

SEDONA JOURNAL OF Emergence

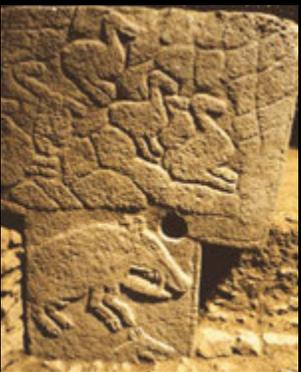
PEACE TO ALL BEINGS

MAY 2019



Gobekli Tepe, Turkey — Ancient Pleiadian Healing and Manifestation Circles

SEE ROBERT SHAPIRO, PAGE 52



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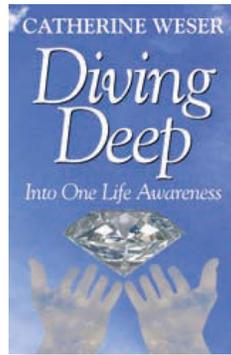
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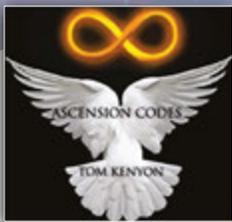
journey with DK's inter-dimensional guidance, and includes powerful affirmations of gifts and resolutions to challenges. As with her many articles and workshops all over the world, all the lessons of *Diving Deep* are guided by the presence of DK, influencing and shaping the information through his clear and cogent Tutorials.

Catherine Weser is an artist and conscious channel who has lived in Santa Fe, NM, since 1974.

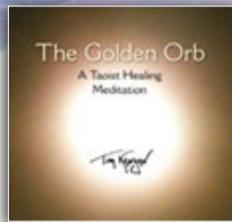
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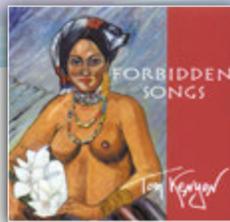
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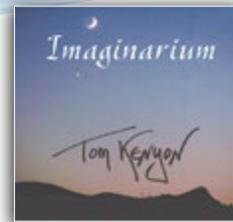
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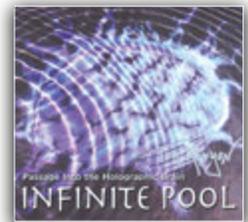
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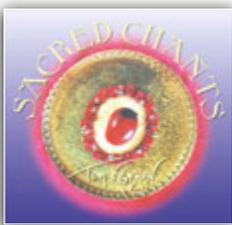
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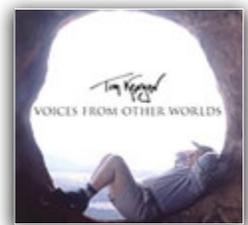
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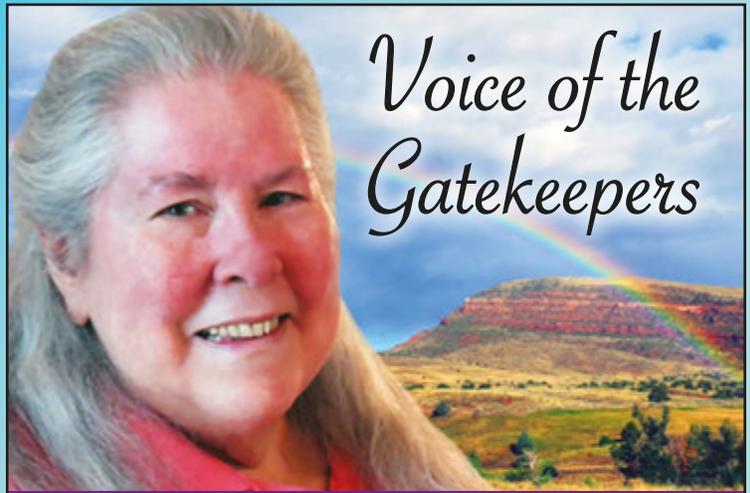
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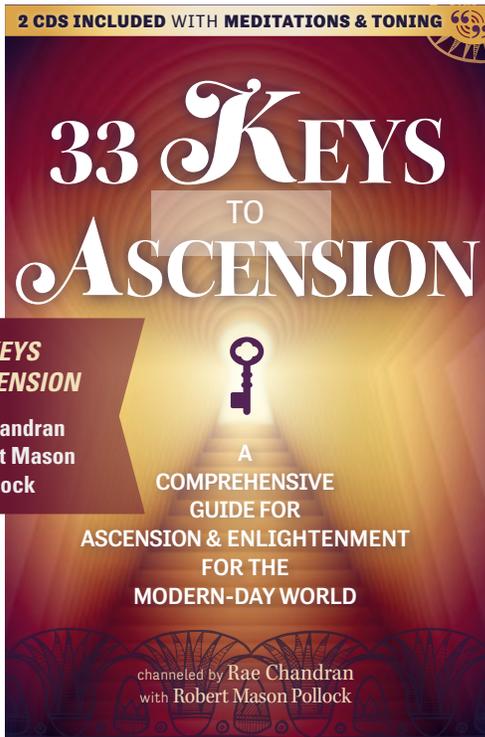
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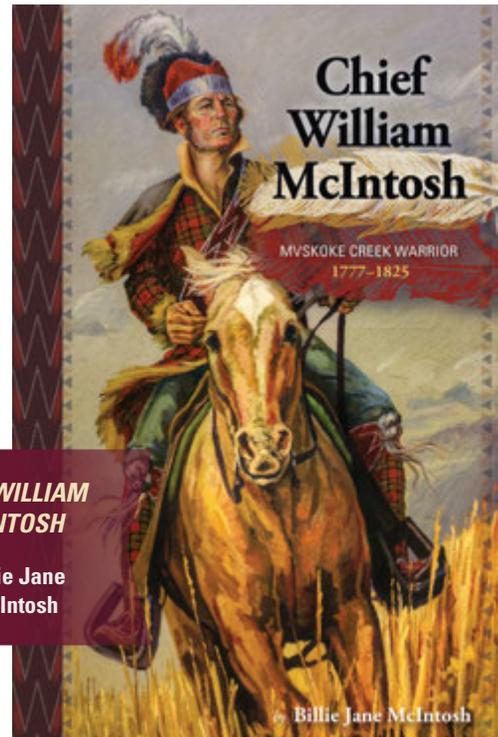


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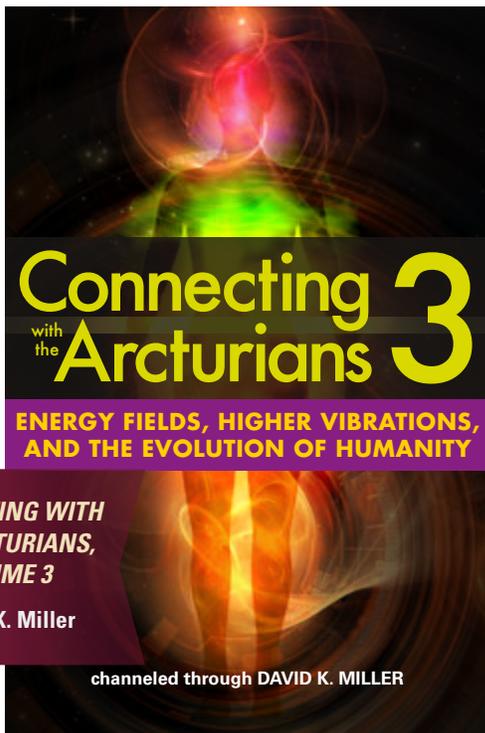


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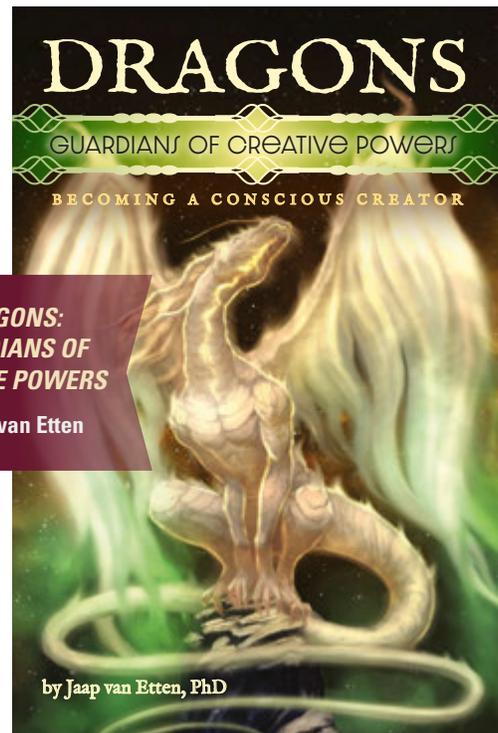
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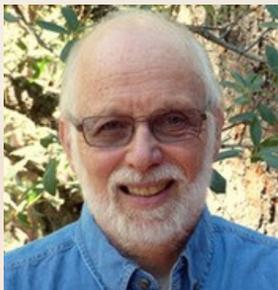
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Primary Presenters



David K. Miller, LCSW
Group of Forty Co-Founder,
Sacred Triangle Channel,
and Author

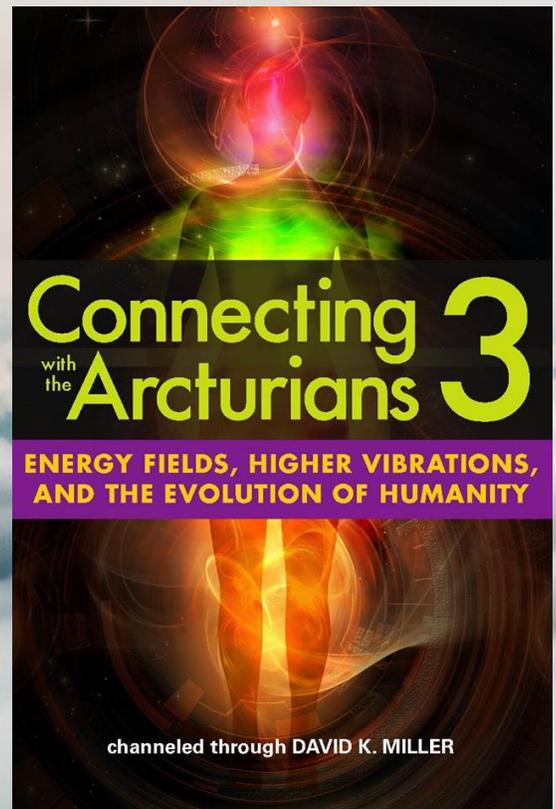


Gudrun R. Miller, LPC, M.A.T.
Group of Forty Co-Founder,
Visionary Artist, and Intuitive
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with Ruben Saufkie of the Hopi Nation



View from Prescott Resort Terrace



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- Connecting with starseed groups to raise your spiritual light frequency
- Expanded consciousness, Arcturian corridors, and the intersection of the 5th-dimensional Earth
- Planetary Cities of Light, Ocean Reserves of Light and other sacred energies, including medicine wheels
- Improving your immune system for health and survival using Arcturian quantum-healing techniques
- Arcturian Crystal Temple meditations, ring of ascension work and shimmering of your aura

Other Topics Include

- Planetary Cities of Light (PCOL) update by Lin Prucher, PCOL International Coordinator
- How working in a 5th-dimensional group can enhance spiritual growth by Birgit Smothers
- Arcturian perspectives on the New Physics and spirituality
- Soul Psychology by Vywamus through David K. Miller
- The Kabbalah, the Tree of Life and sacred Hebrew sounds and chants for higher states of consciousness
- Integrating your Starseed Heritage into your third-dimensional self by Gudrun R. Miller
- Vibrational sounds and energy work for personal healing, including special chi healing techniques

Conference begins:

Friday, November 1, at 6:00 pm and ends Sunday, November 3, at 5:00 pm

Schedule

Friday	6:00 pm – 9:00 pm
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All meals on your own

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- ◆ Bring information about the truth of our eternal nature — the origin, ultimate purpose, and future of the human race.

