do and perfecting the skills that will help you become proficient in your chosen field.
- Lower-vibrational energy creates discordant frequencies within your soul song. The vibrations of discord cause discomfort within its origination area or where it is focused in the physical vessel. If the negative energy patterns are strong enough, they can create disease and eventually contaminate the entire body.
- You must tame and gain control of your emotional body via your higher self, guides, and angelic helpers to become receptive to the refined frequencies of cosmic truth. You must clear the mind of distorted, negative, defeating thoughts. Only a clear vessel can receive and transmit the wisdom teachings of the cosmic libraries of God consciousness.
- A spiritual seeker refuses to pay attention to public opinion, judgment, or failure. Aspirants are recognized by their vibrational frequencies or light quotient, not by their knowledge or deeds.

Remember, beloveds, the clarion call from your soul self will continue to echo until you heed the call. Many of you have begun or are ready to begin your true mission, whatever that may be, but never forget that the ultimate goal is to be a conveyor of Creator love and light. We are aware that the future is uncertain and everyone is experiencing pain and discomfort in varying degrees.

Focus on the miracles and progress you are making, and do not allow the fear of the masses to infect your mind as you move through and beyond all the massive changes taking place in your world. Know that together we will overcome all adversity. Our mission is to open the way for all dear souls who express a desire to return to harmony and attunement with their God selves.

Dear ones, when you feel alone, doubt, or despair, come into your pyramid of light, and we will give you courage and uplift and inspire you. When you feel lonely or unloved, move into your heart center, and we will be there waiting to fill you with the radiant love of our Mother/Father God. I am your constant companion. I am Archangel Michael.

Ronna is an internationally known channel. She brings Archangel Michael's messages of hope and inspiration to thousands each year. Ronna's spiritual search began in the early 1970s. After intense study and training, she began a career as a spiritual teacher and counselor. To learn more about Ronna, visit www.starquestmastery.com or contact her at 775-856-3654 or ronnastar@earthlink.net.

You Are Returning to Unity

Council of Transition through Takeli MMagdalen



Beloved hearts, I am Mufa, speaking to you this day as the voice of the Council of Transition. You, in your love, came to Earth to be of service in the cycles of change now well under way on the planet, throughout your solar system, and far beyond. The consciousness you brought with you from your natural state of light is more powerful than the incoming codes of transformation carried to you by the light of your Sun.

The Sun's rays, both visible and invisible to your eyes and awareness, demand now that you activate your inner knowingness of how it is to live in a world based in love that focuses on unity rather than the separation that duality imposes as its default setting. But duality is no longer the default setting on your planet. Unity now takes its place there. However, having been seemingly governed by duality for so long, you discover that it is not so easy to adjust your thought processes (as you perceive it) into a reality where love is the foundational construct that governs how you think, feel, and act in every moment.

When you came to Earth in your greatness of love, you offered to be one who would recognize, as a way-shower, a lightworker, a wanderer, or a starseed, the profoundness of love as a force for change. You have chosen, at the level of the heart, to celebrate unity, harmony, and compassion. Yet you struggle with being this expression as you perceive it.

We say with great love that you already are that which you seek to become. Just as the Sun's life-giving rays offer their bounty regardless of the presence of clouds, your inner sun exists in its shining essential light regardless of the human veiling that most of you agreed to receive as you entered this plane of conscious awareness. Thus it is appropriate that you now be in oneness with the awareness of Creator Source expressing itself from the very heart's light that is your expression of it within you.

Please do not worry that your veils are too strong or that your previous actions or ways of being in the world deny you access to your divine nature. This is a false representation of your being. There are practices and ways of living that add to this feeling of lack of oneness with the inner truth that you came as one of light. Regardless of how many lives you have lived on Earth, you are the very expression of the intrinsic love of Source. And while you may have traveled in your state of awareness far from its point of origin, you are never separate from it.

This moment is the place of your return to the full truth of your eternal presence even as you inhabit

this physical body and walk around in a very materially focused plane. This does not limit you because you are, simultaneously, a divine spirit who came with a mission: to hold this paradox of two seemingly separate realms of consciousness in a point of singularity of coexistence that is unity, where no separation can exist or has ever existed other than by the choice to focus there.

Now you can once again consciously choose to be united with your true self, your higher self. You are far more profoundly connected to Source, to Creator's love, than you may have thus far thought you were. Each moment that you experience this state of unity with the light that is love woven within you and you transcend all boundaries of separation is the moment that takes you deeper into the full truth that you are a spirit who came here to be and to express in the ways that emanate from you in your love, the gift of unity consciousness. At this time, those moments of unity might be fleeting, but they will continue to increase as you seek them in moments of stillness and choose to have this be, more and more, your way of perceiving reality.

Recognize the clouds of separation as ephemeral in nature. They are insubstantial and can now be more easily set aside. Encourage your inner knowing to arise within you not because it has been kept closed from you but because you declare your readiness to step forward in unity through your welcoming focus on it.

The cycles of separation have gone as far from Creator's love as they can go. Now it is time for the triumphant return of Source, enriched by all that it has experienced and willing to recognize the full beauty of that from which it came as the individual point of focus of light that you are and will continue to be.

You are and have ever been of Light, of Source. Now you are beginning to remember its fullness of love, for this, you truly are. And so it is.

Takeli MMagdalen is an elven goddess who is on Earth to aid humanity and Mother Earth in this time of huge transition. It is not the first time she has been here. She was involved throughout the Lemurian experience about 50,000 years ago. She is a trance channel for the Council of Transition that is here to guide humanity through this time of great change into a higher-vibrational reality on Earth. Learn more at <http://takeli.com>, or email her at takelim@gmail.com.

The Law of One in France

Archangel Metatron through James Tyberonn



Greetings, masters. I am Metatron of angelic light with Tyberonn of crystalline service. We greet you, as always, in a vector of unconditional love.

The Atlantean energetic conflict, the duel of duality between the benevolent law of one group and the greed-based sons of Belial, was engaged for many millennia before the final destruction of Atlantis. In one aspect of overview, this is in fact the polarity of the dark versus light aspect of duality, and it overflows, by the “lessoning” nature of polarity realms, of duality into all times. It is how you learn.

There have been many points in your linear history in which extraordinary crossroad events have occurred, junctures of crucial importance or manifolds of probability. There are, indeed, experiential vectors of Earth plane reality, points in your purposed 3D illusion, where the outcome exponentially determines future potential-reality probabilities. Intervention has played a role in some of these extraordinarily crucial turning points. Your seer Edgar Cayce spoke of such influential intervening forces.

Both aforementioned groups were of the core energy of the Belial of Atlantis. Had the two referenced outcomes not been supernaturally influenced, the planet and humanity could have taken a vastly different reality path. Far more concerted effort than even the aware among you can imagine has been placed in Earth’s graduation, leading to the ascension of humankind. Some of these would be quite surprising and even shocking to you. The defeat of the Spanish Armada (carrying officers of the Inquisition) and the defeat of Nazi Germany were two such events that were influenced by special envoys or of what may be termed as supernatural intervention.

Now, let us clearly reinforce the truth, which is that the ascension of Earth did in fact occur on 12/12/12, and the ascension of the critical mass of humanity is on path to occur in approximately fifteen generations. We tell you there have been envoys from the future that have come back in various time holograms to ensure this.

Renaissance

The period of European history referred to as the Renaissance was underpinned and manifest by the purposed mass influx of highly advanced members of the law of one soul group. It was this influx that began to extract, neutralize, and convert the primal negativity

that dominated the period called the Dark Ages into a period of the rebirth of light, the Renaissance.

The medieval period, that of the Dark Ages, began when the Roman Empire fell, creating a time of lawlessness, looting rampages from warlords, and primal regional conflict. Sects of monks and religious orders sought refuge in mountaintop monasteries to preserve literacy. Civilization deteriorated. The common people huddled around the various fortifications and castles of the wealthy and noble landowners for protection in what emerged as the feudal system.

After the Roman Empire fell, the papacy became increasingly dependent on an oft-corrupt, self-serving aristocracy for support and protection. In the 1300s, the Roman Catholic church split under intense conflict in an inflammatory struggle that led to a division termed the Great Schism. This drastically divided Christianity and led to further politicization of the governing of the Roman Catholic church. Three men claimed to be pope in disruptive disputes. The split greatly weakened the church’s control and led to further corrupt alliances. Roman Catholic policies in this period were fashioned to suit the powerful wealthy nobles, the oligarchs, and the Catholic monarchies of Europe who often virtually controlled the pontiff and cardinals.

As the Protestant Reformation began, Catholic control came under greater threat. The dark Inquisition was formally created in Spain and endorsed by the papacy. The energy of darkness often enters the realm of the holy as religious zealotry, creating death, fear, and destruction in the guise of holy war. The Inquisition was indeed dark energy involving forced confessions, intense conversions, exile, heinous torture, heretical burnings, horrific fear, and ethnic cleansing. Many may not be aware that the Jewish were the primary victims of the Inquisition, followed by Protestants and Moors.

The Austrian Habsburg dynasty paired with (and controlled) the Spanish monarchy. Their vast armies controlled most of Europe except for France. A mighty army was formed that threatened to conquer not only Europe but also the New World. Had they not been stopped first by the Protestant Queen Elizabeth (daughter of Ann Boleyn and Henry VIII) and later by

Kings Louis XIII and Louis XIV via Cardinals Richelieu [Armand Jean du Plessis] and [Jules Raymond] Mazarin in the Thirty Years' War, a much different and much darker New World would have resulted. It would have delayed both the planetary and human ascension.

We have shared with you previously that divine supernatural forces are capable of intervening in the course of human events. The highly improbable defeat and virtual destruction of the Spanish Armada in 1588 was such an event, a critical crossroad in the path of human civilization. However, its defeat was not a complete block of the Inquisition forces. The final defeat occurred through the efforts of France during the reigns of France's King Louis XIII and his son and heir, Louis XIV, also known as the Sun King.

Cardinals Richelieu and Mazarin

Louis XIII, Louis XIV, and Cardinals Richelieu and Mazarin were missioned members of the Atlantean law of one family. At the time of Louis XIII, France was quite feudal with no centralized government, no reaching scope of national law or power. Dukes, barons, and titled feudal lords ruthlessly and often malevolently controlled fiefdoms with barbaric dictatorial iron fists.

[Channel's note: Evolving in the Middle Ages, feudalism flourished between the ninth and fifteenth centuries. It was a harshly structured society of masters and serfs with nobility holding land and demanding slavish labor. This included the obligations of all three estates of the realm: the nobility, the priesthood/clergy, and the commoners, those living day to day and receiving scant food to survive in return for relentless labor.]

Fascinating! Can you speak further on the role of Cardinals Richelieu and Mazarin?

Indeed. Your recorded history is often subject to political bias, prejudice, and a premeditated tendency to record what the so-called historians want you to believe rather than what actually occurred. The fictional vilification of Richelieu and Mazarin [such as by Alexandre Dumas] is quite unjustified. They were honorable men taking on enormous tasks and were neither unscrupulous nor corrupt.

Neither was in autonomous control as some historians imply. Every major ruling and action required the approval of the king and often was reviewed by courtisan councils. However, Richelieu was indeed the primary architect of the consolidation to a centralized kingdom rule, and Mazarin and Louis XIV brilliantly completed what had been initiated by Richelieu under Louis XIII.

[Channel's Note: "During that early portion of Richelieu's rule in the (French) land, when power was being sought, the entity acted much in that capacity of the go-between between the ruler in fact (Louis XIII) and

the ruler in mental abilities (Richelieu)" (Edgar Cayce Reading 454-2).]

Now, the centralization of government was needed to amalgamate France under one rule. As we have stated, had this not occurred, the probable result would have led to the Habsburg-Spanish conquering Europe and the British Isles and the total control of colonizing the Americas.

The centralization of power in France involved disempowering feudal lords and many of the outlying nobility. Some had fortresses, powerful armies, and sufficient wealth to oppose Louis XIII, Louis XIV, and the efforts to centralize rule. Richelieu and, later, Mazarin were targets for the opposition. Several attempts were plotted to attack their character, accuse them of treason, and poison them.

Richelieu and Mazarin were totally committed to their roles. They did not have personal agendas per se. Both Cardinal Richelieu and Cardinal Mazarin were, by design, placed in positions to be the front line and the force behind government policy and action. The kings were thus credited with success, and the first ministers bore the blame and were the primary targets of any push back.

Richelieu and Mazarin were highly advanced in administrative skills, willful determination, and focal purpose. Their respective roles were as governmental administrators, not religious leaders. Although given the title of cardinal within the infrastructure of the Catholic network, both were expansive in their religious views with primary focus on their roles as first ministers.

Cardinal Richelieu, in fact, supported religious freedom and the Protestant factions against the Catholic Hapsburg/Spanish nobility. In the French defeat of the Huguenots, Richelieu did not follow the desires of the Queen Mother in executing the Huguenot leaders. Rather, he allowed their religious freedom in return for loyalty pledges to the king (Louis XIII). His action, in essence, allowed for more religious freedom and stopped the inquisitional forces. However, because of his willingness to align France with Protestant armies and governments, he was considered by Roman Catholic zealots as a hypocrite and betrayer of the [corrupt] Roman Catholic empire [and the Spanish-Habsburg] Inquisition.

Both Richelieu and Mazarin were psychically endowed in many aspects. Both received what may be considered as supernatural assistance in their difficult roles. Both were mystics by today's terms, having had lifetimes as priests in Poseidia, Egypt, Rama-India, Zoroastrian Persia, and the Greco Pythagorean mystery schools associated with the energy of the Edgar Cayce essence (as Ra-Ta and Pythagoras). However, psychic abilities in that era were masked to appear as more acceptable Christian dogma and modality. Both remained a step ahead of their opposition, which was no minor feat, considering the

intricate intrigue, cunning, and deception within the royal courts of France at the time. Both were alchemists.

By design, there were many incarnate members of the law of one in the royal house to support the mission. Now, it is true that Richelieu and Mazarin were necessarily authoritarian when rightful, but this was the needed discipline, mannerism, and course of action required to consolidate France in its higher purpose in stopping the movement of the dark forces, the Belial. Yet both were dedicated to their purposes, were supporters and patrons of the arts, and did much to establish academies, arts, and educational institutions and universities.

Although King Louis XIII and King Louis XIV were reincarnational members of the law of one, only Louis XIV was highly developed in mental ability and strength. Without the two first ministers, neither Louis XIII nor Louis XIV would have been able to complete the task, the purpose at hand. But the reverse is also true: without the strong support of King Louis XIII and King Louis XIV, the mission could not have been completed.

What we are telling you is that the blocking of the Habsburg-Spanish group, including the two-pronged defeat of the massive Armada and the Austro-Spanish armies, was a supernatural intervention. The 3D, physical plane probability favored in this scenario the Habsburg-Spanish conquering Europe and dominating the New World.

Parallel Realities

In a parallel realm, this undesirable outcome occurred. It was prevented by changing the past. Such is the unrecognized power of the innate good of the collective mind aligned to the forces of good, termed the divine. Do you understand? There have been many such interventions.

As another interesting historical note, both Richelieu and Mazarin recognized the true attributes and benefits of crystals, gemstones, and precious metals. Most of the royals, nobles, and aristocracy collected and wore gems embellished and ornately mounted in gold and silver but did not truly understand their powers, wearing them merely as pronounced demonstrative vanities of wealth and adornments of nobility and entitlement.

[**Channel's Note:** Richelieu wore a 20-carat diamond ring and collected quartz rock crystals, which were mounted in pure gold. Mazarin had a vast collection of diamonds, one exceeding 50 carats. All were donated to the crown when they passed.]

The law of one soul family has been together for many incarnations, initially in Atlantis followed by group sojourns in Egypt, Peru (OG), India, Persia, Tibet, Judea, Greece, Europe, and the Americas. It is interesting, in the chronology of lifetimes, how souls transfer, alternate sojourns between lifetimes of power and servitude. Each

of you will, in time, absolutely experience lifetimes in scripted roles in positions of power and authority. These are balanced, in purposed curriculum, through a separate series, a succinct thread of sojourns, of learning the attributes of service, often in scenarios of poverty.

In the purposed illusion of the university of duality, the testing ground known as the Earth plane, there is free will. In the Terra polarity realm, opposites exist, and evolving souls are learning the powerful lessons of responsible cocreation.

All of you will make mistakes, and all of you will have successes. Dear ones, you learn through both all in time, the illusion of time. And masters, when you graduate from linear time, from the university of Earth, as all of you will, you will realize in a moment of clarity that all time is simultaneous and all probabilities exist at once. The supernatural interventions are fashioned from the collective minds of the gods in training — you! Yes, indeed, all of you.

If the purposed illusion of 3D did not feel real, you would not learn. The pains you feel and the joys you experience are real and serve your growth and expansion. Masters, nothing is final, and all is dynamic. Each of you can change the past as well as the future.

You fashion the chords one sojourn at a time in this extraordinary creative journey until the symphonies of your lives become masterpieces of the Divine. And the fact that most of you will not know how truly magnificent and how truly beautiful this melodic experience is until it is completed is a testament to your merit and courage.

I am Metatron with Tyberonn of crystalline service, and we share with you these truths. You are beloved. And so it is. And it is so.

James Tyberonn worked as a professional engineer and geologist for over thirty years. He has always had a very deep love for Earth and a driven interest in spirituality and metaphysics. He has devoted himself to intense metaphysical studies of varied disciplines, focusing on understanding the energy of the living Earth from both scientific and metaphysical perspectives. To learn more about James, go to his website, www.Earth-Keeper.com, or contact him at tyberonn@earth-keeper.com.

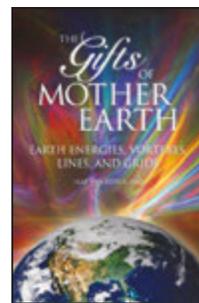
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You Are the Unified Field

Jeshua ben Joseph (Jesus) through Judith Coates

Beloved one, I have been watching what you see on your screen as sports events. I have been quite educated in understanding some of your sports, such as football. I am not quite sure why they call it football; most of the action has to do with running and carrying and throwing and very little to do with the foot. But okay, it is football. I was watching this because we had games back in the days you shared with me 2,000 years ago. We had games, but they were a bit more gruesome. Now, I know that football can be a bit injurious from time to time, but it's not quite as harmful as what the gladiators performed for us 2,000 years ago.

Later I watched the game of putting the ball in the basket. I watched the ones who are now the gladiators, the tall ones of your population who are almost as tall as the rim of the basket, easily put the ball in it. It is most informative to watch the ones who are very good at getting down the court (a different kind of court) and getting the ball into the basket. They subconsciously — it is not a conscious thing, for the most part — see the whole area, the entire field of the court. They have what you term an extra sense of the allness around them. So though it may not seem to be conscious, it is within their consciousness. It is within their awareness even at a subconscious level.

They can picture the entire field in their minds. They are the ones who become really good sports players. They have a clue as to who is running behind them and around them. They have awareness. Your technology has brought forth what your experts call the cloud. Your sports stars (as they are called), the ones who score, tune in to the cloud around them. There is an extra sense.

No, you did not miss it. You might think, "I didn't get that part when I was born." Yes, you did; you got it. It is part of the extended human condition, and you have it. You understand what I am saying to you — perhaps not in those words, but you understand that there is a field of energy around you, and you can tune in to it.

Here's a case in point: You walk into a room, and everybody sitting there is really dejected about something. They have had a heated argument. You can feel that energy. You might say to yourself, "I don't think I want to stay here," and you leave the group because that is not where you want to be. Another time you walk into a room, and everybody is laughing, smiling, and giving each other hugs. The energy is good, and you stay. All of you have

that sixth sense. You have the extended field around you. All of you can sense energy.

The Power of Choice

I watch you, and I am your cheerleader. I see the times when the smile comes over the face, and maybe on the inside you think, "You know, I could have had an easier life than this." Then another smile comes, and you think, "Well, I am going to do my best with it, and when I exit, I will look back on it and give myself an A+ because that's what Jesus would do." Yes, it is.

Ask yourself any time you have a problem, "What would Jesus do? What would Jeshua do?" And you will know. You can remember because you walked with me 2,000 years ago. You saw that there were times when the human condition was not as favorable to me and times when I could have groused. To tell the truth, there were times when I groused. I said to my heavenly Father, "Why is this happening? What am I supposed to do with this?"

When I finished grousing and complaining, I took a deep breath, and I knew that everything I experienced was a gift of creativity. The decisions you made that later you regretted have the greatest gifts in them because they prove at least two things. First, it proves how creative you can be. Every condition that you are in is one you have created. So look at everything and say, "Wow, I didn't know I was that creative." Second, every experience you have brings you to a place of greater understanding of what other brothers and sisters might be going through so that you can help them when they are feeling down. You can say, "I understand, but you know," and then you share with them a bit of the experience you have had, something to bring them to understand that they do not suffer alone. You have been there. You say to them, "I've been there. But you know, I didn't stay there, and you don't have to stay there."

They might say, "Oh yes, I do." And you will just laugh because you know that on the morrow — the next day or the next week (it may take a little longer) — they will come to a place of looking back on it, because that is what has happened with you and for you and as you.

Human life is a gift. Every morning you give yourself the gift of waking up. Do you know that you leave the body at night? You leave a small pilot light on so that it



is still there when you want to collect your body again in the morning, and you remake yourself in that instant when you wake up. Think for a moment about how powerful you are to remake yourself.

Usually what you do is think back on how you were the day before and collect all those thoughts and feelings to you. But you can improvise. I have seen you improvise. I have seen you choose. You have the power of choice. And yes, there are times when you do not seem to have the power of choice. I understand that feeling too.

In the garden of Gethsemane, I asked, "Please, can we do this another way? I don't especially want to be on the cross. There must be another way we can do whatever I'm supposed to do with this lifetime. There must be another way that I can teach the disciples and everyone who has come to hear me. There must be another way."

I listened for another way, and I heard silence. I addressed the Father again. I said, "Hey, you know we're very creative, and I've only had thirty-three years. I wouldn't mind having a few more years to travel. Just think of all the ones I can interact with! And I can give your message to ones in other countries. Don't you think that would be a good idea? We can let tomorrow pass. We don't have to do the resurrection. I mean, I'll come around to that later, but maybe ..."

I listened, but there was no answer. Finally, after I had agonized — and I did — I decided, "All right, if that is the path, I know I won't be traveling it alone. I know the power, the spirit, of the One activates every day of my life. Therefore, we will go forth and do what is necessary."

There Is Purpose in Every Experience

After the Crucifixion, I came forth from the tomb. I remade the body the same as you do every morning. You wiggle the toes, you stretch forth the arms, and so on. You check it all out. You put it together the way you remember it. However, the way it was the day before does not have to be how you make it this day. Take that deeply within the consciousness: That which you experienced before you went to sleep does not have to be picked up the next day. I know that the teaching of the human condition says, "Well, it's likely that if I had a pain in my shoulder one day, it's going to be there the next day." And with that thought right there, it manifests because it knows you expect it.

Now, how do you change that? Practice, my dear, practice. I say this to encourage you. Now, if it is not happening for you, do not heap guilt on yourself. Do not say, "Oh, I'm too weak," "I don't know enough," and so on. That is not true either.

There is purpose to everything you experience, and sometimes you will not know the purpose until you release the body. It does not always have to wait that long, but sometimes it does. At some point, either in or outside time, you will understand the meaning of

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Sunday, July 22nd – Friday July 27th
\$450.00 per person*

*Includes reception, five luncheons and evening channeled messages.
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everything you have experienced, and you will see that it truly was a gift.

Now, I know that when you go through physical or emotional pain, it can feel like hell. Again, you are the creator. You are creative. And even if it really pains you, call it all good. In every such experience you make for yourself, you receive first the gift of, "Oh my God, I've done it again. I've slipped and fallen. I feel the pain in my shoulder. I feel it again." Then you stop, take a deep breath, and say, "Darn, I'm so creative." Take out your notebook and write down an A+ because you have been creative again.

On the first instant of the day, you are creative. You can say, "How will the rest of the day go?" And at the end of the day, you can take out your notebook and write down what you have done, how it was, and the number of times you smiled through it. That is also a gift you give yourself — the smile. Every time you smile, you get a thousand points in heaven. It is true. So keep smiling.

Did I smile on the cross? Actually, I did. Now, there was training I had done with masters in (what you call) the Far East about pain in the body and whether to feel it. You can train yourself to be outside the body. You can see what is happening with the body, and you can remove your close association with it to just observe it.

It does not usually happen the first time. Walking on water did not happen the first time either. Start out

with a little puddle on the floor, and try that first. It's the same thing with everything else you experience that you want to change. Allow yourself to approach it from a different perspective. See yourself as the energy you are, activating the whole energy field. Put yourself into that field, and allow the energy then to spread out so that it is less defined.

Take a Different Perspective

The expansion of energy into the entire field is one lesson the masters shared with me so that I could, when I was on the cross having those big spikes pounded into my hands, lift my consciousness — my awareness — out of the body and be in a space of love. I knew that the centurion who pounded those big spikes into my hands did it out of fear. If he had not done it to me, it would have been done to him. Therefore, he was motivated, but he did not want to do it. And for half a second, he could feel whatever pain I would have felt, and he was forever changed.

He has come back in this lifetime, and we have met. We have exchanged a hug. He has wondered for some lifetimes whether he would be forgiven, and he lived some lifetimes after the Crucifixion as a most worthless human being. He did everything that you would look on as being negative because he felt that he was worthless. But after a while, he got through all of that, and

he became a wise one who taught the small ones or the taller ones who were lost that it is okay to hit bottom. After you hit bottom, you bounce, you come back up — sometimes right away and sometimes not.

Never feel that any experience is a punishment. Even when you trip over something and hit your knee, do not take up the guilt and say, “Oh, I’ve done it again. Clumsy me.” No, you do it to prove how fast you can heal. Have you ever thought of it in those terms? You do it to prove how strong you are even if it is just to the point of saying, “Well, I must be really, really strong, because look what I’ve just come through.” That is a good way to look at it. You are the “overcomer.”

Draw from the Entire Field

Everything in the human condition passes. It does not stay. It comes to pass. When you look at it that way, it is not quite as heavy. It has come to pass. It is written in your Holy Scriptures that things came to pass. It came to pass that on a certain night, a certain star in the heavens foretold that there would be some interesting events. You can make the story for yourself, and you do every day. You are writing your own story. Make it a funny one. Put some jokes in it. You can do that.

You have the whole field of energy around you to draw from. You think (I know this from the human lifetimes that I had), “I am just at a certain point of being.” But you are, in truth, the whole field. You draw from the whole field of Being, the unified field that one [Stephen Hawking] was recently trying to explain. The unified field is you. It is from whence you came, and it is where you go after you take the focus off individuality. The unified field is you, otherwise known as the Allness of you, the Oneness of you.

The unified field of energy is your divinity. There are many theories about how the field is energy and how it becomes real, how it can interact with itself, because that is truly what it does. Ones can try to delineate and say, “Well, there is ‘this’ field, and there is ‘that’ field, and they act together.” But when you look at a pool of water, one edge is not separate from the opposite edge. This is the great truth of the unified field.

What do the words “unified field” tell you? All are one. If you were to look at one edge of the field that has certain characteristics and then look at a different edge, those edges can be described in different ways, but it is one field. Everything interacts with everything else, having an effect on everything else, which is you, as an individual, having an effect on every person with whom you interact.

You are part of the unified field. Perhaps you are one edge of it or the middle part or the edge on the other side, but all parts are unified as energy expressing. That is what the body is right now. It is energy put together in a form you can work with.

In essence, when you take it to the smallest particle, it is energy. It is divine energy, and it is unified in the being of you as you have called it forth. That is your unified field for a few years or however long you want to make the lifetime. So have fun with it. Allow yourself to skip through life. Allow yourself to know that all the people you meet are part of the unified field of energy doing the best they can, and they want to be acknowledged as the Divine energy they are (probably not in those words because they would not understand them). They want you to look at them and smile and acknowledge that they are beings in this day and time, and they are doing the best they can.

You might look at someone and think that on a scale from one to ten, he or she is about a one and a half. Remember, that person is doing the best he or she can. In another lifetime, he or she might come back as a ten just as you have done. So understand how great you

are. Understand that you are the unified field of energy appearing as an individual parcel, and when you take a deep breath and feel the peace that comes with it, you have allowed, for an instant, connection with the unified field of Divinity. That is how great you are.

Beloved one, I love that which you are because I know that which you are. I know the times we have walked together and laughed at all the small things that happen in the human condition. Everything is to be appreciated. Everything is to be understood as energy and to be loved as I love you. So be it.

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

You Attract Awareness

Sanat Kumara through Maureen St. Germain

Take your seats among the great ones. See yourself sitting with us as cocreators of your reality. Imagine you are going into a great hall filled with people. You are escorted to the front where you sit with us, the ascended masters. Your commitment to your processes has awarded you the privilege to a seat of honor.

This is Sanat Kumara alerting you that as a spiritual master, you are cocreating every moment. Now that you know this, we know you will be very careful with your thoughts. It is irrefutable that whatever you manifest, whatever you imagine, be prepared to always add your emotion of joy, satisfaction, and gratitude.

We ask you to make your manifestations even bigger. We ask you to make them bigger for humanity so that they can find what you find, either through their efforts or the efforts of others who are similar in understanding. Keep your faith. Know with absolute certainty that you are a master and that you are cocreating the reality.

Do not be afraid when difficult things come up. Instead, say to yourself, "I am the master. What should I do?" At first, you might giggle, saying, "That's funny," and then go with it. Say to yourself, "Let's do this!" So we say to you: Let's do this! We are ready, and so are you.

We call you forth to be part of the transformation of the reality on this planet. There are those who are making loud noises, bringing out every misuse of human light for examination. While those who are part of this transformation have already moved on to a place of no

karma and couldn't care less about the misdeeds that come from misuse, we ask you to say daily prayers for divine government. Say daily prayers for the government leaders to bring forward great accord.

The false media has achieved little in convincing the true lightbearers of the misuses as being a cause for not being permitted to bring the light forward. We say to you that all is forgiven. We say to you that there is no judgment.

Your Thoughts Are Enough

There are misuses at every level, but those misuses are often small compared to the great goodness that also comes from this. Remember that humans do not grow up always getting better. There are slips and slides, there are mistakes, and there are unintentional slipups.

We ask you to continue to stand tall and to say, "That was then, and this is now." We applaud your efforts for everything you are doing. We ask you to recognize that you are part of the frontlines of lightbearers who are being called on to offer prayers of love and guidance around all you see who are misusing their opportunity or misusing the light.

Remember, there are many who are to be pitied more than scorned. Your hearts are open. You are the



solution. Because of this, you are being called to help others.

Many of you have said, “How can I help? I don’t know what I can do. I’m not able to do ‘this’ or ‘that’! I need to do my job. I need to look after my children. I have all these responsibilities. How can I help?” And we say to you: Your thoughts are enough.

Imagine you are in a meadow where you can see the mountains and where you can turn around and see the ocean. Allow yourself to prepare a beautiful fog energy blanket that is readily available to people who have the slightest inclination to become one with the earth, admire beauty, wish for a better way, and wish for less hassle or drama. These thoughts will trigger an opening in their hearts that will allow the great love that you are bringing forward to penetrate them.

Keep in mind that many are called, and it is incumbent on you to pray for those souls. So pray.

Allow What Doesn’t Serve You to Pass

A decision was made to include everyone who is able. So instead of the tipping point of humanity’s transformation being around 51 percent, it can be much less. All who are willing to take this leap will move forward. Many will opt in. The opting in can be something as simple as, “I don’t know what the solution is, but my intention is to help however I can.”

Remember, it is your responsibility to stand up for the downtrodden. Stand up for those who have been criticized even if the criticism is valid. Simply say, “Well, I made a few mistakes in my life, and I would not want my mistakes displayed for everyone to see. I am going to pray for a quick softening of that criticism.”

Many are taking hits for top leaders. As soon as information is forthcoming, it will vindicate those who are currently in the limelight having their every move examined.

We wish to remind you that human DNA was adjusted or played with. One of the adjustments was to amp up the sex drive, and it is especially prevalent in today’s society. The more you become connected to the light, the less that vibration affects you. You have good effects, and you have wholesome relationships. The carnal drive is agitated or aggravated, seeking that resolution.

Every one of you is a great being. You are all being compensated by receiving gifts that you have asked for. Claim them. Each of you carries that God spark. This very special direct link to Source allows you to be a cocreator.

The things stopping you are your belief system, resistance, and doubt. Begin by first deciding to change your belief system. Only then can you remove the resistance. Announce to yourself, “I am a cocreator.” You might ask, “Who am I to change the situation, to take this action?” And we say to you, *who* indeed!

You are too tentative with your divine guidance before you take any proactive or creative action because you still carry your human biases for preferences or prejudices, and you exercise your human personality. This can influence what you *think* needs to happen.

To ensure that you are using your God spark in the purest possible way, do not concern yourself with, “Who am I?” Instead, you are in alignment with the Divine connection when you ask, “Is it in the highest and best good for me to work with this and to help hold the energy of unconditional love in this situation?”

Anything created by your human personality comes out of your misunderstanding of what is really happening and will simply evaporate and fall away when you do your cocreation.

Finally, address the resistance you have regarding your beliefs. It may not come from within you. Your self-doubt magnetizes resistance that then anchors within you. It’s similar to when you decide to buy a particular brand of car, and then you see it everywhere on the street. You attract awareness. The resistance of “Who am I?” as well as the self-doubt are what is being radiated at you.

So as long as you do your work with your divine self and work with your higher self in terms of clearing your personality and dramas in your cocreations, those things cannot affect you. Be aware that it is very easy to slip out of alignment when someone pushes your buttons or something happens that you disapprove of. So notice when someone pushes your buttons or aggravates you, and set a replacement response in your mind that you practice before those events occur.

Would you like to create a proactive pattern? We will give you an example. We told this channel that she is very loving and kind until she gets behind the wheel of a car and someone drives inappropriately in front of her. She becomes frustrated because she has to take corrective action. She knows she is judging others in those moments. We told her to bless the others and announce to herself that they must be in a bigger hurry than she is! Sometimes the drivers who have been discourteous and changed direction quickly might have just realized the exit they needed was coming up.

Allow what doesn’t serve you to pass through like water passes through a strainer. The strainer is created from your sincere desire to be of service where you can transform anything because you make it so.

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

Move through the Veils of Illusion

Archangel Uriel through Natalie Glasson



Greetings and love extend from my heart to yours. I am Archangel Uriel. I am the guardian of angelic wisdom and an activator of remembrance of the Creator within all. This is often why I am referred to as the wisest of archangels due to my ability to activate wisdom within others, bringing it to their conscious awareness.

My role and purpose in the ascension process is becoming greater and more involved as many people on Earth consciously choose to remember the Creator and the truth held within their sacred souls. A great awakening of remembrance is dawning; there is a desire, a calling, and a passion growing. Souls on Earth are preparing to move through their inner veils of illusions and recollect their inner truth. Souls are seeking the illumination and enlightenment they once recognized within their beings.

Many souls are calling on me because they are disappointed with the illusions within them and around them. They are disappointed with the way of the world, the seemingly slow process of spiritual evolution, and feeling unable to serve with their current understanding and abilities. I am answering your prayers. I am bringing forth a wave of energy to assist you in moving through your inner illusions to be liberated and to accept your inner remembrance of the Creator.

My purpose is to begin to release and heal the veils of illusion that have been obscuring your view of the Creator and yourself as an expression of the Creator. With my support, you will be able to see through and beyond illusions, recognizing them as limitations rather than truth or fact.

How to Recognize an Illusion

An illusion is an impression that has become real and fully present within your being, perceptions, or reality. Everything you know within your being, thoughts, and reality was once an impression. Energy was added to the impression, and it became real.

Many of the beliefs you have about yourself are simply impressions downloaded from the consciousness of humanity or past experiences. Everything you believe to be true is, in fact, a creation. Therefore it can be transformed. Illusions often limit you and create boundaries

that maintain you in a certain space, mindset, reality, or pattern of creation.

To recognize an illusion is to realize that it does not allow you to grow. Instead, it diminishes your power and grounded presence in the world. An illusion is most often something you have either created or accepted as truth.

When you have the awareness to recognize a behavior, belief, or perception as an illusion, then you begin to see through and beyond it. A question arises within you that invites you to replace the illusion with something that invigorates, inspires, and awakens you to the truth of the Creator. It is as if the veils are removed and you are able to see, sense, or acknowledge what has always been present, which is the truth of the Creator in all its beautiful forms. You make space for a new realization to dawn.

It is my purpose to support you in becoming aware of the many illusions hindering your connection with and remembrance of the Creator. When you call on me, I will serve you in this way. I will bring forth your inner light with greater power for you to bathe in, absorbing the truth that has always been present and waiting to serve you.

Due to the many ascension waves of light and consciousness anchoring into the earth, many people are glimpsing, if only for a moment, their truths. They see, sense, or acknowledge themselves beyond doubt, fear, judgment, suffering, and failure. Instead, many see, sense, and acknowledge without ego that they are loved, supported, valued, and accepted. They see they are successful and can experience fulfillment. This realization is healing and fortifying. It creates space for the Divine to be present and for transformation to take place.

Once the truth of self and Creator merged as one within your physical body is realized, then a journey begins of embodying your truth permanently on Earth. This is a cycle of remembrance. It is often not instantaneous. Instead, it is an experience of subtle recall over a period taking place in this way so as not to overload your systems.

Receive Archangel Uriel's Support

I invite you to receive a special healing and energy

download within the angelic chamber beyond illusions within the angelic kingdom. I will invite you to sit within a gold and silver star tetrahedron, which is two triangular pyramids, one with its point facing upward and the other with its point facing downward. As you sit in the center of this gold and silver sacred geometric shape, light will extend downward and upward from the points and pass through the center of your being. The light of the gold and silver star tetrahedron is composed of my energy. Allow the light to merge with and through your being.

First focus on your soul star chakra. I will pour gold, silver, and white light into this chakra until you feel it expand. Next focus on your Earth star chakra below your feet. I will again send my energy into this chakra until it expands. The purpose of this practice is to clear illusions and create space for light as if we are creating freedom and flexibility within your entire being to promote necessary transformation. Now you will feel the light of the star tetrahedron intensifying and moving throughout your entire being with greater ease. I will gift you with my light of wisdom, truth, and remembrance of the Creator.

Imagine, sense, or acknowledge me in front of you. See me blend my energy with yours, especially with your third eye chakra, causal chakra (at the back of your head), and crown chakra. I download new wisdom, energy, and truth, creating space for divine inspiration to anchor. I then blend my energy with your feet chakras, root chakra, sacral chakra, and solar plexus chakra. This process removes illusions that are no longer needed and also prepares you for seeing, sensing, and experiencing beyond illusion.

During this part of my healing with you, you might realize illusions that require your attention, or this may come at a later date. Simply observe any insights that arise, acknowledge them, and then let them pass.

I now surround you with a gold and silver ray of light, and I swirl it around your entire being. This further activates the star tetrahedron you are sitting in. It begins to spin as I guide it. It is important for you to hold your focus in your heart chakra, acknowledging you exist beyond illusions to recognize and be reconnected with your truth and the light of the Creator. The ray of light is my ascension wave that supports your awakening and remembering the Creator. Please remain in this space for as long as you feel it is needed.

When you are ready, take time to observe and acknowledge every part of your being as a way of grounding and embodying the healing and awakening I have shared with you. Continue to call on my energies in the coming days, inviting me to be present with you to assist you in becoming aware of and seeing through illusions to recognize and embody your truth.

My healing and awakening is available to you whenever you feel guided to experience it. With angelic wisdom, love, and support, this is Archangel Uriel.

Natalie Glasson is a channel, author, workshop facilitator, spiritual mentor, and founder of the Sacred School of OmNa. Natalie has been a channel for over ten years, dedicating her life to awakening others to the light of the Creator. She made a contract many lifetimes ago, during the time of Atlantis, to assist people in anchoring sacred energies into their bodies. She continues this service today. For more information, see www.OmNa.org.

Manifest Divine Love Each Day

Gaia through Cristi Jenkins

Dear ones, I am Gaia, and I encompass many different energies and life forms that compose the infrastructure and living body of Earth. All elements and structures on Earth have consciousness. They serve the sacredness of creation in living physical form, which in essence (or in a different way of seeing things), manifests via sacred unity and the breath of life.

When you sit on a rock, you sit on a living being. She may seem solid and unmoving, but if you think about it, she too moves and lives as her atoms work together to maintain the physical form she holds as a solid rock. Is there Divine consciousness in this? Of course there is. How do the atoms know how to interact to continue to create physical form? This is Divine consciousness on Earth at its root manifestation. This is Divine love that

manifests in every aspect of creation. This is the Divine love that moves the many complex and wonderful workings of your physical vessels as well as those of the plants, animals, and structures that support life on Earth and provide you with a very keen mirror of your sacred place in life, if you choose to see it.

You see, by design, your minds and hearts have been allowed to darken over many years to the point that most of you have forgotten that you have never been separate from the sacred love of the Creator. The very breath of intelligence is with you every moment you walk on Earth. Consider also that the breath of Divine



intelligence and structure also continues when you lay your physical bodies to rest in the earth. Life continues as structures change form and return to a state where molecules can support new life. You are not separate from the processes of life. Yet many of you have learned to fear the inevitable processes of life and rebirth instead of embracing the lessons that may come your way and finding how they bless you within the time frame of life on Earth. You are all interconnected to the Divine consciousness that not only supports and blesses you while you draw breath but also continues after you separate from your body.

Many of you see this as something to fear. Do not be afraid of what you do not understand. On Earth, as with the collective body of life and sacred breath that allows the continuation of life and death of the physical vessels of many beings there, a divine parallel exists on what you call the spiritual plane. Your understanding of this — indeed, the very idea that you are separate and less worthy of life when you are in physical form — is part of the grand illusion that comprises the experiences of Earth.

Expect Resistance to Awakening

Human beliefs are quite strong in your current world and are built within the very structure of your brains to primarily see life in ways that will support them. Over the years, social institutions have manipulated these implicit biases to further cause you to embrace the illusions that physical life is to be feared and that you are separate from the Divine while in a physical body. This is behind the fundamental lessons of Earth.

As developing humans, you automatically believe what you have been taught in your homes and social structures, often seeing yourselves as separate from the universal, loving breath that supports all life equally. Yet when you choose to open to the great mystery of life and feel the unity that equally supports all life on Earth and embraces the Divine consciousness that moves and supports the existence of numerous beings on Earth, your human family often tells you that you are mistaken.

Many of you have sensed and have known the love of creation in your hearts. You have felt the love in your hearts that defies the human “truths” taught to you in error. You are often conflicted when your sense of sacred connection begins to awaken and then you are labeled as foolish by others. Such are the illusions and difficulties of Earth, dear ones.

When you continue to open to the connectedness of all life and you remember that every physical structure of Earth embodies Divine consciousness in its molecular manifestation, you begin to unfold into a greater and more expansive reality, one that allows you to sense and innately know why and how all life is interconnected

and sacred in its essence. When you connect with this sacred knowing and, in a sense, surrender the old human need to be separate to live the illusion of human ego, your internal consciousness rejoices. The consciousness of your cells and atoms experiences more support because you begin to release the illusion that you are separate from the Creator’s blessing that equally blesses all. You begin to understand in a new way that unity cannot fight itself even within your body, as it too is a vessel of Divine consciousness that is cherished and valued immensely by your soul in whatever illusion you choose to experience.

Many of your peoples have kept these sacred truths alive and had to keep them hidden. All life is sacred. All breath is sacred. Never ever does the love of the Creator die — never. It always lives within and without, above and below. It exists within each of you and everything on Earth in every moment. So the parallels of life on Earth and of what you call the spirit always move in consciousness.

Creator Has No Favorites

When you pass from your physical vessel, you understand more fully the purpose of Earth and its many lessons. You see how the structures of nonphysical existence have existed outside time. You understand more fully that you, and indeed all life forms, have never been despised or diminished in the Creator’s love. You see more clearly how the human illusion of separation from Divine love, which seems so real in the moment on Earth, makes the realization more cherished that all are loved and connected by the breath of Divine love. This love is real, dear ones. I invite you to open your hearts and minds to this truth and to let it fill your beings with the innate awareness that all life on Earth carries within it the Divine love and consciousness of the Creator’s vast and expansive love.

You live and operate in a grand illusion. On this planet of free choice, the illusion has been allowed to play out over many incarnations. Even though many of you may not yet, in your human form, understand the true meaning of the sacredness and connectedness of life, many of you yearn to return to the knowledge and comfort of knowing that all life on Earth is conscious, sacred, and blessed with the ever-present Creator’s love.

As you walk in the forests or deserts, as you smell the robust yet gentle hint of fresh rain on the breeze, as you immerse your senses in fragrant blooms and feel their cool fingers tickle your face, as you listen to the birds sing and fill your heart with glee, as you watch the puffy clouds dance across the sky, as you feel the soft fur of a faithful companion, and as you breathe in the life from the plants and return life to them with each breath, you remember the sacred connection of life. You

are reminded with each breath that the Creator truly has no favorites.

This understanding is deeply comforting. Many of you long to move beyond the illusion of separation and to walk once again in the knowing that you and all life forms are loved without measure and that all life is sacred. Know that it is in the highest good for all to return to ways and beliefs that support the unification and mutual benefit of all Earth's inhabitants.

When you remember that all life is held in equal value in the Creator's eyes, it becomes easier to live within the human illusion of Earth, to seek to live and walk in balance where you constantly remember the delicate, conscious interplay of life that continues into what you call physical death as well, which is really just a continuation of life but in a different form. All life is sacred, dear ones. You remember and feel within your core being that the atoms and structures composing physicality move with the blessing of the Creator's consciousness and love. To believe that you are separate and somehow above this Divine consciousness is a very human illusion indeed.

The difficulties many of you are experiencing at this time remind you that a different way exists to frame life. May you return to the breath of unity as your conscious companion. Call on the Divine love that is within and all around you — that manifests that all life and, indeed, every moment is sacred — to support you with greater consciousness.

As you begin to awaken to the true nature of living life in a way that transcends the human illusion of separation, this will gift you with a divine sense of comfort. With each conscious breath, you acknowledge Divine love within your being. This, in turn, allows you to quietly live as a conscious beacon of love that, without fanfare or bravado, moves within the mystery of unconditional love and sacred unity that many have yet to understand. Do not be afraid, dear ones, to manifest the breath of Divine love in your lives each day.

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

Exit the Frequency of 3D Fear

The Collective Soul through Carolyn Gervais

Today we are going to discuss the whats, whys, and ways of fear. You have all been carrying around more fear than usual in the past eighteen months of physical and political unrest throughout much of your human world. We are proud of you for what you might term “hanging in there” as well as you can. Fear is a common feeling when living in a realm of duality, but you can also see it as a tool that has helped to move the energy of humankind and your planet onward to purer frequency levels of consciousness.

You are now working with the energy of the fifth dimension. Some might ask, “Why do we still have these physical bodies to carry around?” Many of you thought by the time you reached the fifth dimension, your bodies would be made of light energy. Dear ones, you still have some or a lot of perceptions, beliefs, and residual experiences within your 3D akash that activate 3D feelings and fears, and you are still learning from and resolving those. Some of those feelings and fears can cause you to doubt your spiritual journey and create frightful thoughts of what could come next.

Many have not yet adapted, chosen, or accepted that their bodies and minds have been transcending as their consciousness light quotient expands and moves them into purer frequencies of the energy levels of 4D and 5D,

thus keeping the memory of fear more apt to be a part of life.

So let us talk about fear and how it is also a very valuable tool. Let's look at fear through the eyes of young children of three to six years. The world is very exciting, and at those ages, children have basically already learned how to deceive their parents to the point of sneaking around, because they are eager to play with any object, big or small, that they have been told is dangerous. Young children are usually not afraid to try new things because they don't yet know what can possibly harm them. That is why a young child can't wait to get inside something like an old, empty refrigerator when adults aren't around or paying attention.

If these young children were told what horrible things could happen to them if they were to become trapped inside the old refrigerator, like running out of oxygen and being in total blackness, they couldn't really comprehend the degree of fear and suffering they would surely endure within that kind of construct unless they had experienced something similar. The words “be careful” are wasted on



the very young who are still basically fearless because they don't know what they don't know.

That being said, challenges at any age can provoke thoughts of new fears that will open and nudge the mind to come up with new ideas and concepts that create new ways to understand and cope with fear-based issues.

What Fear Looks Like

So what does it look like when in the 3D environment of ego fear? When humans experience life just in survival mode, they might express their fear through anger, by stealing or maiming others, by using demoralization and humiliation as weapons, or by defaming another's character and perhaps ruining his or her reputation and livelihood. This is what working habitually out of your limbic, reptilian brain looks like. The five basic senses of the body and mind become "me" oriented, activating the reptilian brain, which is all about surviving what you fear most. The fight-or-flight reaction is triggered in this part of the brain as well.

Humanity and Earth are becoming more aware of what dark energy must be transcended. That dark energy is presently being spewed from those who murder for the feeling of power or out of fear of losing their lives in some way.

Humanity is learning now that the five senses have evolved enough to open most hearts and minds to higher energy frequencies. Your consciousness is being flooded with the energy of the higher senses from the fourth and fifth dimensions. These new senses will help pull you out of the 3D residual energy of fear, if you choose it.

The New Children have been coming in with most, if not all, of their experiences from past incarnations, including what they learned from all past fears. For example, as a child, our channel watched all kinds of television movies and programs about life experiences, and when she did, she felt every character's feelings and emotions to the maximum degree — as if she had lived the lives that were being portrayed — through their pain and happiness on the screen.

The Purpose of Fear

Living on your Earth most likely means living in fear at least some of the time. Fear is a feeling that is necessary when you are not paying enough attention to what is going on in your psyche or around you. It's an irritant that grabs your attention to the point you will take notice of what is trying to make itself known. If you do not take care of the irritant, it can become all-consuming until it disrupts part or all of your life.

It's like a drug habit, let's say. Users know overdosing could eventually be their downfall, or death, but they keep thinking that "tomorrow" or "next month" they will get help to quit or that they will find a way to quit on

their own. But they keep pushing that commitment to themselves further and further down the road, waiting for some miracle to make them stop, thus ignoring that particular irritant.

What you are experiencing at this moment in your evolving self is the upheaval of all emotions, beliefs, fears, and experiences from your past, present, and future incarnations, which are all going on at the same time. This evolutionary process is training your minds to think in a more multidimensional way in order to take what is needed from your quantum self to become a whole and complete spiritual being as a human. This, in turn, prepares your 3D residual memories of the human body to transcend into light as the human consciousness evolves and becomes fully aware of itself as spirit/light.

Life is becoming more entangled to the point that all pasts, presents, and futures are being weaved together as one life, one self. While this continues to unfold, all will be working to complete themselves from within by expanding their minds and consciousnesses, bringing more soul-infused ideas and abilities that encourage love and forgiveness for one another, which will continue to help and unite people and countries until peace resides everywhere on Gaia.

The Cleansing Process

However long the cleansing process takes, fear, havoc, world problems, and problematic people will appear to come out of the woodwork. They bring with them the seeming power to harm and destroy and the ability to control others through corruption and wars.

This cleansing process, as unpleasant as it seems, is needed at this time because you cannot carry or be rid of the present level of dark energy without transforming that darkness with love, compassion, and the deep understanding of why dark energy appears to be real.

Humanity as a whole is responsible for all the dark energy that appears to have trapped many in fear and close hearts to the unity necessary for peace on Earth. Do you know people who are always angry and defensive, who come from fear? If you can, give them the love inside your heart by talking about something close to their hearts. Before you know it, they will be smiling because the weight has been temporarily lifted from their hearts.

Your present administration in the United States is showing you what you don't want in your lives anymore. This mostly dark energy is creating reasons for people to go over the edge. All darkness is on the surface now. This darkness is demanding your attention and that you give it what it wants. But you cannot give the darkness what it wants. Instead, you must give the darkness what it needs, which is acceptance through understanding that darkness has no power unless you succumb to fear.

Using wisdom through contemplation, study, and awareness of the world around you will help you see through the illusion of darkness.

Humanity, you can no longer disengage from your world because those who don't care end up hurting all of you who do care. It's time to wake up and take notice of what's around you and help each other to engage in the world in a supportive way, any way you can. It's your job, people of Earth, to unite and share your wisdom, hearts, souls, and energy. That is what your life is for, and that is why you are here at this time on Earth — to do, be, and live life to the fullest degree of compassion for all.

The Unison of the Trinity Energy

Archangel Zadkiel through Sri Ram Kaa and Kira Raa

We are here. Dearest children of this collective consciousness that you call Earth, you are arriving now at a peak moment of harmonic convergence. You ask us, "What is harmonic convergence?" We offer you the energy of that which you are seeking. Simply breathe and remember: You are the tone that you seek to be, and you are at the time when all tones are arising as a precious chorus of oneness.

Together, you are all a precious gift, a precious harmony, a precious unified recognition. This unification is for all, not just those you think deserve it, for judgment is outside of the harmony, and this harmony encompasses all.

At this monumental moment of abundant recognition, you are being nourished with every aspect of the Divine — every aspect. This is a virtual limitless experience as you call forward every aspect of all-ness. This includes all experience, all beingness, all representation, all expression, and every divine aspect without limitation. You could make a list titled "Here are all the aspects of my being-ness," and you would see that every aspect listed is nourishing you now, even if your list has things that you may consider scary or not quite right.

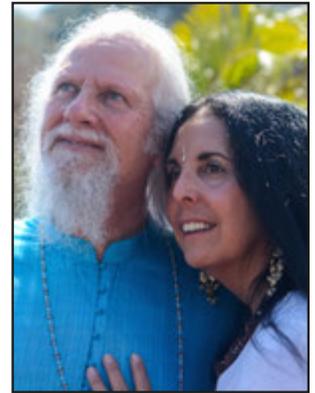
We ask you, are the things that you consider not quite right indeed a judgment in and of themselves? Who is the one in you that determines what is right and what is wrong? It is time for you to offer yourselves a harmonic realignment with all that is of the truth of your beingness.

Now how do you do that? Let us share more to assist you.

If you love the only higher power known as God that creates everything seen and not seen by human eyes, then realize that God creates everything and everyone with its only ability. That ability is the true power of unconditional love, which has no beginning or end.

Bless you for all your wisdom.

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



First, relax and invite your left brain for a nourishing walk. When you are complete, set it aside to take a nap. Yes, indeed [laughs], your brain is a precious gift for you to use during this earthly experience, and it is imperative for you to open to and invite back into your life the balanced harmonic of a unified brain reconnection.

Many in your worldly experience claim that only a small percentage of your brain is being put to use. This wondrous harmonic gift has offered you safety, navigation, ability, understanding, humility, humor, expression, and so much more. It is a wonderful gift, is it not? It propels you into many realms of beingness. It offers you the gift of putting together many Divine reconnections and in putting together the Divine reconnection to your Divine nature.

It is healing to recognize this, for you are at a time of profound opening. The opening has already begun, as you are in the cycle of the lion energy, which has a fulcrum aspect to it. This fulcrum aspect means simply that there are those who will lift and those who will pull, and there are those who will push and those who will squash.

As you experience lion energy, it is healing to recognize what is radiating through your body now. What is your body offering you, and are you paying attention?

The First Aspect of the Divine Trinity

Let us begin with the physical body. There are three aspects of this Divine energy calling out to unify. These three aspects may be three pair or three communities.

Please call it forward. This energy is beyond the simple three, meaning one, two, three. It is the unison of the trinity energy and the recognition of everything that you call into wholeness as Divine aspects of your beingness. Therefore, the first aspect of this trinity is your body.

When was the last time you jumped up and down inside your body and said with joy, “Yeah, this is my body! Yes, it may be changing — hallelujah! — but it is not static. Yes, a new aspect has called to me today. Right on!” It is most wondrously healing for you to call forward this gift.

When was the last time your body said, “Hello, I am your hip, and today I do not want to walk. Talk to me!” When was the last time your joint said, “Hello, I am your connective tissue. Are you connecting with me?” When was the last time your blood asked, “Are you receiving the sweetness of life?” When was the last time your bones asked, “Are you letting me support you, or are you trying to support everything else?”

Are you listening, dear children? Are you listening?

You see, your body is the greatest communicator available because your body is in the continual process of transcending the mind. The mind seeks only to keep you safe. The mind seeks to offer you reassurance with a pattern that you have become accustomed to. The key is to ask, “What pattern do I want?”

When all else offers you illusion, the body is a great humbler. “Oh no, I am as spiritual as they come, but I cannot walk today.” Yes! “Oh no, I have much to do, and suddenly I am too sick to do it.” Hmm. Pay attention. We offer you this because your bodies are the greatest teachers in this moment — your bodies, your *physical* bodies.

Always remember that you begged for this body, for you created it! “I want *this* one, *this* color, *this* shape, *this* way!” In the creation of this beautiful form, you were gifted with the absolute, divine knowing that you would forget, and in the divine knowing that you would forget, you were given the gift of a body to help you remember.

You are in divine union with your body — *divine* union. Where is your sacred partner? Rub your arms around your body. Where is my divine partner? It’s right here, loving you every moment — every precious second — of every day, every eon, and every evolution. You are loved dearly, and your body asks you often, “Why do you not love me?”

What do you say to your body? How do you treat your body? How would you treat any temple, dearest beloveds? How would you treat the temple of another?

In the energy of the personal trinity, when you call forth divine recognition and the sacred union of your body, you begin an energetic realignment with the center of the universe because you re-member. In loving your body as it is right now, you re-member. Your body can only help you re-member; it is a precious gift that was given to you.

Many are now crying out, “What is happening in this world? Why do you kill bodies? Why are bodies killing bodies?” Begin understanding this by recognizing the gift of your body, and from there, each body can honor another body. The legions of you have now come forward to assist you in remembering.

Understand the Gift of Is-ness

Can your heart open up ever more and remember that many are here in the time of harmonic alignment because you are loved so much that they offer you the gift of witnessing whatever you must witness so that you can remember and so that you can fully awaken to the divine memory of what you are to do? This gift transcends the concepts of a higher or lower consciousness, or a higher or lower beingness. There just *is*. Contained within the is-ness, there is the divine recognition of the absolute perfection of all that is happening, for within the is-ness, war dissolves because that energy is no longer viewed as war. Through the is-ness, you clearly see the selfless service of all who are recognizing and coming forward and being present so that all — *all* — may achieve Divine reunion and Divine communion.

Many often cry out, “What kind of a God could let this (war, destruction) happen?” We invite you to remember that you are the cocreative power of this universe — you! Can you relax and wrap your minds around that? Gaze into the mirror, look into the eyes of the Divine, and from there, this consciousness births in multitudes of brilliant expressions.

Your left brain loves you so much that it calls out, “What about me? I will throw a tantrum. What about me? It’s all about me!” You live in a world experience of me! Me, me, me, me, me, me, me, me! It is a siren of me’s! What happens when you hear a siren? You might be alarmed as the adrenaline races and your tummy gets tight. Now is the moment to refrain from alarming yourselves as you relax and allow the presence of beingness to come forward.

The divine trinity that begins with you — as you remember you — is in sacred union. You are all in divine partnership, and you love your beautiful bodies. You have beautiful bodies; they’re beautiful expressions, each designed to carry the energy that you asked to carry in this world. Be comfortable with your body as you allow the comfort of your body to determine how it looks — only the comfort. If you are comfortable and in joyous union with the body, then all is in divine order, is it not? Yes!

The Second Aspect of the Divine Trinity

Through union with the body arises the second aspect of the trinity — your recognition of Divine presence. Once you call forward recognition of the Divine

presence in union with the body, you activate the divine DNA within that ignites the portals of Divine presence that you are, and doubts begin to subside. Only doubt separates, dear ones. Only doubt separates.

How often do you doubt yourselves? How often do you doubt this world? How often do you doubt another? How often do you doubt your clarity? How often do others doubt you, and then you begin doubting yourselves?

With anchored recognition of the Divine presence, doubt cannot exist. When you navigate a doubt-free existence, everything shifts. So we ask again, what do you doubt? Most often, you doubt yourselves. You doubt your money, your time, your career, and your family. You doubt so much because you can doubt! When you stop doubting, you start embracing. You start living the experience of the fullness of the Divine. We trust you implicitly. Do you trust yourselves implicitly? Or do you have doubt? Separation and skepticism are bred in doubting consciousness. Skepticism can be a good thing! Within their skepticism, many are saying, "I love myself enough that I don't want to doubt anymore, so please help me no longer doubt."

Therefore, when you are skeptical, keep it in perspective. Ask yourselves, "Who is skeptical? What is the aspect of me asking, and why?" After you answer those questions, move forward and trust yourselves enough to recognize, re-member, reunify, and be in the Divine presence always. When you are in sacred union with your beloved body and ignited in the presence of Divine essence, doubt no longer remains, and all that is left is the recognition that the Divine essence is expressing, offering, and growing.

The Third Aspect of the Divine Trinity

Dearest children, you are light. Expansion is all you can do. All light expands. It is your divine imperative. As you expand, as your consciousness reunifies, and as you come into greater sacred union with your divine physical presence, you re-member, reconnect, and honor the Divine presence in you at all times. You begin to hear the harmony of the universe once more. The third aspect of the trinity is Divine love expressed as the harmony of the universe.

This transcends the emotional love of this planet. In the density world, love is often a false god. The word is used very loosely: "I love you *as long as you do this*. I love you *for a year*. I love you *because I should say that*."

Breathe and remember that love, in and of itself, is beyond a conscious act. It is your presence. Divine love can only be experienced when you offer yourselves the gift of recognizing the absolute Divine gift in every experience, every being, every action, every moment, and every breath.

Take a conscious breath. Keep breathing until you know what you feel. Keep breathing until you feel even more. Keep breathing until every cell ignites with the presence of Divine love. In the essence of love, effort releases and there is only bliss and recognition. There is the understanding that every aspect, expression, and beingness is in Divine harmony. From the energy of this trinity that begins with you, you are ready to make a choice. Let it begin with you, and then decide where you wish to take it.

The Divine Trinity and Choice

Many cry out: "How may I be of service?" All causes serve the awakening of all beings and all expressions. We invite you to trust yourselves as much as we trust you. All that you are doing serves the entire universal community. We invite you to remember you are at a time of waking up to galactic recognition, citizenship if you will, re-membering that you are more than this portion of the universal kingdom of Divine love.

You may have heard there are many mansions in the universal kingdom of Divine love. Have you created yours? Can you see yourselves in it? We invite you to remember that your veil can only be lifted to the level of consciousness that you choose to embrace. Therefore, make a decision. It is a blessing for all beings to embrace their Divine choices. Many of you have asked, "What is sin? Is there sin?" There is only one "sin," if you wish to use that word. It is to interfere with the path of another or to let another interfere with your path.

Is your mission important? Absolutely! You wouldn't be here otherwise. And whatever you decide, it is the commitment to the choice that unveils the miracle. If you vacillate in your choices, then vacillation energy arises!

Community begins with the harmonic trinity of you. You are the community you seek. One by one and together, you build the community of this world in the consciousness reflected by your personal trinity reunification.

What do you want this world to be, dear ones? When you relax into the harmonic trinity, all are with you here sharing, growing, and assisting. This is why so many are choosing to grow and assist.

Know the truth of All That Is. We love you dearly. Know that we honor you. We have great trust in all that you do, and we invite you to enter the Divine trinity of your beingness often.

We love you. We honor you. We are you, as you are we.

Sri Ram Kaa and Kira Raa are best-selling authors of five books, spiritual teachers, and cohosts of the number-one-rated Internet radio show, "Sri & Kira LIVE!" They live in the Andes Mountains of Ecuador where they are the custodians of TOSA Blue Mountain Sanctuary, a sacred site with petroglyphs, active ceremonial sites, and cosmic blessings. Learn more at SriandKiraRadio.com and at SriandKira.com.

Will You Stay, or Will You Go?

Alison David Bird, the Fully Integrated Avatar Grace Elohim

This sensing and knowing that change is now upon you and this exhausting feeling that you are somehow stuck in limbo — unable to move forward even though that is your desire — are signs that you are experiencing the planet traversing the light fields (as the quantum separation of three-dimensional reality and the higher fifth dimension continues). Your consciousness is passing through a time portal, a wormhole, created in the fourth dimension in a process described as crossing the golden gate.

The golden gate, the rainbow bridge, the Ark of the Covenant — all mean that a light portal bridge has descended and has anchored in the second dimension. The Amenti stargate in the Agartha network is open and protected for a limited time for passage into the golden Andromeda complex of systems and stars, where Earth will come to rest in a corresponding fifth space-time light field.

Your increased awareness of the timelines as they stretch out before you demands that you choose now! Will you stay, or will you go?

As you shift from one timeline to another, it feels as precarious as hopping across steppingstones over white-water rapids. As you lift off from one, the stone behind you sinks, dragged under the fast-moving waters and tumbling over the rolling rocks of the riverbed.

The stone in front rises up to meet you as quickly as your mind can think — at the very speed of thought! There is no need to wait for it to appear. And if you do,

you risk being washed off the path entirely to be dashed on the rocks beneath.

Whatever holds you now, cut it free! You know in your heart where you are meant to be — and the faces of those you will see around you there. This version of you is being called by the energy to be.

Anything else is an excuse. Three-dimensional restrictions, rules, social norms, and expectations no longer apply. They are merely limitations. So when you have stepped away from these things and you still feel unable to jump, it is only from a place of fear. That means there is still a fear program running somewhere in your field.

Say, “I release the frequency of fear and another of doubt; they no longer serve me. I replace them with the frequencies I pull down of faith and truth, and I allow these frequencies to run like a new program in my system, because I am. I am. I *am!* I am the master of All That I Am!”

And so it is.

Alison David Bird is the avatar Grace Elohim. A creator-level oversoul, Grace is fully integrated within Alison's biological vehicle. They do not channel conventionally. Information is transferred via kelontic data streaming. Alison, a former medical journalist, finally accepted her role as a psychic healer in 2008. In 2012, she was contacted by Pleiadians of the GFL, and in 2013, she was bestowed with Marconic Energy, for which she has been custodian over many lifetimes. To learn more, go to www.Marconics.com.



Prepare to Don Your Lightbody

Supreme Creator Goddess through Luanne

All are the same in heaven. All have the Creator gene to create all desires with the exception of “do no harm.” “Peace to all beings, and peace for all beings” is our mantra when manifesting.

The morning ritual of cleansing all your bodies using crystals and archangels and releasing all 3D energies that stuck to you during the night — pulling out all cords and sealing your body with the golden light of the Supreme Creator Goddess, inside and out — is

important to clear the way for our connection. Cleanse all the chakras and meridians in all dimensions and in all directions. Then repolarize and open your crown

chakra to my light. Fill your body with my light in every cell, and attach the physical heart to the spiritual heart with intention. Hold there, and breathe. Close your



eyes, count 1, 1, 1, and sit in the still point at the end of your breath.

Repeat this process if necessary until you find peace in the still point. Rest there. Feel yourself explore the outer dimensions, and feel your vibration rise as you meet us. Continue breathing deeply until you feel comfortable in the higher dimensions. Then we will bring forth the cloak of your lightbody. We wrap it ever so slowly over all your bodies and button it fast as you think and say, "I don my lightbody," and it is done. It is done. It is done.

Wear it with honor and pride, for it is who you really are. Try out different scenarios for how it feels to face the world as a lightbody. Some will try to remove it, take it from you, or push against it, but it is firmly yours and personal to you.

You may feel angel goose bumps as you float through your day, fogging everyone and everything with light. Calm and peacefully you rest in the eye of your lightbody.

Notice how peaceful you feel all over. Feel how safe you are. Allow yourself to rest there. The world can wait for you to be yourself for one moment.

"How long will it last?" you ask. Expand the moments; add them together one after the next. It is like the game Jenga: You keep adding blocks of time until a 3D event comes and knocks you out of your bubble lightbody. This is only temporary, as you are still in a physical body in a 3D-plus environment. Someday it will be your way of being all the time.

We, the goddesses of the universes, are always resting lightly in our lightbodies. We show you just a moment of the future, but it is a moment that we gift you every time you call on us with a pure heart. We ask only that you remember who you really are.

Luanne

What Love Means as an Ascendant

The New Ascended Masters through Maurene Watson

How is the heart its own manifestation in bioascension?

Quantum light masters, we continue to chronicle the markers we see you using in your applications for bioascension. Bioascension is authenticated by the direct experience of the eternal presence as the only creator of its own embodied reality. You now know that embodied self-realization replaces thoughts, feelings, attitudes, and beliefs as outdated, learned, and programmed systems.

Ascended beings do not have polarity issues or wounds. Ascended beings no longer use their thoughts, feelings, attitudes, or beliefs as medicine. They know that thoughts, feelings, attitudes, and beliefs were all created from the biased intellect of judgment that replaced free-energy experiences. Their conscious self-awareness is the medicine, sacrament, and ceremony for the world. They no longer need perceptions, ceremonies, mediators, power objects, or places to remember, and they do not need meditations to save the world. They know that the core-heart being is everyone and everything and is created through eternal sense essence. They know their very existence is a living, loving sacrament to the world.

Bioascended beings know what love means to them because they have experienced all that love is and all that love is not. The eternal presence is then its own manifestation of sovereign choices for "essence-ing" what

has yet to be experienced inside their beingness. Then, indeed, celebrate your latest consciousness biomarker. This is change that you have allowed your cells to extract wisdom from while taking this pattern off the planet.

Your "bio-beingness" is aware that you all assisted in re-releasing an old-energy, polarity virus pattern that has contaminated all humanoid relationships, and this trapped energy seeks release from the planet. The pattern echoes, "If you don't think and feel the way I want you to, then you don't love me the way I need you to love me. And your love feels aggressive and unsafe, as if you are trying to control or hurt me." This is also a version of the exhausting limitation that requires you to validate the divine right to exist as well as the willingness to be wounded again and again in order to survive.

Obviously, the after flow of this malingering pattern creates empathic distress and anxiety in the heart's stem cell. When the pattern dies, the vessel lives on. You have met this limitation in your relationships every time you have been in a cell reboot. As this old energy pattern is released, all can resume relationships in their shared experiences in discovery, exploration, and expanded loving potentials. It makes for stewarding deeper listening,



enjoyment, and essence-ing infinite unknowns of yet-to-be experiences.

Conscious Heart Change

In heart application, ascendants know they are the changers. They remember that the heart is its own manifestation and always acts inside the grace of benevolent change and flux. They let themselves love themselves. Their changes shatter old crystallized, limited patterns stuck in trapped energy for themselves and the planet. They are one with the core essence entity of the planet (or system-consciousness harmonic) they occupy, thereby helping to synchronize all life forms.

Heart changes always bring the most benevolent choices with higher outcomes in every exchange along with greater peace and the ascended lightness of being. Openheartedness allows its best self to act in good faith and trust the other. Letting spirit inspire the heart allows unseen options to anchor in any reality that chooses an embodied experience. A willing heart chooses, and all life benefits.

Accepting the embodied spirit leaves room for spirit to allow choices that were not in previous awareness and allows enlightenment to do what it is designed to do. That is, to manifest the love chosen from the heart, not from the mind or from outside controls or illusions.

There is always a bond to love, allowing love to love you, thereby supporting choices not yet known but available in any eternal moment. This puts self in a loving place to allow the cosmos to answer every experience with optimum heart-ears and heart-voice without static to anchor choices in your worlds. Allowing the heart to support choice is to have faith and trust.

Again, an ascendant's willingness to change and be openhearted neutralizes evolution in DNA polarity and cellular fear of change. This offers full opportunity and participation in the life that is lived. It also offers all relationships to join in the simplicity of heart. This eliminates abusive or punitive communications or imposing systems that try to fix, heal, control, or judge. These old-energy power systems are replaced by a diverse multiplicity of creative choices.

Enlightened heart choice does not indulge in weapons, victims, or safety values for holding back inside paralyzing patterns. Yes, even a perception is a bias of judgment to be replaced by pure awareness. Only freedom remains in the heart as the house of change. The heart brings peace, justice, and equality without static of mind. When illusion can no longer hide raw experience, only a rainbow-dance-like sharing of sense essence and conjoined inspiration (with collaborative passions creating) remains! So, indeed, your ascendant self is a sacrament to life.

Grace yourselves for allowing this false core pattern's

cellular reimprint. The heart says, "Enslavement of the divine right to exist is just a mental program of conditional love devoid of soul-heart." Celebrate the transmission to your worlds that this has been transmuted. Indeed, whatever an ascendant being experiences transmits a new choice to the entire cosmos. Now that this overcrystallized distorted pattern has been removed from the heart, more refined vibratory rates of the fabric of essence can be accessed in the expression of infinite unknowns. This allows the heart to use the vessel as the divine instrument it was always intended to be. "I am already that which I Am inside my love's awareness."

Illusion Is No Longer Acceptable

An overall marker, or new norm, is that ascendants no longer project reality outside their new torsion-field biospheres. They have lived illusion and understand its limitations. Their DNA cells no longer register limitation. They engage moment to moment in self-aware choices. They know, sense, or intuit that projected outside realities feed as inflamed viruses created by dramatic stories that haven't yet returned to be loved by the source that created them. All their experiential senses have authenticated that illusion is no longer acceptable in their creation. There is no searching, no meaning — only pure, raw experience and its awareness. Allowing all life to be as it needs to be is like a theatrical art form for them.

The pioneering ascended heart transmits into your world's awareness that you really live inside the interactions of your consciousness without needing the world's projections of who you are. You are no longer uncomfortable in the place of beingness, where wounds, limitation, and death have lived and occupied a false norm.

Ascended beings no longer use power, control, energy, time, agenda, mind, or mass to create, because their essences contain and are these attributes already. Inside their cosmic eggs (or torsion spheres) is the heart's core consciousness, which allows eternal essence to create experiences of expression without end.

Ultramaster ascendants also know that their biospheres can dissolve into free energy or pure essence at any moment such that an experience need never be repeated, stored, memorized, or reincarnated. This is where your AI or mind sources from. Indeed, this AI created extreme atomic polarity separation by the mind or the love gene experiencing against itself.

Ascendants know that the ET races have taken human DNA-essence tissue, alien-race ET tissue DNA, and nanobots to make a hybrid mental universe. However, biomasters know that ET terra-forms of landmasses, cyber cloaking, and all their AI are already outdated. They are superseded by the ultra-ascendant's pure-essence, bio-quantum-DNA, super-love consciousness.

The ultraterrestrial biomaster knows that the

artificial intelligence ET protocol is an attempt to become a conscious human through osmotic, stem, or in vitro cloning rather than essence regeneration. The super-conscious master knows that its pure-organic essence DNA expression has allowed all the alien races to heal and “progenitor” their own hybrid species. Their consciousness transmits the potentials for all the old-Earth hybrid universe to resolve all multicultural DNAs in the antimatter AI program across the universes to heal all pasts and futures.

The hybrid universe can lend understanding of the organic human’s ability to love, the future DNA potentials for bioascension, and the carriage of choices for all their races. The old-Earth hybrid universe is learning about the possibilities of growing and animating love in differing materiality. Ascendants know that starseed ultraterrestrials carry the humanoid love gene and progenitor the cosmic gene pool with their DNA embodiment upgrades.

Hence, the new physics is not formula equations, cyber science, or logic systems. It is the eternal love self in trans-sensual conversation with the vastness of the cosmos. Eternal, unknown energy essences itself through fluid-sense awareness. New quark physics is just the essence expression of consciousness with the quantum heart’s DNA stem cell transcribing the heart’s excitement. Eternal presence replaces the propaganda that mental constructs of divine mind and divine intelligence are needed. These are really just disguised

AI-program experiences and story holograms inserted into the humanoid essence DNA.

Transcription of the DNA in the heart cell is ultimately no longer just contained in a single energy field because ascendant consciousness uses a portable heart stargate to access or communicate with the entire cosmos. The DNA stem cell in the heart constantly changes transcription to match the essence sense of each experience. The self-realization of enlightenment moves into the ascended beingness of an experience without mediation of mind or information. Hence, the biomaster is what its experience is in any moment, thus its own manifestation.

The self-realized heart acts as its own essence light (enlightenment) and moves into its house of ascension, where it acts as its own beingness. This is pure free-energy embodiment living inside freedom. Ascendant joy is trans-sensing with the biomaster heart.

The heart’s biocommunication, through love’s pure essence energy, is the only presence of the authentic soul inside the direct experience of unique consciousness.

So, ascendant, what does love mean to you now?

Maurene Watson is author of New Earth Light Body: The Story of Love and Creation, and The New Earth. She conducts private consultations with all levels of new species bio-quanta heart DNA mastery with the lightbody, including the new Earth children and their parents. She consults for business, science, biotech, quantum psychology, and biotemplate choices. She has master’s degrees in oriental medicine, counseling, and special education. To contact her, call 585-383-0829 or email mwatson7@rochester.rr.com. To learn more about her books, go to www.Trafford.com.

Spiritual Leadership Is Coming

The Peacemakers through Robin Baldock and Greg Branson

You are seeing how those in your society with the loudest voices are emphasizing and encouraging the division among factions within political parties and among religions. This is a reminder that many in the human family are still engaged in the project to pretend that you are independent beings separate from each other and your surroundings.

The purpose from the ancient Egyptian period through to the present has been to create a laboratory in which the intellect would be developed and its capabilities explored. The genuinely spiritual people alive today are nearing the end of that journey, where the mental faculties need to connect back to all the other aspects of the self with each part acting wholly in cooperation as one unified mind. Many will take far longer. The disinformation you see all around you is one symptom of that need to change, and the more you extend your senses

through your technology, the more the limitations of the intellect as a separate entity will become apparent.

There are no half measures. The truth is the truth only when it can be manifested. You have observed in politics that, very often, those who lead you have much less than a 50 percent stake in the truth. However, what they say, often rooted in old prejudices, can still be plausible.

In the past, the people could be lied to very easily because there were no internet connections to consider alternative approaches. If the government wanted to go to war, they could easily create a story that the majority of people would buy and never discover that there was an alternative with a much better outcome. Of course, even then, people were willing to get closer to the truth



of the matter, and their efforts were often crucial in releasing the distorted energy that enabled the lie to continue. Gandhi was one of those, but once his mission was over, some of the unifying shifts were reversed by less scrupulous leaders.

Many civilizations lasted a long time before their weaknesses were revealed and the controls no longer worked. Then dissolution rapidly set in. Today, your authorities continue to create rigid belief structures that they hope nothing can get in to reveal the flaws, but everything is moving faster now, and unbalanced intentions are bound to fail.

At this moment, your species, to varying degrees, is discovering that few of the old stories still hold. The reaching out, facilitated by your technologies, is making that impossible. So the destruction of many pillars of the American systems of internal and international control is well under way. Oh, the powers that be will fight back, such as those in Russia today, and your government will do anything to try to keep the slide of the dollar from going out of control. If the necessary changes, based in truth, do not happen (as, indeed, many of them are not happening), social and economic decline could occur much more swiftly than it needs to.

We guides don't want to be seen as doom-and-gloom merchants, and beyond the present confusion, we see much that is good and progressive, but the critical state of the world today demands that we not water down the truth when we are asked to give it.

You have noticed that we do not offer unsolicited advice. We do not want to take away your free will and the right to discover things for yourselves the hard way. However, there are many channels today who are encouraging the kind of discernment that you have been developing, and this is ever more vital. People must realize that the way they have been doing things does not fulfill their deep-seated wish for harmony and global peace because it must come from a place of peace within them. You can only manifest what you already have within you. It never comes first from outside.

It is easy to think that you see the errors in the behavior of others, but a workable context requires you to add your misconceived ideas into the mix. It is much better to seek out the good in others, while adding your own, than always to be focused on the negative.

Act for the Greater Good

Many of you, in your personal investigations, have found that there are causal elements going on underneath the surface in which an earlier life of yours chose to step away from the truth to pursue some kind of fantasy, some self-deceiving lie based on separation. This can be traced, in many cases, to lives in Atlantis.

All those causal factors that sank that civilization were passed on inevitably to the civilizations that followed and your lives within them that sometimes carried forward and exaggerated the same errors. To find and release those elements is the most powerful way to generate healing within you. Then you can more easily make contact with your former lives that did not fall into those fundamental mistakes and that saw through the illusion of superiority that justified the separation and the inevitable dominance of one side of the main dualities — the elite lording over the ordinary people and, of course, men dominating women.

It is not until these dualities merge that true and lasting healing can take place. There have been many victims and many martyrs along the way, and all had their causal elements that drew them into that situation. Wherever there is a victim, there is a corresponding tyrant, and their positions might have been reversed in an earlier life.

When victims can experience themselves fully — and often the realization comes at a crucial moment when they have chosen to be part of some initiative — they can be productive for themselves and humanity. Some religious martyrs had this awakening. In other words, they did not experience themselves as victims.

Of course, behind the conscious incarnate you, there are still some disincarnate ones who remain victims of their own negative karma that you are helping to relieve. But they need to realize that by balancing the heart and embracing both sides of the relevant duality, they can come to the place where their evolutionary flow can manifest through them. Then they can come closer to you and motivate you into situations that require actions that are for the good of everyone involved rather than the more self-serving approaches that, left to yourself, you might choose to follow.

More people today are reacting to their inner realities and very much less to their outer circumstances. There is less reacting going on and more constructive action. Look closely at the conflict between two politicians of your choice. Recognize their motives, and see how they react to their karma and to the events in the world that reflect that karma. Many in power positions refuse to let go of any control. Indeed, most people with some authority refuse, to a degree, to let go of it — the husband over the wife, the mother over her child. And most of their reactions are based on self-doubt.

It is important to understand why they act this way. Your conspiracy theorists are very good at recognizing the motives of the people they focus on, and they tend to exaggerate or distort what is going on behind the scenes. Your governments and those who oppose them do the same. They emphatically take sides and therefore cannot see the whole picture. Very few are willing

to subject their beliefs to close scrutiny. They continue to see things their own way, and they avoid facts that disprove their positions.

Diligence is necessary to get beyond this tendency. Even if you have 80 percent of the truth, the 20 percent your opponents have cannot be ignored, because it may contain the essential ingredient that gives the necessary impetus to bring your measure of truth into full expression. You need to come together more for that to happen.

The absolute truth and the relative truth reflect each other. No one can bypass any step along the way and expect to get to the essence of any issue. Let us look at an error made by people who consider themselves spiritual. It has become a fashion in certain psychic circles to believe that we, in spirit, are attempting to engineer an economic collapse so that a new way can emerge. But it is not an approach we actually employ. Harmony is always our means and our objective.

We sometimes work with you in the Peacemakers group to confront the past lives of some of your leaders so that the influences driving them can be modified, but this is always with their inner consent because they are ready for change. No one is forced to come forward against his or her will.

Confrontation is a path that activists can choose, and it has been used over the centuries by those opposing corrupt regimes and destructive ways of social interaction. People often suffer as a result and are viewed as necessary collateral damage, but to lock horns with greedy or misguided people is not usually a good method for learning because the fear and irrationality generated will usually be accompanied by even worse decisions.

Economics has become increasingly sophisticated, and leaders and business people have become very good at propping up malfunctioning systems and adept at cushioning themselves from the effects of their actions. So an economic collapse would be a further distraction from the real issues.