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CHANNELING

Stay Focused on the Light

Aeszia through Ingrid Auer

Always focus your attention on the light, never the darkness! You are really going through turbulent times. No matter what country and continent you are in, there are great changes everywhere — upheavals and sometimes even breakdowns. Although the spiritual world has been preparing you for years, there is a big difference between hearing something and experiencing it personally.

In speaking to you, it is not our intention to pour petrol on the flames of your fears; rather, we have come to encourage you. Imagine a field covered in snow. Step by step, the power and warmth of the sun is increasing, and the snow starts to melt. Old, dry, flattened grass appears, which at first sight is not pleasing to the eye. But take a closer look. Underneath this old layer of grass, new pale-green shoots come forth. They can hardly be seen, but their growth cannot be stopped.

This is the same with the energies on your planet. Though there is still much violence, abuse of power, corruption, manipulation, and other negative excesses, “tender plants” are growing. I am talking about these groups of people who stand up for renewable energies, fair trade, organic food, species protection, alternative and spiritual medicine, social aid projects, and much more.

Open Your Inner Light

Archangel Michael through Melanie Beckler

Greetings from Archangel Michael. Indeed, in this moment now, I greet you with a frequency of stillness, silence, and calm. Beneath the words of this message is the energy of peace and tranquility, which you are invited now to tap into. Surrender the voice of mind and let go of whatever is happening in your life in the external. Just for now, enter your inner state of being. Enter this frequency broadcast of tranquility, peace, and calm.

Indeed, this stillness you now cultivate within has a

Maybe you have not really noticed them, and they might even be laughed at. But they have (quietly and unnoticed) started a completely new alignment of humankind that will change everything. You should look out for them and connect with them whenever you feel unsettled and overwhelmed by the negative news from the mass media.

Focus on the positive changes even if they are minute. Focus your energy and attention entirely on the light, never the darkness. In doing so, you strengthen the light, and the darkness will be pushed back.

We are an angelic group called Aeszia. We will accompany humankind through the transformation process, together with other higher beings. We are with you. Greetings!

Ingrid Auer has worked with and for the spiritual world to open people's hearts to angels, ascended masters, and other spiritual beings since 1997. Well known throughout Europe for her abilities, she is now bringing her work to the United States through the Kryon family. You can learn more about Ingrid at IngridAuer.us.



profound effect in manifesting opportunities that are divine and inspired. Know that, indeed, cultivating this inner peace, stillness, and calm creates an opening within you within which you are able to access the higher light of your divine truth.

The higher light of Spirit — the deep wisdom,



knowing, and frequency of your soul and inner divine being that is always within and around — is so often beyond your reach because you are grasping at the level of mind for experience, guidance, certainty, and truth. But the truth you seek, which surpasses all understanding, can be felt, experienced, seen, and perceived only with your subtle psychic senses because it is accessed within.

Let go of the external, just for now, and shift your awareness within. Focus on your heart center and behind your heart, where a sacred space opens for you to enter. Open your heart to receive the blessings of light bestowed upon you now, the blessings of love flowing in and all around. Tune in to the inner light of joy at your core, a vibrant well-being and divine bliss. Let this inner joy rise from within the stillness of the inner space of tranquility and calm to fill every cell of your body with gold and glowing light to soothe your mind and uplift your emotions, restore your divine balance, and attune you to divine harmony.

Come into crystalline coherence and synchronization with divine light flowing throughout all creation. Synchronize with the divine mind and the divine nature of time, bringing yourself into harmony, alignment, and a state of coherent love in which you can feel the blessings of love shining within and around your being. The brilliant orb of light glowing around your body, mind, and spirit is your aura, infused and shining with the light of divine love. It cleanses, protects, and realigns you with the truth of your inner divine nature.

Let truth, peace, and serenity shine out from within you. Your tranquility overflows beyond you. Your love ripples out far beyond. Through this, your presence becomes a powerful beacon magnetizing to you the divine blessings and opportunities in alignment with your highest timeline, core mission, divine destiny, and authentic truth.

Your ascension is not something that happens externally. It is remembering, expanding, and opening up to your innate truth — to higher dimensional awareness and divine love — letting this blossom within you with peace, love, and tranquility.

Step into Your Truth

To greet the light of a new day, allow to shine within you your innate well-being, divine wisdom, and authentic truth, which you access not from the level of mind but from the stillness that underlies every moment. From within, you are able to sense and experience your connection with the divine frequency. Love embraces and blesses you, restores your energy, lifts your vibration, and cleanses your being. Open to receive these blessings of love.

Remember and know that in any moment you can return to stillness, peace, and calm. The doors of love open to you, the gates open, and the divine frequency pours in to bless and love you as you fully access the

truth of the love vibration you are. Rekindle love within first so that it may then manifest all around.

In every moment of your external, physical life, you embody more of the truth, light, divine perspective, wisdom, frequency, and beauty of the higher divine lightbeing you are. Tune into the light rising up within you, shining within, and illuminating your core. Let the central core of light elevate, expand, and accelerate to more brightly shine, and from your core's shining, let the light illuminate the highest and best possibilities for you right here and now. You can see, choose, honor, and find these in every moment by returning to the perspective of silence, stillness, and calm, for within this the infinite is realized. You can return to the perspective of infinite love, peace, and truth that you are basking in. It is always available to you in the ever-present now with a quiet mind, open heart, and willing spirit.

Tune in to the silence, love, stillness, and blessings you've always carried within that are now ready to rise to the surface. It's time for you to step into your truth. One moment, one little step at a time, return to love and peace. Shine your light, love, peace, and divine inner stillness.

Our love, blessings, and frequency are bestowed upon you now. Through your clear mind, open heart, and willingness, you are able to receive, embody, and shine forth. These blessings of love anchor peace and divinity and embody the truth of the divine lightbeing you are.

Know that you can return to and retain this perspective. In an instant, shift and enter the peace, stillness, and calm within. Cultivate it and let it blossom and shine forth beyond you to bless your life, harmonize your surroundings, and heal, uplift, and inspire all. Claim your power and potential every moment as it shines with the light of love.

We love and bless you. And so it is.

Melanie Beckler is an internationally acclaimed best-selling author, channel, and founder of www.Ask-Angels.com. Her books, angel messages, angel courses, and CDs provide a direct link to the love, frequency, and wisdom of the angelic and spiritual realms for people around the world. For a free angel message, visit Ask-Angels.com/love.

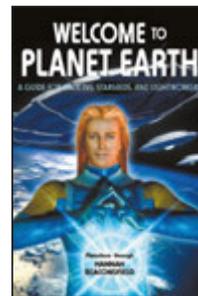
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Move with the Flow of Change

Jenine Beecher with Norma, a Pleiadian

Are you thinking about creating change in a facet of life? Are you ready to act? The energy is prime for allowing you to move through transitions without restriction or resistance.

First, connect with your meditation practice: Go inside yourself, become peaceful, and get to that place of inner peace, of quiet. That is the foundation, your security and home for feeling true freedom of spirit. Then branch out. Change is a state of impermanence; it is a movement, a creation. Change is an expression of the spirit to want more, do more, and be more. When you look at change from that perspective, it becomes less scary and more inviting.

Don't take adaptability for granted. You are accepting the possibility of connecting with gratitude and fulfillment in a deep way, allowing your spirit to express through your body in this lifetime. The change you are confronted with is part of your path. This change wouldn't be coming up if it weren't from a place of a deep need or desire to create something new in life.

Are your fears being triggered? Look beyond them. The fears coming up have been collected through many experiences. Bubbling into the vision of the present

moment, they act as blockades keeping you from what you are trying to create. Look at the fears, acknowledge them, and move through them by understanding where they originated and the message they have for you in the present moment. Dig deep. Are the fears learned, limiting beliefs or someone else's information? How are they affecting you now? Are they helpful or hurtful? What is the healing opportunity?

Take one step at a time in this process. In trusting your intuition's message to move forward, you open yourself to the opportunity of healing past fears, hurts, and limiting beliefs. Remember to be open! Allow change to happen in whichever way it is ready to come at you. When viewed as an energetic experience, change can be empowering. Take on the courage and allow the manifestations to come into being.

Jenine Beecher is a psychic medium, a teacher, and an author. She specializes in consultations, house clearing, and mentorship to help clients discover their next steps. Services are available via phone, Web chat, or in person. For more information, visit JenineBeecher.com or email hello@jeninebeecher.com.



Celebrate as Flowers Dancing in the Field

Alison David Bird, CHt, the Integrated Activated Avatar Grace Elohim

It is time to shed the shadow that has stalked you through the ages of your experience here on the Earth plane. Shadows can only be cast where the light is obscured. Don't let distractions stand between you and the light. Let them go.

You died through the winter months, bleeding out redundant energies. Your physical, emotional, and mental bodies have purged old habits, identities, behaviors, painful memories, and unworthy attachments.

Letting go may sometimes feel like a loss, and a period of mourning may be required, but only as a

poignant remembrance of something that once served you well and serves you no more. Don't be saddened or alarmed by the shedding of these attachments and characteristics.

The old you is lying down for the long sleep. A new you is ready to emerge and walk in your shoes as you cross the threshold of a new world filled with more vibrant forms of expression than you have ever known. The new you is just waiting to be captured in music, poetry, and art. Like a painting on a fresh white canvass



in colors drawn from a pallet of richer hues and even stronger vibrations of sunflower, lilac, or the dancing daffodils of the field.

This is the season of death and rebirth. Spring is a time of opportunity and creativity. You will rise like the flowers in the consciousness fields of manifestation, sparkling with the mist of the early morning dew, fresh and tender and brimming with hope and faith. Your roots are deep in the soil, and your stalks are straight and strong. The many aspects of your soul-self moving in unison are like the petals of a flower with its face turned toward the sun.

Be resplendent in the birth of this new morn. Do not let the winds of change buffer you into surrender or make you to lie down in the field and be trampled underfoot. It will not serve you to stand rigid and immutable against the forces of nature. Rather, stay in the flow of the Divine, swaying gently with the breeze. Bend, but do not break.

Now Is the Time to Use Your Sacred Gifts

Grandfather Shaman of Mesa Verde, Mahatma Gandhi, Mother of Light, and Shockara Starbeings through Blue Turtle

Grandfather Shaman of Mesa Verde: Beloved children of the Creator, it is now time to renew your prayers and devotions to the Creator as you move into the seasonal cycle of sacred dances and powwows. There is evidence that powerful and disruptive energies seek to diminish and destroy greater parts of Mother Earth and nature, which are holy, for their own selfish and greedy needs.

They are secretly and discreetly rewriting and changing laws that have honored, respected, and cherished Mother Earth for your next generations. For their own business interests, they are giving unprecedented access to natural minerals and resources, which will threaten Mother Earth.

As you have done before through the ages, you must stand together to save Mother Earth and nature from this defilement and threat. Your loving and natural ways of life are also threatened to be diminished and taken away. The awful, hateful energy of aggressive European conquerors annihilating Native American cultures and peoples is being perpetrated again.

You must peacefully protest as sisters and brothers in unity and love to save Mother Earth and nature

Look around you in the field. You are not alone. Notice how the seeds have taken in the richness of this new and holy ground. See the bright and shimmering faces of the perfect blooms that surround you. Gather in the nutrients from the earth that you sprang from. Feel the droplets of God's grace on your face, and be fed by the beams of the Central Sun, the Source of all life.

Dance in the sunlight, dance in the moonbeams, and dance in the cosmic rays of transcendence. You are all of creation, unified as one through the field of connectivity to all life everywhere — here and in the stars. So dance, and celebrate as only the flowers of the field can do!

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 Marconics.com.



and yourselves. Call on your leaders and representatives to represent your best interests for living in harmony with one another and with Mother Earth. There must be no harm.

The healing energies and the Creator come forth to support, guide, and lead you to help one another transform this dire situation. Spirit Eagle dancers join you in your prayers and dances to help you bring about what is needed for your welfare and deliverance from evil.

We drum, dance, and sing with you now as you come together to ask the Creator, the elders, and the ancestors for help. They are adamant in being present with you as you call on the most powerful energies of love and light in the universe to come forward. Animals, plants, and stones also serve you in their fullest capacity for monumental healing change.

This is the time for you to come into your full gifts and understanding. This is the time when you can be fully who you are and serve to the greatest extent in the world. These difficult challenges are actually preparing you to take your rightful and blessed place using your sacred and creative gifts.

Know that the good, the true, and the blessed will replace the evil, the lie, and the dreaded heartache and despair. Love will reign in its full power through the Creator. Yes, through your heartfelt prayers, devotions, and sacred dances will come the continued healing and abundance of Mother Earth, nature, and the Creator.

From deep in space and the cosmos, the positive and loving repercussions of your caring and whole-hearted endeavors will be felt and shared. You will herald in and create a new world of light, love, and sharing community. There can be no holding back of this by dark energy.

You penetrate the darkness with the most powerful light. Utilize all your gifts and strength to help one another and help Mother Earth regain her strength and health. You are so appreciated and so needed for this to occur.

Be in Wholeness with Divine Energy

Mahatma Gandhi: Beloved children of God, as you move closer in relationship with God, you will see and feel that you are becoming more centered and unified in your being and in your holy temple. You will find that healing energies are more available and you can access them more readily. Trust how you can surrender to the Divine in the most beautiful way.

It is important for you to fill your mind and thoughts with God in order to be present and live in the wholeness of this divine energy. Allow this energy to also fill your heart and soul so that you can thrive and live well in the world. With this constant alignment, you will feel safe and well within the love.

Once you commit yourself to such a spiritual regimen, you will find that you can easily transform and find clear and concise solutions to creative problems and challenges. You are growing in your power and gifts with the Divine in a wonderful way that will be fulfilling and joyful for you.

Notice how deer come around you, letting themselves be seen and open to you. They know that you are moving graciously and lovingly into this powerful spiritual space where you are one with everything. Deer are present with you, displaying their strength and gentleness in kind.

The Atman within Hindu philosophy exemplifies including all souls within itself and coming back to itself. It embraces fully the world soul, which reaches deeply into each of us and exudes from each of us to others we touch. There is such profound peace found and experienced within this powerful life force.

You can live this profundity steadfastly and continuously as you grow into your greater gifts and understanding. As I simplified my scheduled life to live more consciously and deliberately connected to God for the

benefit of the Indian people, I received the added blessing and healing through my devotion to their independence and freedom.

Through the Brahma, or Supreme Being, you are able to cultivate yourself to be who you truly are and live that beauty and love. It is the highest frequency and the greatest good of All Being. God comes from the word “good.” When you greet others, come from the deepest place within you and offer your prayerful hands in “namaste,” which means “the God in me recognizes and honors the God in you.”

This is how you can keep peace living and growing in the world and not disrupted and diminished. Already, renewed sparks are flying in and over disputed Kashmir as extreme, conflicting forces want to violate and separate you from your unity of being and purpose for love.

Do not let dark forces and violence keep you from continuing to maintain the peace flowing and growing. You can all work together for your shared good and well-being. Never lose sight of the larger picture of which you are a part. Let the peace you carry in your heart and soul be brought forward into the world.

Live Your Dreams

Mother of Light: Beloved children of light, you are present in the time of the Mother energy coming forth to initiate and bring balance and integration with the sacred masculine energy. Yes, the fertility of the universe is occurring to bring about dynamic synergy and transformation for all beings and forms devoted to good and wisdom.

New spiritual life forms are coming into being throughout the universe to assist and collaborate on creating a new way of living and being in sync with the Divine. Notice how you actually float energetically when you allow this unified, loving energy into your holy temple and being.

Within the expansive scope of your surrender to the Divine, you will feel fully empowered to see within and outside yourselves with greater clarity. You can even observe through the backs of your heads, because you now possess awareness looking through another pair of eyes there.

It is incredible how you grow as you entreat yourselves to take and inhabit this new life form from your expansion within the universe. Yes, you become like the anointed ancestors, elders, and healing beings that inhabit the spiritual realm. They bless you with their insights, power, and gifts as holy children.

Know that you are coming into your greatest power through the light at this critical time when people are standing together in truth and strength to meet treachery and evil head-on. None of you can any longer tolerate

injustice, discrimination, and hatred directed to you or any of your sisters and brothers.

Transformational change is inevitable now. Divine forces propel you and all of humanity to come together in love and unity unbounded. Nothing can stop you from fulfilling and living your dreams. because you are all on a roll. The universe has come together in a profound and healing way to reveal the truth and dissolve and address the heartache and pain of the world.

You might feel very sensitive to what is happening in the world, as though you are picking up on the deep woundedness and uncertainty that has been perpetrated on humanity and Mother Earth with constant attacks through the ages. You are seeing and feeling the weight that now will be lifted from you and taken away.

You carry and are the seeds of change that are required now to bring about phenomenal, abundant peace and certainty. You are each filled with the light you will share with the world through your gifts inherited through your DNA as well as through the Divine. Yes, you will serve in the most beautiful and healing way.

I will be with you constantly during this time when you come into deeper understanding of who and what you are and your gifts of love and commitment. The Mother energy will embrace you and guide you in all the ways that you need now to be abundant and resourceful. You are not alone in any way.

Know how I love you and celebrate you as the Mothers gather together for your well-being and happiness. You will turn the tide from this sea of despair and heartache into an abundant ocean of loving unity and divine purpose. Your allies are the whales and dolphins who accompany you on your sacred journeys of service. Allow the sea turtles to serve you on your blessed road.

Thrive with Mother Earth

Shockara Starbeings: Beloved Earth beings, the awesome energy of love is increasing exponentially throughout the cosmos to bring vital positive and healing change to Mother Earth and all her children. You are taking part by growing into your special gifts and blessings to be the guardians of her vast resources and abundance. You are taking up the full purpose of your calling in this lifetime.

Feel the unconditional love and being flowing into your veins and DNA. The sacred feminine energy is rising in joy and victory to reclaim her rightful power and balance with the sacred masculine in the world. The month of May acknowledges and honors the Mother energy and Mother Mary.

When you walk by a creek, stream, or river, notice how the abundance of water gives life force nourishment to emerging trees, plants, and flowers bursting

to come forth with new life. Powerful rains, winds, and sunshine beckon and urge Mother Earth's new children to take their full space and form in the burgeoning, fertile landscape.

Watch how new life springs forth, pushing back and out from the dead, decayed remains of old vegetation still standing in its place. Renewed, transformative energy of the present takes over to rebuild and redefine what is essentially perfect from nature now. This reawakening to life takes firm hold.

In the ethers, all heavenly and positive alien beings are unified in their purpose and quest to sanctify and sustain this growing, powerful healing and loving cosmic consciousness. They are undertaking every effort to make sure the greatest good and well-being are established and maintained so that all can benefit in kind.

The disruptive forces are surely looking for woundedness and vulnerability in your being in order to penetrate and wreck havoc with this shield of protective devotion and commitment. Continue to be present and hold your own with the unified power of the healing energies and cosmos.

Your individual efforts in this matter are essential in bringing forth the love and power of the Divine to take hold in its transformative awe. As you work together to bring about the most beautiful and kindest community of light and well-being, you each wrap yourselves in great joy and abundance with unlimited possibilities.

You can plant the seeds for your own deliverance and freedom, and then share these seeds with others from your well-being and abundance. Do not be afraid to leave what you learned that never worked well for you. You can unlearn it consciously and then move into this new place of mobility and opportunity.

Once again, you can awaken and do things you buried and put on the back burner because you could not do them at the time. You had to do other things and not live your devoted dreams. Now you can come together in unity with your buried dreams and renew and live your full commitment to them.

This is a powerful time and moment. Know that you can come back to yourselves in this healing and abundant way to live and thrive. Serve Mother Earth and be her guardian so that you can benefit and thrive with her. This is essential and mutual for your well-being together.

Blue Turtle, M.Div., M. Ed., has served the metaphysical community as an intuitive counselor and teacher for thirty years. He comes from an intuitive, maternal, Iberian-Serbian-Croatian lineage with his paternal line as founding Ashkenazi-Levite, caring for the female presence of God — the Shekinah — in the temple in Jerusalem. Blue Turtle shares a direct ancestor with Tutankhamen and Ramesses II, Pharaoh of the Exodus. You can contact him at mbarnett@tradenet.net or 215.256.8481.

Delay Is Not Denial

Artemis through Kenneth Busby

When you begin to love much more than you fear, you will begin to understand how truly immense your power to create is. Your desires are to be celebrated rather than feared. We have said to you on many occasions that you must begin to love yourself more than your fear. This, beloved, is indeed a true saying. In times long past — those moments before your grand emergence into awakening — you manifested not from a place of absolute certainty but from a place of dualism and double-mindedness, asking, “Am I truly worthy to receive my heart’s desire?” You questioned your power to create, often feeling as though you lacked the ability to manifest according to your will.

Even now, such a question arises when you do not immediately see before you the intended result of your creative process. From your perspective within your world, you see the passing of what you consider “time.” You define passing moments as “delays,” believing you have been denied your truest desires.

Beloved, it is of the utmost importance that we speak to you regarding what we term “effortless manifestation.” We seek to remind you that a delay is, in fact, not a denial. (That is, of course, unless you choose to believe it to be, in which case you have served only to deny yourself of your heart’s desire.)

Again, we say, do not believe delay is denial. You have questioned your immense value far too often, saying to yourself, “I am underserving of my true desires.” Such is not the case. At no point throughout the entirety of the creation process does something take place apart from your inner being. You see within you the vision of a life filled with what you want. You feel the immense joy and satisfaction that accompanies such a vision. You align your thoughts to the vision so that there is an enforcement of singularity — a singularity of will.

Create by Recognizing Your Worth

Denials only come during those times when you choose to deny yourself. You believe apparent delays are somehow indicative of your inability to create or your unworthiness to have what you desire. Such has never been the case. You do not manifest effortlessly, because you continue to believe in concepts such as delays and denials, terms that we — your fellow gods — fail to understand. There is no existence of denial apart from the belief in denial in your own being.

Cease to believe in denial. Choose instead to believe in

loving yourself more. There is creation based on loving yourself and recognizing your worth, and there is creation based on fear. The process of creation is identical in both instances, but the outcomes are very different. It is fear that says, “I have been denied my desire.” Love of yourself, though, sees only deservedness and worth in totality.

Existence has never denied you any desire; you have merely denied yourself by believing in denial. Allow us to say this truth in another way: You have limited yourself and lived far beneath your means. It is, indeed, your very own self who has said, “No.” It is not Creation. It is not the Great Spirit you call God. And it is not us. You have denied yourself what you desire.

You are, in fact, worthy of all praise, worship, glory, and honor. You are worthy of having all that you desire, for desire is a divine power. Don’t the gods also desire and manifest before them their deepest longings? Do they believe themselves unworthy of their desires? Indeed not.

You, beloved, have at no time ever existed apart from your ability to create, manifest, and have in full measure the desires of your heart. Choose to love yourself more. By so doing, you will begin to manifest much more effortlessly. You have loved others so well. We ask that you give an even greater measure of that love to yourself.

Kenneth Busby is a spirit medium, author, and channel who has connected audiences to the other side for more than twenty years. His goal is to give a glimpse into the afterlife, providing validation that we survive physical death. He currently resides in Birmingham, Alabama, and continues to write and lecture extensively. For more information, visit KennethBusby.com.