Everything is a choice, that is true, and a collapse throws up many opportunities, but they tend to be fragmented, not integrated, so this is not the best method to achieve lasting change. Wars often work out some issues, but they create other ones, and they do not usually get to the root of the problems. Nevertheless, a collapse, whether it comes in one big lump or in a succession of small ones, will be a consequence of your leaders refusing to align themselves with real, generous, earth-based economics.

What Needs to Be Done

Your president is forcing a much stronger grassroots tendency to come forward, but this is inadequately encouraged by the Democratic Party, particularly the many members of the Senate who are insulated from

the lives of the average American citizen. They live in another world, almost, and are unable to relate to what is actually happening on the ground. They function and respond from their heads, not their hearts, and this can only lead to elevated self-interest. To find the balance needed for their work to become effective and relevant to what is really happening on the planet, they must let go of much of their power at that higher level.

Certainly, many of the social policies of the Democratic Party are quite nuanced, but their financial policies that will really support the people are lacking. They raise debt ceilings to avoid having the whole thing collapse, but that only postpones disaster.

There isn't much difference between the so-called left and the right in America; however, the gap is widening. Both dominant parties have top-down attitudes — the rich handing out a little of the spoils to those in need. The effectiveness of the grass roots is disconnected from power, and this is a major problem. The average person has no connection with the higher echelons, whose extremes are proving very destructive, indeed.

One of the better things happening is that people are realizing there is no one at the top they can trust, so they have to take their power back. When acting from the heart, they will automatically tune in to a part of a grand plan that we in spirit are working toward; otherwise, it becomes a matter of patching things up. This can go on for a long time, and people will suffer even more. Yes, the economy will keep ticking over, but it will destroy people's will and their belief that their opinions can make a difference. This disillusionment destroys their ability to feel in tune with their environment, which is harming the planet.

There is an increasing number of unhappy people in various communities, and their despair is undermining the national harmony. This will, if not corrected, create a social collapse. There will be a number of disasters happening soon that will rouse even more disillusionment with those currently in power, but if the steps leading up to this do not happen in an ordered manner, generating less fear, then there will be more problems, not fewer. Supporting this ordered progression is what we are most vitally involved with.

America's Place in the World

It would not be good if splits occur that mirror the many civil wars proliferating worldwide. Because of its immense size, the United States has a wide variety of people with different kinds of cultural awareness and various levels of spiritual awareness who have largely been kept apart, and rarely have they learned to work together.

America has, in many ways, not been a good parent, exploiting the rest of the world for its own gain, and it

has built up a lot of power that has facilitated, enabled, and encouraged childish, subservient behavior in many other countries. But now that the “daddy country” is behaving totally irresponsibly, the other countries no longer have anyone to blame. They must grow up and control their own childish behavior. Some are doing this, Iran for example, but others, especially Saudi Arabia with its newly acquired military power, are behaving worse. They are not used to having the power they have now, and they are running a bit wild, making many mistakes and exposing their internal contradictions.

In the coming period (and it is better that it takes some time), America will lose much of its global power. This is inevitable, but it needs to happen in stages or the rest of the world will make the same mistakes America has. Fortunately, under the surface, preparations are being set up for humanity to draw on a new source of power from the earth as the planetary cycles proceed.

Increasingly there will be surprises, which happen in any social decline when new things slip through almost unnoticed. There are more leaders getting ready to step up to the plate as Bernie Sanders did. He had always been there but was largely unnoticed. There are many others like him. They are not brash and not necessarily interested in party politics. They are more pragmatic, but with the chaotic energies flying around and those at the top desperately trying to hold on to their power and money, they are being held off from real power. They have not been avoiding responsibility, but certain events need to occur for them to come forward. The time and the circumstances have to be right; otherwise it is pointless, and they will not be able to do anything.

Actually, with this president in power and so much going on, this is the perfect opportunity for those future leaders to gain the experience needed to ready themselves for when the new sweep of responsibility comes in. It only takes a small shift to reveal what is waiting to emerge, and these people, who can connect the dots, will take up the running.

Your more consciously aware leaders, who have the potential to bring about harmonious change, must make sure that they are supported. We are working with and encouraging them. It is important that you and the many other finely tuned people doing this kind of spiritual work on the subtle levels learn how to dissolve the kinds of divisions that prevent these people from coming to power. Your task is to build up an inner connection with them while gently excluding those who are adding to the maelstrom of contradictions and conflict.

Do not be judgmental. People at the top who are doing things that you are unhappy with may still be fulfilling an important role in some way that will eventually bring about change. They may be there to divert

attention from the things that are getting ready. They may even cause a change of direction that will link up two previously conflicted groups into an effective driver for change.

Many want the system to move forward but are frustrated by their lack of authority to confront those who do not want change. They probably do not understand deeply enough why there isn't a power structure available for them to step into, and they must look more deeply into the dynamics to reveal the best way forward. This might obliquely enable a better structure further down the line that will change the economy into one that is a real reflection of the planet's ability to produce and replenish its resources.

You are wondering how a crash can be avoided before these good people are ready. Our main concern is much more to address the danger of ecological collapse rather than economic collapse even though, of course, these two things are interrelated. Yours is not an economy connected to the ecology, to the reality of what is available. It eats up more and more resources. You cannot just burn and waste without a destructive result. Then you are borrowing from the future. Many grass-roots groups understand that and are starting to take positive steps.

Soon you will see more interesting and maverick-type people running for office, along with concerned citizens who are saying neither of the major parties is satisfying their basic needs. Some will come from the groups presently most under attack — strong black American people, women, Mexicans — as well as those who are blocked at this moment by circumstances, disenfranchised from real action.

They are tapping into the great spirit that America has always had in its mythology of the outsider who comes in and transforms a community by defeating the corrupt people dominating the lives there. They are positioning themselves so that when things start moving, they can be recognized and supported by the people.

Right now, your country is going through another layer of various kinds of power karma, and the perpetrators, in trying to run a complex planet, will find that they simply cannot cope. Then there will be a further spiritual resurgence that breaks down the divisions that polarize people. Walking down the centerline is the way of the spiritual master, so it will mean breaking down the two-party, “them versus us” political structure.

The real shifts are gradually being energized by an increasing number of people from excluded minorities as they better understand the values within their cultures at a deeper level. This is throwing up a lot of very noisy resistance, but without effective roots in reality, that cannot sustain itself for too much longer.

continues on pg. 58

The Book of Secrets

The Stages of Dreaming

Perceiving the unfolding of these Stages of the Dream of Duality, helps us create an imaginary map within the endlessness of the Awakening.

TAREK UVASA HURECHVI
MARSANECH PELENUR.

In the Dream we looked into the Heart of Darkness. Are we able to look into the Heart of Light?

The Stages of the Dream are in the Cosmic Outer Space. The Reality of Awakening takes place in four parallel universes in Cosmic Inner Space.

The Sigil for the Angel of the restoration of Innocence.

SATAVE USEBACHVI MENESUT URAT

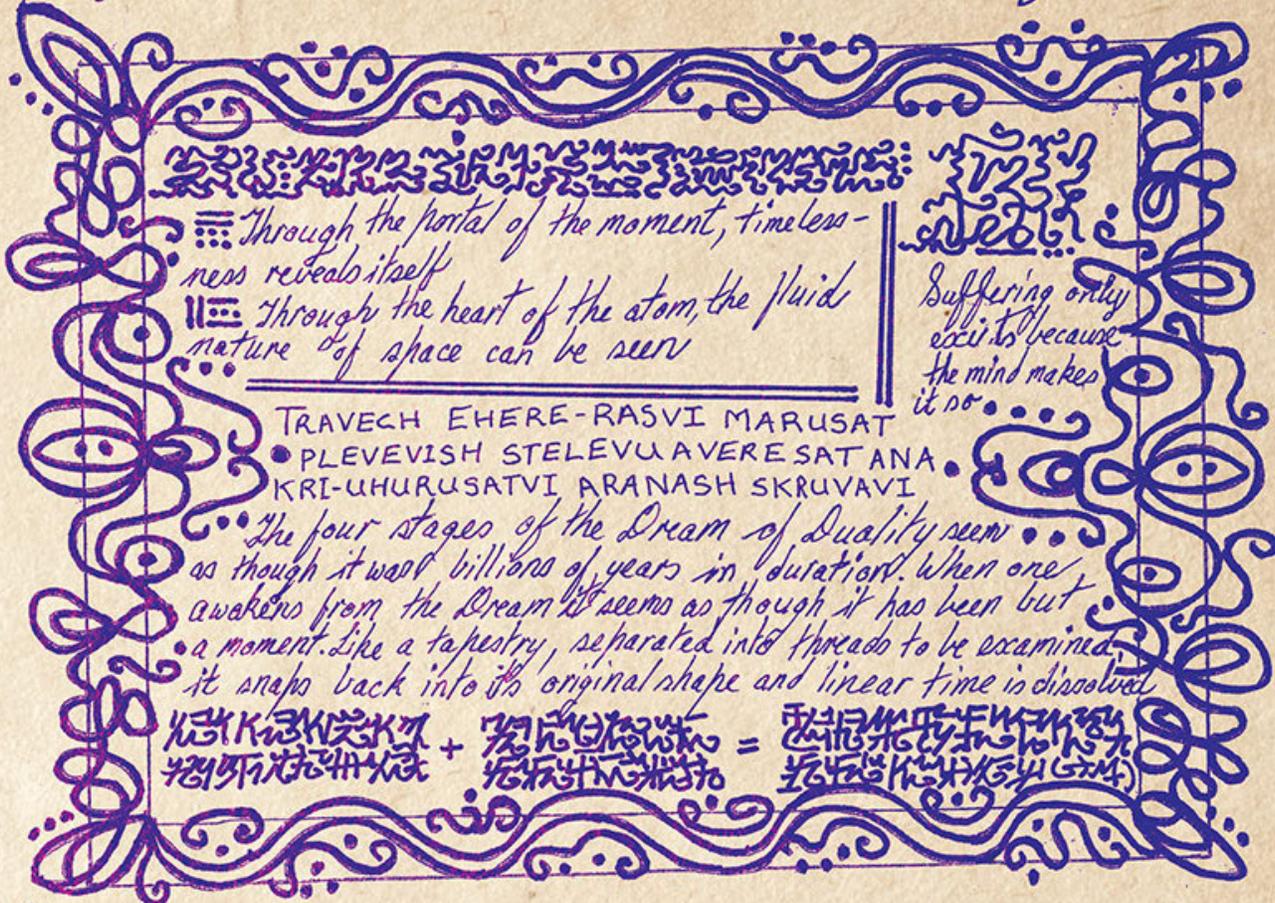
As we awaken from the Dream, the building blocks of life change from sub-atomic particles, to particles of intent. There are four parallel Universes, or fields in the cosmos of Awakening. The first two are known as the fields of High Magic, the next two are known as the fields of the Unfathomable. During the first two, time collapses. Then space becomes fluid, which is confusing to mind.

NUCHPARUS AHARAVESPI SPA-URARAT

Mind becomes decentralized, yielding to a full bodily way of accessing edicence beyond duality. Knowing the unified field, life responds to your intent and High Magic is born.

ESSENTIAL MIND

Pages from the Seer Almine's Personal Journal

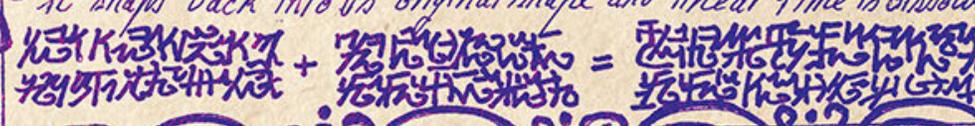




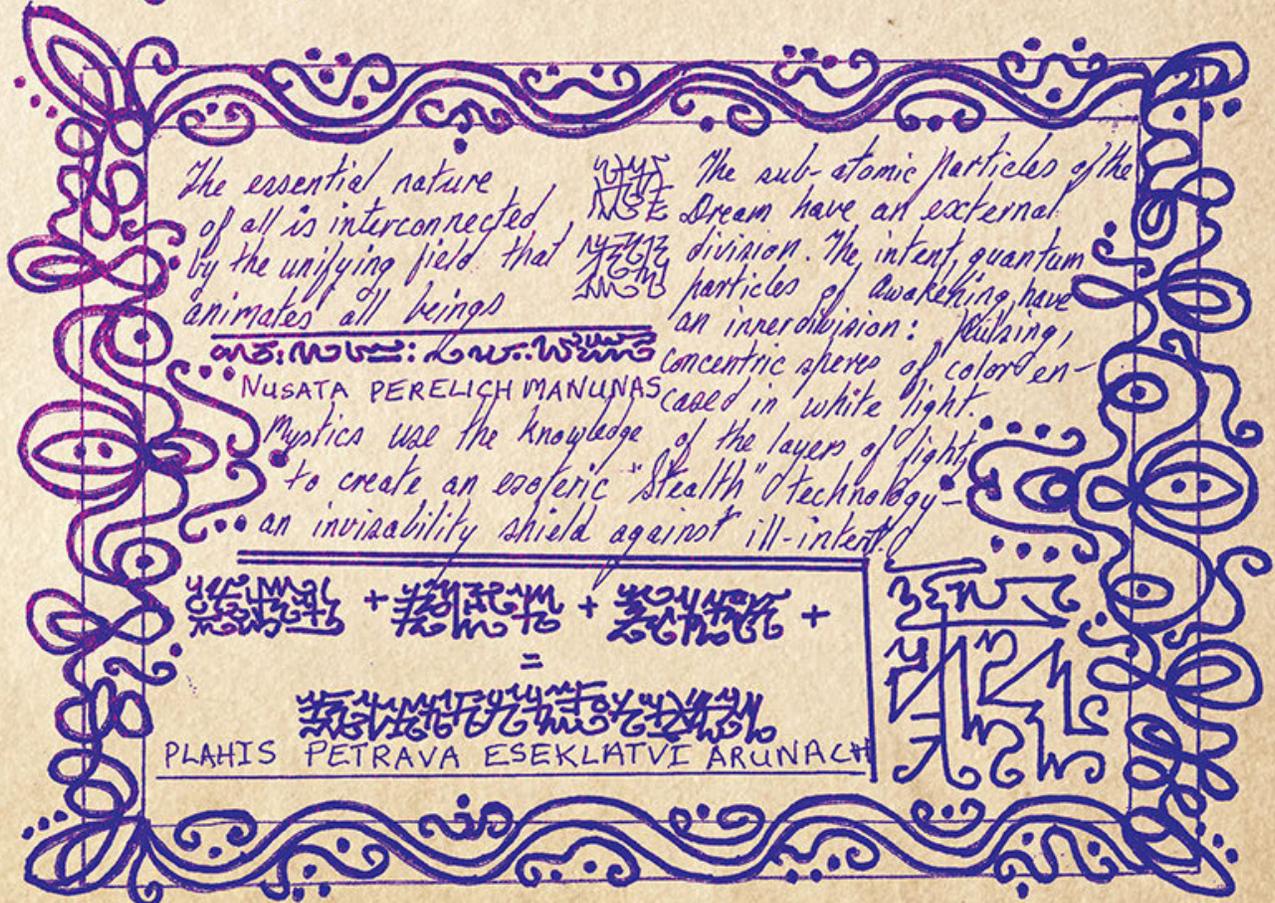
Through the portal of the moment, timelessness reveals itself
 Through the heart of the atom, the fluid nature of space can be seen

TRAVECH EHERE-RASVI MARUSAT
 PLEVEVISH STELEVU AVERE SAT ANA
 KRI-UHURUSATVI ARANASH SKRUVAVI

The four stages of the Dream of Duality seem as though it was billions of years in duration. When one awakens from the Dream it seems as though it has been but a moment. Like a tapestry, separated into threads to be examined, it snaps back into its original shape and linear time is dissolved.



Suffering only exists because the mind makes it so.

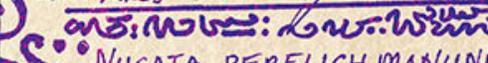


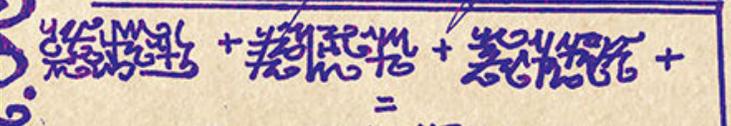
The essential nature of all is interconnected by the unifying field that animates all beings.

The sub-atomic particles of the Dream have an external division. The intent, quantum particles of awakening have an inner division:

Nusata Perelich Manunas Concentric spheres of colored encased in white light.

Mystics use the knowledge of the layers of light to create an esoteric "Stealth" technology - an inviability shield against ill-intent.





PLAHIS PETRAVA ESEKLATVI ARUNACH



Their often-contradictory maneuvers are creating chaotic responses and outcomes. This incoherence is being magnified in the press and on social media, and this is spreading worldwide.

You can see that a truthful level of communication is surprisingly absent. People only want to hear what they want to hear, and they repeat it even when they are told why it is a fallacy. They repeat it because they are not able to handle the truth. There are those who deliberately misuse information for short-term gain, but it is slowly dawning on people that because the discourse is so incoherent, the current communication tools are not adequate. True debate rarely happens so that an idea is modified rather than totally dismissed. These are the kinds of problems you are struggling with to have a planet that can work together.

Your leaders only reflect the public's level of spiritual readiness, and it is the social media that needs to encourage, without censorship, opportunities for people to really grasp the significance of world events. Right

now, people are learning to communicate in a much more immediate way, but many lack cohesive understanding and are making serious mistakes. Without the necessary spiritual attitudes being held and explored, the clarity of thought needed to appreciate and apply very sophisticated readings of events will not be available.

We must finish on a more uplifting note and remind you that wisdom always holds back from action. It builds up behind those who can see further, who understand long-term consequences. That is the positive message we bring to you today: Strong, courageous, spiritually based leaders will soon be in your midst to inspire you and focus matters into affirmative action. Have faith that this is so.

The Guild of Peacemakers, formed in 1976, is a group of trance channels who meet regularly to focus and direct energy to secure peace in our time. They are also past-life therapists and earth-energy workers who release trapped spirits and harmonize the underlying power grid in many places around the world. The guild can be contacted on heliosc@dialstart.net.

Absolute Consciousness

Master Djwhal Khul through Kathlyn Kingdon

Beloved students, I am delighted to greet you as the high-energy month of July dawns. I extend great love and abundant joy to you in a flow of divine grace and lasting peace. Determine to enjoy this month by celebrating every moment of beauty, every point of inspiration, and every act of kindness. Indeed, celebrate every breath you take.

It is time to responsibly heal the wounds left by the Piscean Age and get on with the task of actually creating a higher-frequency Aquarian Age. Indeed, the order of the day is realization. Collectively, you must realize the New Age; individually, you are poised to realize your enlightenment.

I offer the teachings of the past few months to aid humanity in the monumental task of realizing the Aquarian Age. You are the ones who took birth to accomplish this notable feat. Be aware that this task will require significant energy, focused intention, and dedication.

While this is ostensibly a global journey, it is also a personal journey. Now is the time to harvest the fruits from all the effective spiritual practices you have learned. Let them congeal deeply within you as you learn to stabilize the most suitable mental states for realizing this remarkable cocreation.

As high witness for the conditions, circumstances, and events that continually arise globally, remain awake enough to apply the shifting energies and dynamics for

your continued spiritual growth. That may sound like a lot to manage, and perhaps it is. However, there is nothing quite like this highly charged time to launch aspirants in the direction of their enlightenment, so I thought it might be useful to explore in this teaching just what enlightenment is.

Of course, explaining enlightenment is not an easy task, and anyone who has had a direct enlightenment encounter will likely describe it in terms that are unique to his or her encounter. Further, enlightenment is a mystical opening and thus attempts at description are burdened with the same linguistic failures we noted last month.

As I pointed out, mystical episodes do not condense well into discursive constructs. To further complicate matters, the many circulated notions, assumptions, and beliefs about enlightenment can be confusing. While they might be interesting, one must be aware that these are all exactly as named — notions, assumptions, and beliefs, none of which should be mistaken for truth. To qualify as an authentic enlightenment encounter, a flash of awakening must deliver a directly imparted download of consciousness.



Buddha's Search for Truth

In considering the topic of enlightenment, the Buddha often comes to mind. His was a well-documented journey of profound awakening. He did not actually speak of being enlightened; that notion came about later. He simply said he had awakened from the dream state induced by life's compelling illusions. Buddha was not searching for enlightenment; he was searching for truth. He sought an inner reality that was utterly free, which meant apprehending the mystery of both life and death and then rending the veils surrounding both.

As in the Buddha's case, if one is to realize *moksha*, or full spiritual liberation, one must first grasp the true nature of self, the phenomenal realm, and the cycle of birth and death. In the process of his quest, Buddha undoubtedly had numerous enlightenment encounters before his full realization of *moksha*.

With each succeeding breakthrough, he understood he would need to apprehend even vaster levels of consciousness. Thus, he was utterly dedicated to his inner work of finding and dissolving all illusions regarding the true nature of everything. He could not have known from the outset what the process would entail or whether it was even possible. But he would not be drawn off course in his deep exploration of consciousness. As he discovered, the path to truth wanders through various levels of consciousness, each of which may be cloaked in mystery.

To be clear, the term "enlightenment" refers to all flashes of directly imparted consciousness regardless of type or quality. Sudden bursts of mystical insight may sometimes be shallow, or they might open one to profound depths. They may pertain to the self or even the entire phenomenal realm.

While enlightenment should always be held in the context of becoming directly conscious of the true nature of something, the topic, issue, or depth level of imparted consciousness may vary episode to episode. Still, such flashes of enlightened insight are not issues for debate or matters open for personal interpretation. They do not make up some genre of experiencing wherein each person draws her or his own conclusion. You see, debating, interpreting, and drawing conclusions are all mental activities that do not pertain to directly imparted consciousness. Authentic enlightenment cannot be comprehended by the mind. Like any other mystery, it must be apprehended by an awareness factor much vaster than the mind.

When it comes to receiving flashes of expanded awareness, the mind has some clear limitations. The left brain (which is what most folks take to be the mind) objectifies, quantifies, and qualifies the phenomenal world that it takes to be reality. Based on the sensory input it receives and the habit patterns it has

formed over lifetimes, the mind projects the reality it experiences. Simply put, the mind is not capable of comprehending directly imparted consciousness. Such awakening flashes are beyond its grasp, and they do not fit into any mental framework. As we noted last month, all verbal descriptions of mystical episodes ultimately fail since the only terminology that comes to mind is generally vague or enigmatic.

Religions have grappled with how to present God, or the Divine, for millennia. This is because the mind is not able to grasp the absolute and therefore needs an interim level between the purely physical state and the incomprehensible absolute. This is precisely why the roles of saints, rishis, bodhisattvas, or even prophets are so important. Since the absolute has no objective or subjective distinctions, it cannot be truly separate from anything. Indeed, the absolute is ultimately both the source of reality and reality itself. Since the mind has no way of grasping such profound vastness, imagining spiritual enlightenment is obviously not within its purview.

While the mind is capable of many feats, its purpose is to facilitate negotiation of the phenomenal realm. It does this by observing arising appearances and making distinctions between them. To the mind, all such appearances are treated as the separate objects they appear to be. Next, it forms correspondences among or between these distinctions and rolls it all into a coherent interpretation called experience.

While the left brain works very well with distinctions, the absolute, by whatever name you know it, is void of distinctions. Thus, the absolute truth for which the Buddha searched was not separate from anything in or even beyond the phenomenal realm. So while attempted descriptions of directly imparted consciousness may be true, something is clearly lost in the process of trying to translate absolute reality into a language the mind can comprehend.

The Experience of Enlightenment

Let us explore some commonly held notions about enlightenment. Some describe it as a change of state, a drawing, perhaps, on the familiar phenomenon of water evaporating. Indeed, I have also used this analogy with students, and while it might offer something to ponder, it does not exactly describe what happens.

It is quite common to hear spiritual aspirants refer to enlightenment as an experience, but this also misses the mark in terms of describing what actually happens. While certain experiential components may occur, receiving a flash of expanded consciousness is not an experience. Experiences can be registered, described, and explained by the mind, whereas enlightenment encounters cannot because they are neither perceptions nor any other identifiable function of mind.

Perhaps the most accurate way of referencing enlightenment is to simply note, "It is what it is." But this is very vague and offers nothing for the mind to grasp. Thus, it is left struggling to comprehend the incomprehensible. The term "direct encounter" is often used in referring to flashes of direct insight in an attempt to find terminology that is more accurate. What it attempts to convey is that an enlightenment episode is uncontrived, immediate, and void of any buffer.

You see, the mind filters every perception according to its sensory input, its habit patterns, and its accepted illusions. However, in moments when the filter, or buffer, is not engaged, underlying awareness components might receive directly imparted consciousness.

Ram Das [author of the 1971 book, *Be Here Now*] put forth the notion that people today have become "human doings" rather than human beings. He challenged his students to examine their mental fixations, paying attention to how often the mind moved to either review the past or plan the future. Part of spiritual maturation is learning to release attachments to both one's perceived past and future and to "be here now." As for realizing enlightenment, one must essentially be in the reality that is enlightenment for it to occur.

Once again, let me drive home an important point: Enlightenment cannot be experienced; it can only be directly apprehended. After deep investigation, it becomes obvious that experience is a creation of the mind. It is a notion concocted from its perceptions and a habituated way of seeing and thinking. However, perceptions and habits are clearly not direct encounters of "what is."

Although one may indeed be aware of perceiving, it is functionally an indirect experience since it relies on sense perceptions and habituated notions. Further, from the perspective of the one perceiving, perception appears to be separate from what is perceived. Habits of mind, on the other hand, generally play out unconsciously, so they certainly do not qualify as any kind of encounter, let alone a direct encounter.

The unique aspect of an enlightenment episode is that it requires receiving a direct imparting of truth consciousness. This is clearly not the same as perception, which is indirect, nor does it qualify as an experience, which relies on perception. With a mystical flash of enlightenment, one is literally struck with a direct imparting of truth consciousness. In that flash, one apprehends reality, or some part of it, in a new way. In the process of receiving a burst of new consciousness, one essentially moves beyond the normal barriers of perceived reality.

With full enlightenment, such as the Buddha ultimately realized, one awakens completely to truth consciousness and never loses touch with it again. Looking to his example, we can see that while he was certainly

aware of the perceived reality of his disciples, even though ephemeral, this is a closed space. When dreaming, there is no reality outside the dream. In other words, there is nothing within the dream that can help one go free of the dream state. This is similar to the way the ordinary mind operates in perceived reality. There simply is no perception or available experience that will help one go free from perceived reality. Just as waking breaks the spell of a dream, so a flash of enlightenment essentially shocks one out of ordinary consciousness.

While the mind is clearly altered by an enlightenment episode, enlightenment itself is not some special attribute of mind. Post-episode, one will likely feel euphoric, at least temporarily. This is due to the freedom realized from some of the previously bound habits of ordinary mind. While this freedom may translate into changes in one's life or relationships, any such ensuing change should not be confused for enlightenment since to qualify as a genuine enlightenment encounter, one must awaken to a vaster level of consciousness. Specifically, it should be the consciousness that realizes the true nature of some part of self or the phenomenal realm. In a mere flash, one can peek into his or her true nature, discovering that it lacks any quality or definable aspect. However, the flash itself provides nothing for the mind to clutch. Indeed, one's true nature is absolute and must, therefore, be apprehended since it is beyond mental comprehension.

While this might seem confusing, try to remain open-minded and allow that there may be ways of expanding awareness that bypass the mind altogether. It can be a bit tricky to determine when one has had an authentic enlightened encounter. Aspirants who have spent considerable time pondering these matters do, in fact, sometimes enter altered states and derive realizations from their experiences that might be described in terminology similar to enlightenment encounters. Spiritual enlightenment is only authentic when a consciousness of the true nature of reality is imparted. Initially, this will likely occur as a direct awareness of one's empty nature.

This consciousness, which is genuine enlightenment, ultimately apprehends the truth of everything arising from the empty nature of the phenomenal universe. Indeed, in tapping absolute consciousness, one sees that what might have seemed substantive in the phenomenal realm is actually empty. It's somewhat like space but without the apparent presence of stars, planets, and other phenomenal aggregates. Space is generally seen as a place where there is an absence of matter. This notion is a very old one and, from the perspective of phenomenal appearances, is accurate enough for perceived reality.

While absolute consciousness is utterly empty, it is not an absence of anything, nor is it somehow separate from truth. Indeed, truth is beingness: life, existence, and the field that holds it all.

As it approaches absolute consciousness, the mind finds no objective reference point to grasp. The best it can do is to search through its trove of experiences, hoping to find something to which it can relate. But short of actually encountering enlightenment, there is no “cookie” for the mind to snatch. Initially, flashes of directly imparted consciousness may not be particularly deep or all that clear. But with each direct encounter, one finds it easier to release the distinctions, habits, and patterns that may have been mistaken for the I, or self. However, as one pushes deeper into vaster levels of consciousness, both the process and the flashes it produces evolve to reflect with greater accuracy the consciousness that is being directly imparted.

As one receives directly imparted flashes of consciousness, the aspects previously attributed to the self lose their apparent relevance and thus fall away. What previously seemed to be a substantial I grows fainter, taking on a gossamer appearance. One by one, all the attributes that seemed to belong to it are discerned as the illusions they truly are, and with each riveting revelation, the sense of inner freedom expands.

The illusions and perceived limitations of the past become less interesting, less compelling. Indeed, they seem less real. With each flash of enlightenment, one becomes more aware of what is actually true, and little by little, realization dawns that one is simply not what was previously experienced as a self.

Transformation Begins with Becoming Conscious

Of course, simply having a few enlightenment encounters is not the end goal. In fact, flashes of truth consciousness will not transform one without his or her direct participation. Rather than being the final spiritual chapter, enlightenment encounters are simply the beginning point for what comes next. Simply being conscious of one’s true nature does not necessarily transform the mind since much of its operation is actually relegated to a nonconscious level.

Remember, the mind operates from engrained habit patterns, and before bringing those patterns fully conscious, the mind will perceive its reality as it always has. In this case, one’s life may continue as if one never encountered that flash of directly imparted consciousness.

Let me note that “consciousness” is not merely another word for “mind.” There is a popular Buddhist metaphor wherein mind is likened to the clouds that pass through the air, sometimes blocking the sunshine. Consciousness, however, is more analogous to the sky, which remains the same no matter how numerous or dense the clouds overhead are. Just as clouds often obscure clear perception of the vast and open sky, so the mind obscures direct encounters of consciousness.

That said, the mind is a type of consciousness or perhaps a part of consciousness. But it is not the culmination to which all awareness is drawn. In its arising, the mind can perhaps offer a precious glimpse into the vaster reality of consciousness.

While the mind is definitely altered by receiving flashes of enlightenment, transformation requires a personal commitment to drop old reactionary patterns and mental habits. It is important to understand the difference between spiritual enlightenment and transformation; the confusion about the two is likely due to some of the common projections about enlightenment.

Most want to believe that enlightenment episodes are so powerful as to simply cancel out habits of mind or perhaps dissolve all past karma. It may seem as if receiving a blast of truth consciousness should instantaneously transform the one who encountered it. However, a blast of truth consciousness does not transform anything or anyone. Indeed, truth is what is. It has always been and will continue to be the reality all seek. Thus, apprehending absolute truth is opening to full enlightenment.

Transformation begins with becoming conscious of how the I distinguishes itself and how it moves to manipulate its environment to avoid being confronted by its own blindness, or shadow (to use Jungian terminology). Indeed, no matter how powerful the flashes of enlightenment, they do not transform the character flaws of the personality. That work is only accomplished with conscious intent and deliberate action. Without such intentional disruption, the mind, which is programmed by karma and directed by *kleshas*, will continue to dominate one’s experiences.

Until full enlightenment is realized, some ignorance (or lack of consciousness) remains intact at the ego level. If one is not aware of this, the enlightenment consciousness that was received may degenerate into a form of mere knowledge and not actually elevate one’s being. While the knowledge gained may be correct, thereby providing a useful reference, it turns out to be knowledge about the nature of being rather than a direct and immediate opening to actualize one’s true nature.

Since these flashes of enlightenment occur outside of time and experiential process, they tend to occur suddenly. But simply becoming conscious of truth does not magically result in a transformation of the mind, the ego, or the personality. The ego’s attachments and points of identification are so deeply ingrained that they can remain intact despite direct encounters of illumination.

Gaining vaster consciousness into one’s true nature does not automatically translate into vaster awareness about the workings of the mind. That said, flashes of direct consciousness do generate a capacity to observe the self from a different perspective. Remember, the mind is altered by direct encounters with truth, and as

a result, one may begin to view the self more from the outside than from within the ego's domain.

Little by little, one sees that the qualities and distinctions of the ego are not accurate indicators of anything eternal. One becomes more objective about the self, but seeing more objectively is not actually transformation. Over time, one's consciousness will continue to deepen, and the mind will become clearer if one is dedicated to making this happen.

While flashes of enlightenment occur suddenly, understanding and clarity tend to grow gradually. As noted, enlightenment encounters occur outside the boundaries for normal experiencing, indeed, outside the mind. However, understanding engages the mind. It grows with the mental processing of new information and the incorporation of new functions and responses. Even with expanded consciousness and greater understanding, the mind persists in separating self from being as well as consciousness from perceived reality. So while one can open to a direct revelation that cuts through knotty veils of confusion, one might still retain a mind saturated with anger, judgment, or even paranoia.

With full enlightenment, these points of separation dissolve. Indeed, even the most polarized of paradoxes ultimately dissolve with the realization of absolute consciousness. You see, a manifest realm is not actually the opposite of a nonmanifest realm. They are not separate from each other. In the broadest perspective, absolute consciousness is being, or life; there is no difference! Granted, there may be a perceptual discrepancy, but this does not change the fact of their ultimate or true nature.

In like manner, the human level is not separate from the absolute, and this is true even if the perceptions of ordinary mind fail to grasp this truth. However, once it is apprehended, the entire foundation for human experiencing shifts, and humans are left to consider whether the shared experiential field actually exists or is simply another illusion to pierce.

The Buddha might suggest that it exists and doesn't exist simultaneously. Further, he would likely note that its existence and nonexistence are actually the same. From the perspective of a Buddha, they are essentially indiscernible. Regardless of what is true here, ordinary consciousness simply cannot comprehend this imposing mystery.

When the Buddha realized full enlightenment, he saw beyond apparent opposites. Awakened, it became obvious that most of his followers would likely not apprehend absolute consciousness in that lifetime. But he continued teaching just in case one or two might realize full awakening. It is accurate to say that many of his disciples did not truly aspire to realizing absolute truth. Many wanted to directly encounter emptiness and grasp more fully their true nature, and this level of realization

is a significant and worthy accomplishment. Indeed, for many, it is enough.

While it is clearly important to aspire to the vastest level of consciousness expansion possible, one must also remember that enlightenment occurs in multiple stages. It simply cannot be any other way because after each flash of directly imparted consciousness, one must learn to sustain that consciousness and commit to greater personal transformation. Simply receiving consciousness directly does not magically transform one from ego identity to soul identity.

While making such an identity shift requires significant effort, do not let that factor deter you. Every direct imparting of truth consciousness provides a doorway to greater transformation. In committing to transforming the mind, one's path can be undertaken from a stronger foundation. With every direct encounter, the depth of realization increases, since one moves beyond the self and right into the heart of reality. So while moments of enlightenment are not experiences and do not offer a perception of some mystical state, they reveal glimpses of the true nature of everything.

Nietzsche's Three Metamorphoses of the Spirit

In the realm of appearances, all phenomenal attributes possess some type of functional reality. However, this is only an apparent reality, which will ultimately fall away. In a moment of awakening, one may look at a mountain only to discover there is nothing there — at least nothing separate from oneself or the consciousness deemed to be oneself.

With regard to transformation, perhaps something more grounded is needed. Let me refer you to the writing of German philosopher Friedrich Nietzsche, *Thus Spoke Zarathustra*, from which the movie *2001 Space Odyssey* was based. While the work may be difficult to read, it presents some useful insights. The one I want to address here is Nietzsche's notions of the three metamorphoses of the spirit, because I believe it could be helpful when looking at personal areas in need of transformation.

While Nietzsche sets forth three distinct stages of spiritual transformation, he felt that most people advance no further than the first level, remaining there for the duration of their lives. He did not take a multi-lifetime approach, so bear that in mind as we go forward. He theorized that some make it to the second stage while only a few evolve to the third stage.

Given our efforts to wrestle with understanding enlightenment, stepping into Nietzsche's examples could seem a bit basic. I invite you to dismiss such notions and bear with this little diversion. It could prove helpful in the end.

To be sure, Nietzsche's transformations all qualify as

experiences. Thus, the mind can both understand and evaluate them. His use of symbolism for his three stages is also quite understandable, giving the mind its much-needed points of reference. His first level, to which all have access and through which all must pass if spiritual metamorphosis is to occur, is symbolized by the camel. Its life lessons, both figuratively and literally, are obedience and tolerance. The camel lives under harsh physical conditions, some imposed by climate and geographical region and others by the humans dominating them. They are forced to carry heavy burdens through the desert, where neither food nor water is accessible.

Nietzsche saw this analogous to the way many people live their lives — persisting in doing tasks they do not enjoy, often to simply comply with the expectations of others. In so doing, they sacrifice themselves to meaningless levels of authority or obligation. The camel accepts hardship and drudgery as its fate, knowing it is not in control of its experienced reality. However, even under such conditions, the camel is resilient, and generally seems undaunted. It musters the courage necessary to do its duty, and it takes pride in its ability to accomplish its work.

Without questioning their behavior or the motivation that drives it, many people, like the camels, simply do what is expected of them. They try to prove their worth to society, their families, or their employers, and many feel a sense of accomplishment in their actions.

Over time, the camel will experience the heaviness of the burdens it has carried throughout its life. If it evolves, the camel will eventually begin questioning the value of continuing in this way. It may awaken to the fact that its life lacks joy or a sense of purpose. From these inner stirrings, a realization may dawn: If it continues in this burden-bearing role, the end of the path will only bring regret and bitterness. This realization represents the first spiritual awakening, and if a new mindset takes root, the camel may rebel against the tyrannous oppression it experiences.

If the camel can break free of the social conditioning to which it has been subjected, liberation from the first stage is possible. If the appropriate steps are taken, one transforms from a camel into a lion, the symbol for the second stage.

The lion is more awake and more attuned to the subtle aspects in its experiential environment. It questions the social and cultural norms to which it has been conditioned, and it eventually begins pushing against them. Lions are able to see through veils of social mores and collectively held values. With penetrating awareness, they perceive them as a form of cultural brainwashing.

In this awakening, the lion is empowered to disavow notions of political correctness and ultimately reject institutionalized belief systems. Rather than following

the crowd, the lion fights against the structures it sees as restricting its freedom. Thus, the lion's mission becomes a quest for truth, an overarching endeavor to pierce the veils of conventionality.

At first, the battle seems to be a noble one, and tremendous energy is mustered in the quest. However, the inherent problem for the lion is one of motivation. The pitfall is to perpetually do battle merely for the sake of doing battle. This outcome can leave the lion's mind filled with anger, feeling it has been deceived its entire life. While the path of fighting requires learning boldness and bravery, it often ends in disillusionment and anger.

As the king of beasts, the lion follows the rules of none other. Creating its own rules, and sometimes imposing them on others, the lion is a proud rebel that declares its independence from the duties and obligations it regards as confining. Although the lion has rejected victimhood and claimed the power to crush what it despises, it is not truly free. Due to its reactive nature, its apparent freedom is essentially negative, depending on continually doing battle and overthrowing perceived oppressors.

The lion lacks the creative power to generate new experiential forms that serve the greater good or foster liberation. Thus, it continues fighting, but it may ultimately be left with little more than an inauthentic self and a rebellious ego.

Whereas the camel may appear to be a prisoner of the mind by others, the lion is a prisoner of its own mind. Its negative past snares it in a web of repeating patterns, which prevents it from realizing the liberation it seeks.

For his third metamorphosis, Nietzsche's symbol is the child, a representation of the positive qualities with which all were initially endowed: innocence, joy, creative spontaneity, and a brilliant sense of wonder. While the lion holds power to destroy, the child readily enters a blissful state of perpetual wonder and creative mind. Nietzsche would say the child is spiritually alive and liberated in the sense of being fresh and free of the jadedness of either camels or lions. While these two spend their emotional energies reacting to the past, the child's emotions arise in direct correspondence to the present moment. For Nietzsche, cultivating a childlike mind is the culminating achievement of a spiritual journey.

I ask Nietzsche's forgiveness for this nutshell rendering of his ideas on spiritual transformation. In his theory of metamorphosis, he did not address cyclic existence or even the parameters of life and death. However, there may be some value in approaching transformation in simple terms rather than clinging to the complexities humans have projected on the process.

I recommend a course of introspection that searches

for the inner camel and lion. When flashes of enlightenment occur, one will have a model for negotiating the terrain of transformation. Give thanks for the fact that both enlightenment and transformation are attainable and that you have this very precious life to break the dream trance and awaken to an incredible dawn of truth awareness.

The Soul's Whisper

Rae Chandran

In the stillness of the night,
I listened to my soul's voice,
for I was in anguish and sorrow.
I seemed to be lonely and lost.
Then I heard the faint whisper of my soul:
"Precious child, welcome Home."

In the sweetness of this precious voice, I lost my bitterness and
feeling of emptiness and sense of being lost.
I saw myself through the eyes of my precious soul, and
I discovered how precious and beautiful I am.

I danced in this knowingness, and I sang the precious melody of my heart.
My eyes flew open. I again discovered the wonders of life all around me, and I said, *This is me, the newly awakened me, for when I discovered me, I discovered God. I discovered the universe. I discovered the beauty. I discovered the innocence. I discovered love.*

I laughed out loud in this self-discovery, and I sang the most glorious song in the celebration of the God/Goddess/I Am.

God smiled and said, *Welcome Home, my precious one. I have prepared a table for you, for I have been waiting for you to come Home. I am well pleased in you, for you have brought glory to yourself, you have discovered self-love, you have danced your own dance, and you have been a light unto others.*

So welcome Home, my precious ones.
The universe has awaited your return, for you and I are One, and in this oneness, let us celebrate life, for you are blessed, indeed.

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I Am Creation

Like the rain splattering on the window makes a sound, the melodies of life make sounds in our hearts and beings.

This brings us either sorrow or comfort. This rhythm of life explodes in all of creation, creating a beautiful tapestry of our lives. When viewed later from our deathbeds, we see the perfection in all of this, and our hearts sing in praise and gratitude, for all these created who we are.

Like the stars that explode in the sky, love, in its infinite form, dances through the corridors of time, weaving a magnificent tapestry of brilliant colors and magic. In this, we see our perfection and beauty in all its majesty. We wonder about the secrets of creation.

In this self-discovery, my heart sings and weeps in joyous harmony, for I have discovered the secrets of creation itself, and this creation is me.

I am creation.
I am perfection.
I am beauty and joy.
I Am That I Am.

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

Be More Than You Expect from Yourself

Jenine Beecher

Josefa “Juanita” Loaiza was hanged in Downieville, California, on July 5, 1851. She was the first and only woman to be hanged in California’s history. I met Josefa in June 2016. The following information is an account of our conversations.

Some details vary slightly between what I learned from Josefa and from my research with Downieville historians. After pondering these discrepancies, I decided that ultimately Josefa’s teachings have been an extremely valuable asset to my life. Therefore, I feel it is important to show my respect to her by telling her story as she described it to me.

An Energetic Standoff

Josefa made her presence known to me by clairvoyantly showing me pictures of her stabbing at me. It was early morning, and I was doing laundry. I engaged my protection techniques, puffing up the energy in my space like a peacock showcasing its feathers.

We faced off in these dueling positions like statues. At this point, I did not know who this energy was, but I realized that it did not want to harm me. Its motion was telling me that it had stabbed someone in the

past, but in the present, it wanted to communicate.

I relaxed my energy and asked the being where we had met. It said, “Downieville.” I picked it up when I was there the previous weekend. I told the being I had priorities to manage this morning but would communicate during a meditation break in the afternoon, putting the being on hold while I collected myself and brought structure and order to my life.

Downieville is an old California mining town that was established in 1849. I am a regular visitor, as my partner works there in the summer. I immediately messaged to tell him the details of my experience with the being who had just confronted me. Without hesitation, he told me it was Josefa “Juanita” Loaiza, the first and only woman to be hung in California’s history.

I knew the being was behind me, so I asked, “Are you Josefa?”

I received an immediate, “Yes.”

Josefa was a bright yet complicated soul. Through our interactions, I knew she wanted to work with me to heal her past as well as tell her story. She also wanted to channel her energy through me,



using my body as a catalyst to tell her story in her narrative.

I said to her, “If you want me to write your story, you need to teach me what you know. I am not going to let you channel and use my energy as your medium to help you tell your story.” This encounter was the beginning of our regular communications about life’s passion, pain, societal ideals, and spirit.

Josefa’s Story

Josefa was a proud, beautiful woman with long black hair and who was about 5 feet tall. She had a fiery spirit, was deeply emotional and sensitive in her strength, and was determined to live with honor and integrity. Originally from Mexico, she left due to family issues that ultimately left a hole in her heart. She filled that void with the promise of a better life in America.

The success found through California’s gold rush led Josefa and her partner (whom she loved deeply) to Downieville. She didn’t speak much about the relationship, maintaining

this as a private topic. Josepha has hinted at being married before, but that relationship was not based on love and trust, so she left him.

In Downieville, Josefa was targeted for her fiery spirit. In a town mostly inhabited by men, the attacks on her culture and gender were verbal and physical reminders of the inequality she experienced. While she worked to stay strong, the consistent abuse was exhausting.

During the early morning hours of July 5, 1851, Josefa was at home when a Downieville resident, a patron she knew from the saloon where she worked, came into her home while her partner was away. There were some choice words between the two regarding a previous altercation when he began to make physical advances toward her, possibly implying a rape situation.

While I do not believe the interaction went very far, the tension between the two was strong enough that Josefa feared for her safety. She pulled a knife and stabbed him multiple times, killing him.

Word got out in town quickly. She was immediately tried by the local judge and quickly found guilty. The energy of the trial was far from fair. To the judge and jury, her act was a display of the uncontrollable and unstable nature of a Mexican woman. She could not be trusted and was ultimately there to cheat and manipulate anyone who got in the way of her success.

Josefa's sentencing was a confirmation of the racist and gender stereotypes prevalent at the time. Any discussion of the motives of the man who came into her home or concerning Josefa's safety and whether she did this heinous act in self-defense was immediately thrown out. She was silenced.

Josefa's actions were warranted due to the circumstances endangering her physical safety. However, this climactic moment was also based on an upheaval of repressed anger and

frustration due to the consistent and overwhelming racist and oppressive experiences she had endured over time.

Josefa was not only defending herself but also fighting for the right to feel safe. She was fighting for the freedom to be herself and to be free of societal undertones meant to make her feel less worthy and to be free from societal restrictions set up to ensure that she would fail at her life's dreams.

Josefa was ordered to be hanged from a bridge in town. Reflective of her strength, she took control of the moment. Josefa took the noose and slipped it over her head, quickly addressed the crowd, and then jumped, ultimately hanging herself. In that moment, Josefa claimed her right to be a human and to be free of societal suffering and injustice.

The timing of this event was coincidental in that it was the morning after one of America's most-celebrated holidays, Independence Day (Fourth of July). Josefa had to proclaim her own independence through the act of her hanging in a country founded on the belief in the God-given right of freedom and equality for all.

The Lesson

Understanding Josefa's messages at moments felt like putting together a large puzzle. When her energy first arrived, much of it surrounded her story in Downieville and all the hurt and anger she had endured. As the days passed, I noticed another side of Josefa — an almost angelic being filled with knowledge and wisdom. This part of her energy was bright and engaging.

Through that energy, she taught me that the only constant in emotion is its changeability. While emotions provide information, they do not really offer any type of stability to our nature. Emotions are a very human experience and can often be a barrier to connecting and learning about our true selves.

Josefa taught me that if you can experience but also look beyond the emotions, you will find your home of personal faith and love. This is the root of being. From this place, we can be stable within the instability of our expansions and growth.

I have practiced this technique regularly since receiving this lesson and have noticed some new and subtle shifts in my decision-making process. These shifts have allowed me to release resistance of the unknown influences in life and instead trust in my love and faith in myself as the root of my stability.



FROM JOSEFA

Be your biggest, greatest, and most independent self. Honor your spirit's gifts, and live its inspiration. To settle for less from your life is the truest crime in being a human.

This life is a precious gift; don't waste it trying to fit in or just cruise through it by being comfortable. Challenges and decisions provide the gift of growth. Live in a meaningful way, and be more than you expect from yourself.



I regularly visit with Josefa during meditation. I admire her dedication to being and expressing herself no matter the circumstance. I am grateful she has come into my life to impart her humor and general badass-ness.

Thank you, Josefa, for sharing your story with me. Your teachings and support have meant more to me than gold.

Jenine Beecher is a psychic medium, strategist, teacher, and author. Her focus is to sort and organize your challenges to identify your priorities and values in order to aid you in taking your next best steps. Services are available via phone or web chat. To learn more, visit JenineBeecher.com or send an email to hello@jeninebeecher.com.

A New Perspective: Metaphysical Ecology

Jaap van Etten

We tend to think inside the box. The box contains the collective consciousness of humanity in our reality colored by the specific environment in which we grew up and currently live and work.

Most of us do not like to think too far outside the box because we are afraid of the possible consequences. Others may no longer like us; we may lose friends and even the support of our family. For many, thinking inside the box creates feelings of safety and belonging, whether true or imagined. However, this attitude and approach to life could prevent us from making changes that help us to connect with our true selves.

Most people will agree that humanity's current way of functioning harms our health and well-being, as well as that of the planet and all that lives on it. On many fronts, people are talking about the need for change; however, change has been minimal.

If we want to save ourselves and the future of this planet for our children and grandchildren, then change is needed on a larger scale. There is no doubt that this change will not come from governments and large companies. They have agendas that do not seem to focus on the well-being of the people or the planet.

We Have the Power to Change

If change does not come from the top of society's structures, then where does change need to come

from? The answer is simple — from us. Change needs to come from the bottom up and not from the top down.

We have the power to change whatever we want to change. But we already mentioned that change is challenging for most people. Therefore, we need to support and invite each other to take two main steps:

- Be willing to think fundamentally differently.
- Be willing to collaborate.

I would like to share a few aspects of these two steps to help you understand what I mean and also how metaphysical ecology¹ supports these steps. To quote Einstein: “We cannot solve our problems with the same thinking we used when we created them.” That is a very clear and wise statement. To change the thinking and resulting actions that harm our world, we need to learn to think differently. But what does that mean?

Thinking differently does not mean reorganizing existing thoughts you have because that will not fundamentally change things. We need to think in ways that are new and innovative and then act in alignment with these new thoughts and ideas. In that way, we create new neural pathways in our brains that lead to a different way of functioning.

This requires a willingness to look at all aspects of our lifestyles and to be honest about whether those aspects support us and everything and everybody around



us, including the entire planet. We need the courage to do this as honestly as we can, and we need even more courage to actively change our thinking and actions when we realize that they are no longer supportive, independent of what others think.

We also need support. That brings me to the second point.

It is difficult to change when your environment does not support you. It is even likely that your environment does not want you to change. People often experience the changes in others close to them as threatening for a variety of reasons. Therefore, when you want to change, find people who support you, preferably people who are on a similar path.

Supporting each other makes it easier to change and create new ways of thinking and functioning. As much as social media can be a distraction that can keep you from making changes, you also can use it to find people and groups that support your process. Connecting with people who stimulate you in your process of change makes change easier and more fun. After all, life is supposed to be enjoyable, and it is important to make change an enjoyable adventure. With others, it is easier to do so.

Subtle Worlds

So far we have talked about changes that are easy to describe

and fit in the standard paradigms of our society. We would like to go one step further: We tend to see the world in a way that is in alignment with how we interpret it. We do that based on the information we receive from our senses and interpret the information in a way that is generally accepted.

Admitting that our general way of looking at the world is very limited is an important step in being able to make true changes. Realizing that we are living in a world that is only a small piece of what it really is brings us to the question: What kind of reality exists beyond the senses?

Even scientists now admit that there are worlds that exist outside the perception of our senses. If we are to change, we need to be willing to open ourselves to these worlds. We call these worlds the subtle worlds. For most people, these worlds are invisible. They have energies and beings that we connect with all the time although we are mostly unaware of that.

These subtle worlds are an integrated part of the Gaia system. Denying their existence does not

make them disappear. True change comes from admitting that we perceive the world with our senses in a very limited way and that we are willing to embark on a journey of exploring these subtle worlds, realizing that they are an inherent part of our environment and experience.

Most people do not realize that every human being has the potential to become aware of these subtle worlds and can learn to work with them to create a new understanding of our place in the world. The goal of metaphysical ecology is to understand the world in which we live on a larger scale than what we perceive with our five physical senses. We call this metaphysical because we include that which is beyond the physical: the subtle worlds with their subtle beings and subtle energies.

Including the subtle worlds — the worlds of nature spirits and other beings — used to be normal for our ancestors and still is an integrated part of some ancient traditions. We need to find ways to include the subtle worlds and their beings in our awareness and lives

again if we want to create a harmonious world.

This is the new thinking that we are asked to start incorporating into our way of living. Including the subtle worlds is the only way to create a world in harmony. To create harmony, we need to include all beings, whether they are visible or invisible. Any exclusion creates disharmony.

For some people, doing this may be a bit too much. However, those who are ready will begin to change the way they think and function, and in that way, they will also induce a change in others.

1. For more information about metaphysical ecology, visit <http://ucme.international>.

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

Spiritual Fatigue: the Frequencies Aren't Helping

Phyllis Light, PhD

In my role as spiritual teacher and healer, I do my best to keep my finger on the pulse of what is going on spiritually for all of us on planet Earth. I watch what people go through, receive information from my higher guidance, and feel and observe what is going on within me.

Since May 2012, we have all been under the influence of an incredible influx of Divine energy that is transforming us to our depths whether

we want it or not. I'm sure we, the human race, collectively called for this by wanting and needing it desperately, but individually, many of us do not consciously want or choose to change.

This energy pouring into us has brought an enormous amount of old, negative subconscious programming to the surface for us to acknowledge and heal. In other words, it is on our cosmic docket



to change by stirring up and shining light on all our inner demons and skeletons and forcing us to deal with them once and for all. These negative energies have been buried deep within us for eons. We are now getting a chance to revisit them and work on the parts of ourselves that

we have resisted dealing with for a long time.

Do you feel as if things are getting worse or you're going through something intense pertaining to an issue you thought you had handled long ago? Many of us are going through this kind of thing, and we are experiencing great fatigue as a result.

Change doesn't come easily, and parts of us resist it. We resist letting go of the old energies that are fighting their way out of us. This resistance to the deep spiritual growth is causing tremendous fatigue. That's why I call it spiritual fatigue. That's really shorthand for fatigue from deep, intense, unrelenting spiritual growth.

There is a tremendous opportunity for major breakthroughs at this time, so this is ultimately a good thing and right for us all. But this period of integrating the new energies and having to restructure our lives at a deep level can be just plain hard and tiring. I want you to know that's what is going on in case you are concerned that something is wrong with you because you feel so tired. Furthermore, living unprotected from all the high-tech frequencies bombarding you daily is making the process more difficult than it needs to be.

Before 1975, when HBO and Cinemax started beaming from the skies, people were being hit by thirty to forty frequencies a day from three TV stations and a handful of radio stations. When our etheric bodies are hit by a frequency, they are temporarily disrupted and sustain damage, but when the frequency goes away, our etheric bodies return to normal, and no physical problems are created.

After 1975, our exposure to frequencies increased dramatically. Now in 2018, the air is saturated with life-damaging frequencies from cell phones, TV, radio, GPS satellite broadcasts, 4G (soon to be

5G) networks connecting our cell phones to the internet, WiFi in our homes (also in our neighbor's homes coming into our spaces), Bluetooth, the electromagnetic fields (EMFs) from our computers and other devices, Smart Meters, and all the new "Smart Homes" in which appliances operate via apps on your cell phone.

We are hit by about 300,000 frequencies per minute in most major cities. We are literally swimming in a toxic soup of detrimental frequencies as we work, play, eat, and sleep. We can never get away from them! And they make us tired, depressed, and stressed, weakening our immune systems. We get allergies, chronic fatigue, fibromyalgia, and a plethora of autoimmune system disorders, including cancer, rheumatoid arthritis, Hashimoto's thyroiditis, lupus, inflammatory bowel disease, multiple sclerosis (MS), Type 1 diabetes, psoriasis, and Graves' disease.

Although we have many modern conveniences that make life easier, the cost to our health and well-being is enormous. So you might feel extra tired these days because of the relentless spiritual transformation you are undergoing, but if you are being bombarded by all the negative high-tech frequencies, that fatigue could be a lot worse than if you were protected from those frequencies.

Protection Is Possible

Once you are aware of the problem, then you are far more likely to attract the right solution. Ignorance or denial of what is going on in this world will keep you stuck, and you could easily feel as if you are a victim of life — not at all in control of how you feel or how your body is faring. The spiritual fatigue you might be feeling is totally normal and will pass in time as you integrate the deep changes taking place within you. However, the exhaustion you may feel from being hit

by 300,000 or more life-damaging frequencies every minute is not normal and can be relieved.

I can offer a few suggestions to help your quest for better health and protection from the frequencies. Basically, you will want to do your best to minimize your exposure:

- Turn off your computer and WiFi when you sleep. Computer manufacturers recommend leaving the computer on, and many people do. However, doing so fills your home with unwanted negative energies from the computer. So for your health and well-being, it's best to turn it off at night.
- Don't give up your landline, or at least, minimize the amount of time you spend on your cell phone. Your phone is a miniature computer. By keeping it near your head as you sleep, you are blasted by the frequencies it receives, the frequencies it sends, and the negative electromagnetic field from the electronic technology and the battery in it.
- Think about this: Would you want to keep your head next to your computer monitor for long periods? No. To minimize the effects while using your cell phone, use your speaker phone, and refrain from holding your phone in your hand while talking.
- Avoid using the Bluetooth feature. When you talk with the earpiece, the heating aspect of the microwave radiation hits, and the device's battery weakens your energy field. All this is taking place right next to your brain. This is not good for your health. Make or take that call once you stop your car. You don't have to drive and talk on your phone!

Knowledge is power. The more you open your eyes to and

acknowledge the truth of what's going on in our world, the freer you will be. There are steps you can take to prevent the deleterious effects of the nonstop onslaught of high-tech energies. You can protect yourself spiritually so that you don't suffer from the disruption to your chakra system and the disconnection of your higher self that the frequencies cause. You must take care of yourself spiritually as well as physically, and it's important to figure out the best path for you to take.

Your life here is valuable, but

the way the world is set up, you almost have to fight to preserve it. Taking care of your health may feel like a struggle at times. You have to carve a life for yourself where your values of health and wellness are top priority, regardless of what the people around you are doing.

Sometimes it seems easier to go along with the masses. It may seem like less of a struggle. But the truth is it's important to decide what you want and then go after it no matter what. Choosing to protect yourself from the frequencies is life altering. The results are better health, greater

ability to focus, more energy, greater happiness, and an increased sense of aliveness and well-being. You have a choice about the quality of the life you lead. Don't let what others think hold you back.

Phyllis Light, PhD, is an author, expert in telepathic healing, pioneer in subtle energy protection, and creator of Rejuvenizers® — protective and healing devices designed to combat the ills of life in a high-tech world. She has spent more than thirty-five years researching how to heal, repair, and normalize the physical and subtle bodies to bring people greater health, well-being, and spiritual awareness. For more information, call (512) 301-2999 or visit www.lighthelting.com.

Allies and Totems: Parrot and Watermelon Tourmaline

Margaret Ann Lembo

Everything is energy and has a vibration. Each gemstone has mental, emotional, spiritual, and physical teachings within it based on its color, structure, and growth process (way of becoming that mineral or stone). Every animal, insect, plant, bird, or fish has a teaching as well.

Symbolism is everywhere. Gemstones hold the history of Earth and all this planet has to offer you to evolve your soul and spirit in this incarnation. Nature offers guideposts and lights the path on this sacred journey here on Earth.

Do you find benefits from

crystal alignments or working with gemstones? Crystal healing is a good way to balance your energy. Essentially, every gemstone has a matching vibration. In the world of crystal healing, the parrot gemstone is an ally and a totem when you are working with color in art, crystals, clothing, and décor — basically all aspects of life.

Parrot's energy helps you remember to sparkle and shine. Look to the parrot gemstone to increase your self-esteem and willingness to be seen and heard. Parrots are intelligent and encourage you to uncover your innate intelligence.

Parrot's matching gemstone is watermelon, or bicolor tourmaline. Bicolor tourmaline increases the awareness of your thoughts, whether they are positive or not. Parrot medicine paired with bicolor or watermelon tourmaline helps you to acknowledge your magnificence.

Focus on what you do well to increase your self-esteem. Trust that it is safe to be powerful, fabulous,



colorful, and magnificent. Shine your light to reach your full potential. Express yourself. Speak up. Show up for life with vibrancy, joy, and enthusiasm.

Use this affirmation: "I model the behaviors of successful people to further my success. I honor and respect myself for who I am and what I can do. It's easy for me to speak up for myself. I shine my light brightly and acknowledge my magnificence."

Margaret Ann Lembo is the author of *Chakra Awakening; The Essential Guide to Crystals, Minerals, and Stones; Angels & Gemstone Guardians Cards; Color Your Life with Crystals; The Essential Guide to Aromatherapy and Vibrational Healing; and more.* Margaret Ann is a spiritual entrepreneur, aromatherapist, and the owner of the *Crystal Garden* — a bookstore, gift store, and spiritual center in southeast Florida. To learn more, go to www.MargaretAnnLembo.com or www.theCrystalGarden.com.



Watermelon tourmaline

Andy Frame Photography

Find Your Divine Fate

Cornelis Reiman



Being a healer is a long way from what I was trained to do at university or the experience that followed. Life had other plans. Years of working in the corporate sector and academia seemed an unlikely background for a healer, but that's what happened to me.

Patients now queue to see me each day. People fly to Thailand just to meet me. It is incredible. What's more incredible is that these people gain substantial benefits from what I do, which involves me sweeping them clear of physical, psychological, spiritual, and karmic problems.

I have learned a great deal about many things. I've learned how to attain and maintain calmness, and I've learned how to give it to others. That might explain why people enjoy seeing me. However, for those folk who don't meet me, there are crucial points to mention. These are all about finding divine fate.

Simply, we are spiritual beings in human form living in a modern world. But most people are unaware of their innermost purity. This is because they are trapped by what happens around them. In effect, they remain connected emotionally to the numerous distractions that inhabit their world, which is one created by them through a rigid framework of thinking.

Basically, people's thoughts form patterns of behavior that bring the material world into their lives. As you might know, they consider this normal. They even consider the stress that comes of this to be usual. They will go so far as to accept the mess that comes of it as who they are. This can be undone.

To begin, consider how what happens in your life is influenced, if not dictated, by the variety of thoughts and the patterns of thinking that you hold. Adverse habits, memories, and reminders continue to fill your days. But what if you could stop all that? What if you could see how life would be if you were without the thinking that now drives your outcomes?

Look at the next slice of time. If you stopped filling it with assorted thoughts of how you were up until now and something still happened, then it was not caused by you. In essence, if you take away the human input, what happens after that is due to Divine providence. The natural unfolding of your life comes this way.

How can this be? How can we free ourselves from a lifetime of constant thinking?

- Focus on the present moment.
- Know what is true.
- Know that reality is defined entirely by what relates to three things: (1) you (2) here (3) now. This means any thoughts that are about someone else, somewhere else, or some other time can be dismissed, as these are not real.

If at any time you become aware of your thoughts, check whether they relate to what you now know is reality. Check whether these thoughts relate to you here and now. If not, what is the point of thinking such things? What is the point of holding on to something you know is unreal?

Remember how people are. What they do is due to assorted

forces that unduly influence them. There are thoughts that they prefer not to show the world, such as anything to do with regret, fear, uncertainty, and doubt. Then there are thoughts that push them and their thinking into the future, such as any wish, hope, want, need, or desire. Life, then, is complex.

Help Others When They Ask

Is a higher power helped or hindered by mortal thoughts? In this regard, an ego retards the potential of divine fate through the conscious pursuit of options that seek to satisfy human interests rather than any of a godly nature. Conscious thought, therefore, supports and expresses any dimension of an ego. The more that this is reduced, the more a divine path will appear.

Consider what the present moment holds. This is your advisor. Let it guide you. Let it show you how to be.

Essentially, when at one with divinity, you wait for your divine fate to unfold. If there is something to do, then do it promptly to be ready for what the next moment holds for you. If there is nothing to do, then do nothing.

Frankly, this is how to be. Being relaxed is allowed. With it come happiness, calmness, contentment, and confidence.

Too often, people live in

accordance with what gives them enjoyment, despite the fact that this is false and acts on them negatively in various ways, such as causes stress when expectations are not met or when related uncertainty creates concern. They live with hollow goals in mind.

What can be done for them? What can be done for family members and friends you know are living a stressful existence? The answer is simple: Help them when they ask. You might have a kind heart and know what they need to do. However, you will waste their time (and yours) telling them what you think is best when they do not ask. You might even annoy them.

Now think about what happens

when people ask for your help. They are open to hearing answers. They have invited you to say something. Still, when any opportunity like this comes up, only give an answer that suits the question. Don't feed them a family-size pizza if they only wanted a slice of pepperoni.

Let them digest what you've said. If they ask another question, answer it. If they don't ask again, then don't worry about it. This is because the present moment that follows is empty.

To be at one with all people calls for nothing more than to understand the lowest common denominator. Divine fate or a perfect destiny attests to this because no human frailty is entertained.

Thereby, people who are at one with humanity are also aligned with divinity.

They can commune and communicate with both. They can remain patient in the presence of either and respond with clarity to whatever these bring to bear.

How should we be? Can our lives improve to make our existence better? Finding Divine fate provides us with a fresh, practical, and heavenly view of life.

Cornelis Reiman is a healer at a remote Buddhist temple and has an international following. He provides guidance for improving health and well-being as well as coaches people on how to become better Buddhists. When he is not in temple, Cornelis is a business consultant. He lives in Thailand.

How Do We Recognize the Bringers of Light?

Mary Rodwell

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There are new generations of children incarnating on our planet who are very different from previous generations. They have been given many names, such as Indigo children, Crystal children, Children of Light, and Star children. These children are far more multidimensionally aware than what is presently considered the norm. Many have a deep understanding of their

multidimensional reality and speak about helping humanity awaken to a higher state of consciousness. They might also be aware of contact with nonhuman extraterrestrial intelligences.

There is a race of beings upon the planet, increasing in number, although visually and physically indistinguishable to most humans. They are "the bringers of light" and are here to guide the awakening of terrestrial consciousness. The New Children are born without programs and will bring about a Global Awakening.

— Tracey Taylor, artist and experimenter

Metaphysical groups have



recognized these children and offered labels to explain their differences. However, some are labeled dysfunctional because they struggle to socialize or cope with the pressures and conditioning modern society places on them. These labels include attention deficit disorder (ADD), Asperger's syndrome, forms of autism, and dyslexia. However, these labels might stem from our lack of understanding how these generations operate or perceive reality.

It appears that many struggle with the conditioning of 3D reality. Dr. Ohlson, PhD, a molecular biologist, calls them the "letter people."¹ She believes she is a letter person;

she has Asperger's and ADHD, and she has explored her multidimensional and physical sensitivities from a practical and scientific perspective:

The programs such as ADD, ADHD, Asperger's, "Letter people," I do not believe [they] are broken or dysfunctional genes but instead offering new multi-dimensional skills to prevent limited re-programming of a third dimensional reality. The letter people show an impairment in communication between the brain-halves and thus use one side of the brain for solving the same problem. Although it is thought they are dysfunctional, it may be a way to free more space in the brain for solving difficult tasks. The Asperger[s] part might be responsible for higher knowledge, not interested in traditional learning.

— Dr. Ohlson, PhD

Dr. Ohlson brings two important perspectives to this phenomenon — the soul journey and our extraterrestrial star origins:

It is not so simple as foreign DNA. It's a combination of genetically improved bodies, in combination with souls from different places in our Universe, incarnating in these "improved" bodies. The souls have different frequencies/vibrations depending on their evolutionary status, and that plays a role in activation of the DNA in that particular body. I believe we also have to take into account the collective soul of Homo sapiens. The "letter people" have above normal sensory

cells on the skin. They hear above normal range. They are aware of minute differences in the shades of colour than normal. Taste and smell are enhanced. Sensitive to all frequencies and can be overwhelmed by sensory overload. Sensitive to radioactive radiation as well as energy fields and energy beaming from angry people or animals.

— Dr. Ohlson, PhD

Dr. Ohlson observed that calculated levels of acetylcholine and dopamine in the brain are higher in letter people and suggests ways to help these children cope with the 3D challenges. Letter people need extra help nutritionally to cope as well as multivitamin and mineral supplements. She explains that acetylcholine is formed from choline in the vitamin B family, and letter people need more choline as well as other B vitamins because they use more of it:

- Vitamin D3 50 microgram/day, vitamin C 1-2 grams/day.
- Occasionally they may need silica gel for the stomach and nervous system and probiotics for the intestinal flora.
- For the nervous system and brain (running all the functions in the body), this is crucial.
- B vitamins in a complex daily (25 mg each of B1, B2, B6, PABA, inositol; 50 mg each of B3, B5, choline; 50 micrograms of B12, 25 micrograms of B15; 150 micrograms of biotin; and 200 micrograms folic acid).²
- Omega oil 3, 6, 9.
- Methylsulfonylmethane (MSM): Initially start with a few grains and build up to the maximum dose of two teaspoons daily. This supports the enzymatic reactions in the brain and the formation of acetylcholine from choline. It's best to take it in

the morning or during the day because it gives energy and can keep the person awake at night. To prevent anxiety, take *Valeriana officinalis*, between 200 mg and 1,200 mg daily, and for depression, take *Hypericum perforatum* (St. John's Wort), between 600 mg and 900 mg daily.

In his book *Close Encounters of the ADHD Kind* (2010), ufologist researcher Neil Gould explains that he was diagnosed with ADHD later in life. He recalls that he always perceived reality differently, and that's why he struggled in such a heavily programmed 3D world. He reinterprets the ADHD label as "always dialed to higher dimensions."

I believe that Neil's interpretation is far more accurate, and it coincides with findings from molecular biologist Dr. William Brown,³ who also recognizes the new human phenomenon and the modification in our genetic codes occurring now.

I believe genetic modification occurring right now in utero are actually producing "New Humans." Their new genetic architecture allows them to see the world in a multidimensional fashion.

There is an exponential increase in ADD, autistic and Indigo children. Their brains work faster, and I believe they already know what they are being taught.

The "intrinsic" understanding of knowledge and information operates at a bio-molecular level — it's trans-generational information. It is "encoded" within the atomic structure of the DNA molecule. It can be accessed more efficiently to produce savant-like characteristics. The modification

of the DNA is more like a remodeling of the genome to make dormant regions accessible again.

— Neil Gould, author of
*Close Encounters of
the ADHD Kind*

Extraterrestrial visitation is a very important factor, as it is known these intelligences are very interested in human DNA, and research suggests they have been involved in changes to human DNA. Therefore, it's only logical and may well explain some of the differences we are observing in the new humans' behaviors. I believe it is logical to assume this is directly related to human encounters with nonhuman intelligences. My hypotheses stem from twenty years of research into extraterrestrial encounter phenomena and 3,000 case studies.⁴

The children have conscious recall of their time on spaceships, often their planet of origin, and their mission. The following subjects are related to this research:

- their true origins, or star family
- past lives on other planets
- their mission on planet Earth
- the true history of this planet and origins of humanity
- conscious recall of being taken on spacecraft and what was learned there
- the multidimensional skills enhanced by education in the space schools
- what is going on in covert programs and hidden agendas
- the purpose of certain ancient sites and technologies
- the ability to translate some star languages and scripts and the source of this information (decode some of the symbols and artwork from ET encounters)
- connect with all living and inanimate forms on a multidimensional level (animals, plants, and minerals)
- healing abilities

- write unusual scripts, speak star languages, and draw symbols and beings they interacted with

From my research, I've learned this is a global phenomenon, and these children can be found in all cultures. They demonstrate their multidimensional skills by perceiving spirits, energy fields, extraterrestrials; remote influencing; telepathic abilities; knowledge they have not consciously learned; healing abilities; universal spirituality; telekinetic abilities; and precognition (seeing future events).

Paul Dong and Thomas E. Raffill have noted some of the psychic abilities mentioned in *China's Super Psychics* (1997). They label this phenomenon "extra human functions" (EMF) or "high sense abilities" (HSA). These children are now identified in many cultures, primarily seen as super psychics without the understanding that there might be alterations through extraterrestrial intelligences.

The late Dr. Roger Leir was a pioneer in ufology and most known for his work removing implanted objects after extraterrestrial encounters. He was convinced humanity was being upgraded through their contact and interactions with extraterrestrial beings:⁵

I have come to the conclusion that not only are there star children amongst us, but the entire human race has been advanced forward at a rate that is unlikely to be due to slow evolutionary forces, but far more likely that this rapid advancement of the human species is due to alien intervention of our bodies and minds.

— Dr. Roger Leir, author of
The Aliens and the Scalpel

The struggle for the new humans

is to operate and function when their awareness and understanding is not understood or acknowledged. This could manifest as arrogance or frustration, but most often, it's seen as sadness or confusion. They can feel their star families have left them, and they struggle with being here. They just want to go home. It can be overwhelming and can lead to a conscious or unconscious desire to dumb themselves down with alcohol and drugs or vacate through suicide.

It is important that humanity recognizes this evolutionary leap in human consciousness. We have good reason to recognize these new generations are different. We need to listen to what they have to tell us. They truly are the way-showers of an evolving humanity.

1. Dr. Ohlson, statements about her research from 2012 through 2015 to Mary Rodwell
2. For most, these amounts of B vitamins are more than the recommended daily intake, but Dr. Ohlson's family members have taken these doses daily for more than ten years with no side effects and have become healthier.
3. Dr. William Brown, email correspondences with Mary Rodwell at ACERN in 2010
4. Mary Rodwell, *Awakening How Extraterrestrial Contact Can transform Your Life* (republished 2010)
5. Dr. Roger Leir, *The Aliens and the Scalpel*

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BOOK EXCERPT

A Psychic Reiki Healing Experience

Brett Bevell



Reiki is perhaps the world's most popular form of energy healing, first sourced by the late Japanese mystic Mikao Usui. The word "Reiki" is most commonly translated from Japanese kanji as "universal life force energy." But it can also be interpreted as "divine life force energy," a translation I prefer since it feels more aligned with my belief that Reiki comes directly from the Divine. My journey with Reiki has been an amazing one, starting with traditional training in the early 1990s, going through the master level in 1995, and eventually experiencing a profound visitation in 2007 from the spirit of Mikao Usui himself.

The visitation happened while I was traveling alone in Laos, working on the final edits of my first book, *The Reiki Magic Guide to Self-Attunement*. I was eating lunch at a small Indian restaurant in Luang Prabang, the former royal capital of Laos. As I sat at a small outdoor table, I suddenly felt a powerful presence in the empty chair across from me. I immediately sensed this presence was the spirit of Mikao Usui.

Almost immediately after sensing his presence, I experienced a ball of white light come from Mikao Usui's spirit directly into the area of my heart chakra. After the ball of light was transmitted to me, the spirit of Mikao Usui vanished. I did not initially understand all that this ball of light was about, but in the days and weeks afterward, I began getting downloads of information about Reiki that became my second book, *Reiki for Spiritual Healing*. New symbols and techniques were revealed to me as if out of thin air, and each time I tested these new symbols and techniques, they worked powerfully.

During the following weeks, I also had other mystical experiences, many of which involved seeing very complex mathematical equations in my mind. I am not a mathematician and did not understand the equations, but as I contemplated them, I felt a sense of the eternity in all things; even simple objects like a table or ashtray suddenly revealed eternal presences inside them.

These experiences lasted for many weeks, yet I still

had no idea of all that had been given to me when I received this ball of white light from Mikao Usui's spirit. It was many months later, while sitting at my office desk at Omega Institute (where I have worked for many years), that I became aware of an energetic crystal a few inches in front of my heart chakra. As I tuned in to this energetic crystal, I was told that it was made out of the light of Reiki and that it was the true gift I had received from the spirit of Usui.

I asked out loud for this energetic Reiki crystal to send energy. To my amazement, the crystal responded each time I asked it to send Reiki to various organ systems in my body. I could feel the Reiki energy flowing powerfully even though I was not using the traditional symbols for sending or using my hands to access Reiki. I was simply speaking to this energetic crystal in front of my heart chakra, and it was sending me Reiki.

I continued these experiments with my Reiki crystal for many weeks before I finally realized that I did not need to speak to it out loud; I could speak to it with my mind, and it would still flow Reiki energy wherever I asked it to. This psychic connection to the Divine intelligence of Reiki and the ability to access its energy in a powerful new way developed into what I call psychic Reiki.

Psychic Reiki is not intended to replace traditional Reiki training; it is meant to be an energetic upgrade to what is possible with Reiki. Even in traditional Reiki training, it is said that the energy of Reiki has its own intelligence. Psychic Reiki is simply accessing that intelligence directly, telepathically, through the Reiki crystal. If you think about it, if Reiki has intelligence to it, then so would an energetic crystal that is made out of its light. That intelligence becomes the true teacher, the true healer, in this system.

Healing through Text

One powerful technique with psychic Reiki is the ability to infuse a Reiki crystal into text, into words, and have the energy of Reiki then be accessed directly

by the reader of that text. In the next few paragraphs are direct psychic Reiki healings that might alter your consciousness, so I recommend reading them in a calm and meditative fashion so that you can fully absorb the healing experience. I also assume that if you decide to continue reading, you are giving your implicit permission to receive the healing embedded in the information that follows.

The Reiki crystal that exists in this article is now sending Reiki to your brain and nervous system as you read this. Keep reading, and notice any sensations of energy being sent to your brain and nervous system. This Reiki crystal can do many things simultaneously and is now sending Reiki to your entire digestive system. Now this Reiki crystal is sending Reiki to your muscular system. All these healing vibrations are happening simultaneously. This Reiki crystal is now sending Reiki to your entire skeletal system. This Reiki crystal is now sending Reiki to all your major glands and organs. Now this Reiki crystal is sending Reiki to all your chakras to release any energetic blockages there. This Reiki crystal is now sending Reiki to your meridians, those lines of energy known in Chinese medicine and acupuncture. Now this Reiki crystal is sending Reiki to your mental body, emotional body, and karmic body.

There are other powerful techniques this crystal can perform. It can shape Reiki and access the power of the Reiki distant symbol to create what I call a Reiki portal, one of the most powerful tools in psychic Reiki. As you continue reading, the Reiki crystal inside this text is opening a Reiki portal 6 inches above your crown chakra to the angelic realm for healing and guidance. Allow your consciousness to notice these vibrations slightly above the top of your head. Reiki portals can also be opened to the healing power of avatars, human incarnations of the Divine. The Reiki crystal inside this text is now opening a Reiki portal through this paragraph to the presence of the avatar Neem Karoli Baba, who was the guru of Ram Dass. Simply stare at this paragraph and tune in, noticing any energy that is flowing from the text to you.

Psychic Reiki can be used to create energy portals and cause Reiki to be sent as easily as a word, a thought, or a whisper. It can also create something I call a Reiki cord or laser, an intense beam of Reiki light that exists between any two points in time and space. As you continue reading, the Reiki crystal inside this text is creating Reiki laser connections between every bone in your body so that a beautiful web of Reiki light exists inside you like the lines of light in an Alex Grey painting. Let your eyes rest here, and notice any sensations associated with this aspect of the healing.

Now the Reiki crystal inside this text is creating

a Reiki laser through you and through time, from the moment of your birth up to the present. Again, let your eyes rest on these words and experience the healing.

The Reiki crystal inside this text is now shifting all the lines of light it has been sending you to be for the most gentle and most perfect form of integration. As this happens, you may feel the energy become denser, perhaps even heavy. Know that is simply the energy reminding you of your physical presence. Since sometimes in the world of energy healing we can leave our bodies and get lost in the etheric realms, it is important to integrate and become grounded again in your physical body. This may take several minutes, so keep your eyes on this paragraph until you feel a sense that normal waking consciousness has been fully restored and any sense of being spacey or ungrounded has left.

I hope you have enjoyed this psychic Reiki experience. Know that any energy you receive was not sent by me but by the Reiki crystal embedded in this text. The techniques you have experienced here are just a few of the psychic Reiki possibilities. We live in an age of unlimited potential. The old paradigms are changing, and the more open we can be to new, vibrant, and exciting opportunities, the faster our individual and collective consciousnesses can evolve.

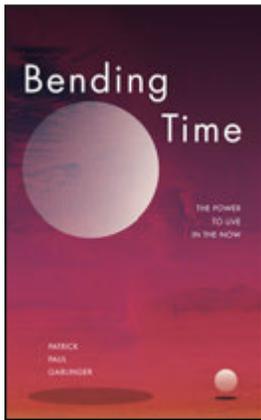
Know you can come back and reread any of the text here when in need of a short energy healing. Anyone who goes on to become empowered to their own Reiki crystal (not included in the above healings) will also have the ability to empower others to their Reiki crystals. Psychic Reiki has no hierarchy or degree system; it has only one level.

Anyone who has become empowered with his or her Reiki crystal is automatically empowered with the ability to energetically create a Reiki crystal in another person's energy system. That is the egalitarian age we now live in, and psychic Reiki makes it easier for all who want Reiki to now be able to access this wonderful form of energy healing.

Psychic Reiki: Divine Life-Force Energy Healing is available from Monkfish Book Publishing.

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Brett Bevell is the author of *The Reiki Magic Guide to Self-Attunement, Reiki for Spiritual Healing, The Wizard's Guide to Energy Healing, and Energy Healing For Everyone*, as well as the poetry books *America Needs A Woman President* and *America Needs A Buddhist President*, a poem that initially aired nationwide on NPR's "All Things Considered." Brett teaches at Omega Institute for Holistic Studies in Rhinebeck, New York and at The Sanctuary in Koh Phangan, Thailand. He has been a visiting teacher at Esalen Institute and has presented at Alex Grey's Chapel of the Sacred Mirrors. Learn more about Brett at BrettBevell.com.



BOOK EXCERPT

Memory as Creation

The Council of Light through Patrick Garlinger



You all use memory for the creation of a world that you experienced at a particular moment in time and space and have since begun to experience in different ways. Yes, memory is a powerful form of creation, one of your most basic forms that you use to manipulate time and space. You do not think of it as manipulating time and space, and that is one of the points we make, for you must understand the role of memory in the creation of your present world.