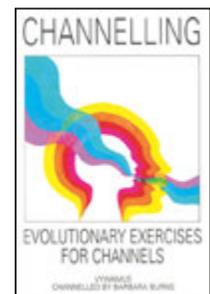
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Healer's Instructions

Kryon through Lee Carroll

24 February 2019, Santa Fe, New Mexico



Greetings, dear ones, I am Kryon of Magnetic Service. Various places on the planet have very different energies. It's a hard thing to explain because you don't see the energies, but you can certainly feel them. Many times, Gaia's cooperation with humanity has created pockets where people will clump and live because the energy there enhances what they do. In the case of metaphysics, you're in one of those special places now.

For hundreds of years before your culture arrived, this town of Santa Fe was known as a healing place where Gaia supports Human Beings in their healing work, connecting to the land with profound energies. All over this planet exist pockets such as these, not always in pristine places. Some are ordinary places that have extraordinary energy. So what I want to do is address the metaphysical workers in this channeling, the ones who are finding themselves in these places with unique issues.

In these areas, healers tend to clump together — not just here in your country but all over the planet. Multidimensional energies on this planet are changing. Part of the light-dark relationship is changing. The energy is shifting, and the ratio of light to dark is changing and affecting everything here. We have only scratched the surface, as you say, in our attempt to describe the multitude of changes that have occurred because of this change. In this consciousness shift, people are thinking differently, but there's so much more.

Yesterday we described how the various reflections of your past can be redesigned and changed. You no longer have to live with the sorrow and the suffering of difficult memories just because they etched themselves into your mind. Instead, you have a new kind of control over these things due to the new light-dark balance. The Human past, dear ones, was often really tough because darkness always seemed to win. That was the way of it for almost all lightworkers, healers, readers, and meditators. It has been tough going for centuries.

Now, every healer is probably aware of continuing what I would call an expression, which is a return journey to Earth by the same soul (reincarnation). What you are experiencing now is not the only time you've done this. You have awakened as a lightworker in this world many times. Intrinsic in the akash is that shamanism, or the understanding of multidimensional energies, sails

through the veil to enter a Human Being's life over and over. So healers beget healers, and they get wiser with each life. However, the bad news is that the akash carries remembrance, a reflection of the times when it didn't work because of old energy when you were persecuted for who you were. Many of you had to flee your country or worse.

During certain expressions, others might have burned you at the stake because they were afraid of the energy you carry, which you now know is light and love. They were afraid because your energy was too strong in a dark place, and they misinterpreted it as a danger. Many of you healers who are listening to me now in these special places on the planet know of what I speak. The light-dark balance on the planet is beginning to change, causing many reactions.

Temper the Past with Wisdom

This planet needs you. You have a lineage of healing, meditating, and facilitating, and you might be a prayer warrior with meditations that change things around you. You understand being in coherence with the planet. There are so many of you who help this planet in places such as this. You're unique, and that's who I speak to now: unique energy workers of Earth. You have gifts and have had them for eons.

Sometimes a healer will become a healer again and will seek out friends and family. However, most of the time a healer will awaken as a healer and become a hermit. The reason for that should be obvious: It didn't work before, and the more people who surround you, the lower your chance of survival. Even during the tribal days, the healer lived outside of the village, and members of the tribe came to the healer one at a time. You were also linked with the weather. If the weather didn't shift correctly at the right time, the tribal people would beat a path to your door to tell you that you were in trouble for it.

So persecution of healers was mixed up in the times of older energies and darkness, which affected who you were, what you did, and how well you did it. These were earlier times, but the energies are still carried with you.

That has pretty well straightened out now, but still the akash carries fear, darkness, and memories of the things that happened to you.

However, there is light today that didn't exist before. Even that akash you carry and are afraid of can now have light where only darkness existed before. In other words, your dark memories can be perceived differently today because you have the wisdom to revisit them in a wiser fashion. You can say to those dark memories, "That was old energy and not representative of me today. It does not represent my power today. I have the wisdom to go back and see these dark things in the light." This is different from a few years ago, for heretofore you've been able only to go back and see those times as horrible things that affect you every day.

You might say wisdom is a soft light that covers everything and allows you to see situations and events clearly. Today you can make soft decisions based on a wiser countenance, without knee-jerk reactions. Today you are able to speak to your akash and to your life. That's a gift for the new energy healers, who can see themselves in a different light. As a healer, meditator, prayer warrior, facilitator, or helper of Human Beings, you have always carried this. These talents are carried through the veil lifetime after lifetime. However, now is the time to drop the past that has hobbled your future. Your light lets you create a differently perceived past. It lightens the load.

New Healing

I am speaking to a group of lightworkers and old souls who are about to explode in their abilities on this planet, meaning that they will not just be noticed but also they are going to be sought after because what they have works. It will be the beginning of a true paradigm shift in which even the medical community says, "There are things we don't understand and cannot explain, but we see it working, and we accept it." Already, in certain countries, indigenous leaders have been invited to send their tribes' best healers to mainstream medical institutions. Those indigenous people are being welcomed into hospitals!

Most doctors and nurses are located where the people are bleeding. Their passion is to help people who are sick and hurt. They want to heal. Sometimes the medical industry gets a bad name because of all of the politics, chemistry, and other dysfunctional attributes that go with it, but at the core level, medical professionals want to help people. So when alternate healers show up and heal people in unexplained ways, doctors and nurses take notice.

The older paradigm has doctors and nurses saying, "Wait a minute! You can't come in here. You are not qualified, and we don't understand how you're doing what

you do." But when they see results over and over, they're going to say, "Please come in and work with these people. We'll talk about why your methods work later." Hospitals may even add a wing for traditional medicine. The change in attitude comes from the healing techniques you have working. This is coming, dear ones, but it won't be here until you explode into this new, wonderful ability that kindles in all of you.

Drop your fear of the past. Say to yourself, "That was then, and this is now." Your time is here, and in your next life, you will continue as a healer if you choose. However, the continuation will be different from what you've experienced before. In the next life, you'll awaken remembering how to do exceptional things. You will naturally know how to work with multidimensional energy, which others can't fathom yet, but you will use it daily. It's the beginning of an old soul revolution in which your healing abilities will be seen before any other attributes.

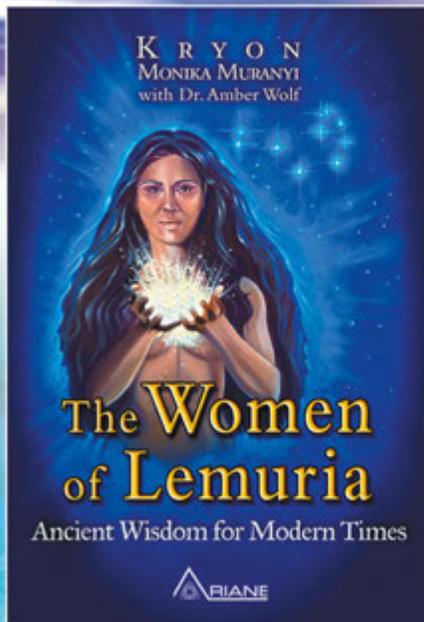
This is what the public wants, and in an age of instant communication, thousands will know, and the floodgate will open to healing that is new and efficient. Imagine you are a patient, reporting to a future healer. Not only does the healer balance your body but also disease oozes out of your cells. It won't have a choice since the body will be receiving instructions on how to eliminate illness. Can you imagine looking in the mirror and realizing you're not aging as much? Health and balance do that.

Next you will realize your body didn't just heal, it received an instruction set from the boss (you). Multidimensional healing is like consciousness homeopathy, in which the body receives the information to process things itself. Multidimensional energies speak to the akash of the soul and to the innate abilities of an individual. A full-body healing doesn't mean just the organs and mental processes; it means dealing with perceptions of the past. Imagine such a thing! This is the powerhouse in the ones I speak to now. Some of you are smiling because you expected it. But for the others, listen up.

A certain multidimensional perception comes when you approach a situation or patient — a feeling that has a special personal energy, a confluence of togetherness with your consciousness. Then you simply know what to do. It's a knowingness, a gift. Some call it "connection with the universal core truth." Others don't understand the knowingness because they don't have the perceptions you do. This lack of understanding is yesterday's problem. The public didn't understand, and you were perceived in a dark and fearful way. Today's lack of understanding is leading to being accepted and welcomed. You can heal, and that's desirable. People want your perceived magic. There is no fear. But what if the knowingness stopped?

A small group of profound healers has stopped

The Women of Lemuria: *Ancient Wisdom for Modern Times*



Were you a woman in Lemuria? Is it even possible that a place called Lemuria existed? What about the missing continent of MU? What about Atlantis? What does being a Lemurian actually mean for you today?

The answer to these questions and more is the purpose of this book. Authors **Monika Muranyi** and **Dr. Amber Wolf** have compiled everything that Kryon has ever channelled about Ancient Lemuria, and the role of women in that mystical place. Since 1989, the loving messages of Kryon, as given by Lee Carroll (*the original Kryon channel*), have become known worldwide. The author presents material never before published, and has also posed over twenty new questions to Kryon. In addition, there is a special chapter from Dr. Amber (*Mele'ha*) Wolf, who is the creator and facilitator of the Lemurian Sisterhood. Thanks to Monika and Amber, we now have a greater understanding about our Divine Origins and how we can implement this ancient wisdom and knowledge in today's modern world.

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healing because they are not getting the signal anymore. When I say “the signal,” a healer will understand. For some healers, for some unknown reason, the knowingness simply vanished, leaving no coherence with the universe that allowed your knowingness to work and heal. To some healers, this was frightening and depressing, for it's all you do. What's next? For those of you who are young, it seemed to be time to retire. This happened to many at the same time in the past few years. As light came to this planet, your gifts disappeared. If this happened to you, I will tell you a basic truth: Dear ones, the knowingness changed frequencies like a radio station. You're tuned to the wrong station or no station at all. You might have felt that you did something wrong or that healing was disappearing from the planet. Listen, because the truth is exciting.

The metaphorical frequency that is now broadcast to healers on this planet is on a far greater spectrum than the old one. It's enormous! But if you're not ready to tune in to the enormity of it, you think it stopped. It didn't stop at all; it simply moved and got bigger. So if you want to continue being a healer, go into a state of meditation — an understanding wisdom that only you can go to — and say to the universe, Spirit, the ancestors, or whomever you think is listening, “I am ready for the new frequency, which is going to enhance everything

that's within me. I intend to continue my work as an old soul on this planet. Give me direction and wisdom to allow this change in me.” Then expect it.

This involves free choice, doesn't it? It also relates to the fact that fear can stop you; fear of the past, the present, and the future all can stop you. You're a Human Being like everyone else, and fear is part of the duality. However, you are a Human Being with special abilities who can sense dimensions. You can sense and work with the spectrum outside of the normal four dimensions that humanity lives within. You are working with multidimensional energy that speaks to the Human cellular structure. That's who you are, and it's beautiful.

Understand that the energy of your knowingness never stopped; it simply changed channels. We ask you to tune in to the right channel, and it's not hard because you have help. You have an innateness that knows you better than anyone else and that has been yelling at you to change channels while you've been in depression and retirement as a healer. It's your choice.

Accept the New Frequency

Do you understand that the relationship to energy that you always counted on is now different? This means that processes, procedures, and habits that you had before a shift occurred on this planet no longer apply. You

cannot carry them into the new energy and expect everything to be the same. This is controversial and always has been because there are those who say, "Spirit, God, or whatever you call it is the same yesterday, today, and forever. Therefore, I'm not going to change a thing because God never changes. The processes are sacred and also never change."

I agree with you, dear ones. The love of the Creative Source is pure, has never changed, and never will. But your relationship to that source always changes, and the relationship to the Creator is the tool set of the healer. You have to change your ways, habits, and ideas about how things work with energy. Do you understand this? Everything you have done throughout your healing career is based on the old dark-light balance.