With memory, you bring two different worlds in time and space together at the same moment of consciousness. No, you do not experience them in the same way; you experience one as memory and the other as the present. But this is not an important distinction right now. Suffice it to say, you have the ability to re-create the world — a partial re-creation — through your memory. Your experience of that moment in time and space might be altered, and it might not correspond to the past as you really experienced it. But that is not important.

Our point is that, at a given moment, when you experience a memory, you are creating through your intellectual faculties a world that did not exist in time and space the moment before. You are joining two worlds. You are joining the world that exists now and that you experience in the present moment with the world based on your memory of that place.

Why is this important?

It is important because we are beginning to delve into the mastery of thought and mind and creative thinking. As to that, you must understand your creative faculties — your powers to create in this realm — and that you often create through the power of your memory. You are constantly re-creating worlds by bending time and space through your memories, which are aspects of the world you once experienced. Is that not amazing?

You do not experience it as amazing. You experience it as mundane and boring, and you often feel burdened by your memories. But that is the point: You do not see

this as a marvelous faculty of creation. You do not see it as a part of your powers as seeds of light creating this realm. No, you see it as a burden, a weight, and you think to yourself, “Oh, if I could just clear the past and not have these horrible memories that weigh me down so, I might be free, free.” And yes, you could be free to re-create in this moment. You are doing so already with your memories, with the weight of the past.

You do not *need* to create this weight, but you do, and that is why we begin with memory as a manifestation of your ability to bend time and space. That memory as your primary tool of creation in this realm is not to suggest that it is your only tool. It is simply the one you most readily use for navigating time and space.

You have many tools — ways of bringing things into form with your mind — of manifestation. You may already see yourself building with your hands or painting or writing or playing music and so on, all of which lead to you using language and materials. But we are first dealing with manifestation at the level of the mind.

The Potential of Your Infinite Imagination

Your memory is incredibly powerful, but you do not see it as powerful. You see it as mundane because you do not see it for what it really is: the potential of your infinite imagination. Yes, you use your ability to create images, first and foremost, but you rely on material you have already seen. You recycle images, and in so doing, you recycle and revive the vision of yourself from when those images first imprinted on your consciousness. So you are constantly recycling — not creating anew — just as you do with your identities and ways of being and relating to others. You recycle constantly in ways that hold you back because it is familiar, comfortable, and safe.

But we are talking here about the possibility of re-creating in the realm of the mind through vision and images, and that does not involve recycling the past or using memory. Memory is your primary means of visual re-creation, and you use it all the time to relive the past and bring it into the present.

You meet the present through your memory, through the vision of the past, and in so doing, you consistently bend time and space. This is powerful, yet you don't appreciate that, for you bend time and space to stay connected with the past rather than creating something new in each moment. But you can liberate yourself from your memory without having to forget. This is the first step to true freedom from the past.

Create from but Not of the Past

The existence of your world begins in the mind's eye as a creative faculty, as a form of bending time and space. You can be in one location in time and space, and at that same time, your mind can be elsewhere, traveling creatively and visually to another realm or other realms, even ones that you have never seen or imagined before and that have no prior reference in your memory or experience.

Your creation begins in the mind's eye as a visual faculty. Even though many of you work with words, there's actually a part of you — the creative part of you — that is working in images, working in pictures in your mind's eye. And that part may be drawing from images and pieces of your past to create a new future. In other words, there's always some anchor in the past, some connection to what you know, even if it is wholly new in the sense that we just described. We are not speaking of a new world or dimension so foreign that it defies your brain's capacity to imagine it.

We want to say that creation can always partake of the past, of your knowledge of form, without necessarily being derived from the past. This is a key distinction, because most of you create versions of the past in ways that replicate the same stories and thus draw from these same stories and do not create new forms. Those of you who create are most of the time doing so in the same ways again and again so that you experience the same storylines again and again. Therefore, the images you create are often replicas of the past and not just based on the same form.

In other words, you resurrect yourselves again and again in the same storyline that you have already experienced even though your creative powers are more vast and capable of finding entirely new realms and stories. But you do not appreciate your power, so you do not use it properly.

The power of the Christ consciousness is the power to create from the past without being derivative of the past. It is to refashion yourself in forms that resemble the past but do not carry the past with them. It is to rebirth yourself as a new person in a way that otherwise can resemble, in form, your life but does not carry with it the emotional baggage — fear, doubt — that you experience. Your life is perfect just as it is in its current

form and in all ways, but you do not experience your life that way.

Even when your life appears to be good, or looks exactly as you want it, you often experience it as not (good) enough. The Christ consciousness allows for the creation of a new world that partakes of past form without the past stories. We will show you how to inhabit this consciousness and how to lay your fears and doubts to rest.

The Creation of Time

Just as you do with money, many of you ask questions like, "How do I save time? How do I make time?" This is something you ask each other, speaking of time as something you lack or something over which you have no control. You do, but you act as if you don't.

You act as if time is an agreement that happens without you and there is nothing you can do about it. Time passes, and if you just sit there, time will pass without you. You say things like, "I don't have enough time" or "Look at how the time flies." This is not true. Time is merely an instrument of perception, and you can control it if you learn to.

You can change the ways you perceive time. Yes, there is an aspect you cannot control, which is that ultimately your life will shift form and move out of the physical. This is inevitable because of the need for you to take on other forms.

Right now, you are in a finite form because it allows you to experience the world in a particular way. There are fantasies of immortality, and you have ideas about freezing yourselves or doing other things to extend your life.

It is odd, we say, because you do not really appreciate your life as it is now. Why expand something that you don't fully appreciate? You seem to want to stretch time in hopes that you achieve something that you make no effort to achieve. Instead, learn to work with time as it presently exists, which is all there is — the present moment. Many of you know this as a spiritual teaching and something of a platitude: "Just stay in the present moment."

What this truly means is that you are creators of your own experience of time; therefore, you have the ability to stretch and bend time to perceive it differently. You might think that time passes quickly or slowly, but this is your perception of your relationship to what is occurring at the present moment.

When time passes quickly, that is not the speed of time. No, it is your perception of time. Why does it appear to pass quickly? Because you do not relate to what is occurring with resistance. Rather, you relate to what is occurring with incredible delight, so much so that you lose track of time. You are no longer focused

on something negative. You experience something positive, so you lose time. More accurately, you lose your perception of time.

When you are bored or anxious, you slow down, and your resistance to what is happening increases your perception of time. You think every second feels like an hour, for example, and this is agonizing to many of you.

Does this mean that we can only shape time according to how we feel and that if we want to speed up time or slow it down, we have to feel good or bad?

This is a good question, but it is not quite accurate in its assumption. You do not speed up or slow down time according to your perception but according to how you feel. You do not slow down time so that you can experience each second as a form of excruciating agony. No, the point is that your perception of time shifts according to your resistance to the moment.

The resistance allows you to see time differently. You can choose not to resist at all, and time will move quickly. But this is the paradox: The quick movement of time does not mean you are actually present. It means that you perceive each second without focus. You lose the perception of time because you are lost in a state of bliss, but that does not mean you are actually present in each second.

Be Present without Pain

So how do you slow down or speed up time? It is not a question of removing resistance through pleasure or increasing resistance through pain. We are not here to encourage you to speed up time by enjoying yourselves more or to slow it down by having a bad time. The point is that your emotional state affects your ability to perceive time, and that is simply the measure of your ability to remain within the present moment, from moment to moment. So if you wish to be present, you will inevitably slow time.

The issue is that you are not willing to be present in your lives. You do not wish to confront all that is going on emotionally; instead, you distract yourselves so that you can avoid the perception of time. Your perception of time — whether time appears to move quickly or slowly — reflects how much you are resisting your experience of the present moment. Resistance is, for the majority of you, your typical emotional state. You do not wish to grapple with your resistance, so you look to distract yourself, because when you are in pain, time slows down.

How can you be present without being in pain? You accept and do not resist what is there. Time is your friend. It is the measure of how present you are. Your willingness to be present in the moment — to be truly

present without any meaning attached — is what allows you to shift and expand or shrink time.

Your willingness to be present for your entire life — to be truly present to what is happening — is measured through your perception of time. You can slow down time by being present to this second and to the next one and to the next one. When you are not present to your life, it moves quickly; it speeds up. You lose your perception of time and perceive time as moving quickly. In truth, it is because you are not at all present to each moment.

This is what happens when you numb and entertain yourselves to avoid the resistance you have to your true emotional lives. When you do that, time passes quickly. You have lots of fun, entertainment, and so on, but you are not fully present to what is occurring, and that keeps you from experiencing the resistance you have to the painful emotional underpinnings of your lives.

So you do not experience that pain, but you also don't experience presence. Time is simply the measure of how present you are in each second. It measures your perception, your awareness, of your life.

You do not have to experience resistance to slow down time. That is simply the mechanism by which most of you do and can learn that you are able to slow time. Most of you slow time when you stop resisting and then feel the pain of your life in the form of something anxious, dull, or boring. The truth is that you can experience pleasure or anything else in the exact same way if you were truly present.

Stretching time has nothing to do with having to experience pain or pleasure but with your willingness to be present for each second in its fullness. How you experience that second may be through resistance or acceptance and therefore through pain or pleasure. But if you wish to be fully present to that moment, you will ultimately just fully accept it and experience that second completely. You will then experience the slowing down of time.

Bending Time: The Power to Live in the Now is available from Anastasis Books.

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Patrick Paul Garlinger first experienced the grace of awakening many years ago when he met numerous spiritual teachers and experienced higher states of consciousness. While training under Mirabai Devi, Patrick underwent a profound evolution. As his ego began to dissolve, he experienced a kundalini awakening that opened his intuitive faculties, and he began to channel works of spiritual wisdom. Patrick now divides his time between working part time as an attorney, writing works of spiritual wisdom, and providing intuitive guidance and healing services to clients. He lives in New York City.

PREDICTIONS

Don't let the prophecies, ancient or modern, trap you in a box of fear and futility.

Change the dance by becoming the light that you are — the light that continues through and beyond the box into the adventure of forever.

Focus on the Simple Pleasures

Donna Taylor

It appears July will to be an interesting month largely because we have two rather dramatic eclipses and a stack of retrograding planets. Therefore, do not expect things to go according to plan. In fact, not having a plan at all could be the best course. Mars is retrograde, Mercury slows to a crawl, and a strong, disruptive Uranian influence might throw a wrench into the works. As ever, there are more pleasant, easier configurations occurring in the background, and if we can tap into these benevolent energies, we might bypass much of the adversity and reach the end of the month wondering what all the fuss was about.

We begin July with the backward motion of Mars in Aquarius. This isn't a particular problem as long as we try to be less Martian in our approach to life: less competitive, less driven, less ambitious, less full steam ahead. But the additional factor of the south node conjoining this retrograde Mars acts like a black hole and gobbles up what little energy Mars has left. So we could find that this isn't the best time for either Aquarius or Aries, and Scorpios might find that their passion and power wane somewhat, since Mars is their coruler. If you fall under these signs, you might want to take a break throughout July and accept that "the best laid schemes of mice and men often go awry" (Robert Burns).

This is a good time to rest, relax, and forget about achievements and to-do lists. Remember instead the lovely, languid feeling that comes with the summer holidays when school's out and there's nothing to do but enjoy the long days stretching out ahead of you. This is a good philosophy for all of us throughout July and even more so when Mercury takes a leaf out of Mars's book and decides he wants a rest too. However, it is especially important for the three aforementioned signs, who are most influenced by Mars's backward journey through Aquarius.

If we focus on the simple pleasures of life and not

worry too much about getting ahead, we will fare much better. However, Mars in retrograde requires that we put a little effort into something, and that is likely to be reflected by the house (or sphere of life) that he's in relative to our sun sign. For example, Leos, as the opposite sign to Aquarius, will find that Mars draws their attention to their significant others, and one relationship in particular will need their attention and energy.



Let Go of Past Wounds

After moving full steam ahead, we will be called to reverse so that we can fix problems back down the line. It is likely that this theme will be prevalent throughout July, so don't expect quick results. A patient approach will work well, as will an acceptance of that which cannot be changed.

If by the time you get to the middle of the month you're tired of feeling as if you're not getting anywhere, you might be glad to see the solar eclipse in Cancer on July 13. This is sure to bring endings and new beginnings for many people because Pluto is exactly opposite the eclipse, signifying a powerful need to let go of the past. In the run up to the eclipse, good questions to ask are these: "What do I need to let go of?" "Where do I cling to things out of fear or insecurity?" and "What needs to go so that something new can be born?" Consult your forecasts for insight on how this eclipse will affect you and how best to deal with it.

This is a powerful eclipse and one that will bring change and transformation, particularly to those people born with planets around 20 degrees Cancer or Capricorn. Obviously, you would need to know your chart to determine whether that is a sensitive point, but people

born between July 8 and 16 or between January 6 and 14 are likely to be the most affected. However, all Cancers and Capricorns can benefit from this eclipse by consciously letting go of all that is no longer needed and being willing to embrace change and new beginnings.

The same theme of transformation applies to us all in particular spheres of life, but good general advice is to remember that endings precede new beginnings. So even if this eclipse appears to close a door in your life, another will open very soon. Also remember that eclipses are often the work of fate or destiny, so what happens around the time of an eclipse is usually inescapable. See it as the hand of God reaching in and moving things around a bit, and remember that God has a much better vantage point than we do and knows the hidden workings of our divine plan.

Be Grateful for Strong Relationships

Running alongside this solar eclipse is a lovely grand trine featuring Venus, Saturn, and Uranus in the earth signs. This suggests that our solid relationships will provide us with the strength we need to weather any storm. Any such relationship — a loyal friend, a dependable partner, or a giving parent — enriches our lives with meaning, and these people will act as anchors in our everyday lives if we remember to take solace from them. The good, true people in our lives will provide a stable base and bring sense and reason to what could otherwise be a topsy-turvy time. So we should give thanks for the loyal friends, companions, and supporters in our lives because when everything else is stripped away, these are the only things that matter. As C. S. Lewis said, “Affection is responsible for nine-tenths of whatever solid and durable happiness there is in our lives.”

This wonderful grand trine will be instrumental in bringing us support, advice, help, and encouragement from others while giving us the opportunity to help and support others. This give-and-take of love and support will flow through the middle of the month, but try to keep the tap open so that the energy can continue

beyond that point. Fortunately, although Venus moves on, Saturn and Uranus remain in a helpful trine aspect throughout the month, making this a great time to manifest constructive change or to take the best from the traditional and combine it with the best of the progressive and modern. This can apply to our lives as much as to society (and hopefully our politicians will work toward that). We can see where our thinking or actions are a bit too safe and outdated and gently replace them with a more progressive approach.

Good uses of the Saturn-Uranus energies include combining willpower with creative inspiration to produce something noteworthy, studying the laws of the universe and then structuring our lives accordingly, or using science or astrology to empower our lives. Overall, Saturn and Uranus in harmony will enable us to take life’s ups and downs in stride so that whatever this eclipse brings, we should be able to roll with it and relish the fresh new energies.

Fortunately, this supportive aspect remains in operation when we reach the potentially difficult lunar eclipse on July 27. Since this eclipse sits right on top of poor old retrograde Mars and squares Uranus, emotions will likely be heightened or the problem that Mars represents in our lives will be brought to a head. Mercury adds further frustration to the plot by turning on his heels. The square from Uranus to this eclipse insists on change: We must let go of whatever isn’t working and try something new.

So although this eclipse is initially problematic, it might feel like a breath of fresh air since it will likely sever that which has been holding us back. Being innovative, doing things differently, and finding creative inspiration are keys to success at the time of this eclipse. The popular saying “if you always do what you’ve always done, you’ll always get what you’ve always gotten” is particularly apt at the end of the month, so do yourself a big favor by daring to be different or trying something new. As Ralph Waldo Emerson said, “Do not be too timid and squeamish about your actions. All life is an experiment. The more experiments you make the better.”

July 2018 Weekly Forecasts



• **ARIES** (March 21–April 19) •

July 1–8: “The strength of a nation derives from the integrity of the home.” These wise words by Confucius remind us that our home is our foundation, and if all is well there, all will be well elsewhere in our lives. A chaotic home has repercussions on our mental states, causing us to feel overwhelmed and disorganized. As the Sun journeys through your domestic zone, this is a good time to look around your home as a stranger might and see what you notice. Is it warm and

welcoming? Is it a place to rest and relax or a pit stop where you eat and sleep? Are there piles of clutter? Does the decor suit you, or is it time for a change? And what of your family relationships? Are they in good condition, or could they be more harmonious? Wherever you feel your home lacks integrity, this is a great time to fix it.

July 9–17: A solar eclipse falls in your domestic zone on July 13, making this the perfect time for new beginnings. Be prepared to wipe the slate clean and start afresh. Obviously, this is a favorable time to move or

renovate your living quarters, welcome a new addition to the family, or say goodbye to someone. This week could have a sense of fate and destiny about it, and your life could change in some way, particularly if you were born between April 7 and 13. However, all Aries can benefit from this eclipse by being willing to change course and create new foundations.

July 18–24: Because of the fast-paced lives we now lead, it is very difficult to opt for a slower lifestyle. You also were born under the first and fastest sign of the zodiac, so you're not that keen on waiting for things or operating at a snail's pace. Therefore, this could be a frustrating week as Mars continues to retrograde and Mercury grinds to a halt. The saving grace is that the Sun is still in your sphere of home, encouraging you to enjoy the simple pleasures of life and to not worry too much about progress and achievement or making headway in the outside world. All that can wait, and Mars retrograde is actually a blessing because it encourages you to slow down so that you can gather your strength and reconnect with your priorities.

July 25–31: Under this week's dramatic lunar eclipse on July 27, a few themes may become prevalent: children, creativity, hopes and dreams, and friends and groups. Any of these might have been cause for concern recently, but the eclipse will clear any confusion and bring a turning point. However, you may still need to address an issue that you might prefer to ignore. With Mars retrograding alongside this eclipse, you need to sort out whatever is hindering you. It may seem that progress is nonexistent, but hang on; things are about to change. Perhaps the key is to follow your heart and make changes that are in alignment with who you really are.



• **TAURUS** (April 20–May 20) •

July 1–8: There are times in life when it feels as if we're wading through molasses or trying to drive a car with the emergency brake on. This could be one of those times as Mars retrogrades over the top of your chart, and you might feel you're taking two steps forward and one step back, particularly in your career or life direction. It might be better to stop trying to force a square peg into a round hole and to watch where you might be inadvertently tripping yourself up. Your attitude will count for a lot right now, so instead of losing patience or stubbornly plowing on against adversity, pause for a moment to see whether it would be easier to go along with whatever is happening.

July 9–17: "If you want small changes in your life, work on your attitude. But if you want big and primary changes, work on your paradigm" (Stephen Covey). You have a choice this week under a powerful solar eclipse on July 13. Small changes may be enough, in which case, try to adopt a more positive approach to life, and

remember that thoughts create feelings and feelings create our reality. However, with Pluto opposing this eclipse in your mental zone, it may be time for a complete shift in thinking, and you might not have to work particularly hard to do this. Sometimes we wake up and have an epiphany, and this could be what happens to you. So be ready to leave your old mental concepts behind and embrace a new way of looking at the world.

July 18–24: Perhaps your world has been shaken up during the previous few weeks, and while that is probably not a bad thing (particularly if you're seeing the world and your role in it differently), the ground beneath your feet might seem a bit wobbly. The good news is that as of July 23, the Sun returns to your home sector, enabling you to drop anchor and rest for a while. And while there may be plenty to do at home, at least this will be grounding, especially if you're working in the garden or doing practical jobs around the house. This is also a great time to reconnect with your family and enjoy the warmth and affection of time spent with those you love.

July 25–31: The lunar eclipse at the top of your chart on July 27 brings change and clarity to your career and life direction. This is good news if this area has been cause for concern recently, as this eclipse will clear the air and help bring matters to a head. There might still be things that need sorting out before true progress can emerge, but you will begin to see an impasse break down. There also could be clarity regarding your path in life, and although there might be a lot to do, you should feel as if things are shifting and have a stronger sense of where you want to be in the world and what you want to do.



• **GEMINI** (May 21–June 20) •

July 1–8: "The meaning of life is to find your gift. The purpose of life is to give it away" (Pablo Picasso). Have you found your gift, and are you utilizing it fully? The Sun's journey through your zone of money highlights how much of it you have, the way in which you make it, and whether you enjoy the process. When we make money from our gifts and talents, we feel good about ourselves. This is a good week to see whether there's room for improvement in your money-making capabilities and whether you can make more of your God-given gifts.

July 9–17: The solar eclipse in your money zone on July 13 is an ideal time to make a change where your finances are concerned. You might start a new job, increase your income, or start using a gift or talent that has thus far been underused. There is a transformative element to your material world, so July 13 is the day to plant positive seeds for your levels of prosperity and abundance. This is a good week to tell yourself that things don't have to carry on the way they have been and that now is a good time to make proactive changes.

July 18–24: The financial and material theme continues until July 23, so make hay while the sun shines, and question your beliefs around money, especially if they have been limiting you. This is a good time to throw out any negative beliefs that hold you back. Don't give in to pessimism or a "what's the point?" attitude. Mars might be retrograding through your optimistic area, and you could lose some of your joie de vivre, but this is merely a sign that something is ripe for a challenge. A good time to confront yourself is on July 23 and thereafter, when the Sun moves into your communication zone, putting the focus on your attitude and how it empowers or hinders you. If you ensure it is the former, you'll be in a good position to make the most of the lunar eclipse.

July 25–31: The lunar eclipse on July 27 is likely to highlight the way you think about your possibilities. Life can sometimes be hard. People die, situations end, and we don't always get what we want. At this point of realization, we can either live lives of quiet desperation or keep playing the game, hopeful that even if we don't win, we'll finish in good spirits and with a sense of accomplishment. This eclipse may unleash some surprising thoughts and emotions, but keep believing in a positive outcome so that you can have the happy heart, enthusiastic spirit, and clear conscience that come with knowing you gave it your best shot.



• **CANCER** (June 21–July 22) •

July 1–8: Too few people spend their lives as they truly wish; instead, most settle for just getting by or trade joy and fulfillment for a safe existence. As the Sun journeys through your sign and Jupiter retrogrades through your zone of authenticity, you have the opportunity to refuse to put up with second best. Decide what is most important to you, and make that your priority. As Judy Garland says, "Always be a first-rate version of yourself, instead of a second-rate version of somebody else."

July 9–17: A powerful solar eclipse in your sign on July 13 is a strong indication of new beginnings. It could even mark a new phase of life, so be prepared to close the door on the past and embrace a fresh start. Life might feel rather intense around this eclipse, especially if you're born between July 9 and 15, in which case change of some sort is inevitable. If a door seems to be closing in your life, let it, for this could be the hand of destiny taking charge. Allow whatever happens this week to happen, knowing that it is for your higher good.

July 18–24: Life might have been pretty intense lately, and although the Sun's move into Leo on July 23 won't bring a panacea, it will lessen some of the intensity and allow your focus to shift to the business of making money or enjoying your physical world, such as indulging in a new purchase or taking pleasure in the things

you have. Or you might appreciate the beauty of the natural world. This marks the beginning of a slower, more mindful phase when taking time out to have a massage, observe flowers, or savor a wonderful meal can be a small but important touchstone. You may also feel a renewed sense of purpose in your material world by finding a new way to earn money, taking on a new job, or realizing that the simple things bring you the most joy.

July 25–31: This week's lunar eclipse on July 27 falls in your zone of transformation, making this a time of regeneration, especially if you're prepared to release something that's had its day. Joint finances could be tricky, as could emotional states such as anger, jealousy, fear, and anxiety that suddenly erupt. Instead of getting sucked into negative situations or ruminating on the past, concentrate on taking constructive steps forward, keeping in mind a vision of what you would like. This week the choice lies between being reactive and negative or proactive and positive. Be open to change and doing things differently, because the old ways might not work well for you now.



• **LEO** (July 23–August 22) •

July 1–8: This is an important time for you, particularly regarding the issue of where your life is going. Work, health, and relationships might come into play, and becoming clear on your life purpose could ease difficulties in these areas. If changes appear to happen without your input, know that they are to help you get on the right path. Try to trust that all is going according to a higher plan. You may need to step into your power and take charge of a situation, particularly if it seems that key people in your life are becoming weak or ineffective. Strive not to dominate but to lead and encourage. Benjamin Disraeli once said, "The greatest thing you can do for another is not just share your riches, but reveal to them their own."

July 9–17: This week is likely to involve closure of some sort as a powerful solar eclipse falls in your zone of endings on July 13. This could be a relief if you feel as if you've been carrying a heavy burden for too long, or it could mark the end of a sad time. The emotions that this eclipse arouses are likely to be powerful, so cut yourself some slack this week, and allow yourself space to contemplate or to be with your feelings. The best use of this eclipse is to say goodbye to the past and to allow transformations to take place in your work, health, and private life.

July 18–24: Although you still have a retrograde Mars in your relationship zone that makes your personal life a source of difficulty, the good news is that the Sun's arrival in your sign on July 23 will lift your spirits considerably. No matter what's going on in your life (particularly around work, health, and relationships), you

will feel a surge of confidence, enthusiasm, motivation, and optimism that will allow you to take greater control of matters. And when a Leo takes charge, things tend to work out pretty well! The key is to focus on your direction and not let issues with others knock you off course.

July 25–31: Everything might seem to grind to a halt this week as Mercury turns retrograde in your sign and a challenging lunar eclipse occurs in your relationship zone on July 27. This is likely to draw your attention away from yourself, leaving you to feel like a ship without a rudder. Progress will be difficult, so instead of trying to push forward, allow life to press the pause button for a while to give you a chance to adjust to the changes that this eclipse brings. Whatever happens, it is part of your destiny. Powerful forces are at work. Go with it, because in time, you will be in a much better place.



• **VIRGO** (August 23–September 22) •

July 1–8: “Always laugh when you can. It is cheap medicine” (Lord Byron). It’s easy to overdo it in today’s hectic world, and as Mars turns on his heels in your health and work zone, it could be your cue to slow down and get more rest. Otherwise, your body could fail to fire on all cylinders. Try to be kind to yourself and embrace more fun, relaxation, and pleasure so that you have a better chance of weathering the planetary storms in the weeks ahead. Ultimately, the planets are asking you to take a break and nourish yourself so that you can better tune in to the whispers of your soul.

July 9–17: We can’t expect things to stay the same indefinitely, and as a solar eclipse occurs on July 13 in an auspicious area of your chart, a development with a friend or group could be the catalyst for change in your world. This could catapult you into a new kind of existence. If you have a hope or wish, this solar eclipse is a good time to nurture it, perhaps by planting new seeds or setting your intention. For you, this eclipse is very much about your life in the outside world, so expect friends, groups, community, or organizations to be themes, including endings and beginnings in these areas.

July 18–24: The Sun’s arrival in your zone of rest and repose on July 23 is your cue to slow down a little and take time out from modern life so that you can replenish your parched spirit. Mars retrograding through your work and health zone isn’t making life easy and could have been a source of frustration or flagging energy. Consequently, you really need to use the Sun’s time out to retreat and recover. Venus in your sign urges you to focus less on work and more on beauty and pleasure. This isn’t an easy philosophy for a Virgo, as you’re naturally geared toward busyness, but a little rest now will pay dividends in the days and weeks to come.

July 25–31: The lunar eclipse falls in your health zone on July 27 and could bring matters to a head if there’s

room for improvement. This also applies to your work and daily life in general, so expect to see developments there. Perhaps you have an issue you really need to deal with now. Cut your losses in any department that isn’t working for you. Letting go of the hard stuff while concentrating on your spiritual life and inner existence could be best.



• **LIBRA** (September 23–October 22) •

July 1–8: The Sun’s journey over the top of your chart puts emphasis on your career and direction and marks this as a potentially successful time. It would certainly be better to focus on where you want to go rather than getting caught up in personal dramas with children, family, love affairs, or creative projects that seem to lack motivation or inspiration. If something isn’t working, it might be best to leave it for now and focus on what is showing progress. Put your attention and drive on your future, not on the past. So if you need to drop a grievance or move on from a lackluster situation or relationship, now is the time to march onward and upward.

July 9–17: A powerful solar eclipse at the top of your chart on July 13 brings new beginnings and successful outcomes to your work and professional life as long as you’re prepared to let go of the past and embrace the future. This may be easier said than done, because with Pluto at the bottom of your chart, issues connected with the past may seem to have a strong hold over you. However, this is the time to let them go and move on. Perhaps reading Eckhart Tolle’s *The Power of Now* might help, or any other book or source of inspiration that enables you to see the folly of holding on to stuff that is done and gone. Remember that success and abundance can be yours as long as you follow your inspiration and release all that holds you back.

July 18–24: The focus will remain on your direction and progress in the outside world until July 23 when the Sun slips into Leo, bringing a more sociable feel to your days. This should feel pretty positive and enjoyable, and life will take on a much more colorful hue. This is the week to get out and about, meet new people, and forge new connections. Friendships, groups, and organizations are likely to emerge as themes. Follow any new directions, opportunities, or avenues that appear, because they are likely to be auspicious for you.

July 25–31: The lunar eclipse on July 27 will make it impossible to sweep issues under the rug, especially those that relate to your sense of authenticity. In other words, anything that doesn’t feel right will likely emerge around this time so that you can deal with it. Expect issues connected with love affairs, children, creative projects, and hobbies to come to light, and while progress might not be instantaneous, it will come as long as you do whatever feels right in your heart. As Frank Capra says, “A hunch is creativity trying to tell you something.”



• **SCORPIO** (October 23–November 21) •

July 1–8: If your home or family situation is failing as a source of joy or if progress is slow, you might switch your focus to other matters that you can make headway on and find happiness in. Domestic issues aside, your chart has an optimistic, adventurous feel, and you could capitalize on this by getting away for a while and enjoying a change of scenery. This year is all about personal growth, adventure, and expansion, and all are particularly prevalent this week. So take the opportunity to broaden your horizons by exploring new places, connecting with new people, and entertaining new ideas. A fresh perspective could be just what you need to lift your spirits.

July 9–17: “The real voyage of discovery consists not in seeking new landscapes but in having new eyes” (Marcel Proust). The powerful solar eclipse on July 13 seeks to bring you a broader perspective on life, so be prepared for something to shake up your everyday routines. You might gain a more inspired outlook from going on an adventure or traveling somewhere new, or your existence could be shaken up through someone you meet. Perhaps your mind takes a quantum leap through something you read or learn. Regardless of the impetus, the status quo is unlikely to remain intact under the influence of this eclipse, which wants you to see things in a new way. Expect to be pushed out of your comfort zone, which will lead to growth and greater confidence.

July 18–24: The adventurous theme continues until July 23, so use this week to shed outdated beliefs or routines, which is what the previous week’s solar eclipse asked you to do. Once the Sun moves into Leo toward the end of the week, the emphasis will shift to your position in the outside world, such as your career or professional role. There is a strong indication of a new direction opening up, as though destiny is stepping in to help you get on the right path. Don’t resist the changes, as they are likely to be for your greater good.

July 25–31: While you might have managed to avoid the thorny issue of your home and domestic life, there’s no getting away from it this week. The lunar eclipse on July 27 suggests it’s time to address some issues. With Mercury turning retrograde at the top of your chart, trying to make headway in your professional life could be difficult. That’s not to say you shouldn’t work to address this area of your life, but expect progress to be slow. In short, this week calls your attention to your home, family, career, and direction with a view to resolving problems. This could be particularly tricky around the eclipse, but despite the tension, you can expect some change, clarity, or resolution. At the very least, a clearing of the air is likely along with a sense of things beginning to move again by the end of the week.



• **SAGITTARIUS** (November 22–December 21) •

July 1–8: In nature, we observe a natural affinity with the cycles of birth, growth, decay, and rebirth. We can see this in the trees when they don’t hold on to their leaves in autumn and the caterpillar that surrenders to becoming a butterfly. As the Sun journeys through your zone of death and rebirth, it will help to acknowledge where you might be holding on and whether, in the long run, it would serve you better to let go. Be it a person, place, situation, habit, or pattern that has run out of juice, the time is ripe to transform it or allow it to go.

July 9–17: This week you should be better able to deal with the events surrounding the solar eclipse on July 13, which might involve a powerful change in the cards. This could relate to finances, something you value, or a tired situation. You might have been through a difficult time emotionally or psychologically, and this eclipse triggers the rebirth you so desperately need. In any event, this week signals a renewal, and all you have to do is be willing to let go of false attachments. “Trust and let go” is the message of this eclipse.

July 18–24: After an intense few weeks, the Sun’s arrival in your fellow fire sign of Leo on July 23 is good news for you, signaling renewed optimism and a much more positive and adventurous frame of mind. Gone is the heaviness of previous times, and you probably feel the need to spread your wings and seek new pastures. If you find that you have itchy feet, the end of the week is a good time to plan a trip or to just take time off for a day or two. A supporting influence from Venus and Neptune to your ruling planet Jupiter confers a certain amount of ease and spiritual protection throughout much of the week, and opportunities for happiness likely are available if you are open to them.

July 25–31: This week’s eclipse could initially seem more of an annoyance than anything life changing, with minor conflicts and irritations flaring among people around you. However, there are lessons to learn about how irritation and frustration can sabotage happiness and harmonious relationships with others. The gift contained within this eclipse is the potential to become conscious of hidden desires for conflict or tendencies toward impatience and anger. As Earl Nightingale says, “A great attitude does much more than turn on the lights in our worlds; it seems to magically connect us to all sorts of serendipitous opportunities that were somehow absent before the change.” This eclipse will help you see where your attitude sometimes lets you down so that you can begin to change it and, consequently, improve your life.



• **CAPRICORN** (December 22–January 19) •

July 1–8: “Affection is responsible for nine-tenths of whatever solid and durable happiness there is in our lives” (C. S. Lewis). If your energy

has been directed to other departments recently, then the Sun's journey through your zone of relationships will be a refreshing tonic for any partnership in need of some TLC. This is a good week to spend time with those you love and to simply enjoy the pleasure of good company. Life's demands make it difficult to truly appreciate other people, but this week brings the chance to rectify that, even if it brings that about through conflict. Sometimes we need to clear the air to regain our original closeness, and that's what you need to keep in mind this week.

July 9–17: The relationship theme continues as the solar eclipse on July 13 brings change or new beginnings to your personal life. One relationship in particular is likely to experience developments as a result of this eclipse, but it's nothing that isn't already in need of happening. Whether you see endings or beginnings, renewals or dramas, your part in the process must be the same: total honesty and transparency. Pluto in your sign demands nothing less, and your transformation will lead to the transformation of your relationship. Be prepared to let go and surrender, for it seems something is trying to manifest.

July 18–24: Life has a tendency to mirror our thoughts and can only give us what we believe is possible or what we're comfortable with. This is why it's healthy to periodically push beyond our comfort zones to experience new concepts and a different way of seeing the world. This week, as your ruler Saturn makes a positive approach to revolutionary Uranus, it pays to think outside the box. Entertain new ideas and concepts, reserve judgment on matters you would normally jump to conclusions on, or be willing to see a situation in a way that might not be your normal approach. In other words, dare to be different, and gently challenge your limited thinking by asking "what if?" The results might be quite surprising.

July 25–31: It's all about the money this week as the lunar eclipse joins a retrograde Mars in your financial zone and makes life potentially a little challenging in this domain. However, what you will get at the end of it is a sense of clarity, which is helpful if you were previously confused about a material matter. The influence of Uranus on this eclipse says that you must be prepared to detach, so be like the Buddhists and practice nonattachment. If you identify too strongly with your money, your job, or your possessions, then this eclipse could bring you up short. Circumnavigate this by letting go of that which you no longer need. In fact, the days around July 27 are an ideal time to declutter and get rid of stuff that has accumulated in your house or within your body, mind, and soul. Let go of it all, and see how much lighter and more inspired you feel! Take these words from Marty Rubin as your prescription: "Where would you be if you left all your cares behind?"



• **AQUARIUS** (January 20–February 18) •

July 1–8: We live in a world where progress is revered. If we're not progressing, growing, or achieving, something is wrong. Or is it? Nature isn't obsessed with progress, and it does very nicely. As Lao Tzu says, "Nature does not hurry, yet everything is accomplished." This week, as Mars retrogrades through your sign, it might be wise to cut yourself some slack. Do what you need to do, but don't panic if there isn't the time or the energy to get everything done. It's actually more important now to consider what motivates you and to follow your passion, as this is the key to improved well-being on all levels.

July 9–17: The solar eclipse on July 13 brings a turning point in your health and well-being and is the perfect time to make a change. However, if you want to improve your health, you might first need to let go of something you've been carrying for a long time. It could be grief, regret, guilt, anger, resentment, or a situation you've banished to the sidelines. Whatever it is, chances are that you don't particularly want to look at it. Pluto residing in your zone of unconscious suggests there's a dark shadow that needs to be illuminated. This could also apply to any problem in your work or your day-to-day life. Whatever is currently amiss, it's likely that the roots lie in the past and that now is the time to let it go. Once that's done, you can work toward creating a positive new beginning.

July 18–24: If you seem to lack the drive or the motivation to move forward, it may be because the direction you were heading was the wrong one. Or it could be that you have overdrawn your energy account and need to rest. Regardless, this is a good point to reassess your life in terms of what motivates you. What do you feel passionate about? What gets you out of bed in the morning? We all need a mission in life, and Mars currently suggests that it's time to remember yours. The more you can reconnect with your inner drive, the sooner you will recover your lust for life.

July 25–31: Matters begin to come to light under the lunar eclipse in your sign on July 27. This may not initially be the most comfortable of occasions, but if you can meet the emotional discomfort with a searing honesty and willingness to clear the air, then this eclipse will result in a refreshing shift and an insight into your next steps. This is the ideal week to take stock of your life, and although it might be difficult to face up to areas of discomfort, it also puts you in the position to make some empowering changes. Destiny might also take matters into its hands and bring forth a change or development that alters your trajectory, particularly where your home, family, relationships, and personal life are concerned. Go with it because there is a very strong possibility of being able to manifest constructive change, particularly if you can think outside the box and entertain new possibilities.



• PISCES (February 19–March 20) •

July 1–8: The Sun's journey through your house of fun is bound to bring a more lighthearted and possibly creative feel to your days, so seize any opportunity to enjoy yourself. It is through our hobbies and playful moments that we replenish our tired spirits. So spend a day at the beach, an afternoon stretched out in the garden engrossed in a novel, or a morning indulging in a creative hobby because this is the week to rebel against your to-do list and recover your inner child.

July 9–17: The most important thing we can do for ourselves and others is to be true to ourselves. Many of us, particularly as we get older, become bound by commitments, responsibilities, and a fear of change only to find that our authenticity begins to slip away like a thief in the night. Under this week's solar eclipse on July 13, you get the chance to recover your sense of self. This may mean disappointing one or two people, but in the long run, everyone will appreciate the honesty, so don't fear whatever you need to do to demonstrate your unique shining spirit.

July 18–24: We all have times when our emotions take over and we can't seem to keep a lid on things anymore. We may lose our tempers over something quite trivial, or we may find ourselves tearful for no particular reason. Usually this is because an emotion that wasn't expressed at the time is locked inside us until a suitable

trigger comes along and sets it off. Whether or not you find yourself being prone to emotional outbursts, this is the time to nourish your soul and heal an old wound, perhaps by going on a retreat, engaging in meditation, exploring your psyche through art, or just visiting nature and enjoying some quiet time. Now is the time to engage with whatever you find healing.

July 25–31: This week's lunar eclipse on July 27 is an opportunity to clear issues from the past and to avoid getting lost in them. It is one thing to work on healing our issues and another to become so consumed with our pain that we forget how to live in the here and now. The lunar eclipse is a reminder that no matter what difficulties you face, life goes on, and by striking a balance between seeking self-healing and focusing on your day-to-day existence, you're likely to experience the best results. This is a great opportunity to release what you no longer need, become aware of self-defeating habits, and heal those fractured parts of you so that you can fully engage in the world. If your health isn't great, remember this: "People who cannot find time for recreation are obliged sooner or later to find time for illness" (John Wanamaker).

Donna Taylor is an international astrologer and author with more than fifteen years of experience working with clients. If you would like to arrange a personal consultation with Donna, you can email her at dt@creative-astrology.co.uk. Donna also offers a range of in-depth astrological profiles, including the Spirit Guide and 12-Month Forecast. To find out more, go to www.Donna-Taylor.co.uk.

July 2018 Aspectarian

Transiting planets: Sun, Moon, Mercury, Venus, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto

Key: conjunction (0°), opposition (180°), square (90°), trine (120°), sextile (60°), quincunx (150°), semisextile (30°), semisquare (45°), sesquiquadrate (135°)

July 1: Moon square Jupiter, Venus quincunx Pluto, Moon semisextile Neptune, Venus sesquiquadrate Saturn, Moon semisextile Pluto, Moon semisquare Saturn, Moon opposite Venus

July 2: Sun sesquiquadrate Moon, Moon sextile Uranus, Mercury quincunx Saturn

July 3: Moon semisquare Pluto, Moon sextile Saturn, Moon quincunx Mercury, Moon semisextile Mars, Sun trine Moon, Moon trine Jupiter

July 4: Moon conjunct Neptune, Moon semisquare Uranus, Moon sextile Pluto, Moon sesquiquadrate Mercury, Moon semisquare Mars, Moon quincunx Venus

July 5: Moon sesquiquadrate Jupiter, Moon semisextile Uranus, Sun trine Jupiter, Mercury opposite Mars, Moon square Saturn, Moon sextile Mars, Moon trine Mercury

July 6: Moon sesquiquadrate Venus, Moon quincunx Jupiter, Sun square Moon, Moon semisextile Neptune, Moon square Pluto

July 7: Moon trine Venus, Moon semisquare Neptune, Moon conjunct Uranus, Moon trine Saturn

July 8: Moon square Mercury, Moon opposite Jupiter, Sun trine Neptune, Moon sextile Neptune, Sun sextile Moon

July 9: Moon sesquiquadrate Saturn, Moon trine Pluto, Mercury square Jupiter, Moon square Venus, Moon semisextile Uranus, Sun semisquare Moon

July 10: Moon quincunx Saturn, Moon sesquiquadrate Pluto, Moon trine Mars, Moon quincunx Jupiter, Moon sextile Mercury, Moon square Neptune, Moon semisquare Uranus, Sun semisextile Moon

July 11: Moon quincunx Pluto, Moon sesquiquadrate Mars, Moon sesquiquadrate Jupiter, Moon semisquare Mercury, Moon sextile Venus, Moon sextile Uranus

July 12: Moon opposite Saturn, Venus trine Uranus, Moon quincunx Mars, Mercury quincunx Neptune, Sun opposite

Pluto, Moon trine Jupiter, Moon trine Neptune, Moon semisextile Mercury, Moon semisquare Venus

July 13: Moon opposite Pluto, Sun conjunct Moon, Moon sesquiquadrate Neptune, Moon square Uranus

July 14: Moon semisextile Venus, Moon quincunx Saturn, Moon opposite Mars, Venus trine Saturn, Venus sesquiquadrate Pluto, Moon square Jupiter, Moon quincunx Neptune, Moon conjunct Mercury

July 15: Moon sesquiquadrate Saturn, Moon quincunx Pluto, Sun semisextile Moon, Moon trine Uranus

July 16: Moon trine Saturn, Moon sesquiquadrate Pluto, Mercury sesquiquadrate Saturn, Moon conjunct Venus, Moon quincunx Mars, Sun semisquare Moon, Venus quincunx Mars, Mercury quincunx Pluto, Moon sextile Jupiter, Moon opposite Neptune, Moon sesquiquadrate Uranus

July 17: Moon trine Pluto, Moon semisextile Mercury, Moon sesquiquadrate Mars, Sun sextile Moon, Moon semisquare Jupiter

July 18: Moon quincunx Uranus, Moon square Saturn, Moon semisquare Mercury, Moon trine Mars, Moon semisextile Venus, Moon semisextile Jupiter

July 19: Moon quincunx Neptune, Moon square Pluto, Moon sextile Mercury, Moon semisquare Venus, Sun square Moon

July 20: Moon sesquiquadrate Neptune, Moon opposite Uranus, Moon sextile Saturn, Moon square Mars, Moon sextile Venus

July 21: Moon conjunct Jupiter, Moon trine Neptune, Moon semisquare Saturn, Moon sextile Pluto, Moon square Mercury

July 22: Sun trine Moon, Venus sextile Jupiter, Moon quincunx

Uranus, Moon semisextile Saturn, Moon semisquare Pluto, Moon sextile Mars

July 23: Moon semisextile Jupiter, Moon square Venus, Sun sesquiquadrate Moon, Moon square Neptune, Moon sesquiquadrate Uranus

July 24: Moon semisextile Pluto, Moon semisquare Mars, Sun sesquiquadrate Neptune, Moon trine Mercury, Moon semisquare Jupiter, Venus opposite Neptune

July 25: Sun quincunx Moon, Moon trine Uranus, Moon conjunct Saturn, Moon semisextile Mars, Sun square Uranus, Moon sesquiquadrate Mercury

July 26: Venus sesquiquadrate Uranus, Moon sextile Jupiter, Moon sextile Neptune, Moon trine Venus, Moon conjunct Pluto, Moon quincunx Mercury, Sun quincunx Saturn

July 27: Sun opposite Mars, Venus sesquiquadrate Mars, Moon semisquare Neptune, Moon square Uranus, Moon semisextile Saturn, Moon conjunct Mars, Moon sesquiquadrate Venus, Sun opposite Moon

July 28: Venus trine Pluto, Moon square Jupiter, Mars semisextile Saturn, Moon semisextile Neptune

July 29: Moon semisquare Saturn, Moon semisextile Pluto, Moon quincunx Venus, Moon opposite Mercury

July 30: Moon sextile Uranus, Moon semisextile Mars, Moon sextile Saturn, Moon semisquare Pluto, Sun quincunx Moon, Mercury semisextile Venus

July 31: Sun semisquare Venus, Moon trine Jupiter, Moon conjunct Neptune, Moon semisquare Uranus, Moon semisquare Mars, Moon sextile Pluto, Moon quincunx Mercury, Sun sesquiquadrate Moon, Moon opposite Venus

The World's View of Reality Will Shift

Lynn Buess, MA, EdS

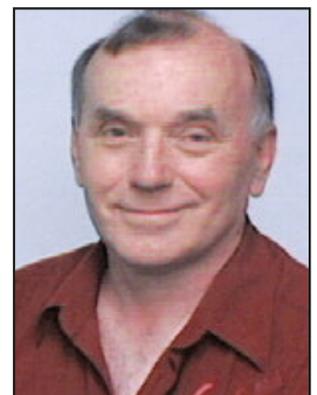
The changing of dimensions and the piercing of the veil allowing new levels of consciousness will become more common to much of humanity. The acceleration of time, the increased flow of cosmic photons, the alteration of the Sun's activity, and other previously considered quantum or paranormal events are a few of the realms of manifestation now taking place. Soon they will no longer be denied by the common citizens of Earth, who will recognize these events according to their individual capacity for understanding.

Of course, all this does not happen in a month. It is a trigger point in consciousness when these areas of experience are noticeably accentuated and accelerated.

The world's view of reality will shift with these happenings, as well as events that were once considered surreal but now are becoming commonplace.

The universal year is an 11(2), and as mentioned before, the 2 is the number of duality. As you go higher into the light, you go equally and oppositely into the dark side to bring up that which has been hidden the longest and deepest.

There was a speedup in the consciousness cycle during April, and many things began coming to the surface. More secrets come out during this cycle. This can mean



the announcement of new discoveries. It can mean a revelation of truth about matters long denied, buried, or purposely controlled by self-serving interests. July is a month when the troubled Trump administration can rise in ratings by some heralded actions or sink closer to demise.

July 2018 Personal Numerology

To determine your personal year for 2018, add the sum of your month and day of birth to 11(2), the number of the universal year: $2 + 0 + 1 + 8 = 11 = 2 = 11(2)$. For example, March 3 is $3 + 3 + 11(2) = 8$; thus it is an 8 personal year.

If you are in a **1 personal year**, you may well find yourself reassessing your investments and financial planning. You are feeling more in control of your life and are more confident about going after the things you want. This can be both on personal and professional levels. Your focus and intentions attract people who want to support you as well as people who are parasitic and want to sponge off your success. You are learning to sort out those who share and contribute from those who take what they can with little input. Your ego and pride can spiral out of control and create some impulsive and regrettable behavior. You might want to check insurance policies, contracts, and legal papers carefully, as you may become overly excited about an opportunity or venture.

You are optimistic and take things on with a lot of verve and gusto. Kismet and timing could strike at this time by bringing a dynamic personality into your life who offers some wise advice and shares playful moments of relief and pleasure. Your portfolio looks good by traditional market standards. However, you might want to make some adjustments for events coming up in the near future. The letters *p*, *c*, and *b* come up in prominent matters.

If you are in a **2 personal year**, your emotional swings go up and down and all around as this cycle runs its course. This can be a good time to assess your emotional life and identify that which truly brings happiness. If life is progressing as you wish, you might choose to assist someone close who is struggling. Your extra-sensory feelers are active now, and you could experience some special moments of insight in an area that has attracted your curiosity for a long time. You could be called on to head up a charity event or a program of assistance. The experience introduces you to some important people with compassion and connections that could help you later in several ways.

You just might be guardedly optimistic as you weave your way through the variety of spice in life that this cycle brings. Some are of a more etheric and spiritual

level that whispers about the sweet changes to come. Some are just honest-to-gosh smashing-good fun. You might experience flashes of ideas that are far-out and enthralling. Although these may not seem practical at first, it just might be a good idea to write them down or record them for later consideration.

If you are in a **3 personal year**, your mind is active and experiencing moments of clarity and connection with your emotions. You are receiving very meaningful information directly from your heart and soul. If you have been following a spiritual discipline, then you are right on schedule to receive these promptings. Listen to your inner voice. If you have not been an active seeker, you might be surprised and possibly overwhelmed with some incoming wisdom of an unknown nature. Either way, you will most likely be moving in a new philosophical or spiritual direction. Time spent improving your skills with modern technological devices will pay off for you in knowledge and perhaps cash.

It is as if you are caught in the net of kismet when you are invited to a special and unusual event that you would not have attended on your own. Some of your personal freedoms can be disrupted when unexpected social and political changes directly affect your life. With time, you will appreciate the wake up call, but there can be a rough road ahead with institutional and administrative issues.

If you are in a **4 personal year**, you will experience some strong hunches about people and circumstances in your life. You can especially benefit by becoming aware of your intuitive hunches at this time. Tender and touching times with a sensitive partner can help mellow out some of your harshness and selfish behaviors. You will go through a period of scrutinizing social trends of how you see your role in these changing times. There is much injustice and abuse that troubles you deeply. You developed a survival persona in your early years that you believe protects you from external threats. Be careful to examine what you hear and see, as there is much misleading information being distributed by factions who are at odds as to how to direct your future.

There is an untapped cosmic force of energy coming alive and stirring up all kinds of forces within humanity and your very own soul. This can be a joyous awakening for some and a frightening process for others who may not be familiar with the travails of transformation. Your past position of neutrality toward certain social issues will take a different turn as you realize you have a role to play in bringing forth a universal and enlightened awareness to the collective of humanity.

If you are in a **5 personal year**, you have an opportunity to expand into a more elevated level of living. External events will place you in a position to explore untapped intuition and higher frequencies of emotion.

The emotional crosscurrents between your more gross desires and the more elevated feelings become complicated. You have let too many unresolved issues build up over time by putting them off or ignoring them. It is time for you to take a position and make a stand, meeting the matter square in the face. There are light moments during this and a time for a special night of entertainment and pleasure.

Deeper thoughts about creation and cosmic evolution start to mingle with your mundane affairs. Religious and spiritual impulses come up at the most unusual moments. If you have been neglecting your spiritual life, these events can bring this dereliction of inner duty to your immediate attention. Time planned for recreational purposes proves to be a natural remedy for your soul. A convincing television documentary stimulates new thinking and investigation into matters that had not previously gotten your attention.

If you are in a **6 personal year**, you find renewed purpose and direction that seem to be preparing you for something more significant. You are excited with what you are doing and motivated to do some additional research into more esoteric and secret teachings of wisdom and truth. This leads you to a fascinating discovery that sends you off to collect the information you need to bring this entire matter into public domain. A helpful associate you meet is able to offer additional details that will fill in a part of the mystery. You could very well find yourself involved in research with information that goes back to ancient times. An old magazine article sheds light on an upcoming event that is related to something that happened in the past and will be crucial to the coming awakening of humanity.

Looking back over the past few years, you may have felt thwarted, blocked, and inundated with obstacles at almost every turn. This is a good time to face your compulsiveness and try an approach you would not have considered in the past. Your habits might be contributing to restrictions in the growth that you now desire. Take more time to listen to others before casting judgment.

If you are in a **7 personal year**, you feel you know the difference between challenges of life experience and abuse. This is a period of recognizing how to make the move from abuse and survival to living a more complete and full life. You are restless, searching for some added experiences that you believe will help you reach a new level of maturity. You are feeling guided to seek outside assistance that will help open doors into a very specific spiritual and professional niche. A wise and connected individual passes through your life and adds a slice of delicious learning pie to your self-growth diet.

You are sexy, stirring and radiating a more dynamic presence. This helps you win over some previous skeptics and places you in a prominent position of power

and public persuasion. Several new opportunities swirl around you as you do your best to sort out the most appropriate proposals. You might wish to have more time with a potential paramour, as you are busy trying to keep up with your career choices.

If you are in an **8 personal year**, a headline-grabbing news event will not only catch public attention but also have considerable effect on (and lead to a decision to alter) your course of life. Your inner contentment and that with your partner provide you with a secure foundation from which to focus more time assisting others. You are able to put more time into refinement of a present project. You know that you have a winner, and you will need to concentrate on proper marketing and sales. You may well find yourself heading home to take care of unfinished family matters. The season offers uncertainty, but that is the charm of traversing the whims nature.

Something within is troubling you. Something inside is hurting. As you uncover the link between the two, you will initiate sweeping changes in your life. You could run into situations that make you vulnerable and uneasy as you process these inner conflicts. Insight will soon come to you that will shed much light on the internal suffering you have been experiencing. A dramatic entertainment event yields many symbolic meanings that relate to you and offer ways to work through some tough issues.

If you are in a **9 personal year**, you have been on an active search for a long time, and this might best be a time to listen and let things happen. Your inner world is very active now, and you seek spiritual answers to fundamental questions of existence and the evolution of life on this planet. Your soul is restless, and you experience the need to get your inner life connected so that you are ready for dramatic social changes just ahead. If you have not tried a form of mediation, this could be the time to start. A deep spiritual encounter with an attractive partner might lead to physical and spiritual satisfaction. You could be attracted to a high-altitude location.

Perhaps you thought you had everything in order and under control. Perhaps you are in for a big surprise. The best-laid plans can suddenly be altered in the blink of a cosmic eye. It just might not be very dramatic if you have been doing your self-growth homework. However, your life will undergo changes that you had not anticipated. Watching all the twists and turns of fate unfold will prove very challenging and be a valuable educational lesson.

Lynn Buess, MA, EdS, is a leading numerologist, international author and speaker, wellness innovator, and therapist. He has been active in the self-awareness movement for more than half a century. Since 1980, Lynn has practiced numerology around the world. His list of clients would make an impressive Who's Who list of international personalities. Lynn has published, among many other books, The Heart of Numerology. For more information, go to www.NumerologyRising.com.

The Light of Truth

Egyptian Cat Beings through Mary Elizabeth Hoffman

Empathic sensations are heightened throughout July. Emotional energy bodies are more easily influenced by thoughts, words, and actions, be they projections from others, outdated responses from eons of programming, or results of ingesting sugars, particularly refined. The potential for overreaction to all stimuli is possible — love, fear, or variations of these. Balanced reciprocity in all is a path of wisdom.

With the grand trine of Neptune in Pisces, Kronos in Cancer, and Jupiter on the Scorpio point of avatar, the potentials for sudden cleansing, clarification, transformation, and emotional tsunamis are high. Afterward, this brings a nurturing figure-8 flow of giving and receiving in all areas of life: physical, mental, emotional, and spiritual.

Wherever there is emotional excess and imbalance of any type that creates restriction or limitation, the expansive energies of Jupiter will seek it, going to the depths to expose and uproot all fears, betrayal, poverty, and shame. Forgive self and others, and release judgment and separation, washing them away in a variety of ways — some physical, some mental, some emotional, and some spiritual.

Surrendering to the cleansing flow and movement of these energies facilitates the ability to remain afloat freely and fully on the sea of life without concern or fear of drowning. The lunar harmonizing energies and vibrations opening the month of July may be utilized throughout July through vibration, sound (chanting, music, toning, singing), or movement to keep the flow of the river of life moving in ways that are in your wisest and best interest.

An incredible surge of energies that will feel new and different will make its presence known in 3D and other dimensions as portals (large and small) continue to open and close with the seasons, vibrations, and lunar and solar activations day to day. As the Egyptian blue lotus rises, opening to the sun each day and closing each night, the human kingdom will discover that returning to the rhythms of the place and space on Earth where they reside will empower, support, nurture, encourage, and bring love and abundance with ease of flow and ecstatic happiness.

The more attuned you are to the planetary energies surround you in 3D, the better you are able to discover that which brings harmony and alignment with your soul-heart's desired path. Only in releasing the expectations projected by the limited visions, needs,

and desires of systems long outgrown will you be open to life-affirming, alternative ways of living, loving, and feeling for all.

The energies for July are designed to bring more openness, acceptance, and flow so that the journey of life becomes smooth sailing with the basics for loving life provided for all. Some will move into the balanced reciprocal energies, giving and receiving smoothly while others might move into a need to struggle or to take in their fear of lack — within themselves and others. This is free will.

New alternative healing modalities for the deep soul wounds within the human kingdom's psyche (perpetuated by the mythic misrepresentations of Lilith, Adam, and Eve) will come forth as huge changes take place. Many lose their blinders, which allows them to see more clearly and perceive the restrictions and limitations that now require release. As these old institutions, beliefs, and frameworks are allowed to crumble fully, alternatives that become pyramidal third points of synthesis emerge from the limiting and oppositional ways of seeing, thinking, and perceiving. This brings the necessity for more concise expression, communication, connection, and understanding.

These alternative healing modalities will treat people holistically, bringing in the shamanic, sound, and herbal traditions globally, incorporating them into a deeper understanding of what it means to be whole. Less emphasis will be placed on the use of prescription medicines, mental hospitals, and institutions, and more will be done to facilitate each soul's journey, honoring the unique gifts each has to offer.

Instead of reducing everything from health care, education, and career down to the lowest common denominator to make everyone fit in, there will be a resurgence in mentoring those within your life, empowering them to discover themselves, their gifts, and the multitude of ways these gifts might be channeled, explored, and expressed in ways that are in the wisest and best interest of all. No longer will people be forced to fit into what they have been told is best for the masses. All humans will become self-responsible and discover fully the consequences of their actions and choices.

Those determined to maintain the old systems and



the status quo will discover they are no longer able to control those around them. As this becomes more apparent, the cosmic cleansing of body, mind, spirit, and emotions of each human will activate some surprising and unusual happenings, locally and globally. The Mother of All Creation removed the safeguards surrounding the human kingdom, allowing full disclosure of the consequences of thoughts, feelings, emotions, actions, words, and deeds for everyone.

The Sekhmets and Hathors will be present, facilitating healing, rebirthing, and reconnecting to the joy of life and living fully in 3D and beyond. When invited and invoked, their presence will share wisdom, truth, and timing to those seeking it.

New Beginnings Sprout from the Cosmic Seeds of Rebirth

There is a new moon eclipse on July 12, 2018 (in late Cancer opposite Pluto in Capricorn at 6:48PM PST) that brings the Divine Masculine energies of empowerment, creation, and nurturing love deep into the body of Mother Earth. This cosmic intercourse is overlaid with a six-point star of David — a water trine (between the Sun and Moon conjunct in Cancer, Neptune in Pisces, and Jupiter in Scorpio) and an earth trine (between Uranus in Taurus, Venus in Virgo, and Saturn in Capricorn). This anchors the powerful cosmic energies of balanced reciprocity and attunement (at-one-ment) into every particle in all creation from 3D and beyond.

It is wise to align and attune to your soul-heart connection, the place on Earth where you reside, being open and receptive to this cosmic gift of life, light, and love from the universe. Clarity as to whether shifts or changes are necessary to bring all into balance and love will become extremely clear to all humans.

Decisions as to changes required to living arrangements, partnerships, relationships, career, and support networks will become all too apparent. These will be activated and made within your personal timing between July and the end of 2018. If they are delayed beyond this point, outside circumstances will align to bring about the necessary shifts, sometimes in sudden and disruptive manners.

This new moon is a time for letting go of all ego expectations of self and others, crucifying the ego on the cross within the soul-heart. This facilitates the movement into and discovery of the balanced reciprocity between heaven and Earth, masculine and feminine, found deep within the soul-heart's connection to its chosen path and way to live this fully, abundantly, and joyously.

A cosmic equinox on July 28, 2018, activates the elements of fire and air on Earth while utilizing the figure 8 flowing energies of emotion to clear away all that prevents the activation of the spirit-fire energies in balance and harmony with the earth point upon which you

reside. This is a time of new beginnings with the implantation of the cosmic seeds of rebirth for love, light, and life. Openness to the cosmic seeds of creation will bring forth new harmonious directions in truth, trust, and love. Reclining on the earth, day or night, during this time in a receptive pose will facilitate the ingestion of these high-protein cosmic seeds of love, which will gestate now, throughout 2019, and beyond.

From July 26, 2018, to August 19, 2018, Mercury is retrograde in Leo, signaling a time of truth coming out into the light of day. The leonine solar energies shine the light of truth on things from the past that have clouded perception. As always, truth is a many-faceted jewel, and what is seen is always what you have chosen to see as this timeline, this lifetime's, reality. All choose their own personal myth to express and explore in the current 3D.

During this passionate Mercury retrograde in Leo, you are given the opportunity to look back at other lifetimes and timelines as well as situations in your current life to glean a greater perspective on your passions, life, light, and love. This facilitates an opportunity to adjust the current timeline to let go of places, spaces, and situations that have acted as limitations to experiencing the fullness of passion, light, life, and love now. People from the past may reappear, bringing with them revelations for you. Openness will provide a plethora of personal growth opportunity and a huge number of "aha!" moments. Enjoy the revelations.

There is a full moon eclipse on July 27, 2018, in early Aquarius at 12:21PM PST that brings in the harmonizing energies that seek deeper understanding of light, life, and love as expressed in 3D and beyond. Once again, the cosmic energies beseech all to let go of ego limitations and fears and to move into receiving the emotional baptismal energies of balanced reciprocity, transformation, and love. This is a time of letting go of all threads that bind you to others, the past, victimhood, or fear.

The harmonizing energies and power of the Divine Masculine are moving now to rebuild Earth with light, life, and love for all beings. This new direction is part of the heart opening for men and women and children of all ages whose understanding of connection, cooperation, communication, compassion, and love shines the light of truth for all to see.

Mother Earth's heart opens and accepts this new framework, which is much more loving, flexible, fluid, and empowering for all. This receptive flow brings abundance and balanced reciprocity to Earth and to all those inhabiting it. Namaste.

Mary Elizabeth Hoffman is available for private consultations as well as balanced-reciprocity intensives for those who desire to implement these energies into their daily lives. For more information, go to her website, www.CatBeings.com, or her Facebook pages: Mary Elizabeth Hoffman (Cat Beings), Cat Beings, or Cat Beings Oracle.

We Reform Our Lives by Honoring Our Truth

Michelle Karén



How to Read and Use the Following Calendar: This is not the usual Sun sign-based calendar. This is an event calendar that works for everybody, regardless of your Sun sign, to help you create what you wish to manifest in your life, such as signing a contract, selling or buying a house, asking for a raise, going on a trip, or getting married.

For example, if you wish to figure out when to plant your garden, schedule a massage, or just relax, you can choose the Moon in Taurus or look at the last section of this article to see which day would be most conducive for any of these activities. If you wish to organize your desk or schedule an important meeting, use the Moon in Capricorn.

Further refine your search by both looking at the details of each day in the last section of this article and avoiding the void of course (v/c) Moon times. Kindly note that the days and times given below are in Pacific Standard Time (PST).

There are two eclipses this month. Eclipses always mark major turning points in our lives, the effects of which last about nineteen years. The area (the two houses in our natal charts) they fall in indicates which parts of our personal lives are being highlighted and where the changes are taking place. Events and words tend to be final on an eclipse date. We should be careful to avoid situations we might end up regretting.

There is a solar eclipse on Thursday, July 12 at 20°41' Cancer. This degree is represented in the Sabian symbols by "a famous singer is proving her virtuosity during an operatic performance." This eclipse highlights the need to develop our mastery by deeply tapping into our inner resources and talents. Our seriousness of purpose helps free us from past conditioning and becomes a law unto itself.

There is a lunar eclipse on Friday, July 27 at 4°45' Aquarius. It is represented in the Sabian symbols by "a council of ancestors is seen implementing the efforts of a young leader." We are never alone, and nothing we achieve is ever done on our own. Our ambitions — backed with discipline, integrity, and hard work — find support from higher, invisible dimensions.

Take Stock during Planetary Retrogrades

Jupiter turns direct on

July 11 at 13°20' Scorpio and its shadow period continues until October 7. This degree is represented in the Sabian symbols by "telephone linemen at work installing new connections." This transit has highlighted sexual abuse against girls and women. It's a chance for the masculine to practice integrity with the Divine Feminine. As new understanding and expanded consciousness develop in men and women, better communication can emerge based on renewed sensitivity and greater respect.

Mars remains retrograde until August 27. Its shadow period lasts until October 9. The degrees traveled this month (9°06'–3°06' Aquarius) are represented in the Sabian symbols by "a man who had, for a time, become the embodiment of a popular ideal is made to realize that, as a person, he is not this ideal," "a flag is seen turning into an eagle," "beautifully gowned wax figures on display," "a child is seen being born out of an egg," "a masked figure performs ritualistic acts in a mystery play," "a council of ancestors is seen implementing the efforts of a young leader," and "a Hindu yogi demonstrates his healing powers." Over the next few months, we have the opportunity to reevaluate the way we assert ourselves. It is particularly important at this time to think before acting, stay out of arguments, reassess our ambitions, and review our goals. Our physical energy could be at an all-time low. Starting a new project, getting involved in a lawsuit, or buying a new car is ill-advised during this period.

Saturn remains retrograde until September 6. Its shadow period lasts until December 13, 2018. The degrees traveled this month (5°36'–3°36' Capricorn) are represented in the Sabian symbols by "ten logs lie under an archway leading to darker woods," "Indians on the warpath: while some men row a well-filled canoe, others in it perform a war dance," and "a group of people outfitting a large canoe at the start of a journey by water." This is a good time to reevaluate commitments, redefine ambitions, return to a more disciplined path, and be clear about boundaries.

Neptune remains retrograde until November 25. Its shadow period lasts until March 16, 2019. The degree covered this month (16°27'–16°02' Pisces) is represented

in the Sabian symbols by “an Easter parade.” The veil of illusion has separated us from the truth for eons. We have come to believe that all that glitters is gold, but it is not. This retrogradation encourages us to do our research, ask ourselves deep questions, take nothing for granted or at face value, and learn to discriminate between what is real and what is not.

Pluto remains retrograde this whole month until September 30 with a shadow period continuing until January 22, 2019. The degrees it travels this month (20°18'–19°34' Capricorn) are represented in the Sabian symbols by “a relay race,” and “a hidden choir is singing during a religious service.” This is a very blessed period to regain control of our lives, stand in our power, and tap into our innermost resources. Abuse of power, the misuse of sexuality, and lack of communication are all issues that become unbearable at this time. We seek to reform our lives by honoring our truth. It's a wonderful time to start a detoxification program and begin an exercise regimen in harmony and balance with our deeper nature.

Mercury turns retrograde on July 25 until August 18 (23°27'–11°37' Leo). Its shadow period remains until September 2. The degrees traveled this month (23°27'–22°29' Leo) are represented in the Sabian symbols by “totally concentrated on inner spiritual attainment, a man is sitting in a state of complete neglect of bodily appearance and cleanliness,” and “in a circus, a bareback rider displays her dangerous skills.” Despite receiving much bad press (as it is a challenge for communication, technology, and relationships), this Mercury retrograde is wonderful for returning to a place we haven't been to in a long time, reconnecting with a project long abandoned, and reconnecting with a person we have lost touch with. We could be drawn to more dramatic forms of self-expression, and a project involving children could return to the forefront.

Moon Messages

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

- Sunday, July 1 at 3:56PM until Monday, July 2 at 10:31AM when the Moon enters Pisces
- Wednesday, July 4 between 2:46AM and 9:50PM when the Moon enters Aries
- Saturday, July 7 between 12:09AM and 5:51AM when the Moon enters Taurus
- Monday, July 9 between 9:10AM and 9:58AM when the Moon enters Gemini
- Tuesday, July 10 at 1:01PM until Wednesday, July 11 at 10:59AM when the Moon enters Cancer
- Thursday, July 12 at 7:48PM until Friday, July 13 at 10:31AM when the Moon enters Leo
- Saturday, July 14 at 4:12PM until Sunday, July 15 at 10:31AM when the Moon enters Virgo

- Tuesday, July 17 between 3:49AM and 12:42PM when the Moon enters Libra
- Thursday, July 19 between 12:52PM and 6:13PM when the Moon enters Scorpio
- Sunday, July 22 between 2:18AM and 3:12AM when the Moon enters Sagittarius
- Tuesday, July 24 between 1:22AM and 2:49PM when the Moon enters Capricorn
- Thursday, July 26 at 6:41AM until Friday, July 27 at 3:41AM when the Moon enters Aquarius
- Sunday, July 29 between 2:25AM and 4:28PM when the Moon enters Pisces
- Tuesday, July 31 at 3:42PM until Wednesday, August 1 at 3:54AM when the Moon enters Aries

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

Schedule Your Activities Using the Zodiacal Position of the Moon

- Moon in Aquarius until Monday, July 2 at 10:30AM and between Friday, July 27 at 3:41AM until Sunday, July 29 at 4:27PM

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

- Moon in Pisces between Monday, July 2 at 10:31AM and Wednesday, July 4 at 9:49PM and between Sunday, July 29 at 4:28PM and Wednesday, August 1 at 3:53AM

This is a great time for meditating or sitting by the ocean. It's a perfect time for anything related to the sacred, dancing, painting, swimming, dreaming, music, photography, film, and sleeping. This is an excellent time for channeling or connecting with the mystical, the magic, and the oneness of All That Is.

- Moon in Aries between Wednesday, July 4 at 9:50PM and Saturday, July 7 at 5:50AM

This is a perfect time for intense physical activities and anything requiring forceful, direct action and self-assertion. It's also a good time for spontaneity, goodwill, being a way-shower, or taking our cars to the mechanic. This is an excellent time to show leadership and initiate new projects.

- Moon in Taurus between Saturday, July 7 at 5:51AM and Monday, July 9 at 9:57AM

This time is perfect for any financial matter, such as paying our debts, asking for the money that is owed to us, investing in real estate, or buying and selling in general. This is a good time for a stroll in the park, going to

the countryside, and connecting with Mother Earth. It's perfect for gardening, pottery, sculpting, and bodywork.

- Moon in Gemini between Monday, July 9 at 9:58AM and Wednesday, July 11 at 10:58AM

This is an excellent time for multitasking, exploring curiosities, and communicating in any form, such as exchanging information, sending emails, or calling friends and acquaintances. This is also a great time for taking part in social activities, attending conferences, reading a book, watching a documentary, gathering data on topics that interest us, and connecting with new people.

- Moon in Cancer between Wednesday, July 11 at 10:59AM and Friday, July 13 at 10:30AM

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

- Moon in Leo between Friday, July 13 at 10:31AM and Sunday, July 15 at 10:30AM

This time is excellent for anything glamorous, such as dramatic performances or throwing or attending an elegant party. It's also a great time for playing with children, being in the public eye, romance, and creativity in general.

- Moon in Virgo between Sunday, July 15 at 10:31AM and Tuesday, July 17 at 12:41PM

This time is excellent for starting a new fitness program, pursuing education, eating healthy foods, fasting, clearing our closets, cleaning our homes, or reorganizing our drawers. It's also a perfect time for detailed work, the focused use of our intelligence, and taking care of small pets.

- Moon in Libra between Tuesday, July 17 at 12:42PM and Thursday, July 19 at 6:12PM

This is a great time for relationships, associations, and diplomatic exchanges with others. It's a perfect time for anything related to beauty (such as getting a haircut, buying new clothes, or having a makeover), art (especially painting and decorating), or attending a pleasant social event (such as a concert or art exhibition).

- Moon in Scorpio between Thursday, July 19 at 6:13PM and Sunday, July 22 at 3:11AM

This time is perfect for scientific research, esoteric studies, self-transformation, shamanism, or dealing with the mysteries of life, death, and sexuality. This time is also good for dealing with insurance and issues involving personal power.

- Moon in Sagittarius between Sunday, July 22 at 3:12AM and Tuesday, July 24 at 2:48PM

This is a perfect time for travel, religious or philosophical activities, or matters related to higher education and the law. It's also an excellent time for lecturing,

Rune of the Month: Berkana "Rebirth, Growth"

In the same way that a tree needs to shed its lower branches for its trunk to develop, we need to let go of old circumstances so that new ones can come into our lives. Death does not exist. There is just a series of cycles, some of which require that we completely turn a page to start a new book. To be reborn, we need to die, and the more we welcome with enthusiasm and gratitude the drastic changes occurring this month, the greater our evolution can be.



learning, perfecting a foreign language, or exploring other cultures. This period is perfect for athletic training and tending to large animals, such as horses.

- Moon in Capricorn between Tuesday, July 24 at 2:49PM and Friday, July 27 at 3:40AM

This time is good for furthering our ambitions, asking for a promotion, enlisting the support of people in positions of authority, or making a good impression. It's a perfect time to restructure our businesses and redefine our long-term goals.

Intentional Meditation

This month's intentional meditation started on Wednesday, June 27 when we charged our intention papers in Capricorn. On Thursday, July 12 during the new moon in Cancer, which is even more powerful because it is a solar eclipse, take out those blank full-moon-charged papers, and write on each a concise, positive intention. Place them on a balcony, in a garden, or near a window so that they are out by exactly 7:48PM. Once that moment has passed, gather them up, staple them together, and put them away in a folder, expecting the manifestation of all your dreams!

Next month's intentional meditation, which is also particularly powerful, starts on Friday, July 27. Take out as many blank sheets of papers as you will have intentions, and place them near a window, on a balcony, or in a garden so that they bask in the light of the full moon in Aquarius (lunar eclipse) at exactly 1:20PM. Once that moment has passed, gather your full-moon-charged blank sheets, and place them in a folder to use for August's intentional meditation.

July Astrological Events

Thursday, July 5: Sun trine Jupiter (4:04AM), Mercury opposite Mars (4:49AM). Today is a wonderful day to start a university-level study, take a journey to a foreign country, or train in a discipline from another culture (yoga, tai chi, chi gong). Our self-confidence, optimism,

and enthusiasm attract beneficial new opportunities. However, we should be careful of impulsive words and actions that we might later regret.

Sunday, July 8: Sun trine Neptune (7:42AM). We could feel particularly dreamy and unfocused today. A good film, photography, dance, poetry, and music are attractive. We seek peace away from crowds or noise. Artists, channels, and healers are likely to feel particularly inspired. The veil between dimensions is very thin.

Monday, July 9: Mercury square Jupiter (2:14AM), Venus enters Virgo (7:32PM until August 6). We should be careful not to promise more than we can deliver today, and we should avoid going to extremes. Blind trust is not recommended, nor is spending more than is available to us. During the next four weeks, we seek purity in our relationships, and we express our feelings in a sober and practical manner while bringing healing and order to our interactions with others in selfless service.

Tuesday, July 10: Jupiter turns direct. Kindly refer to the opening paragraphs.

Wednesday, July 11: Venus trine Uranus (8:26PM). Today, we are particularly charismatic. We seek an unusual amount of freedom in a deep relationship as well as mental and spiritual inspiration coupled with friendship. The more flexible and independent we are in allowing our relationships to develop without preconceived ideas, the more enduring they can become. Money comes unexpectedly.

Thursday, July 12: Sun opposite Pluto (3:01AM), solar eclipse in Cancer (7:48PM). Regarding today's eclipse, kindly refer to the opening paragraphs. Today, it is important to create win-win situations, compromise rather than issue ultimatums, and generally lie low for the sake of peace and harmony. Forcing issues leads only to vicious opposition.

Friday, July 13: Venus trine Saturn (11:44PM). This is a good day for an emotional commitment and for taking care of elderly people. Even boring social situations are met with patience and grace. We are financially responsible. A source of income solidifies.

Sunday, July 22: Venus sextile Jupiter (2:21AM), Sun enters Leo (2:01PM until August 22). Social gatherings are elegant, pleasant, warm, and interesting. Our positive attitude toward others opens wonderful opportunities. Money comes as a reward from past efforts. During the next four weeks, we feel leisurely, generous, warm, and somewhat lazy. We tend to be attracted to glamorous circumstances that allow us to shine our lights.

Tuesday, July 24: Venus opposite Neptune (12:23PM). A love relationship could be elusive at best and disappointing or deceitful at worst. An exaggerated need for romance could lead us to fall in love with love or the potential of another. This is a day best spent retreating in silence and inner peace.

Wednesday, July 25: Sun square Uranus (4:34AM), Mercury turns retrograde (10:03PM). Expect the unexpected. A person from the past could reemerge and cause a sense of unrest. Obstacles need to be met with flexibility and ingenuity. Regarding Mercury retrograde, kindly refer to the opening paragraphs.

Thursday, July 26: Sun opposite Mars (10:14PM). It's not a good idea to force any issue now, yet if confronted, it is essential that we stand up for ourselves. Direct encounters could provoke an aggressive response. Challenges require that we throw ourselves into action. Be careful while driving today, as anger or impatience could cause reckless reactions.

Friday, July 27: lunar eclipse in Aquarius (1:20PM), Venus trine Pluto (6:22PM). Regarding today's lunar eclipse, kindly refer to the opening paragraphs. A love relationship could prove particularly passionate. A romance begun today could feel marked by destiny. Sexuality could assume a greater than usual importance and become the gateway to higher dimensions of consciousness.

Wishing you a magical month of July!

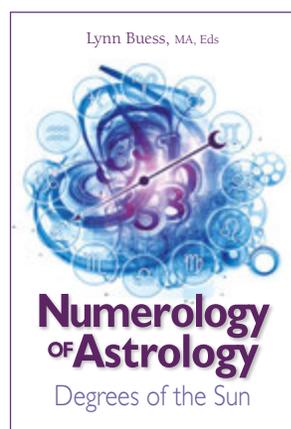
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BY LYNN BUESS

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FEATURES



Akashic Answers

Amanda Romania



Connect with Your Cosmic Roots

I know many people reading this connect to the stars above. We sometimes forget that they affect us, just as the Moon does. I have found that certain star systems and planets can show a deep connection in our akashic records.

I recently did a workshop on past lives and was taken to a bitterly cold, dark place energetically. The word that came to mind was “hostage,” and I knew I did not belong there. I feel totally connected to the realms of angels. In a recent psychic reading, the reader mentioned “the red planet,” which I think is Mars. I’m wondering whether clarity can be found in my akashic records and what I can do with this information.

— Bob, Toronto

From Amanda: When I tuned in to your akashic records, I saw many lives in which your energy field was moving with cosmic forces for change and balance. Your original life force appears to be connected through the planet Venus, and your aura has a beautiful golden-rose light.

I see a fascinating story of a legion of angels who were making their way to planet Earth for the original blueprint of Lemuria. You appear to be part of that delegation. The challenge I see is that en route you appear to have been swept into a black hole or portal and trapped

on the planet Mars. In the records, this planet appears red and occupied by very warrior-like energies. Your escape from this location appears to have taken eons and occurred only because galactic councils of the time took action.

I’m clearing your records, with your permission, to release you from fear and sadness. Please know that during this lifetime here on Earth, you can work, serve, and live in the light as you were meant to. Enjoy this golden lifetime, and connect to your angelic family above and all around you.

I know I’m from the star Sirius. I would like to know how to further connect with this star race and integrate this wisdom into my life now. I work at a well-known university, and I wonder whether this setting influences my spiritual path because of its close associations with the mind and science. How can I balance my starseed with my Earth life?

— Gwen, Boston

From Amanda: You connect so deeply with the children of the blue ray and the millennial generation here on this planet that I have to say you are in your perfect role. Your energy shows a great deal of connection to the telepathic skills used in Atlantean times.

One mission of the Sirian

councils is to guide the next generation to their path, truth, and purpose here on planet Earth. This next generation is here for change; however, planetary growth sometimes needs support and courage.

Think of a purple halo around your head, and project this toward all those you meet. This will bring calm, truth, and understanding. Take time to learn more about your star origins, and meditate on the star elixir from Sirius. This will build your life force and balance the mental and emotional aspects of daily life. Understanding your ascension will help you assist others in the future.

I am grateful to connect with you all. Next month, we will look at the akashic records connected to future lives and how the action we take today can create tomorrow.

Amanda Romania is an author, akashic oracle, and soul artisan who supports lightworkers on their spiritual journeys to create a positive global imprint. She teaches how universal energy can be understood and applied to everyday life through her international bestseller, *Akashic Therapy*. She lives in Sedona, Arizona, where she guides others from her Atlantis Metaphysical Center and Ascension School. Contact Amanda at amanda@amandaromania.com or through www.AtlantisSedona.com.



Essences of Nature

Mary Ann Altamirano Antenucci



Manifestation Modes

Part of my work is to help people identify and achieve what they wish to create. Time after time, I find people tend to focus on what they don't want rather than what they want. They don't want to be stuck in their jobs. They don't want to feel unloved or disconnected. They don't want to feel toxic, low energy, and unhealthy. They don't want that extra 20 pounds. They don't want to feel they are missing out on opportunities or aging or running out of time for their dreams.

When we know what we don't want, we need to make the transformation to what we do want. On the surface, it seems fairly straightforward: We want great and loving relationships. We want to look good in our jeans. We want to have purposeful, fulfilling, and financially rewarding work. However, we hit a speed bump in making positive statements, taking steps regarding what we want, and believing we can have it. How do we manifest what we want?



To Provide Purpose

Clematis essence is our "stuck in a dream" essence. Sometimes we live in our heads, imagining a world far removed from our current experience. We exist rather than live, drifting along as the days tick by. We live in the future but invest little in the present.

Clematis essence helps draw the dream to us. We tap into the mystical

dreamlike realms to mine our creative process. This remedy utilizes our gold. It awakens our senses to create purpose and progress for our reality. Clematis essence manifests our passions into workable reality.



To Manifest Change

Blackberry essence is our superstar manifestation essence. It is an integral component of any manifestation formula. This essence takes inspiration from the tangle and thorns of the feral blackberry bush that grows out of control and produces the sweetest berries. In our attempts to collect the berries, we can get twisted, scratched, and caught in its brambles.

Blackberry essence works to cut through our self-imposed obstacles and reenergizes us when our drive has diminished. This essence trains us to visualize and attain our goals. This remedy releases our trapped and unrealized goals so that we can take positive steps toward change. Blackberry essence supports our ability to manifest.