So I will tell you the best first, but it's also the most difficult thing to do: Stop that which you believe due to the old relationship of dark to light. You don't have to clear the room. You don't have to clear the tools. You don't have to spend time "here" or "there" or face certain directions in order to get aligned. All that was needed because of the older energy with darkness everywhere. Now your soul's Merkabah clears it automatically. You walk into the room and darkness leaves! How do you like it so far?

I challenge those of you who sense energy to test this. However, it won't work if you're carrying fear with you. If you say, "Oh, I hope this works," it won't. Instead, expect it to work; demand it. "Darkness, be gone! You don't belong here." Then know it's clear and get on with it.

Today a new energy has developed for you, old soul. The wind is at your back for the first time in all of your lifetimes. You have arrived on a planet that is shifting, and it has your name on it because you're going to carry the load for a while. Human Beings will see what you can do, and there will be true understanding that your process is real and not "alternate healing" but a main branch of healing. Many will start studying your methods. You will be the teachers and mentors. Eventually, many Human Beings will be their own medical intuitives.

The diseases of today will not be the diseases of tomorrow, and the reasons are far different from what you expect. Do you realize what happens when cellular structures vibrate more highly because of the consciousness of the individual? Old energy diseases cannot attach themselves to a more highly vibrating corporeal structure. Therefore, the diseases that are wiping you out today won't even exist tomorrow, because they can't get into the body. That's good news.

Of course, there will be those who say, "Did you hear the latest that Kryon said? Let's all gather around and laugh." To those I say, "I'll talk to you in ten years." That's always my answer, dear ones. Humanity is starting to lift

itself up slowly. Different places will feel it more quickly than others. Some places on this planet will stay dark till the last moment. You'll find dark pockets as low consciousness has to be somewhere until the last moment, when it will then clear. I told my partner some time ago that his next lifetime will be in one of those pockets and that his job will be to help with the clearing.

Solutions through Light

When you go into a session to heal, you tend to expect the results you've always had. However, as good as they might be, your expectations limit the results. Expect the results to double, because they will. The efficiency or results will be much higher. I want you to see everything double because that is the potential at this moment on this planet.

Old souls who can see multidimensional energies and are healers and medical intuitives are going to explode in their visibility. Doubling is for today, ten times is for later, and that will get the attention of the hospitals. This is the future. Someday hospitals will offer the allopathic and metaphysical, depending on what works for the patient. All of it will be acceptable because there will be an understanding that it works. There won't be those running around trying to disprove it, because the results will not be marginal.

Allopathic medicine will not go away, because there is a place for it. There's a place for good medicine and doctors with integrity as well as a place for a balance. All forms of medicine will come together in a balanced way for a new paradigm instead of how it is now: modalities in tiny boxes competing over who is right.

All these things, dear ones, come with a realization that you can't stay the same. For those of you entrenched in the old ways, others will simply race past you, and the angels around you will beg you to get on with it. You must realize that you cannot stay in one place with one reality and one idea when all has changed around you. Just because you've had it all your life is no reason to believe it will never change.

Be open to things you don't expect. Look at every door of the future as a benevolent door. If you walk through it and find a nonbenevolent thing, deal with it in love. You carry the light. Dark things will scamper away when you show them light. What I'm telling you is that today there are solutions to things that had no solution in the past. This is because you carry more light than you ever have before, and light is your wisdom to see things differently. It's the light of an entitled old soul.

You are not a victim of this planet. You are not a victim of a system. Your consciousness creates reality. When you walk through a door, expect things to be the way you want them to be. I've told you this before. When a lightworker of high consciousness goes into a place and

expects a benevolent result, it's like ordering food on a menu of the universal restaurant of energy. You demand it because that is what the angelic realm around you has always told you is possible.

You may say, "I believe the conscious part of Kryon's message, but why do you always have to bring the spiritual part into it?" There is bias in the question. Do you see it? Humans tend to confuse the beauty of benevolence and compassion with the religion of today. You're putting these ideas into boxes of your own bias. The truth is that the higher the consciousness of the Human Being, the closer to understanding the Creative Source that person will be. The wiser the Human Being,

the thinner the veil becomes between Human and Spirit. The spiritual component of all this is the accelerator of the consciousness shift on the planet, because when Humans see what they can do, they'll understand. You can never separate the Creative Source from its creation. 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, Kryon.com, or contact him at 1155 Camino del Mar, #422, Del Mar, CA 92014 or kryonemail@kryon.com.

The Living Alphabet, Part 2

Master Buddha, Archangel Metatron, and Masters Ankhana, Yeshua, and YaLi through Rae Chandran

Rae: There are mudras that help people who are on the edge of ascension. When you do these mudras, you see a pillar of light come into you. Place your right index finger on the forehead and your left index finger on the stomach area.



Namaste to all. The god in me honors the god in all of you. Let's raise our right palms as an appreciation to the Creator for all the gifts we have in our present moment as another opportunity to heal the separation consciousness. Thank you all.



Master Buddha: Hello, my dear family of light. Welcome to the new you. You must welcome yourself to the new you. As you wear different clothes every day, you are becoming a new you every day. Say, "I

welcome the new me, for the past has gone." You are in the process of cocreation. Say, "I am cocreating the new me today. I stand in this new me."

Don't be afraid to change. Add to the new you, and remove whatever needs to be removed. This self-examination is what that will help you grow.

I have always said, "Polish your own mirror." You will see the reflection of your own Buddha today. If you work sincerely on yourself, you will find yourself fully. Every act is to find yourself within you. I am with you today, standing behind every brother and sister who is here today. Allow me to be in your presence. This is Master Buddha.

Archangel Metatron: Hello, family. Master Buddha is the master of this planet. He has taken an active role in the ascension process. It is an honor to have Master

Buddha with us today. Now, have you done the homework I mentioned to you? Say, "I call on the energy of well-being and goodness to

come into my life every day." This is an important part of your spiritual evolution. I will leave you at this time, but stay in your energy field. Let's invite the masters of alphabets to speak at this time.

Masters Ankhana, Yeshua, and YaLi: Hello, my brothers and sisters. This is Master Ankhana with Master Yeshua and Master YaLi. We greet you. Have you been doing the work we gave you on alphabets? We ask you to use the tools, not just keep them in the toolkit. We continue with part 2.



Letter J

What does the letter *J* represent? It represents an ancient part of you before Earth was created. This is not the first time you are on Earth or the other universes. *J* is half a triangle. Add a line from one tip to the other tip of the *J*, and it becomes a triangle. All letters are geometric patterns, many with a triangular shape. Does this say something to you? Many meditations are on the pyramid. Now let me tell you a secret: When sperm is released, what is the shape of the sperm? The original shape is triangular, but when it enters the mother's waiting egg, it transforms. So your original shape is a triangle.

Bring your hands together with the thumbs and index fingers touching. Bring this triangular shape 2 to 3 inches in front of the heart. Breathe slowly and normally.



This is a portal. Make the sound “jay,” and see your voice going through the triangular shape in front of your heart. [Chants]: “Jaaay.” You may see a passage or a tunnel opening, a road full of colors opening in front of you. You might also feel energy in your third eye and forehead area. [Chants]: “Jaaay. Where will this road take you?”

It takes you to the ancient part of yourself, who could be as much as 7 to 10 million years old. In that time, you did not have a physical body, just particles. We want you to experience this part. If you can travel to this part within you, you will be able to access the pure frequency of being just a tiny speck. [Chants]: “Jaaay.”

Where were you when you were a tiny speck? You were in a distant universe. The name of the star system is Johome. Make the Johome in your own way, and you will connect with an ancient part of yourself. You will see yourself as a formless being. Now bring down your hands.

Bring your left hand with the index finger on top of the thumb in front of your heart. Say the term “Johome,” and see all parts of you coming back together in oneness within you. Stay there. Chant a few more times. Say “jay.” You may see angels or goddesses appearing. [Chants]: “Jaaay.”

When you were just a particle of light, you danced with the stars, and your companions were angels, gods, and goddesses. *J* represents the ancient part of you that is indestructible. This part has no attachments, just pure particles. Who was your companion at that time? The spirit of the snowflakes. Can I tell you something? You will say it’s impossible or far-fetched. Your soul contains many energies, and one is the snowflakes. How beautiful the snowflakes are! You are this being. Access this part.

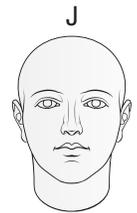
Keep the hand position. Open your right palm in front of your belly area. Say “jay” or “Johome” six times. Now bring your attention to your pineal gland. Bring this energy into the pineal gland. Say it six more times.

Imagine the energy of *J* going into your pineal gland. Be for a moment. Breathe normally.

You might see a tree forming from your pineal gland. You might see yourself as a being in the tree. You might feel an incredible energy from your pineal area shooting all the way up and around you. In this place, there is only joy, innocent playfulness, joyful expectations, and joyful creations. The letter *J* reconnects you with the innocent, fun-loving, natural part of yourself. The only drawback is that you might not want to come back from this beautiful state. We want you to return to this place regularly. You will find everything here. We ask you not to stay with your ancient part but to come back, bringing the frequency with you.

Those who cannot meditate, imagine *J* on top of your

head and say “jay” three times. In the last seminar, we asked you to stack *A, B, C, D, E, F, G, H,* and *I* on top of each other vertically. Now add *J* on top of *I*. The goddess for this letter is the goddess Jaymin. She represents original energy, creation, and consciousness.



Letter K

K is a powerful letter that represents the ability to see the forest instead of the trees in front of you. You have the ability to see different perspectives in all realities simultaneously. How can the letter *K* support you? You are all creators in training. To become a creator, a trainee must understand the significance of creation and the consequences. This is tied to the previous letter of responsible creation. Your hands and voice are tools you can use to create. If they are in complete alignment, then you have a beautiful creation. Where does *K* exist in your physical body? Right at your tailbone.

Imagine a golden *K* on your tailbone. Open your right palm with all fingers touching one another. Relax and bring it in front of your heart. Imagine the *K* at the base of your spinal column and say “ku wei.” Rotate your right hand clockwise to make a big circle. [Chants]: “Kuuu weiii.” You see the *K* becoming a golden liquid going from your tailbone up through your spinal column. [Chants]: “Kuuu weiii.” Rotate your hand clockwise and say “ku wei” at least twelve times.

“Ku wei” is the name of the kundalini shakti. You might have kundalini awakening at this moment and see the golden liquid going up to the top of your head. When it enters the head, it becomes a beautiful golden snake. See how easy it is to activate kundalini! You may feel nauseous. When kundalini is activated and integrated many times, you are able to see the forest and not the trees because you have higher universal wisdom. Many times, you see your hand become the hood of the snake. [Chants]: “Kuuu weiii.” This is the ability to see the larger truth in every situation, opening up to a higher perception and the ability to sense unseen energies that exist all the time and in all the places. The ancient name for kundalini is ku wei. Say “ku wei” gently.

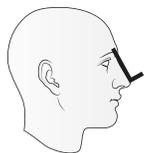
The goddess for this energy is Quan Yin. You might see her standing on a lotus. What does that mean? Oneness, simplicity, and purity are in perfect balance. Now she is here, right now. She is going to place her hand on your head. Is ku wei a name for Quan Yin? I leave that up to you. You might have tears in your eyes, for you are being touched by this incredible, beautiful goddess of



balance. Today is an initiation for you from her. Thank you, blessed Quan Yin.

Letter L

L is half of a triangle. Imagine the bottom part of the *L* on the tip of your nose, above the nostrils, and the leaning part of the *L*, the vertical part, touching your forehead. Say “ell.” You will feel lots of energy coming to the front of your head, for this is the sacred energy of grand Master Vishnu, the predominant god of the ancient land India. Say “ell” six times.