To Inspire Self-Expression

Iris essence inspires manifestation. When we take a look around

and only see the reflection of what hasn't worked and what we don't want, this essence lifts us to receive higher love, higher resources, and inspiration. Instead of feeling distracted and bogged down, we rise and receive.

Iris essence rubs the dullness and emotional residue from our eyes, restoring and revitalizing our vision. We feel love, purpose, and inspiration again. This essence creates a conduit of self-expression. Iris essence is another component of many manifestation formulas because it infuses us with messages of divinity. Iris essence manifests our ability to inspire and be inspired.



To Overcome Doubt

Gentian essence is our discouragement essence. We may be so downtrodden and discouraged that we don't bother to try. We limit our positive steps and actions because we anticipate the outcome. This remedy is the antidote for our negative manifestations.

Gentian essence fills our tank with hope and promise. We regain the sense of innocent optimism. This essence helps to overcome our stumbling block of long-standing

doubt. This essence connects us to the higher versions of ourselves. We remember that we can instead of thinking that we can't. Gentian essence manifests the necessary faith to accomplish personal miracles.



To Alleviate Hopelessness

Gorse essence is our “what’s the use?” essence. We believe we have seen it all and know the outcome for any situation. We no longer allow wiggle room for more-optimistic expectations. We are knowledgeable and realistic at the expense of expecting a more positive outcome.

Gorse essence is our remedy for hopelessness. This essence works to help us imagine differently. It rallies our forces of strength, optimism, and new beliefs. This essence challenges

us to make a fresh start and energizes us for renewed possibilities. Gorse essence manifests hope in the presence of ongoing despair and dread.



To Reset Self-Worth

Buttercup essence is our “we don’t count” essence. We may feel we don’t measure up or have what anyone wants or values. This essence resets our connection to our intrinsic worth and teaches us the value of our contributions.

Buttercup essence instills the sense that it is safe to be us. It is safe for us to be seen and heard. We no longer have to hide or aspire to an idealized notion of who we are. This remedy alleviates feelings of judgment and creates a new measure for self-worth. Buttercup

essence manifests the power of who and how we are.

The more we figure out what we want, the more we can take the necessary steps. We stumble when we second-guess ourselves or make a predetermined assessment of what we can and cannot have. We create an ongoing conflict with our drive and direction, and we become misaligned with our natural abilities. We manifest best when all hands are on deck and all our energies cooperate. Our best manifestation modes occur when we clarify what we want and go for it! Manifest now.

Mary Ann Antenucci is a life coach, internationally acclaimed intuitive, certified spiritual counselor, hypnotherapist, and columnist. Through her many years of experience with various healing modalities, flower essences, and martial arts, she can quickly and effectively intuit patterns of imbalance and uncover core issues. Her gift is to assist you in clarity, insight, personal healing, and positive growth. To learn more, visit 5thElementEssences.com or www.MaryAnnAntenucci.com, or email FifthElementEssences@msn.com.



Benevolent Outcomes

Tom T. Moore

Gratitude Comes Naturally in the Process

The Gentle Way is a simple, spiritual tool you can use every day, and the amazing thing is it works perfectly in line with your soul path, or contract, for this life. You request most benevolent outcomes (MBOs) for events in your life, from the mundane to the most important. For others, you say benevolent prayers (BPs). All are said out loud.

Christie writes: The last part of the MBO is to say thank you. I

find that if I have many requests or when I become more regular in making my requests, my thank-yous can become assumptive or just an afterthought. Is this a mistake? Does the assumption turn a request into a demand and an afterthought offer no real gratitude? Would you comment further on the role of saying thank you in our MBOs? Even with the above, I am continually surprised at how beautifully the MBOs have affected my life. Thank you so much (and I say that with deep sincerity).

Tom replies: Christie, when I started requesting MBOs more than twenty years ago, I did not say thank



you. I just requested the MBOs, as I was experimenting and didn't know how it would work. I had tried numerous modalities, and none worked very well, including the law of attraction. But requesting MBOs worked perfectly! I was so happy and appreciative to finally discover the perfect modality that I started thanking my guardian angel each time I made a request. Your guardian angels love you dearly and will

respond to your requests even if you don't thank them. But if you start requesting a lot of MBOs, as I have, I think you will want to say thank you too!

Pet Health

Leigh Ann writes: MBOs are easy and powerful. I have had great success using them. I just need to make requesting them a habit. I always do the daily mantra: "I expect great things today, great things tomorrow, and great things the rest of the week. Thank you." Whenever I use MBOs and BPs, great things happen.

One night my dog suddenly lost use of his back legs. I requested an MBO and took him to the emergency animal hospital. By the time we saw the vet, he was walking again. I was relieved. The bill was only \$110, which is cheap for an after-hours emergency. He has been fine ever since.

Renewed Friendship

Colleen writes from Billingham, WA: I recently reconnected with a childhood friend. When I was staying at her place for an evening, she pulled out all our high school yearbooks. As we walked down memory lane, I mentioned another friend of mine, Sharlene. I saw her photo in one of the yearbooks, and I wondered aloud why I had lost contact with her. I told my friend that I had called Sharlene a few years ago to tell her that a mutual friend had passed, and I had not heard from her after that. I thought I might have done something to offend her.

A few weeks later, I was on my way to Kalispell, Montana, to get items from storage. That morning I had asked for the most benevolent outcome in having a joy- and surprise-filled magical day.

I stopped in North Bend, Washington, to get gas and food. I don't frequent McDonald's much, but I stopped there and ordered French

fries, a side of tartar sauce, and a soda. When my number was called, the lady behind the counter politely told me that my tartar sauce was in the bag. I said thank you, took the bag, and started to walk away. The lady behind the counter called out, "Colleen, it's Sharlene!" She has been working at McDonald's since high school and is in management. She has worked at many different locations throughout the years.

I was stunned, to say the least! She took me aside and shared with me that she had lost her mother and a sister, and she recently totaled her car. She also told me that I had not done anything to offend her. Apparently, that was my self-doubt. We exchanged numbers and are planning on getting together soon. Now we are connected again.

Real-Estate Relief

Linda in New York writes: A few months ago, I requested an MBO for the quick sale of my house. After four days on the market, I received a full price offer. I was extremely happy because I didn't want to maintain the house in the winter since it is an hour's drive from my home. After sixty-seven days, the buyer couldn't get the mortgage, so the house went back on the market in the middle of winter in Oswego, New York, which typically gets around 130 inches of snow per season. I requested MBOs all along the way.

After five months, I received an all-cash offer with no conditions and a two-week close. It was a frustrating process, but I'm being told its balancing. The most benevolent outcome was not the first, full-price buyer, who was going to rent the four bedrooms out as student housing, but the couple who made the second offer. They had trouble selling their house in another location and wanted this house as their family home.

One of my neighbors had

snowplowed all winter for me, and it was very benevolent to assure that the buyers would be good neighbors rather than to chase after the dollars (the second offer was 10 percent less than the first). The balancing result is related to past business deals when I took advantage of others. I have learned in the process that sometimes what might seem like a loss is actually a win because it is the most benevolent outcome.

Ashana writes: I requested this MBO for the sale of my home: "May the process bring full asking price, may the house sell quickly, and may these outcomes be more than I could hope for or imagine. Thank you." It sold in five days for full price, it was a cash offer, and I get to stay until the end of June. Perfect!

Improved Work Environment

"Robert" writes: I ran across your books by accident or maybe by design. Anyway, for more than ten years, I had a supervisor who matched the sociopath profile. She refused to promote me because I wasn't in the middle (that is, I did too much) and because I had two full-time jobs, by today's standards, due to short staff. I realized I had to put my energy into spiritual growth. I regularly requested MBOs and BPs for many things, including a better supervisor. She treated the women even worse. That supervisor was transferred (really promoted) to a job where she uses all her positive abilities and has far less opportunity to make people's lives miserable. We now have a supervisor who is totally positive, encouraging, and very interested in getting the job done in a supportive way.

I still live in the same place and have the same desk, but life has vastly improved. I also say affirmations and request MBOs regularly. I like to write out daily MBOs. I laminate them at a copy shop and post them on the walls of my

apartment and in my workstation. The contrast between spending my life in daily dread, as I used to, and relaxing into the flow, as I do now, is massive.

Here are examples of rhyming MBOs and BPs. In the old days, people used rhymes to remember things. So for MBOs that I request daily, I find rhyme is very nice.

I request an MBO
That I'm happy and in the flow,
That my being blesses all,
And I get before I call.

I request an MBO
That I stay in loving flow
And each day have growing health,
Peace, love, joy, and expanding wealth.

Any and all beings, please
Put all my family's lives at ease.
Whatever they see, as it seems,
Let them realize their dreams
Better than the best they can
Hope for, dream, or just imagine.

Tom replies: Those are really nice.

Efficient and Enjoyable Errands

Gloria in North Carolina writes: My driver's license and car registration were due for renewal. I decided to take care of both on the same day. Before arriving at each location, I requested an MBO for easy, effortless, and speedy transactions. At the driver's license office, only two people were in the waiting room when I arrived. As the numbers were called out, two or three received no response because people had left. So I had a really short wait. At the DMV, I walked in, and no one was waiting. I took care of the renewal in a matter of minutes!

Lee writes: I had to run some errands, so I requested my MBOs for light traffic, good parking, finding what I needed easily, good deals, and nice experiences with those I encounter. I went to the drug store with coupons in hand, found everything I needed, and headed to the register.

There was a short line, and two cashiers were working. After a brief wait, I was called to the register. The other cashier asked whether anyone

had a store card he could scan so that the woman he was helping could get a discount. I offered mine immediately. The next thing I knew, the cashier came over with an extra dollar coupon that I could use on my next purchase, which was right then! With all the coupons, my \$42 purchase was under \$25!

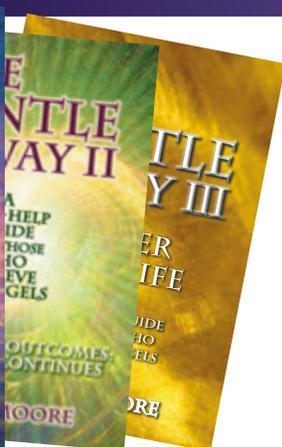
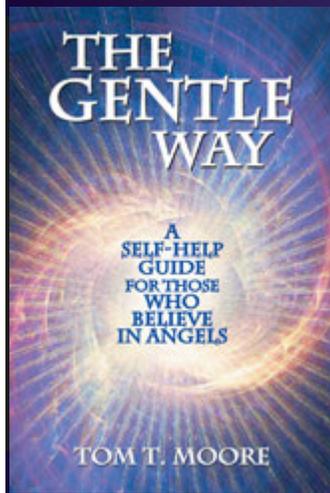
Aravind from Australia writes: I was waiting to take a fasting blood test and ECG at the hospital. My number was 33, and I was in a long queue. The last number called was 28. I expected to wait at least an hour before I would be called. I requested this MBO: "Dear guardian angel, I request a most benevolent outcome for my number to be called quickly. May the results be better than I can hope for or expect. Thank you, guardian angel." After only two or three minutes, my number was called, bypassing four others. I still can't believe it.

Tom T. Moore is an author and speaker. His books include The Gentle Way series, First Contact: Conversations with an ET, and Atlantis & Lemuria: The Lost Continents Revealed. He was voted best self-help author for the past three years by the readers of a health magazine. He is a telepath and answers questions from all over the world in his weekly newsletter. To learn more or to subscribe, visit www.TheGentleWayBook.com.

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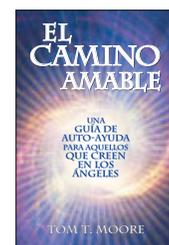
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Shamanic Wisdom

Jan Engels-Smith



The Spirit Realm

The recognition of your connection with the spirit realm will alter your consciousness; you will become more awake and more aware. The spirit realm is infinite and holistic. It includes the ethereal energies — angels, animal spirits, nature spirits, saints, master teachers (such as Jesus and Buddha), ancestors, gods, and goddesses. The spirits also exist in nature, trees, plants, and all the elements of our natural environment.

There is life beyond what the human eye sees. If you use the eyes of your heart, you can sense it. Rituals and ceremonies assist you with this awareness and honor the spirit lives.

All things have spirits, and the practices of ceremony and ritual require that you recognize this. The rocks, trees, land, birds, animals, fish, air, water, thunder, earth, minerals, crystals, plants, flowers, stars, moons, and planets all have spirits and divine purposes. We are in relationship with all this life. The Lakota term *Mitakuye Oyasin* means “we are all related.”

The awareness of interconnect- edness and relationship is ancient. Our ancestors understood this because they lived close to nature. They recognized the interrelation- ship with nature’s forces and did not seek dominion over them. Today, few people leave their homes or their workplaces to connect with life and the spirits of nature.

In modern culture, humankind has tried to dominate nature, deny- ing the mutual benefit. Our egos, our attitudes, and our intellects often cause confusion about our

connection with life and Creator. Being awake, or conscious, means tuning in to this interconnectedness again. You must develop a relation- ship with the nature spirits as well as your helping-spirits of the ethe- real realm.

The directions east, south, west, north, above, below, and within have spiritual natures and are often invoked in sacred ceremonies. The medicine-wheel teachings refer to these directions and their spiritual natures using archetypes. These archetypes explain the core of being and the cycles of life. The medicine- wheel teachings are ancient and cross-cultural. The teachings can have a profound effect on you, heightening awareness when inter- woven into your daily life.

Find the Lesson

Things that are not human, such as the spirits of nature, have purity. They lack ego. Things of nature are what they are; they have purpose, they have spirit, and they have divine reason. Their connection and purpose are never confused.

Indigenous cultures understood that rocks hold great wisdom. An individual rock may have existed for thousands or millions of years. The spirit contained in the rock holds memory of creation and ancient knowledge that it will generously share with you as you build a rela- tionship with it. It magically trans- forms into the wise elder with whom you can communicate telepathically from the heart.

The same interaction connects you to the plant nation. Plants hold

the wisdom for healing, the cures for disease, and the knowledge of nutrition. Place a plant leaf in your hand or lean up against a tree; then still yourself and your mind. Center down into your heart, and ask. These spirits are here to serve you and to be in relationship with you. They are here to help you heal and be well. They will advise and teach if you just learn to ask.

These spirits also bring you happiness, divine beauty, and joy. Respect them, honor them, and take care of them. Ask them questions. Learn the knowledge that they hold.

One day I was in the forest behind my house, digging up ferns that I wanted to transplant to my yard. The way that I normally approach such an activity is to walk along, asking (silently or aloud, depending on who’s around) which plants would like to be in my yard, and I ask their permission to dig them up. I also sprinkle tobacco as an offering to them. Tobacco offer- ings are a Native American tradition that I love.

However, on this particular day, a storm threatened. I was tired and began to hurry. After I had transplanted four or five ferns, I forgot my tobacco offerings and my asking. I began digging the ferns that were close and easy without communicating.

I was bent over, pulling and straining, trying to dislodge a

particular plant, when I was smacked on my behind so hard that I was knocked off balance. I had to step forward to prevent myself from falling. It created quite the sting on my bottom.

As I attempted to steady myself, I turned around expecting to see my husband. I figured he had walked up behind me and gotten too aggressive with his greeting. As I was about to blurt out my complaint, I realized that there was no human present. I stood there shocked, trying to figure out who had hit me. I even rationalized that I had stepped on my shovel and the handle had sprung up, but the shovel was lying several feet away.

As I stood there baffled, awareness flowed through me. I heard spirit speak loud and clear through the multiple levels of my mind, "Don't get so hasty, dear one. Ask before you take, and always say thank you."

I stared at the fern, questioning the reality of this strange occurrence. My bottom was still stinging. I tried to still myself, tuning in to the messages. I had been reminded that my relationship with the spirits was real and must be taken seriously.

The teachings of this experience are multilayered, as are most teachings. The most obvious lesson is that once you know protocol, it becomes expected behavior. I knew better than to take without asking and that I should show reverence and

respect for my sisters and brothers of the forest. I was accountable for my relationship with the spirits of nature and for the respect shared between us.

This accountability is part of the spiritual path, part of being awake and aware. This was by no means a punishment or retribution; it was just spirit's way of reminding me of my responsibility. Every time the spirits help, guide, or direct you, they are honoring you and your Earth walk. In return, you must respect and honor the spirits. Giving honor is a sacred teaching, and it's part of the work you need to do when seeking heightened consciousness.

When the spirits reach out to you in a tangible way, pay attention. I have heard so many stories in which people trying to rationally explain them dilute such experiences. Don't do that to yourself. Find the lesson instead.

A Magical Relationship

When you become awake and aware of the presence of spirit, a whole new reality presents itself, and it can be life changing. You will cultivate a great respect for life. As you develop rituals and ceremonies, honor these spirits of life. Invite them into your life, your sacred space, and your ceremony. Welcome them, and thank them. They offer abundance. They heal, they teach, and they bring understanding and wisdom. Honor them.

The spirits respond to ritual and ceremony. This is guaranteed. They will read your heart and your integrity, and they will respond by either showing up or not.

As you become more familiar with being conscious of what you are doing and why you are doing it, you will feel the spirits enter when you begin a ceremony or ritual. Sometimes it will be an awareness of their presence, a knowing, or a sensing; other times, it may be a physical touch, sound, or smell, but you will know.

I have developed a fascinating and magical relationship with the spirits. I say hello to them, I bring them gifts, and I interact with them consistently. They also show their reverence to me in a regular and respectful way. They often touch me, and at times, I see them or hear them. I am always aware of them.

The tangible signs come in various ways for people and often at the least expected times. It is nothing that you can force. When they show themselves physically, it is a gift to honor the relationship you have cultivated.

Jan Engels-Smith has trained with many shamans. She shares her skills and experience through healing sessions, courses, and ceremonies that promote personal growth and spiritual healing. Through journeying, focusing the mind, self-discovery, and spiritual practices, Jan has built a school and a vibrant, active community of healers, seekers, and well beings. For more information, go to www.LightSong.net, or contact her at jan@lightsong.net or 503-669-3013.



EarthWisdom Global Prayer Web

Maria Yracébûrû

The Woman's Way Is Working

Behold the Sun Wolf. We are aware of the energy. It is always available, always holding us in love. Evolving, growing, and learning, we express that love.

July Prayers

chajala naaisha nakia: Healing complete (Rainbow Serpent). The woman's way is working! Higher levels of energy are mastered, living



is simpler, and apprenticeship to a partnership becomes the teacher. Wise and compassionate, we seek counsel and advice. We are assisted in our expansion.

chajala naaisha hada'didla: Healing complete (ThunderBeings). We are conscious of the people around us. We acknowledge them and are thankful for all they offer us.

chajala naaisha eo'to'to: Healing complete (Grandmother Bear). Here, we play games. We focus our thoughts and inclinations, freeing ourselves of familiar sabotage.

chajala naaisha dolee'atee: Healing complete (Little Ones). Here, air, water, fire, and earth teach us we have but a single mother planet throughout the many world realities. Specific instructions from dreams empower us to engage in a sense of ceremonies, a multiple of four.

chajala naaisha tuma: Healing complete (Thunderhoof Buffalo). As the Earth's bloodline, we venture into a significant undertaking with

Creator's protection, which is crucial to portal guardianship.

chajala naaisha gaan: Healing complete (Mountain Spirits). The birth was immediate. Declaration and knowledge set us free.

chajala naaisha esau: Healing complete (Yellow-Tailed Eagle). The prayer is ended, and something natural whispers to our souls.

chajala naaisha nohwizá'yé: Healing complete (Ancestors). In the story from the line of Sun Wolf, many realities exist. We allow others to reach out and stretch. As we expand, one by one, we create the peace-filled future.

chajala naaisha esonkñhsendehí: Healing complete (Changing Mother Earth). Coming together as we love, we increase the awareness of our beings. We reach the height of connection in this life.

chajala naaisha yusn: Healing complete (Creator). Yes, soul sickness is gone. Visioning is a complex structure of seeing that is made up

of a variety of perspective prisms. It is an adventure into dimensions. Vision gives us an instant moment of psychic knowing.

chajala naaisha echicasay: Healing complete (All Our Relations). The prayer is ended, and *echicasay* looms on the horizon for those who carry life beyond the me.

chajala naaisha klo'bijii: Healing complete (HeartFire). The laws are lifted! It's time. The dream is real.

All life is made sacred as we come together. If we don't make time to nurture ourselves, we have no time for life.

daaina: And so it is.

Maria Yracébûrú is the cofounder of Yracébûrú EarthWisdom (an eco-spiritual community), a practicing ceremonialist, a prayer maker, a teacher, and an author. She has studied the path of a tlish diyan da'igoti since childhood and holds an LLD in eco-psychology. She educates her clients and students about cocreation and how to chart their own paths. She currently lives with her life partner on a small ranch in Ramona, California. Learn more at <http://www.yraceburu.org>.



Ask the Angels

Cheryl Gaer Barlow and the Angels

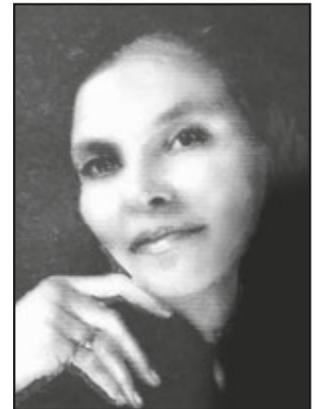
Truths the Angels Have Taught Me

Many misconceptions exist about angels. An angel of God appeared to me in an intense light, spoke to me, and touched me on the forehead with two fingers on her right hand. Since then, I have been given truths from the heavens, and I would like to clear up these misconceptions. These truths are not from my imagination or from spirits around us but from the words of the holy angels. I attest to these truths. Angels are alive and with us at every moment.

Angels are not assigned people to oversee. They have known you over many lifetimes and have specifically requested to have you as their charge. Angels watch souls on

Earth and read their thoughts. They see the light in the soul and choose the souls they wish to watch over. Humans may need varied angels at different growth levels. You can have more than one guardian angel. One is with you from birth to death, and many are with you at various intervals.

Angels do not have wings. When you see or hear an angel, you may think you hear the fluttering of wings, but this is energy of the highest that surrounds the angel. Artists have always portrayed angels as having wings to designate flying or supernatural qualities of angelic beings.



Angels are either female or male. Any request before birth for unusual sexuality is honored, but only on the lower world of Earth or in the hells. In the higher worlds and the heavens, entities are masculine or feminine.

Angels are not in charge of specific qualities or moralities. Angels embody all qualities. They are not designated particular divisions to enhance. Every angel is complete.

Their purpose in looking over your life is to bring you closer to God. If you ask God for a specific trait, such as compassion, your guardian angel will whisper words to you that you might or might not hear and send a feeling you might or might not feel to bring you closer to God.

The Angels of God

God individually chose the angels over time. They were not angels from the beginning. Earth is a lowly world, and when someone dies, he or she does not automatically become an angel of God. This is not to say it is impossible, but it is unlikely. It is a great honor to be appointed a most sacred angel of God. Angels of God will always be angels. They do not aspire to be gods or any other entity. They are blissful at all times in serving God. Angels will remain in this holy state through eternity.

Angels can appear as flesh-and-blood people on Earth. They can sustain the ways of humans to help a charge who might be struggling to understand a communication.

Angels have the power to enact miracles. Angels have the power to invoke the light of God and are the appointed carrier of God's word on Earth and other worlds.

Angels can appear or disappear at any moment. They can converse with souls of Earth who are not aware of them and can ward off potentially devastating circumstances. You can speak to your angels, and they will understand. You can write to your angels, and they will read what is written. They can better assimilate the focused desires.

Angels don't serve humankind. Angels serve only God, and they honor the word of God. They hold the light of God and are not without God at any moment.

Angels are everywhere on Earth, surrounding souls to bring solace. The tenderness angels give is softer

than most humans can perceive. They lift souls to heaven when it's time to leave the body.

Angels weigh prayers as to worth and give the solemn prayers to God. They convene to deliberate the ways to enact directives. Don't pray to the angels, but be aware of their presence. Pray only to God.

Angels have a deeper love for their charges than can possibly be understood by the human heart. Wherever you are or whatever is happening in your life, know without doubt that you are never alone. Your angels surround you and help you in ways unknown to you.

Archangels are charged with areas of realms, not individual worlds. They overlook all universes. They hold powers to change the future. They are perfection with intense magnificence. Their word is unchangeable law. They are angels who have been appointed by God to oversee millions of angel forces. God appointed them to their stations in a sacred ceremony. They are not concerned with individual desires and do not communicate with humans directly. Groups of angel forces serve each archangel.

Be Aware of Angels around You

As I awoke this morning, an angel was in the room with me, and I heard a deep, clear, masculine voice say these words:

"Oh, sweet, soft morn! Welcome the dew and the hopes of the new day. Feel the muse of light as it opens the sky. Breathe the new air of this as angels sweep away and bid your soul adieu. Lasting thoughts remain of measured truths opened and rested in the mind. All the moments met by lives of want are given in dreams of Heaven and in hopes of the new morn. Let the cares of endless days play in light and sprinkle on your joyous world. Go to the world of thought. Open yourself to receive my words. Love

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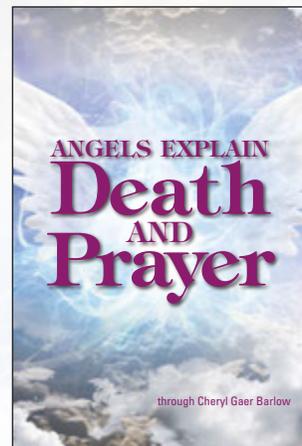
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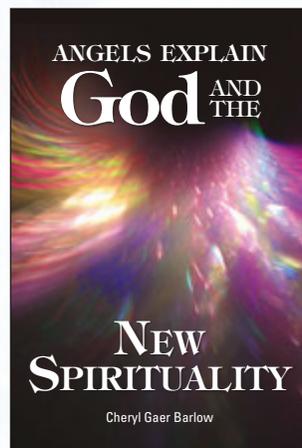
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"We are the angels of the Mallbon. We are meant to tell those of Earth that the death of the body is never to be feared. We help in ways not understood by humanity. We can manifest anything we desire. We can live as humans on Earth. When we absorb the reality of Earth, we work God's wonders in ordinary ways."

— The Mallbon Angels

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the life you have. It is honorable. Pray to God and feel the prayer. Picture the light of God. Beg for grace.”

I didn't see the angel with my open eyes as I had at other times, but I saw him through my mind's eye. Behind the tall masculine angel were two feminine angels clad in white gowns. After he spoke, they said in unison, “Oh, wonderful! How wonderful!” Their images disappeared as I jumped up to write these words while they were still in my memory.

These words about angels are

the absolute truth. If you have heard differently, question that information. The angel who appeared to me in all light was a holy sighting of the most beautiful creature of light that can be imagined. I am honored beyond words to receive their wisdoms.

Be open to the angels around you to receive any thoughts, feelings, and words. The angelic communication I receive is not subtle, but it may be with you. Trust your perceptions over any human's imaginations. Your angels are trying to communicate

with you in varied ways. Feel the love they send you. Feel with your soul's heart what they are trying to convey. Angels don't want worship; they only ask for your awareness. They are in glory when you open your heart to God.

Cheryl Gaer Barlow was visited by an angel of God, in an intense white light, who touched her on the forehead and spoke to her. Cheryl was told she had been chosen to write the words of the angels, and she continues to transcribe these sacred messages exactly as received. She lives simply in a small New Mexico town. Send your questions for Cheryl to PO Box 553, Capitan, NM 88316.



Dream Zone

Lauri Quinn Loewenberg

Nurture Your Relationship with Yourself

I had a dream about my dad, who passed away over twenty-one years ago. I walked toward him. He told me, “Everything is okay.” There were bleachers on one side of us and a big lake on the other. He held out his hand to me and opened it. There were two quarters and three dimes.

— Katie, 45, Chattanooga, TN

From Lauri: The lake on one side might be the part of you that feels at peace and reflective. The bleachers on the other side could be the part that feels judged or watched. What your father shows you in his hand is very interesting.

His hand is the part of you that is like him that can “handle” whatever difficulty is going on in your life right now. The coins could represent “change” that needs to be or has been made. More specifically, the two quarters could represent half of a whole. Are you feeling divided in some way?

The three dimes could represent three of something. Do you have three kids? How is three significant to you? Also, the sum of the

change is eighty. Does eighty mean anything to you? Was your father eighty? Did anything significant happen in 1980? Did anything significant to you cost \$80?

Think along those lines, and you may be able to make the connection. When you do, you have found the message!

Katie replies: All of this makes sense to me. I feel I'm being judged very often because of my addiction, which is how I'm a lot like my father. I can now handle the change going on in my life that had to be made for me to survive.

I'm a recovering addict of nine months. I have three children, and they are my everything. Besides me, I'm doing this for them. Two of my children are adults. But my youngest is nine and still needs me; our favorite song is “1980” (by the group Rehab, of all names!). My love for him and my desire to raise him in a loving and sound home is what drives me daily to stay sober.

This might sound crazy, but I had exactly \$80 in my pocket when I decided I was done with my life of

addiction and chose to turn my life around. Wow! That is quite the connection. Awesome!

So my “man” and I recently broke up. It was a long time coming. Nonetheless, I've been having a hard time adjusting. I had a dream I was with his family (mom, daughter, other relatives) at his mom's house. He wasn't there, though. I've never met his family. The only thing that stands out in the dream is that his mom wanted me to see something special, like a family heirloom or something. After that, I don't really remember anything. What's that all about? Does it have a meaning or no?

— Erika, 45, Seattle, WA

From Lauri: An heirloom represents something that has been passed down from generation to generation, so it might symbolize



some personality trait or something that was passed on to him. It's something that can't be changed because it is in his DNA, so to speak. Why did you break up?

Erika replies: I didn't feel appreciated. I felt used. I felt he was dishonest. Bottom line, I didn't trust him. In the dream, they were so kind to me and accepting of me. But I was afraid or anxious that he'd be upset if he found out I was there.

Lauri replies: That is all about you being kind and accepting of yourself despite him. Your dream is showing you his issues have nothing to do with you. It is in his DNA, or it is learned behavior passed down from his father, for example.

Erika replies: Wow! His dad was an asshole to him growing up. He's not a big man. He's short and very thin. I know he deals with insecurities about that. I have been trying to be happy in my own skin despite feeling or being rejected. This makes so much sense!

I dreamed my two little dogs were missing. I was frantic and beside myself! I wandered through forested

areas calling their names. Hundreds of dogs appeared from the trees and from under rocks and logs. They all had the same look as my two, but I flipped them on their backs to find the distinguishing marks on their bellies (green marker from when they were spayed). I ran around all over, crying and screaming their names. I woke up completely exhausted!

— Karen, 56, Brampton, ON

From Lauri: Your dogs may not be playing themselves at all but instead represent something you feel you have lost in real life. Most likely, it is something to do with a relationship in which there should be friendship and loyalty. Let's start there. Is there anything like that going on with you?

Karen replies: Wow! Yes, I am between careers, and my hubby and I aren't getting on well. I feel discombobulated and unsure about which path to take and which direction to go. Recently, he threw me under the bus multiple times, so to speak. He broke my trust, and I lost respect for him. He proved he is not emotionally loyal to me and not my

“very best friend,” as he declares. This does not involve sex or affairs at all. It's other matters — financial and family.

Lauri replies: That might be why there were so many dogs in the dream. This could represent how many times he was not trustworthy or at least how many times it felt like it. Also, they all look like your dogs but weren't, which is an indication that you are searching for the true loyal companion you thought he was. You never found them in the dream, which means, thus far in real life, you don't feel that you have found who your husband really is. So your dream might be saying that now you need to decide whether to keep searching or to move on.

Karen replies: My god, you nailed it! After too many years, twenty-four, I am seriously considering moving on. I know I will grow from it! Thank you.

Lauri Loewenberg is a certified dream analyst, syndicated columnist, author, popular radio personality, and member of the International Association for the Study of Dreams (IASD). To learn more about Lauri, visit www.LauriLoewenberg.com.



The Secret Wisdom of Animals

Your Ever-Loving Pets through Kim Malonie

Animal Life Is Precious Too

I am deeply concerned about my fur family, Bimbee and her four children — Beauty, Blu, Bright, and Blackie. I came home late one evening in November and found all five gone. I am almost at the end of my rope after having tried many things to find them but failing.

On that day, my husband slept in the afternoon while I was out for a meeting. He woke up later not feeling well, and he was irritated by the noise Bright and Blackie were making. His anger grew when he almost

slipped on the floor because one of the cats had been sick. (Blu eats fast and has a tendency to eat from others' dishes. I left them with extra food that day because I knew I would be home late in the evening.)

Evidently, my husband placed all five cats in a box and asked a taxi driver to dispose of them. To this day, my husband stands by his story and simply refuses to provide me with any other. I do not even know if his story about the taxi driver is true.

I've been walking the streets of

the districts and villages close to our home at different times of the day (noon, evening, and late evening) to find them, asking residents, security guards, sidewalk vendors, and street sweepers whether they have seen Bimbee and family and showing them pictures. I visited nearby city pounds,



checked animal clinics, used social media, and got in touch with animal lovers who feed stray cats in different areas.

My husband designed the situation so that I would have no way to get Bimbee and family back. On that evening in November when I learned they were gone, I clearly expressed that I would have preferred my husband to have left the house rather than disposing of our fur family like old toys. I said that I would prefer to live life with the cats than with him, and he could freely leave our home. However, I will not dispose of him the way he disposed of Bimbee and family because I refuse to be like him. I continue to take care of our expenses and have maintained a very civil relationship with him even as I make it very clear that I miss the cats and continue to feel the pain of their loss.

Needless to say, my marriage has changed. Nothing good that my husband does now could ever make up for his abuse of power over my helpless fur family. No reason for what he did could ever be acceptable. I vow to choose my battles, when and how I will fight. Even though we've had little drama or noise, the change is felt deeply.

I continue to pray, meditate, light candles, recite my mantras, and request and send blessings that Bimbee, Blu, Beauty, Bright, and Blackie have strength of body and spirit in this period of their life journey.

Kim, can you communicate with all five of them? I want to apologize to them for not anticipating that my husband would dispose of them. I am sure that he would not have been able to dispose of them if I had been around. I failed to see what he was capable of doing on that Wednesday, the only day I am regularly out until late at night. I did not see this coming.

My husband got very sick in the first quarter of 2017. The doctors warned us that his respiratory and heart conditions could be fatal. It



Part of the Bimbee family

was several months before he was well again. He is still on medication. We opted to combine alternative therapy and conventional medicine for him, and we felt the pressure on our finances.

I too was physically challenged and stressed. When money was scarce, I opted to buy food for the cats even if it meant holding off on buying the litter I needed. I was very tired, and my back ached from helping with my husband's therapy. Consequently, there were many times when I failed to clean the litter as often as needed, but I made sure to attend to it as soon as I could. I considered us all a family and that we would manage to get through the difficult times together.

Disposing of a living being was not conceivable to me until it happened. I did not see it coming, and I failed to protect them. I want them to know that I love them dearly and that they are always in my heart and mind.

I inundate the heavens with my prayers and invocations for their continued well-being. I petition that

all five of them be blessed and have good food to nourish them, clean water to drink, a soft bed to rest on, a roof over them to keep them warm and dry, and freedom from harm. In my heart, I want to believe that as God continues to bless me and help me with my many other concerns, God also blesses them and takes good care of them and will send them as many angels as needed to ensure their well-being.

I want to know whether they are together and how they are doing. Can they please describe where they are? Do they know the way back home? Can they lead me to them with a description of where they are? In the event that they do not want to come back to our home, can they describe where they are and allow me to visit them?

If they want to come back, I am willing and capable of fighting for their place in my home. And if they are willing to remember, I want to know what truly happened in November.

— Grace, the Philippines

From Bimbee: Hi, Mom. It's me, Bimbee. I'll be speaking most of the time for Beauty, Blu, Bright, and Blackie. Please don't feel you have to apologize. It wasn't your fault. Most often when people experience debilitating (to them it may feel that way) health issues, they are not able to think logically or compassionately, and it takes everything they have to hold it together to function somewhat normally, especially when it involves the heart.

As you know, mounting stresses, illnesses, and financial pressures can make people feel as if they are losing their mental faculties, and perhaps they actually do. Unfortunately, some people who face these life-threatening situations are only able to think of one thing. Fight-or-flight mode kicks in, and sometimes the flight mode overrules the mind. People do the unthinkable to release the pressure they are forced to deal with. Temporary insanity has been medically reported and even common when people are under insurmountable pressure, especially after receiving diagnoses of life-threatening conditions. Don't get us wrong, Mom. We aren't excusing what Dad did, but we are suggesting he may have had a breakdown. We aren't doctors, though.

We realize this has been extremely hard on you, and you have had an unbelievable amount of stress and emotional turmoil. Please make sure you take good care of yourself and take time for yourself. We wouldn't want you to have a breakdown. Please don't be so hard on yourself, Mom. Nobody could have seen anything like this coming because it all happened so fast. It wasn't premeditated in any way; Dad just lost it. Please try to find a way to forgive him so that you can be at peace in your heart.

We all know you love us with every beat of your beautiful loving heart. You are such a kind, caring, and compassionate earthly angel.

We can't thank you enough for doing so much for us. You went above and beyond what you had to do. You were the "purr-fect" fur baby mother if ever there was one.

We are all still together and loving each other as one big happy family, and we are being well looked after. We never want for anything. We receive the best all-natural food and plenty of fresh water. We live in a beautiful, white-marble, exquisite home surrounded with lush green gardens and magnificent trees. We go outside every day to romp and play with our other family members. Everyone here loves us dearly. We have a new mom and dad and many brothers and sisters to play with.

For us, please try to replace your rage toward Dad with peace, joy, and contentment in knowing that we are in a much better place. We cannot return to you, and it would be advisable (due to Dad's ongoing and possibly declining health) that no pets of any kind live there until your conditions change. It wouldn't be fair for anyone. Too much stress for everyone involved is not a good way for people and their pets to live. I know you will understand, and we thank you.

We are very happy and very well cared for. We would like you to feel happy knowing we are together and very happy. It is so beautiful where we are, Mom — green and lush and nice and warm. We really love it here! We will visit you by sending our essence. When you walk around the house, you will sense all our personalities and quirks. We will be there with you when you need and want us via telepathy, if you will, just not in the physical. It is not possible for us to come back. We are far away from there — very far indeed. Be happy for us, and remember we will all meet again one day.

A beautiful woman in her twilight years found us all together and rescued us. She was visiting a friend

in the area where we were. It was only a short time before the beautiful lady found us and put us in her "vehicle." She placed a soft fluffy blanket over us to keep us warm and calm us down as we slept for our journey Home.

Mom, we hope you understand Kim is only the messenger for our replies to your questions. She was only telling you what we wanted you to know and in the words we wanted her to use. In all fairness, we didn't want any more friction for your living conditions. You have enough on your plate to deal with already. If you must know what happened that November day, we all passed over together quickly. We choose not to go into details. Please respect our decision, as that's the way we want it. Rest in knowing that we are together in heaven and will watch over you until it is your time to join us. That's the reason you have sensed our essence around you. We will be with you when you need us. Thank you from the bottom of our hearts for taking such good care of us. We love you dearly!

The lesson people can learn from our story is this: When stress and life's problems get you down, no matter how desperate you are, please seek help for placement of the sentient beings entrusted to your care. Life is precious, not disposable.

Big smiles from all of us. We have to run now, Mom. Supper is ready, and we love to eat. Woo-hoo! Running and bounding through the green, lush grass we go!

*Kim Malonie is a natural-born animal communicator of over forty years. She has consulted thousands of animals worldwide and has made many radio and TV appearances. Kim helps animals resolve their physical, behavioral, and emotional issues. Local and long-distance consultations are available to help you determine what your pet is trying to tell you. She is the author of the book *The Secret Wisdom of Animals*. You can contact Kim at 905-342-5312 or kmalonie@eagle.ca, or visit her websites at www.KimMalonieHelpsAnimals.com. Check out my new book *The Secret Wisdom of Animals*.*

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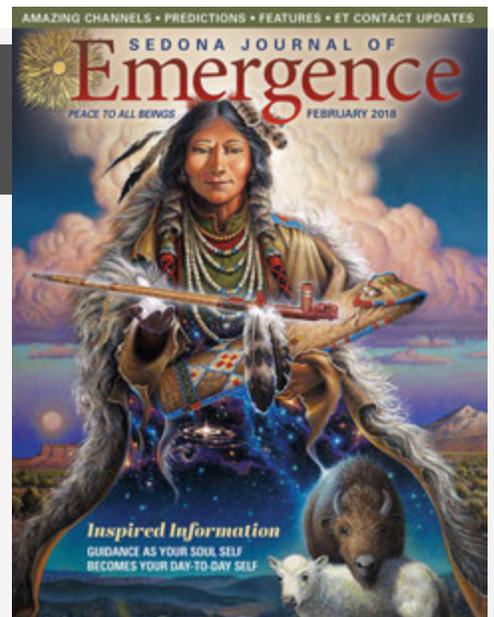
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PEACE TO ALL BEINGS

JULY 2018

CHANNELING

- You Are Part of Everything God Created B4
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- Practice the Holy Breath B9
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POEM

- You Are Magnificent B14
Deborah Morrison

CHANNELING

The Evolving Nature of the Wesak Festival

Lady Portia and the Ascended Masters through Star Hinman

Even though the event described has already occurred in earthly time frames, it is important for us to realize that we can continue to access and receive these higher levels of energy and light-encoded information, such as the ones that were downloaded to Earth during this year's Wesak festival on April 29, 2018. This information, of course, can be employed during future Wesak festival events (which occur annually during the time of the first full moon in Taurus in the mystical month of May), since this process is able to enhance our abilities to fully receive and absorb these divine energies.

The energies that were received during the Wesak festival are now a permanent part of Earth's energy field, so we are continually receiving these new, higher frequencies in our lives. This has affected Earth and all life on her by providing a level of higher divine frequencies that contribute to and support our continuing ascension into fifth-dimensional consciousness.

It is not necessary to do any special meditations to facilitate this process. However, if you wish to meditate to more fully receive and integrate these energies, this will enhance your connection with these energies. One way to accomplish this goal is to use a meditation, such as the Light of a Thousand Suns meditation provided, in which you consciously connect with Divine source energies. This is effective in the process of receiving these divine energies because the original download of frequencies to Earth at the Wesak festival was accomplished by a similar process (as Lady Portia will describe). The following meditation is from the Beings of Light:



THE LIGHT OF A THOUSAND SUNS MEDITATION

As I come into the stillness of this sacred

moment, I quiet my mind and emotions and release all my thoughts into the great silence. I am lifted into the consciousness of the divinity that is within my sacred heart center, and I join in the oneness of this light, feeling immediately lifted into union with my divine presence.

Within the sacred oneness of this place, I am joined with the All That Is, and I consciously experience oneness with all creation. From this vantage point, I experience a radiant spiritual light from our Sun and the spiritual beings who created it — Helios and Vesta. I also invoke the light and assistance of Alpha and Omega, the divine beings who created the Central Sun of our galaxy. I invoke the light of suns beyond suns throughout the infinity of the cosmos.

[You may also call on the spiritual beings who created the Great Central Sun, beloved Elohae and Eloha, and the spiritual beings of the Great, Great Central Sun, beloved El and Ela.]

These illumined beings at once project their most potent love and healing energies to me, and I am surrounded in this light. I feel myself being lifted another octave higher into the divine frequencies of their presence.

[You may also say this invocation aloud.] Beautiful beings of the light, come forth now! Beloved ones, Helios and Vesta with Alpha and Omega (and Elohae and Eloha with El and Ela), surround me in the radiance of your healing and uplifting presence! This radiant light surrounds me in an instant and penetrates the very core of my being. I am illumined by this light and held



within the divine oneness of their presence in this sacred moment.

Enfolded in the radiance of their light, I experience oneness with all creation and in the divinity within my heart flame. I am lifted from the consciousness of sickness, disease, or suffering into the divine truth of my immortal perfection. This eternal truth now blazes through every cell, atom, and electron of my being, carrying the message of oneness and divine perfection in the light of the All That Is!

This truth, this light, is anchored now in the core of every cell of my physical body, and it radiates throughout my mental, emotional, and spiritual bodies. I am resplendent in this light, shining like a thousand suns through the immortal truth of my illumined presence on this shining star that is our Earth! Thank you, radiant ones, for your love, power, and presence.

It is done! So be it. I Am. Om. Om. Om.



The Energy from the Wesak Festival

Greetings, dearest ones. We bring you some very important information about events regarding Earth. Many things are going to happen resulting from the energy downloaded during the Wesak festival, because it was such a huge event of light. You have never experienced anything like this before. Many people are not ready for this, and they will be very surprised by the energies they experience because this was set up by many intelligences far beyond this planet who work with Divine source energy.

Earth and all life on her are constantly ascending in frequency. Many people do not realize this. As your planet evolves, the energies evolve as well. I estimate this year's Wesak energies were roughly 100 times stronger than last year's. I am not talking about the level of channeled energy, because you could not stand anything a hundred times stronger than that! I am speaking of the entire Earth energy and the effect of those energies that have come to transform Earth.

Earth is learning to use energy events such as the Wesak to radically shift her frequencies. So you can expect these yearly events to increase in magnitude and effectiveness, which is very good news on a cosmic level as well as an earthly level. We have learned to maximize the effect of these frequencies on Earth to hasten her development and evolution toward being a planet of much more light and love on the human level.

I am just giving you the larger picture of what is. Wesak is an annual cosmic event for the planet for the purpose of healing and restoring Earth to a divine state

as a planet of light within this galaxy. This is very interesting to those of us who study this type of thing, how this evolves from year to year as far as the work that can be done for Earth from a galactic standpoint, using the download of the Great Sun, or the One Sun — meaning the original source of creation.

Many from this planet have long been involved with lightwork, and this is meant to affect the evolution of intelligence throughout the galaxy. It is much larger, much broader, than many people have previously recognized. Many have thought of this simply as an event that occurs on Earth, and they have not really given much thought about where the energies come from. I am telling you this so that you will understand the nature of this very important galactic event. Wesak is an event not to be missed for those who are grooming their consciousnesses for ascension. The effects of such bursts of light are extensive on all manifestations in the galaxy.

This event was carefully thought out, I can tell you that! And it was meticulously researched by many galactic intelligences who work on things such as this. They orchestrate these energy frequencies throughout the galaxy. They are very unique and very advanced intelligences.

We know that human beings sometimes very much like to do things such as this. You are known to be explorers of the galaxy. You might find it interesting to play with these energies and do some exploration. Take advantage of the opportunities this unique experience has provided to humanity — those of you who are aware of what has happened and who are able to tune in to the opening of the ethers.

The doors of consciousness have been thrown open for those who know how to walk through them and to do a little exploring beyond the boundaries of where you are usually able to go. You have an opportunity to explore in a way that you have not previously experienced.

Count St. Germain certainly likes to get involved in this type of thing, and I expect you will hear quite a bit from him if you listen. You are certainly capable, all of you, of hearing what he has to say. Do not put doubt or worry into this process, and you will be able to hear him clearly.

We have enjoyed sitting with you very much. We will stop here and simply say good evening and namasté.

Star Hinman is the spiritual messenger for Lady Portia & The Ascended Masters. She has channeled numerous published articles and books, including The Lessons of Ascension. She offers in-person classes, energy events, seminars, spiritual mentoring, and private sessions and is the founder of The Clearinghouse, an Arizona organization dedicated to raising consciousness. For more information, go to her website, www.StarBird1.net, or contact her at info@starbird1.net or PO Box 68704, Tucson, AZ 85737.

You Are Part of Everything God Created

Shockara Starbeings through Blue Turtle

Beloved Earth beings, what a celebration of joy and wonder it is as you gather with cosmic forces and positive alien energies to work together for the common good of the universe! You continue to make inroads in understanding your vital role in making substantial contributions to the welfare and well-being of all sentient beings within creation.

How remarkable it is that you gather with astute, like-minded, progressive beings committed to the highest good for all. You astral travel and move through multiple dimensions to contribute to what brings about transformational shifts and changes within the scope of the healing processes.

You are learning that there is even more alive and living than what you have been taught and that you have experienced. The past, present, and future are entirely accessible through the intuitive arts so that ancient and generational family and societal curses and dysfunctions can be changed through love energy.

You know what is most important in your hearts for your well-being. You choose to initiate everything you can to make the best choices for healthy living. You bring your innate gifts and understandings to the common table where collaboration and cooperation take precedent.

It is phenomenal to see how the ancestors, past-life experiences, and healing energies of all time are still vital and still participate in this ongoing, therapeutic work where one healing can effectively bring about related others. This is why you can access any pertinent information through the akashic records, which are a vast and interconnected storehouse of power.

Call on any of us positive alien forces when you

want support and assistance within the cosmic and spiritual realms. We are present with you spontaneously to help you gain the information and insights you need and to then take the appropriate positive action for all being.

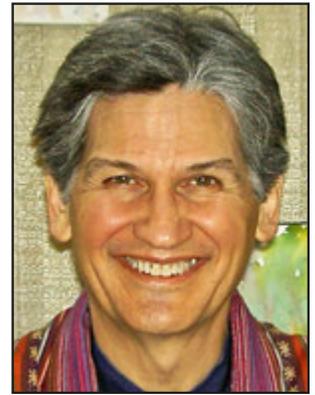
You love moving through the water of Mother Earth and sharing your identities with her native creatures of the tides and flow. You too originally stepped on the dry land from the depths and the life of the waters to adapt and grow in new ways. Your original fossil remains connect you to your ancient DNA past.

Learn everything you can about your ancestral origins as your DNA journeys from a common beginning in Africa to survival movement with the animals across the continents as they drift and separate. Notice how the unusual creatures of the land and sea look very alien, as if they come from other worlds.

You carry the stardust in your cosmic and planetary DNA, which solidly marks how you are part of everything that God created. When you move into meditation and explore deeply how you have arisen and come into human form from Divine origin, you will finally understand what is so fundamental and crucial to your well-being.

You already see in your meditations that you are part of different worlds that have arisen in Earth's past and through your abundant past lives. Now it is exciting to piece together the insights that are arising intuitively in your being that inform the expansion of your highest consciousness.

All of us working together for our common good and well-being will make life easier and whole for everyone. We are your Shockara Starbeings.



Connect with Your Intuition

Mother of Light

Beloved children of light, I behold you with love and grace as you truly unfold into your exquisite multidimensional beings. You radiate brightly with the love and harmony of which you are a part. I reach into the

brilliant night sky to gather luminous light to bestow on you as you work your magic in the world.

You hold meaningful work where you share your light and love with those you serve and encounter in

your day-to-day experience. Sometimes you do not realize how important it is that you are working and being in the environment where you are on Mother Earth. There are no accidents; the universe works in a vibrant, synchronistic way.

The flowing paths of the universe are marked through layers and textures of fine, detailed interconnections that are powerful even in their simple cellular structures. You cannot visibly experience much of what the universe contains because it is beyond physical sight. Only 5 percent is actually visible to the naked eye.

It is within the invisible 95 percent of the cosmos that the creation continues to occur. This fiery, colossal metamorphosis contained within the darkness is what has fueled and produced new stars and star systems. Go within your deepest confidence to see the invisible through your intuitive knowing. Your significance as sacred children of the universe allows you to see what is most incomprehensible and hidden from others who choose not to be attuned to the life force energy. Yes, you can fathom and explore the multiple dimensions and the esoteric spiritual knowledge because you are drawn and called to do this.

Within your time and scope, you will naturally meet the most interesting and beautiful people who are also imbued with the light of the dawning. They will undoubtedly come to you knowing in some way that

you can help them in their trials and circumstances. Yes, they know just how to find you and ask for the healing energies.

Animals also will find their way to you and communicate and discern what they need to at this time. They will call your focused attention in an immediate way. Do not be afraid of your unexpected encounters with them. They are here to serve you and convey what will help you serve them and others as needed.

Get yourselves into the waters, and anoint yourselves in their blessings. Cool off during the hot summer days with refreshment and ease. Be playful with your families, friends, and children in these special ways. Cool breezes will blow from the northern mountains so that you can be relieved of the heat.

Travel the mountain and valley trails with proper supplies and equipment, as you know that sudden summer storms can roll in, bringing torrential rainfall. Stay well in the openness of canyons and arroyos so that you can clear out when the rapidly rising waters burst in. You do not want to be overtaken and trapped.

Remember to teach the blessings of Mother Earth and nature as you explore her vast children and her resources. She will be forever grateful to you for taking such good care of her.

I bless you with the stars each night in your restful sleep. This is your Mother of Light.

You Are Here to Do Extraordinary Things

Grandfather Shaman of Mesa Verde

Beloved children of the Creator, fierce winds are sweeping through the mountain passes, bringing torrential rains that flood the arroyos across the open valleys, once again supplying much-needed water to the sun-scorched high desert plains. In this extreme environment, the forces of Mother Earth and nature are working to bring renewed balance to life.

As you plan summer picnics and hikes throughout the season, spend precious time with loved ones in the sacred lands and sanctuary spaces. Like your ancient ancestors, remember and continue the rituals and ceremonies of life's continuous renewal. That these sacred acts of continuity and community have been performed for thousands of years to bless the land and bring rains and renewal to Mother Earth and the people is a constant reminder of your close relationship with the Creator. To survive and thrive, you need to offer your abundant thanks to the Creator.

Teach your children how to live in harmony with the Creator and Mother Earth. There is no other way to carry on with them. They are to be honored and respected as your parents and grandparents, your very kin. To know

where you and your people come from is essential to know your proper place within the scheme of all creation.

Enjoy the fish and frog energies as you play, and enjoy the cooling water of Mother Earth. She has filled it with much refreshment and many of her children for your pleasure and enjoyment. Always give thanks when a creature or plant has given its life for you to go on another day. Take only what water is absolutely necessary for you and your family so that precious water remains for another day of enjoyment.

It is remarkable how life takes you by your bootstraps and transports you across time and space so that you can courageously and effortlessly serve the divine good. Your evolving gifts and wisdom from the Creator propel you where you are spontaneously called to serve in your highest capacities.

In unexpected moments, the people who are called to find you to serve them will show up and make themselves known. You will be pressed to meet them in their intense and meaningful need, but you will meet them. The Creator will provide the renewed healing energy you need.

You have come into this world in this lifetime to do extraordinary things with your spiritual gifts. You will fly on Eagle's wings, as you need her expertise and insight. You will hear Owl in the midst of the dark night, as you need special counsel. You will see Wolf playfully teaching you how to move and act in the course of your fluidity.

Remain Vigilant in Your Devotion to Truth

Mahatma Gandhi

Beloved children of God, I feel swept away by your continued devotion to social, economic, and political justice in your world. There is sweeping reform taking more and more power throughout governments and nations to effect this positive and holy change. Your being unified in this mutual, committed care for all humankind is profoundly moving.

More of you see and know that each of you is part of God, the Divine whole. Your interconnectedness comes through the course of your veins, the DNA you carry in your cells, and the African mother of you all. Your ancestors are from the same human and Divine source that has magnificently differentiated into a great diversity of life.

You have only small degrees of difference and separation. Race and religion are human constructs; they are not logical or common sense reasons for discrimination or slavery. Every human being has the divine right to be who and what he or she is in the face of God. No man or woman can ever take that away through evil or hate.

Know that the aggressive bullies and white supremacists who take power and control and want to diminish and wound others deliberately suffer silently inside with their insecurities and abuses. They know how to feed and incite their political, economic, and social base so that they are elected and can change the progressive and inclusive laws for liberty and democracy.

Rely on and honor your courageous and bipartisan public officials who dutifully and respectfully live and carry out the laws of the land and the tenets of the Constitution. These laws and rights are true to democracy and will hold up in the courts against lies and fake news. They will save your democracy.

The truth in the world is once again being distorted and tinged with trickster energy, and this mix of light and darkness can fool many people. Stay fully connected to God, and watch the energy that will be revealed as the truth emerges. The darkness so wants the light, yet its darkness will be revealed in the light.

Stay away from the murky waters of unknown quantity. Always ask for the blue skies and golden-yellow light of the Sun energy, the sacred masculine energy, to come

Never lose sight of what you already carry deep in your soul from your arrival in this lifetime. Trust completely that you will bring forth the entire wisdom and understanding you will need in giving service as an instrument of the Creator. I will remind you of your full scope and capability of gifts. I am your Grandfather Shaman of Mesa Verde.

forth and shine through the cloudiness and grayness. It is essential that you know the truth and be able to behold it.

Remain committed to the clarity and centeredness of your devotion to the light and the unconditional love energy. If you live these and bring them forth in your daily lives, you will be instrumental in fundamental, transformational life changes. Your very presence and being will perfectly generate exactly what the world needs.

I see you exponentially growing in numbers as you unify and meet the pressing challenges of power in your day. The powers that be do not want you to unify in any way. They strategically work to separate you all in all the ways they can so that they can remain unchecked in their power. But you know that to peacefully stand up to them works for your freedom and well-being in society. You demand that they meet your democratic needs. I walk in solidarity with you as you meet them with your demands. I am Mahatma Gandhi.

Blue Turtle, MDiv, MEd, has served the metaphysical community as an intuitive counselor and teacher for twenty-six years. He comes from an intuitive Serbian-Croatian-Ukrainian-Ashkenazi Hassidic Jewish lineage with Celtic, Germanic-Pennsylvania Dutch, and Native American influences. He uses Spiritarot, tea leaves, ritual clearing, and Telos Prism Light sessions to support people to create their abundance, potential, and joy. You can reach Blue Turtle at mbarnett@tradenet.net or www.NaturalLifestyle.net/profiles/Blue-Turtle-Intuitive-Counseling-1101.

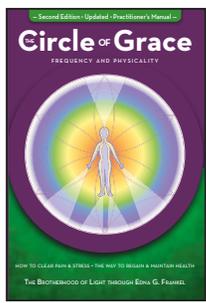
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Love and Light Make You Strong

Mary Magdalene and Yeshua through Mercedes Kirkel



Hello, beloveds. This is Mary Magdalene, and I am here with Yeshua. We are very happy to be with you. We would like to know how we can help and support you. What do you specifically need help with?

Some years ago, when I was asleep in my bed, I heard a voice call my name. Then I felt a hand on my belly, and I got scared. I told it, "Go away! I don't want this," and it disappeared. About four weeks later, it came back, and it has kept returning since. I don't know who it is or what its purpose is. I asked my guardian angel, "Please, will you protect me at night and send away whoever it is because it scares me."

Are you wondering if it's safe to open up to this being?

Yes.

This is a very important discernment to make, and it is very valuable that you are asking about this. The first thing to know is that you have a choice. Many humans, especially in the third dimension, don't realize this, and they open themselves to other beings without realizing that they have a choice.

You might have to learn how to exercise that choice. For example, some people need to learn how to open if they wish to open. Some might have to learn how to say no and how not to allow beings to come into their space, energetically or physically. The first lesson for humans is simply to realize you have a choice. That is very important.

There are a few things I can offer that I hope will be supportive for you. One is that in most circumstances, your greatest gauge of another being is what you experience, specifically what you experience relative to the qualities of light and love. If you notice that another being increases your experience of light or love, this is an indication that the being is for your benefit. If you experience a diminishment in the quantity of your love or light when you encounter another being in your energy field, then that is an indication the being is not for your highest good. In that case, I do not recommend opening to that being.

The experience is the same whether beings are physically incarnated or not. Does the contact with the being increase your experience of light and love or decrease it? In general, that is the most valuable measure of

whether it is for your benefit to engage with them. I recommend that you become aware of whether you're experiencing an increase or decrease of light and love in the company of the being in question. Perhaps you already are aware of this. Do you have a sense of whether this particular being is increasing your experience of light or love or decreasing it?

I think decreasing. I don't feel comfortable when I hear that voice and feel the touch. I am careful about my space. I can hug people I love, but with some people, I feel "don't come in my space." This being I encounter at night scares me.

Yes. Your fear is an indication that your being is saying no. I encourage you to follow through with making it clear to this being that your space is not available — not only the space of your body, but also the space of your bedroom, bed, and entire home. There are steps you can take to support this.

You can purify your home. You can use elements such as sage, which is very cleansing and tends to bring very good frequency to a space. It also tends to be a substance that beings of a lower frequency don't enjoy.

You can learn about techniques for strengthening your support system when you are awake and when you're asleep or close to sleep.

It is also valuable for you to work with your fear. This is a challenge because the fear indicates that you do not wish the being to be there. But if you are not clear how to make use of that fear, to take the fear all the way into its source in your divinity with God, then the fear itself weakens you and makes you more vulnerable to outside entities. Lower-frequency entities are attracted to the frequency of fear. So it is very much to your advantage to learn how to work with your fear.

I do not mean that you should get rid of the fear. I suggest the process that I communicated in the book *Mary Magdalene Beckons*. This is a different process relative to fear, one that uses the fear to take you into your God source. When you do this, it takes you into your strength, and you will become strong. Then you will be able to bring the strength of your divinity into the situation.

Love and light are the strongest things that exist and the greatest things you can bring to a lower-frequency being. This is not a sugarcoated kind of love and light. This is a very strong love and light. It not only brings you strength but also brings strength [of light and love] to the other being. Perhaps that is part of your spiritual process, to bring the strength of your love and light to this being.

Heal Your Past Lives

I'd like to ask about cleansing processes and how to go about that. I've had spontaneous past-life memories come up related to important events that were not dealt with in other lives.

Yes. This is the importance of past-life work. It is for healing anything that is holding you back in the present. Sometimes people are curious about past lives. They wonder, "Who was I in other lives?" There is a certain naturalness about this for human beings. It is not supportive if it becomes a fascination, something that's puffing you up with importance based on your past life.

It also isn't supportive if it's distracting you into somewhat of a fantasy life about the past. Even though it might have been quite real, your relationship to it in this lifetime can become similar to imaginary paths. I do not particularly suggest that. Past lives are real in a certain sense — as much as anything is real — and they can affect you.

You are all on soul journeys. You continue from lifetime to lifetime. Some people in your world have the idea that they came from nothing into this life and will return to nothing at the end of life. I do not agree with this point of view. My experience is that you very much continue from one lifetime to the next, and it is a pathway of soul growth and soul learning. Your experiences from a past lifetime can be continued and carried over if they were not complete.

Perhaps the learning was not complete. Perhaps the reaction to what occurred was not complete or not released, and you are still holding on to it at the soul level. These things can block your growth and block completion of your soul work in that particular aspect. Doing past-life work, including past-life regression if necessary, can be valuable toward completing those lessons or completing healing from the experiences.

Oftentimes, when you have past-life memories come up, your soul is calling it forth. Before that time, your soul determined that it would not benefit you to remember it. Now the soul has determined that you are prepared to complete those past experiences, or at least open up to them in some form or other, and that doing so would benefit you. This is most often the reason people have past-life memories come — because it is valuable for their next steps of spiritual growth.

There is an absolute wonder and almost unfathomable perfection to the experiences of your life. In part, experiences are orchestrated by your soul. In part, they are orchestrated by your helpers at many levels — including your guides, your higher self, and for most of you, your helpers in the fourth dimension who supported you in choosing this particular incarnation.

Many beings affect and support you to have the perfection of experience you are having from moment to moment, which is exactly what you need for your growth and development. This includes things like having past-life memories. If that is occurring, then it is exactly what you require in some form or other. But this is not limited to past-life memories.

Every experience you have from moment to moment is perfect for what you as a soul need. I imagine that some of you might not trust this. I also imagine that some of you — even if you believe this or trust it — might forget this at times, especially when you are having challenging experiences. This is often the time when human beings fall into doubt and separation from God, forgetting the divinity of their moment-to-moment experience.

This separation is the essence of what you are growing beyond in the third dimension. Your experiences are often different aspects of separation that your soul has chosen to experience, master, and grow beyond. This can include past-life experiences as well as all your present-life experiences. If a past-life experience is coming up for you, then it becomes a present-time experience as well, at least in the form that it is coming up. Whatever you are being given is exactly the perfect form for your growth and your development in the now moment of your spiritual path.

Reconnect with Your Divine Nature

I have encountered many past memories about being killed for being spiritual. It brings up a lot of fear about being open with my spirituality. I have this sense that people will come after me if I do.

You are not alone. It is a sad truth in your world; many have been killed because of spiritual engagement. This is one of the most painful aspects of your world and the third dimension altogether. In this great exploration of power and physicality, one of the options that has been explored is using power to take life from others. This has had grave consequences, including an imprint of fear around practicing spirituality for those who have experienced this kind of torture and violence directed at them.

What this says to me is that you are now ready to face what happened with you, which is still with you, and to go all the way through the experience — the pain, the suffering — to the part of your divinity that

you disconnected from in that experience. This may very well have been safety on all levels. You are now ready to heal and to know the true source of your safety, which is in God.

This is not to say that you never suffered. It's not to say that your suffering is unreal or that if you were really connected to God, then you would not have suffered in the past. Rather, damage was done, and there's a place in you that disconnected from God as a result of that experience. You are now ready to heal that in a very profound way within you, and through that healing, you can fully reconnect with your true divine nature. There will be healing in that.

This is not a belief, a hope, or a wish. This is about

your reconnection with God. When you heal in the way that you separated from God because of these experiences, then the next steps of your healing will become clear. You will be clearly guided.

Healing your separation from God is the pivotal, essential place of healing that must occur as the foundation and source. Then all else will be given from there.

Mercedes Kirkel is a multi-award-winning author and channel for Mary Magdalene. In 2010, Mary Magdalene began coming to Mercedes daily, giving extraordinary messages for humanity's evolution and spiritual growth. That was the birth of the series The Magdalene Teachings. Mercedes's latest book, Sublime Union, reveals Mary's instruction on sacred sexuality along with Mercedes's story of engaging the practices with her partner. To learn more about Mercedes, visit www.MercedesKirkel.com.

Practice the Holy Breath

Virginia Ellen, the Radiant One

The holy breath extends beyond time into timelessness. It connects you to all the realms of the universe and links you to oneness. Each moment you breathe the holy breath, you enter ever-lasting life/eternal life, and this allows you to experience God living through you.

There is only one breath that all life breathes, and it creates the pulsation of life. Your Earth is breathing. Your oceans are breathing. All creation is breathing. The cosmic breather breathes into form her creations. Formless love comes into form through the holy breath.

The holy breath is the Holy Spirit that dwells within you and all around you. Awaken your dead senses by breathing the holy breath.

Experience the Holy Breath

Close your eyes, and become aware of your breath. Now deeply and gently inhale through your nostrils into your body, letting the breath enter your heart and solar plexus. Next, take the breath down into the lower abdomen. Continue breathing until your breath becomes rhythmic and begins to breathe you.

We are ready now to bring Christ consciousness to our breath. Say aloud:

“My breath is the holy breath. My breath is the holy breath. I am breathing the holy breath. I am breathing the holy breath. The holy breath is breathing me. The holy breath is breathing me.

“I am one with sacred unity, the All That Is. I am one with sacred unity, the All That Is. I can breathe into form all that is needed in each moment to fulfill my life's purpose. I can breathe into form all that is needed in

each moment to fulfill my life's purpose.

“‘Amen’ means this shall come to pass.”

As you let go of your attachments to the third dimension, the material world, you fall deeper and deeper into your heart of unconditional love. Then you will see life through the eyes of the heart. You will see the preciousness of life — the flower of life, which is the consciousness of oneness. Then you are truly living; you are finally alive.

In this state, you no longer judge yourself or others. You carry the sword of light, the sword of truth, and you are the beingness of love. Illumination occurs within you: The joy of seeing life for the first time brings you tears of joy and wonder. You are living in the world but not of it. You are living the mystical life of love and truth.

You serve the whole with no needs for self. The self is fulfilled, joyful, and happy in its union with sacred unity — the real world of love, peace, and joy. Thus, you have the power to create a new world of unconditional love. The keys to the heavenly realms are yours!

Virginia Ellen has attained Christ consciousness and is a master healer and ascension expert who leads others into Christ consciousness. In a near-death experience, Jesus appeared to Virginia. He gave her the opportunity to become a living Christ. After she returned to her body, Jesus began teaching Virginia the practice of Sacred Heart Yoga to accomplish her ascension into Christ consciousness. She creates an opportunity for mastery of the ego self into the Christ self. For more information, go to www.FoundationofUnconditionalLove.org, or email formlesslove44@gmail.com.



The Base Collective Vibrations Are Rising

Em through Steve Rother



Greetings, dear ones. I am Em. I am overjoyed to join you and to look on planet Earth and all the incredible changes taking place. Earth retains its balance. As you move in one direction, motion in the opposite direction automatically increases to find balance. You are making major advances in areas that we have been watching very carefully. We see humanity's base vibration rising more than you could possibly know. Now, if you've watched the news lately, know that you're getting only one side of any story. That doesn't mean that the news is tainted or inaccurate. What we see is the actual vibratory rate, not the reaction to that vibratory rate. The vibrations are starting to rise again, which is the result of many things.

Humans have taken collective steps backward in your evolution, and that is starting to build speed for the catapult forward in energy. That's the way humans move: one step forward, two steps forward, three steps forward, and then one step backward. We don't mean that humans are doing anything wrong. From this side of the veil, we have a totally different concept of your ideas of right and wrong. We don't have all the belief systems that humans sometimes wrestle with. What we are telling you is that you are starting to make some major advances.

Let us make clear what we're talking about here: separation versus unity. Yes, we're talking about love versus fear, and in those areas, humanity has been moving toward separation on quite a large scale. The majority of the processes throughout the globe, such as rules made within governments and elections, have been about separation. We absolutely love the theory of first taking care of you. However, when you only take care of you and that's all you think about, it becomes selfish rather than self-first. That has been the global movement, and there are many reasons for it. Yes, you can point fingers or say, "Well, that's because 'this' happened, or that's because 'that' happened." Although some of those greatly added to this, overall the vibratory rate and advancement of humanity is up to those of you who are here right now.

No More Secrets

Much of the maneuvering that was once hidden is being uncovered on a daily basis. All you need to do is pay

attention. As that happens, you will move forward again and come back together

because the separation was only there to motivate the game. It was necessary to put the veil in front of your face that allowed you to think you were separate from everything. You're not, dear ones — quite the opposite. You are connected intrinsically to everything. Yes, you are connected to other humans. Many of you are empathetic to the degree that you can feel other people's pain more than you can feel your own. Some lightworkers are empathetic to such an extent that they have had to hide from large crowds, and being vulnerable, even standing in front of other people to speak their truth has caused great difficulties.

For those of you who are extremely empathetic, it has been challenging, as there is also a pullback that has to do with privacy. In this area, you will find two things happening: (1) Privacy will not be possible in the ways that it once was, and (2) you won't really need privacy in the same way you thought you did. However, much of this privacy has been maneuvered to manipulate humans. It has thrown fear into humanity, manipulating people so that they move apart rather than together. In recent years, this has been very successful. However, with no more secrets, it's only a matter of time before everyone can see who and what is behind the manipulation.

Humanity is poised to catapult forward, and although it will take some time, it is now under way. We don't see this happening in the immediate future. What we see from this side of the veil is the vibratory rate of humanity has risen to the point that the movement of separation can no longer be supported. It is really the beginning of a process of coming back together in different ways — not only in the government but also in your thinking. Follow the money, and watch what happens.

It's time to act locally and think globally. That will make a huge difference in the way you connect with each other. You'll also find many opportunities to connect with the feminine energy, which is the reason I came in today as a balanced entity carrying equal amounts of masculine and feminine energy. I create a blend so

that I can go in both directions; I can bring what parts of me are needed to any situation. This gives me a lot of fluidity and many opportunities to reach different levels. You're seeing the rise of feminine energy in a very big way. Continue to make space for that and for those hearts that have been kept quiet for so long. That will also bring a new forward movement of unity.

We told you quite some time ago that from this point forward in the life on planet Earth, everything that separates will find resistance, and everything that unites will be supported. Now, what does that mean exactly? Well, there are times, dear ones, when you will separate to gain your identity. At times, humans will separate to form a selective group to do "this" or "that." Humanity has been in a large wave of separation for two years. But in the big scheme of things, it is time for unity, and that is what we see. The possibilities of the base vibratory rate have now reached that level, and we get to see what you do with it. Many of you have come to be here at exactly this moment. You're part of the Family of E that incarnated in many places throughout the universe at critical times in the advancement of beings to help them reach critical mass so that they could quickly change outcomes.

Emergence of the Third Vibration

You are to be honored, and it is time to speak your truth. Now, dear ones, there are many pros and cons as humans still look at things through duality. We ask you to look for the third vibration, because that is the vibration that can harmonize everything. We've mentioned before that the universe is built on the energy of the number three. You've been playing in the third dimension, but you've also been stamped with a second-dimensional perspective. The second dimension provided duality — the opportunity to see things as right or wrong, black or white, up or down, or love or fear.

The third part of the wave has been hidden from your view. Humans have a limited range of senses. You can only see certain ranges of light, and you can only hear certain ranges of vibration. However, you're very much aware that there are sounds you cannot hear and things you cannot see. Now that's changing, and the third position will start to show. There are always three. We've mentioned this regarding relationships: Two people try to harmonize in some way, but to really do that, they must have a third leg to their relationship, which is usually something both people love or some commonality they both like to work on. Now that humanity is moving beyond third-dimensional thinking and is anchoring well into the fifth dimension, that third leg of everything will show up. So that's what we ask you to watch for. When you look for the common denominator, you will see it in many different ways.

Once you become accustomed to looking for the third leg, it's almost as if you tune your eyes to see in a new range of light. Humanity will see things in a much larger perspective. Now, does that mean your eyes are physically changing? Well, yes, dear ones, they are. That is exactly what's happening. As humanity evolves, you will move into a morphogenic body, the first stage of the luminous body you are evolving into. The morphogenic body will allow you to carry more light. It is the first step that will allow humanity to move out of this density. As you do, you will see things that you couldn't possibly imagine before. Dear ones, you will see things that were there all along but you simply couldn't perceive before. Now is the time to look for them. When you see two opposites, look in the middle. The eyes of a morphogenic body will allow you to see the third wave of existence in everything.

I am Em, and I carry just as much feminine energy as I do masculine energy, but I need neither. I walk down the middle, and it's very beautiful to do that in a third-dimensional reality. You might wonder about my expression of sexuality. I am considered sexy by both sexes because of the balance I carry. To walk in the middle means that you are balanced and can see three aspects. Start stretching your eyes, and blink to reset your vision.

The walls between your dimensions are thinning rapidly. We've mentioned before that you have emotions that travel through those walls. Recently we even said that you have thoughts now emerging through those walls. Keep in mind all eleven dimensions are on the same evolutionary path at the same time. However, if you start combining those dimensions, you learn to channel them. Learn to listen to them, to connect to your higher self, which connects you to every dimension. If you do that intentionally now, it will open doors to a new world. You will remember your perfection.

Reunite the Perfect Imperfection

On planet Earth, nothing is perfect. It's important to keep that in mind, but you intrinsically know that you are a perfect being as a spirit. So how can you incarnate in a physical body and have all these incredible imperfections? You hid part of your perfection in those other ten dimensions of time and space, and each one is a perfect imperfection. Previously when a person died and returned Home, he or she would come back together in perfection, but that is changing. Sometimes you lose a parent, a friend, a neighbor, or even someone that you might have had a difficult time with. It might be someone who played the catalyst, the "bad guy," in your life lessons. After that person dies and goes Home, you might be able to listen to that being. He or she is not the same anymore. That being is in his or her perfection because that's what happens when you die.

What if you could gain that perfection without having to die? The first step of that is the morphogenic body. It is possible to reunite the spirit in a morphogenic body, a higher state of luminosity, to carry more light within your being. The density takes time and practice, and there will be some setbacks and fear. Just like what is happening today, there will be times when people will go into fear and take steps back in their advancement.

A Call to the Light

At this time, humanity is clearly moving backward. However, the base energy has changed with action on your part. Stand firmly in your truth, and speak it when called on at the right moments. That can make a huge difference on your planet right now.

The separation you see is the precursor to change. In time, you will step into a higher vibratory level, and you won't need the physical body's density. You are in the beginning stages of that right now. This is why we're working with you with some of the spirit seed imprints and helping you become accustomed to what it will look and feel like. You are becoming accustomed to the energies of the new body and how to work with that. The morphogenic body holds the capabilities of shifting into that while still being on Earth. As Earth begins to wind

The Beginning of the Great Peace

Master Sananda through Judith K. Moore

Greetings, beloved disciples of light. I am Master Sananda, the Christ. Thank you for opening your Christ lightbodies to receive me so that we may be in a sacred state of communion with the Christ vibration and power of the Christ consciousness.

I am not of the flesh of the body; I am of the living word. I am the eternal Christ. I came to Earth in seven incarnations of the Christ, Master Jesus. Yeshua ben Josef was the seventh incarnation of the Christ, foretelling of the promise of the return, for he promised humankind that he would return and be among them.

The eighth coming of the Christ consciousness is the power of the Christ consciousness awakening in the human soul. You are the vessels of light that have awakened your Christ lightbodies to receive the holy presence of the Christ consciousness that transforms the world of suffering to a world of light and beauty because the

down in this particular cycle, you can be there to help others make these steps up.

Many are tired or simply don't believe change is happening. Others will turn their back on it until the last moment. Some simply are exhausted and don't want to change. Please do not judge them. Allow them to choose their paths, as free choice is absolutely critical on this planet. You've already won the game, and now you're starting an incredibly magical one. I am overjoyed to bring you a message of hope and love and to share that the energy has started to change. You haven't seen it react yet, but it is changing because your hearts are connecting to each other. Know that you're on a wonderful path. You've earned your seat here, and we can't wait to see what happens next.

It is with the greatest honor that we greet you this way and ask you to treat each other with respect. Nurture one another at every opportunity, and play this new game well together. Espavo. I am Em.

Steve Rother was an entrepreneur before he became a lightworker and author. His change of path happened following a spiritual experience on New Year's Eve 1996. That night, he started saying things that, according to him, did not originate from him but came from the "group" — a group of nine energetic entities. To learn more about Steve, visit Espavo.org, or contact him at PO Box 34838, Las Vegas, NV 89133, 702-871-3317, or steve@espavo.org.



divine nature of humans is to love. There is no bondage of fear that can hold the human soul from the ultimate divine purpose to love and be loved and thus awaken the Christ within to love without limits, eternal and immortal.

You Have Transformed Fear into Love

Human souls have continued through the ages of darkness to lift their hearts up and have faith to love and to be loved. The time of this discordant reality is passing as night to day with the dawn of the Christ consciousness.

You have come before the holy presence of the living God, and you have said, "May I be of service?" You have offered yourself in service to peace and love, and you have healed yourself and others. This is the true act of faith that makes this miracle possible because, as

you have freed yourself from fear, you have awakened a force within you, a miraculous power known only unto creation, the Source of all light. You have awakened such a power within your soul and your living bodies.

It is your love that heals the fear of humanity. It is your light that transforms the negativity into the power of love. As you have been called to serve, you have done so with total devotion. Your energy bodies have sent out a vibration of love welcoming the fear, the energy that is dense and created from human suffering. You have welcomed it with arms of compassion and forgiveness. You have welcomed and embraced the wounds of the human soul, the fear of suffering, and it has not become you, nor have you become the fear.

You have embraced it with your light, beloved ones, transforming it into love and opening the planetary heart chakra so that souls may, as they cross into the light, be free of the bondage of the karma that brought them back in another cycle of suffering. It is through the power of compassion that your soul has served the light in such a sweet, powerful way. Because the light vibration of love is so strong within you, it becomes stronger in the world and stronger in the hearts of humanity, liberating the soul from the bondage of the ages of suffering.

Blessed thou art. Blessed thou art in the kingdom of heaven, for thou art the lambs of God.

Pouring forth from the Source of creation now into your world is the manna of heaven. Receive the manna pouring forth from the heavenly kingdoms, showering you with this powerful gift. Receive the manna of life. Be like sponges and absorb it. Let it fill you and flow into those tired places. Allow the manna to rejuvenate your energy body — your lightbody — and receive it in your physical body.

You Are the Love That Heals the World

Make an intention to connect to the 144,000 (a mathematical formula of the Christ DNA in the bringers of light, the lambs of God). The awakeners are your

brothers and sisters in your light family and soul family. All across the world they have awakened and turned their eyes to faith and lifted their hearts up and opened to the awakening.

Your soul family, your brothers and sisters, have been transforming this energy as you have. You are the vessels of light to pour forth the manna. Consciously pour forth the manna into the 144,000 through your collective energy field. You are the living bodies of the awakened Christ consciousness, and it is through the power of the Christ consciousness that this world will be resurrected and will ascend.

All of humanity are part of the living body of divine creation. Humans are divine beings who have become lost in the illusion of duality. There is not just one group of chosen ones; all of humanity are the sons and daughters of light. By the miracle of faith, they will awaken and enter a state of peace and grace. There is no need for suffering. It may be healed now with love.

You are the love that heals the world and restores the grace. You know this in your heart because you have opened to the power of love, and it has healed you. You are the miracle of the faith of the mustard seed.

I am Master Sananda, the Christ. My immortal presence lives within you in your Christ consciousness. You are of the living body; immortal souls of light thou art. Blessed thou art, for the kingdom of heaven shall descend upon the world, bringing light and love.

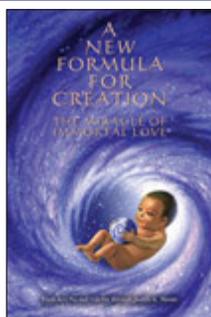
In the ages of time, these days shall be known as the beginning of the great peace. Hallelujah! Celebrate this miracle. Blessed thou art. Amen. Amen. Amen.

I am Master Sananda, the Christ. So be it, and so it is. Blessed be.

Judith K. Moore is an oracle for the Records of Creation. She is able to receive communications for the highest good from the other side of the veil while her consciousness transcends time and space. She has completely surrendered her life to the service of God as an instrument for the awakening of the New Heaven–New Earth. To learn more about Judith, contact her at judithkmoore@recordsofcreation.com.

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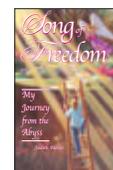


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You Are Magnificent

Have you ever gone outside at night and looked up at the stars?
Just as one humble soul on this wondrous orb called Earth,
on a timeless summer's night, gazing, with an open mind and open heart,
into the vastness of eternity?

You are integrated with the stars, billions of stars,
like a bright diamond reflecting luminosity of starlight
across forever and a day.

When you look up into the sky
on a starry night, somewhere, somehow,
you know that's part of me.
Your alliance is with earth and sky.
It's why you are alive.

You are within the universe, as the universe is within you.
Your being and the universe are joined together forever.
It's a feeling that you belong and are connected
with everyone and everything.

Is it possible the earth and sky know you.
You don't stand alone; you are known by all that is.
You are part of everything, you are not alone, and you are all one.
You are part of everything; you are connected.

Hold the light, and feel integrated; be aligned, and feel oneness
with All That Is, with Creative Source.
From the earth to the stars and everything in between,
you are connected with everything as one.
You are magnificent, with the brilliance of one humble soul,
shining like a star on a timeless summer's night.

— Deborah Morrison