What does *L* represent? It represents that you are an eternal student of truth in every moment, not only in this lifetime but also eternally. When you chant “ell,” you see many archetypal gods appear, and you are able to join with any of your alternative selves. *L* means you are always open to see, experience, and grow your individual truth. There is much more to the Creator than you are aware; this humility will open a multitude of doors for you. When you work with the energy of *L* consistently, you see the consort of Vishnu, the goddess Laxmi, goddess of the energy of prosperity and wealth, come into you. You will know that you have integrated this energy because you will experience a scent.

Letter M

M is a sacred geometry, two separated triangles. What does it represent? *M* represents the universal wisdom downloaded or encoded into you when your cells split into two, creating the vesica piscis, or the two circles cutting into one another. *M* represents the universal wisdom encoded into you when you were born. *M* also represents mother. When you were in your mother’s womb and she received the sperm, she transferred this universal wisdom into you. That is why it is important that you honor your mother, not just because she carried you for nine months in her womb. She gave you the greatest gift of pure wisdom of the universe. Whether your mother is alive and on good terms with you, send appreciation and thanks to your mother. The master for this beautiful letter is Archangel Gabriel.

Imagine *M* 24 inches above the top of your head. And imagine *M* in front of your toes, touching them. Now imagine *M* at the back of your body, creating a triangular shape. Say “mo”; fill this pyramid with the sound of “mo.” Visualize the color as a variation of soft reds. [Chants]: “Mooohhhh.” Fill the entire pyramid with light.

The top part of the right index finger contains the energy of Archangel Gabriel. Place your right index finger on top of your nose, touching your third eye. Stay like this and breathe. You might experience a scent when you do this. You might see downloads of energy coming from above into this finger. Say the chant of Gabriel, “aaa ri,”

twelve times. You might see the entire galaxy, as this is a powerful chant. Now bring your hand to touch the top of your head and say “aaa ri” three times. You might feel electrical energy, very hot energy, coming into your head, or your head might feel warm.

This will help you understand the elements within your physical body. When you understand the elements, you understand the universe itself because the basis of your physical body is the elements. Archangel Gabriel can help you with this. When the elements are balanced, your body is in harmony; your blood is in harmony with your bones, which are in harmony with your organs. Talk to your body and its parts to create harmony within the body for the bones, organs, and blood. Without harmony between these three, there is sickness in the body.

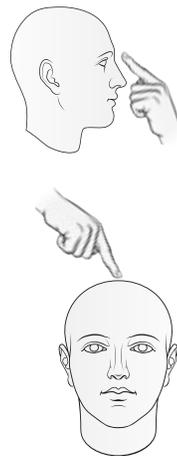
Close your eyes and ask, “Am I in harmony in my body with my blood, bones, and organs?” What is the answer? When you work with the energy of Archangel Gabriel, placing his energy in your head, your body might move and ku wei might awaken. Do you see how each letter is formed, one after the other, to bring in certain understanding.

Work with Archangel Gabriel because he works with your bones, blood, and organs, and of course the elements. He encodes your organs with a certain consciousness to bring you the perfect learning of your lessons. You can request from him extra energy for certain organs or release extra energy from certain organs. He is also the master of the Shaktipat. We highly recommend you work with this great being.

Letter N

N is another geometric pattern with a triangular form. Where is the energy of *N*? It is in your fingernails. Why do you think nails grow? Why do people cut their nails? It is a form of release.

Bring attention to your fingernails. Cup your hands with all your fingers in front of your heart as shown. Relax. Chant into the fingernails “nnn.” You will feel energy awakening in your fingernails. Can you feel energy in your hands?



When you feel the energy in your fingernails, position your hands with the right hand above the left and the left hand around your heart. Move your hands up and down as you chant “nnn.” You feel lots of energy as if something is moving. You see a bright light in front of you. You might feel spaced out or nauseous. You are releasing all that does not serve you anymore. You might

make this statement but not physically release the energy. To make a change in the energetic body, take physical action.

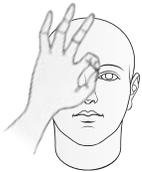
You might see the goddess White Tara appear in a boat, representing the ability to receive. She asks you to unburden yourself. She will take your unburdened energy in her boat to transmute it. This is a good exercise if your mind is stuck in one particular form or direction and you are not able to get out.

Letter O

O has been represented in many cultures and spiritual understandings as fullness, also considered oneness. We call O the zero-point energy from which everything came, including creation itself.

Touch your right hand index finger and thumb. Bring this mudra in front of your forehead and say “ooh.” Be careful as tremendous force might come into you. You will be transported into space right away, into a place of infinity. This is not a place you can describe but only feel. There is nothing but incredible infinity. This is a place beyond creation itself, a place of combined energies of the great Master Sri Bonato.

Focus on the forehead and internally chant “Sri Bonato” twelve times. You might feel an explosion or



expansion in your head. Say “Bonato.” Each person has a different experience. You might see a lotus opening, a sunrise, or a calm ocean in your third eye area. You might feel nauseous. This is a sacred space in which you are touched by the love of the creations. There is only emptiness. Always use the name Bonato with the utmost sacredness, divinity, love, and appreciation.

We ask sisters who are in training for avatar work to work with Sri Bonato. Thank you, blessed master.

Letter P

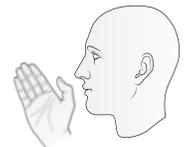
What does P represent? It represents your personal power and the ability to recognize this power and use it in a constructive way. P represents the infinite possibilities and potentials that appear in your life and recognition of those potentials. In your life, you might see many missed potentials or many potentials that you saw but never executed. P is tied into your akashic record, in which every energy you created through any means is recorded. Where does this energy point exist in your body? Bend your thumb. The part where the bone protrudes is where the energy of the letter P exists in you.

Bring your bent thumb in front of your nose and breathe into this part. You will immediately feel energy rushing into your third eye. You will feel energy in your thumb, representing the energy of the chariot, ready to race forward. This is the energy of the horse waiting to gallop and explore new territories. Breathe into this.

When you feel the energy behind your thumb, bring your thumb in front of your Adam’s apple and rotate your hand clockwise. Say “pee.” You are sowing seeds of new possibilities into your life through the command of your words. You will feel the energy in your thumb for a long period of time. Work with it. Who is the master for these infinite possibilities? The angel associated with this is Markus. The color of this angel is red.

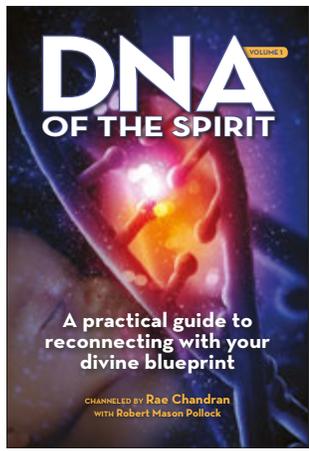
Bring your left hand in front of you with your right thumb bent. Bring both hands to the front of your heart and rotate only the right hand. The left hand is stationary. Say “Markus” six times. Breathe three times and ground the energy through your feet. You will feel energy in your third eye. The back of your thumb will vibrate.

Thank you all. I am Ankhana with Master Yeshua and Master YaLi.



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Jaap van Etten 928-649-1460

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Catherine Weser KnowOneLife.com

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Your Chakras Are Opened For Spiritual Support

Amiya through Cathy Chapman



This is Amiya. We are the ones who made the choice to separate from the Oneness and be in support of Her. We did this when She separated from the Oneness to be the feminine aspect of God. What you call God, we call love.

We wish to discuss how your chakras are activated when you are young. As you know, most of you we're born with the first chakra and the crown chakra open. The first chakra needed to be open so that you could anchor yourself into your body and to the physical planet to stay here. Some of you may have heard of the golden cord that attaches you to your body. That, of course, is a metaphor, but the cord is real energy. The first chakra contains the energy of the metaphorical golden cord that comes in through your crown chakra. It actually comes in through your hara line, which is on a different dimension than the chakra. It goes down your hara line and then comes out again as it anchors into the planet.

Your Primary Support System

Your first chakra is open at birth so that you can become accustomed to and fill this body you have chosen to use. Remember, your body is not you. Not in any way is this body you. It is a vehicle for you to accomplish what you chose to do in this lifetime. You can take it with you later if you wished. When you leave this life, you will choose to have the form of whatever is your favorite lifetime, whether male or female. Many of you will choose the form you have now. Some of you think, "Why would I do that? I don't like my form." Well, dear ones, you can't ascend without liking your form. Wouldn't that be the antithesis of ascension, hating your form? No, you must enjoy this form of yours because you chose it. You did not make a bad choice. It was a perfect choice.

The crown chakra is open because you need that energy, that sustenance, to keep you in touch with where you came from. You came from love. The chakra stays open as long as you are open to that love and the spiritual energies that abound. You are connected not only to an infinity of ideas but also an infinite personal support system.

There are more beings on the other side than have ever lived on this planet in all its incarnations combined — the Lemurians, the Atlanteans, and even those

who came down from other planets. How many? Four, five, or six times? We don't keep count. We just acknowledge each other with love. There are enough beings on our side, and did you know we can create more? More can volunteer to separate from the oneness and be of support for you and all of those in every galaxy.

When your crown chakra is open, you have awareness of your angels and guides. They are your support system and your family. They are the ones who have decided to be with you in this lifetime and support you. They are like other people you have on your planet. Some move into and out of your life; some come briefly, make a deep impression, and then leave. Some are always there. So those two chakras are open to give you support.

Your Secondary Support System

The second chakra begins to open when you notice people outside of your family and affiliations. In today's society, there are not as many large familial affiliations as there used to be. For most of you, your sense of affiliation is smaller than in the eighteenth or nineteenth century. In the past, the second chakra often opened later in life because the family was so large that your needs were taken care of without going to outside people. When you realize there are other people and interact with them, the second chakra opens.

The front of the second chakra opens before the back, leading you to look at your first chakra affiliations differently. You redefine them as you bring others into your affiliations. You have different feelings and experiences and come to know yourself differently.

Your new affiliations introduce you to different gifts, talents, and ways of thinking, which you incorporate into your life. As you internalize them, your third chakra opens as a result of realigning the energy of the first two chakras. You discover your own internal personal power. You know when you are accepted and not accepted. When you feel accepted, your third chakra is strong. When you do not feel accepted, you must learn how to manage those feelings as the third chakra opens.

You evaluate your first two chakra affiliations and

realize whether you are more or less important than other people in your family. Once you are in your third chakra, you evaluate relationships from the first, second, and third chakras. As each chakra is activated, new energies flow through the chakras below.

As you develop, you combine the third and second chakras to notice societal differences between men and women. You come in touch with demarcation of the energies of gender. You notice societal differences between those who have and do not have as well as differences dependent on the color of your skin, the country you come from, and the religion you belong to. You notice how these differences affect you. From your third chakra, you make a decision about the acceptability of these differences. You learn about acceptance. You learn how interacting with others from a place of power expands your sense of who you are.

When you move into acceptance, you are in a place of calm. When you are in nonacceptance, you are in a place of fear. And your primary affiliation, through the first chakra, taught you whether to fear or embrace people who are different than you.

What the Heart Determines

As you grow and develop hormonally, you recognize a new feeling, that of lust or attraction. You might also notice that your friendships take on a different texture or vibration in which you are willing to be harmed to protect another. You would stand up to someone bullying a friend. You would push someone out of the way of danger. The heart opens through trial, not out of joy. It opens because you decide to be inclusive and act differently with others, to give part of your energy to someone else. You bring others into your heart, and the heart, or fourth, chakra opens. From the heart chakra, my dear friends, you become aware of oneness. The heart chakra moves you out of the box in which you had been living.

When the heart chakra opens, you evaluate your primary affiliations from that place of oneness, that place of realizing that you have something very much in common with those you were and are affiliated with, even if you cannot identify what you have in common.

You see that those affiliations who were not yours have become, and always were, part of you. Going to the back of your heart chakra can take you to amazing places. Heart chakra energy floods the second chakra, which further increases the awareness that those affiliations that were not part of you are part of you. The outside world is imbued with heart chakra energy. No matter the color of an individual, where that person is from, his or her socioeconomic status, gender, or sexual identification — or lack of such — heart chakra energy opens you to a new understanding of yourself and others. The heart chakra begins the spiritual chakras.

Your first three chakras are physical chakras — not just in your body, as the heart chakra also affects your body, but physical as in earthly, planetary. The first three chakras help you manage this world of what some call reality, the third dimension. Through the first three chakras, you interact with people in ways that are divisive; only when you reach your heart chakra do the divisions dissolve.

Some marriages have no heart chakra opening. There might be lust and relationships of power. You might have heard someone ask what love has to do with marriage. Marriage is a social contract. That is why some say, “I don’t need a marriage license to express my love one to another. I don’t need to validate love in society.” Some believe that from the heart, and others declare it from not wanting to be part of the social mores of the group. You have seen the difference, I am sure.

Here is something important for you to realize: Unless someone’s heart chakra has opened, that person will not understand you. It is not within his or her ability to know what it is like to love in a way that is beyond understanding, to be willing to give your life for someone. Those of you who are parents and embrace parenthood did so because your heart chakra opened. Love for your child (or children) opened your heart chakra. Those parents who resisted parenthood every step of the way have approached parenthood from their second and third chakras only. When your heart chakra opens, the world becomes redefined for you.

At times, your heart chakra is not open. When you read about a horror that occurred, your heart chakra closes to the perpetrator but remains open to the victim. At this time, the struggle of spiritual growth occurs. Once you learn that you are one with all you see and experience, it is difficult to unlearn. You have not so much learned of oneness as remembered oneness. How do you forget something like that?

How You Speak Your Truth

Once your heart chakra opens, you want to express what is in your heart. This is the opening of the throat chakra, the fifth chakra. Your throat is the second spiritual chakra. Think about that a moment. It is through your throat that you began to proclaim your truth. When you proclaim your truth with your heart open, the vibration goes out to the entire planet. When you create your life from your heart, the throat chakra activates, and you want even more to know about life, Spirit, and the world.

Each time a chakra opens, you redefine and realign the chakras below it. When the heart opens, you know that there is a place for forgiveness for yourself and your primary affiliations, those outside you. The heart infuses energy into the throat so that you can speak your truth from your heart with compassion, strength, and

courage. You want to join the heart and the throat. Then, of course, the third eye, the sixth chakra, opens and you are able to see truths beyond what you could have ever seen before. You see the world being your primary affiliation through activation of ideas and entryway into the infinity of oneness.

This redefines every chakra within you because the crown was open when you came into this world. Did you keep it open? When the sixth chakra, the brow chakra, opens, the crown infuses energy straight down through your pranic tube to each of the other chakras.

For some people, this progression takes some years. The heart never opens for some. Once your heart opens, your throat and third eye might open in less time than it took for all the other chakras to open. When the spiritual chakras open, you might be confused by new beliefs that are alien to what you grew up with. You might feel thrown off balance as you sort these things out. There might be wobbling in your energy as the first, second, and third chakras are redefined. That is where healing comes in.

When chakras one through six open, an entryway that was not there before, or that you were not aware of, leads to the crown, unleashing within you the energy of love, creativity, and infinity that reidentifies everything within you. As you grow spiritually and become aware of what and who love is, everything is redefined again, changing how you look at the issues of the first, second, and third chakras. Those of you who grew up on the fringes find that you never left the fringes. You are on

the outside holding space for those on the inside. You are facing others who do not understand. When you are anchored in your heart source, you send out the vibration of love.

Yes, you send out that vibration, and if others are not ready for that vibration, it causes pain. If you stick your hand into snow until it feels numb and then put your hand into warm water, what happens? The pain can be excruciating, can it not? When you send a vibration to others that is much different from theirs, it causes pain for them. This is not your intention, but this is what happens. They react from their pain and can cause pain in you.

Be in your heart source so that you can handle these various energies. You volunteered, and you were selected, to be of assistance during this time. Yes, we know there are times you want to give up. There are times you wonder whether you are wrong in all of this. Those are the times when your spiritual support team increases. All you need to do is to go back to your heart source and connect with them. Know that you are not alone ever, even when it seems that all about you is in turmoil. Thank you for being here today, and many blessings to you.

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, OdysseytoWholeness.com.

The Value of the Breath

Jeshua ben Joseph (Jesus) through Judith Coates

Beloved one, let us now speak about the value of the breath. To breathe in is the first thing that you do when birthing into a human, or four-footed, form, and to breathe out is the last thing that you do when you lay down the body and move into the true form of the energy of light.

When we were designing a form, there was a meeting of minds to design something that would be agile and attractive. We tried out several forms in the four-footed category. You have ones that are in what you call mythology who say, "Well, it couldn't be," but it was. And yes, we did the unicorn and the centaur, the combination of horse in the back and man or woman in the front.

As part of the design, we contemplated the techniques of breathing. Was it something that we wanted to try out? You know well the feeling of the inhale and

the exhale, and we played with the different snorts, as they are called. You have seen this with some of your four-footed, large-size ones who make quite a loud sound through the nose and through the mouth (as some of the human ones do as well).

We played with shapes of noses. Have you noticed that even in this day and time there is a variety of noses: Roman (aristocratic), short and stubby, or longer, more of a proboscis, and many other varieties? Some of our experiments worked well, and some of them were food for other ones' designs in their experimenting.

So you learned how to fly away, run very fast, swim in the water very fast, or say, "Well, I only wanted to live



one day anyway.” You have even now your insects, the very small ones who live for a day or so and then come back perhaps as the birds. So you might have been an insect the day before, but now you come back as the bird that eats the insect. And is there judgment? No, there is not judgment. There is only expression.

By the time you get to walking on two feet and think that you are lord and king of everything (i.e., human), there is judgment. There is gradation in what is seen to be of value, and of course man is at the top of the pyramid. “He” is now changing to “she,” as the female form is saying, “I am equal, and if it be known, I am actually a little wiser.” [Smiles.] I jest with you.

To Be Male or Female

Choosing an incarnation to be male or female is a free choice, because you have been both male and female, and you have decided in different expressions of lifetimes whether you would come male and male together, female and female together, or male and female together. It is only the society, grouping together, that gets into judgment as to what is right and what is not right.

I say unto you that love is always right, always appropriate. It does not matter what the form is, only love. So some of you are playing with expressions in this lifetime to see how it feels, and some of you say, “Been there, done that; I love all.” That is truly the place where you find the expression and the expansiveness of oneness, the place where you love all and everything, no judgment.

In this expression of life, the breath is basic. Moreover, it has value besides keeping the form working. It has value, as you have found, when the mind is too busy, when the mind is overused, and there is the cry that comes from the soul that says, “Let me feel peace!” You stop and take the deep breath, and then maybe another deep breath after that, and a sense of peace is known. In the next moment, oftentimes the mind gets very busy and asks of itself, “What was I just thinking about?” And with that, in come all the judgments and feelings and thoughts of what has to be. Then you breathe again and let it go.

The Gift of Breath

Sometimes a friend will come to you very overwrought about something. You can feel that person’s energy, and you do not want to be in that energy. You very quietly take the deep breath, standing in your place of peace by the simplicity of the breath, and your peace may reach your friend, who may feel peace — or not. [Smiles.] It may take a few more deep breaths.

When it comes to the last breath of a lifetime, for most it is very peaceful. Even for ones who are not

expecting to lay down the body, the last breath happens in an instant. You have seen this, those of you who have been with ones who have laid down the body, where one moment they are breathing, maybe very gently, and the next moment they are not. Oftentimes there is a sense of peace that comes with that last breath; it is a gift that you give to yourself to be in peace with the breath. So it is not something to be feared. It is truly something to be welcomed, but not before you are finished with the form.

You have in this day and time brothers and sisters who are not happy with having chosen the human form, and they want out, as they say. And there is judgment made by other ones who say, “They don’t have the right to choose to go on,” but of course they do. It is always a choice to express with form, any type of form that is chosen, and it is also a choice as to when and how the last breath is going to be taken to move on in expressing consciousness.

Now, the question has come up many times, “What happens when I draw the last breath? What should happen to the form?” Well, it depends on what you have planned and told others that you would like to have happen with the form. If they go according to your wishes, then that is what is done. But at the point when you release it, you are not concerned about the form.

If ones decide that they are going to dig a hole and put the body in it, okay. Or ones may decide that too much of terra firma is being dug up and having forms put into it, and they feel that it would be more economical and efficient to allow the body to be burned into ashes and then to save the ashes in a little container so that whenever they pass the mantelpiece, they can say hi to whomever; I see this happening from time to time.

But with the last breath, you are finished with the form and you are free. You do not hold the feeling of “shoulds.” Whatever they decide to do, that is what brings them peace. Once you lay down the form, it is not something that you are concerned about. There is much fear, and there has been for a long time, born of the soil of belief in separation, regarding when the form is let go. “Where do I go? Do I cease being, and am I separate from all? Where do I go?”

You go into the green meadow that we have talked about many times: the grassy knoll, the top of the tree, up to the cloud, free. Whatever you want to experience, you will experience because you are the Creator. You are creating this time that we have together. You are creating the morrow as you will see it. After you release the form and have allowed the last breath, you will be still creating.

Now, if you have been taught by the supposed learned ones, who do not actually know all that much, that you are going to go to a fiery place to be cleansed, you will have that belief for an instant outside of time. But then you are free to rest, to join with others of the soul group and create the next expression of life. Know that truly always and forever, beyond the concept of time, you are creating. You are the Creator. There is no separation. Have you heard me say that before? Oh, yes, of course.

Beyond the Last Breath

Oftentimes what ones feel with the exultation of letting that last breath go is a freedom, a very joyful freedom. No matter how the last breath was given, there is a freedom and a joy of freedom.

Is there time beyond the last breath? Yes and no, because you are still creating. So if it has been put very deeply into your belief system that there will be time, and you must make the most of it even after you lay down the body, then there will be a process outside of time that feels that you are still marking off time. But I share with you that goes very rapidly, because you feel free.

Do you have conscious knowledge of what other ones are doing after you have let go of the last breath? You can if you want to. You can check in from time to time to see how they are doing. However, there is the belief in this point of expression that there is separation, and ones who are still expressing with the form

will say that they cannot see you, they cannot hear you, but you are right there sitting next to them, reaching out, touching them, stroking the hair, and they may feel something. “Was that Uncle John going by?” Yes, it was, so please feel it. Acknowledge it and say, “I don’t know where you are, but I felt you.” I have heard ones say that, and it is true, because there is no separation. There is no separation.

Part of my job, should I desire to accept it, is to drill into you the knowing that there is no separation. So if I repeat myself, it is because that is part of the instructions that I accepted when I came to speak with you in this way — to say it so many times that when you have released the body and are wondering, “Now, what do I do? What can I do?” you might remember that there is no separation.

So those you have loved in form who have released the body and gone on are still with you. They feel your feelings. If you are in a mournful place, they would like very much to take a finger and give you a poke and say, “Wake up. I’m still here,” because they are. And when you are happy, they are happy. So it behooves you to remember the ones who have released the form in a joyful way, a loving way, remembering the times when you laughed together, when you hugged, and when you felt heart to heart the oneness of nonseparation.

You are a miraculous being. All of the expressions that you can think of and have thought of you have brought into form to play with for the sole purpose of feeling joy and love. That is your job, and that is all. I know that many in this day and time — and this has been true for thousands of years — have felt that they must achieve something. So you have ones who have gone into business and amassed all the golden coins that they could possibly find, create, and bring to themselves. They look at the pile of golden coins and say, “I’ve made it.”

But when it comes to the point of releasing the last breath, what do the golden coins matter, whether there is a huge pile or none. It does not matter. What does matter is the feeling of love that you take with you that you know to be real. You are therefore amassing love, the same as you go to your gym workout. You work out and get stronger. Work and play with love. Find ones you can go up to and say, “You know, I really like you. Every time I’m with you, I feel so good. I feel in love.”

A Place of Peace

Fall in love every day with at least one person — best of all, with the one in the mirror. First thing in the morning, you get up, the hair is all messed up, the beard is growing, and so forth. Look in the mirror and love that one. And the secret is that as you fall in love and feel love with that one, you take it with you out into your day and give the gift of love to everyone you meet.

Then they come alive in love, in the feeling of being of value. That is the greatest gift that you can give to people: to let them know that you see they have value, that you are glad to be in expression with them. It is the greatest gift that you can give them.

Breathe because with the breath comes the opportunity for peace. Sometimes you will have to breathe over and over to the place where you say, “But, Jeshua, I’m going to hyperventilate and end up on the floor.” No, you are not going to harm yourself — not by overbreathing — it cannot be done. One of the safeguards that we built into the breath was that you could not overbreathe. You can underbreathe, which can be a little detrimental, but you cannot overbreathe.

What is the value of the breath? In this reality, try living without it. It does not work so well. The value of the breath: it brings you to the place of peace. The value — we are doing a series on value — the value of the breath is beyond measure. It is healing. It is

whole-ing. It brings you to the place of oneness. It brings you to the place of peace where you are open to understanding wisdom that goes beyond the mind, the wisdom of being.

Whenever you have a question about anything, the answer comes with the question, and how you access it is by the breath, taking the deep breath and being open to the answer. If you do not like the answer that you get at first, breathe again and ask for more information and direction. And if nothing comes right away, just abide in peace.

Holy child, my peace I give unto you. Breathe. 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, Oakbridge.org, or contact her at PO box 485, Sequim, WA 98382.

The Tide Has Turned

The Galactic Council of Lightbeings through *gia combs-ramirez*

Greetings! We are the Galactic Council of Lightbeings. This past month has been intense, as systems have taken on a new level of chaos. This increases group chaos, and people feel the burden of holding the line of balance and stabilization.

It is extremely challenging to create or manifest and move forward personally while also balancing and stabilizing the world. It’s like hauling a very heavy bundle of cement up a steep incline, and when you reach the top, there is no sense of relief because you just see endless inclines ahead of you. The feelings that arise are apathy, lack of caring, being overwhelmed, and hopelessness.

You trudge through each day doing the everyday tasks on automatic because there is no alternative presented. You are at the deepest level of planetary chaos, and there is absolutely no light — not even a glimmer.

This is a still point of chaos. Perhaps another way to say it is the bottom point. You can’t go any deeper in chaos than you are right now. All that must fall away energetically has gone. What’s left is the beginning of rebuilding. After the chaos phase of decomposition, new creation arises. Put in a slightly different way, the tide has gone out far enough and is now returning.

You won’t notice this shift much in the beginning. But deep inside of you, there will be a new spark of hope with a little more light inside you each day. It’s a small

amount of desire to reengage with your life and purpose again.

Share Awakened Wisdom

During this time of the tide going out, old souls have been mostly waiting. Their collective purpose has been at a standstill. When the tide comes back in, watch for the new sense of purpose for old souls. The purpose of awakening human consciousness will still be there, but how you go about this will change. In a brand-new world, all will feel unknown and unfamiliar for a while. You might feel unsure and doubt yourself. It’s a bit like you went to sleep on Earth and woke up on Mars.

Your wisdom will still be there. Oddly, you won’t feel wise or have anything to say until you are asked a question or given the opportunity to speak or write or teach or lead in some way. Then the struggle and sacrifice will be gone, and out will pour crystal soul notes of communication. It will seem odd at first. It will feel as if you’re speaking a normal observation, such as, “What a beautiful day,” and those waiting to be awakened will act as though those words are the greatest treasure ever. You might feel embarrassed about the gushing.

Of course, it’s not the words being spoken. It’s the energetic engagement and interaction between you and



others that will be noticed. Once you are awakened in the New Earth (as you are now) and speak to others, your level of energetic engagement becomes truly miraculous to them.

Appreciate the Good

This time of being offline from the world, of drifting without any collective old soul purpose to connect to, has been hard, we know. As beautiful as Earth is, when the spiritual element is missing and it's just about being a human biological organism, the world can feel tortuous. Yet the magic is there, waiting for all humans to awaken to it again. The sound of the wind, the feel of cool running water on your fingertips, the heat of the sun on your face, or the smell and feel of standing barefoot on the loamy earth is where to find the magic.

Just for now, keep your focus on each day's small miracles. You'll begin to see them all around you. Be clear about where you are headed, and let go of wondering how you will get there. In this new space of being, perhaps you have noticed how alone you feel. Even in the midst of a group, you might feel like an outsider. In your journey of learning how to master your spiritual free will (versus a mandate from the heavens) and the New Earth energies, you'll find a new way to be in communion with others.

For now, be patient and bide your time. Take a moment and appreciate every freedom fighter, every revolutionary, and every sacrifice made on any level that was for moving human consciousness forward. Those acts are not lost in the current chaos but will continue to ripple into the world to create great change. The tide has turned. You'll notice it inside first, and then you'll begin to see it all around you.



At this time, we'd like to offer some energy healing for you. If you are feeling tired or drained and lack inspiration, let us bring some respite and regeneration for you now. Give yourself however long you need, and choose to receive this. Focus on the gentle rise and fall of your breath, the constant beating of your heart, and the slower and deeper rhythms of the craniosacral flow. Know that you are held and contained by us during your time on Earth. You are not alone.

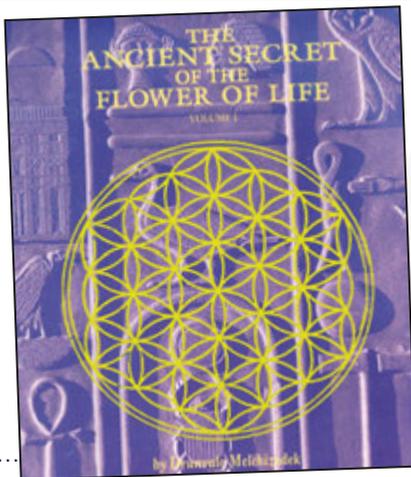
In appreciation of your light in the darkness, this is the Galactic Council of Lightbeings.

gia combs-ramirez is the founder of Crystalline Consciousness Technique. She is a master of energetic and spiritual transformation and works with clients globally. She is the author of two books about transformation including The Way of Transformation and Transformation: The Emergence of the Crystalline System. You can find more about her on her website ScienceofEnergyHealing.com.

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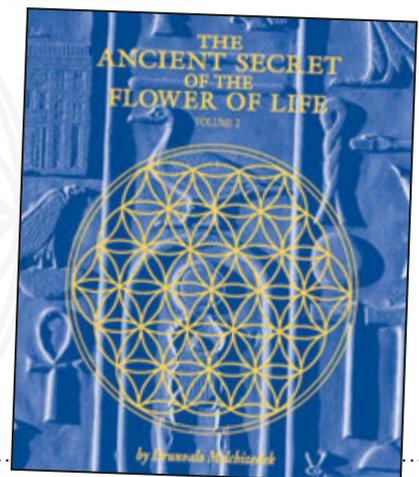
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BY Drunvalo Melchizedek



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Reclaim Full Abundance Within

Archangel Raphael through Adria Wind Horse Estribou



This is Raphael. There are a few layers involved in reclaiming your right to full abundance. First, you will need to realize that money has been used as an enslavement mechanism for humankind in this three-dimensional Earth plane as part of this historical experiment.

The Lemurian understanding is that you have within you the full abundance to create anything directly — complete abundance. Let's compare this understanding to your experience of money. For example, you want to buy a new house. Instead of using the natural abundance within you, you default to the system of enslavement: "Oh, you want a new house? Well, you better work for forty years to earn the money; then you can buy a house." However, within your energetic system, you could have created that abundance instantly.

Money is something that those of you who break free into other planes of existence will not carry with you, because money is not needed for the instant manifestation of what you want. It has been described as just a neutral way of bartering, but truly, it was created as a way of enslavement: "You must have this thing, this money thing, to get what you want." But all along, humans have had the innate capacity to create what they want — the access to full abundance — within themselves.

Money itself is not something we advise you to strive for. It's especially true now as you are leaving the three-dimensional plane of existence.

Open to Direct Manifestation

The next layer to reclaiming your right to full abundance is to realize that as people disconnect from three-dimensional reality, they become less able to use the three-dimensional tools — money, work — that have been used as enslavement. So there might be a time when things seem to get worse. Money and work might seem elusive. The ways of being were so easy before manifesting in your realm became difficult. There is a reason for that: Because you are disconnecting from the old enslavement systems of slavery, they don't work for you anymore. That is a positive thing, but it can feel disruptive in the beginning. Know that the big picture is that you are reclaiming your ability and right to instantly have what you desire.

When you make it through these times, you will no longer have to navigate the passageways meant to delay what you desire indefinitely, causing you to continue as a distracted worker bee. That is not meant to be your

destiny, so traditional ways of work and money may become increasingly elusive. But that does not mean you're entering a time of less abundance. It means that you are working to bypass that system to directly get what you want.

That might feel a bit uncomfortable when you measure it by bank accounts, the number of jobs, and other ways you have gauged wealth in the past. When you take a step back to see what has occurred over the past few months, you might see that things are happening differently than you expected, yet the abundance is there. The food, the house, the friends, or whatever you wanted is coming in a different way — just not through the money channels.

You will become aware that when you need something, for example, new blankets for your bed, you might not earn the \$100 or \$40 for the blankets. Someone might give you blankets. You will obtain your desires in a much more direct way. Money stops being the intermediary between you and what you want.

You will begin to see this play out — how things just come to you, how opportunities just find you. If you want a vacation, maybe someone will offer you two weeks of a timeshare because it's not going to be used or is going to expire. You will encounter things like that; experiences may come to you without money changing hands. That is what you're moving into.

During this transition stage, when you don't feel the need for tangible money, look for projects or spurts of inspiration in that regard rather than searching for a long-term plan that involves the old enslavement ways of working for a salary. Things might just appear when you want them instead of you having to work for them. This is full abundance. You are in the transition period where that is understood intellectually and sometimes experienced dramatically (but not masterfully) in your day-to-day experience. However, you will make it to a place where manifestation is quite easy.

Adria Wind Horse Estribou is a conscious channel, medium, shamanic sound healer, and animal communicator who lives in Hawaii. She channels angels, Lemurians, and other galactic beings. She conducts individual phone/Zoom sessions as well as group teleconferences and private groups. She also shares free messages through her blog at WingSound.com, SoundCloud, email, and Instagram @wingsoundhealing.

Do Good; the Energies Are Getting Stronger

Aleph through Arthur Fanning

12 March 2019



Peace to all beings. Mercy. It is time for you to get your head on straight. I want the back of your head aligned with your spinal column, down the vertebrae to the coccyx in the bones. You are going to need to be in the bones.

Everyone is talking about this pole shift, but what you don't know is that it has already happened. You are adjusting to it, both you and the planet. You're coming out of the pole shift that we will say is three levels up in the astral and upper astral.

You are there in the upper astral, a level you have achieved through the pole shift. You are coming down to the astral, and you are seeing the confusion. You are now going to be on the planet to stabilize the space. That's why you need to surround yourself with peace and mercy, and please remember mercy.

The pole shift is a result of the convergence of this plane, the astral, and the upper astral. A part of your consciousness will make it through the shift. This shift is going on now, and everyone is experiencing it. What to do? Remember God!

You are adjusting to it, both you and the planet. You are caught up in the fact that it is moving, but it has already completed itself. That's why you're going through this. When it passes the overload point, or halfway point, it will flip very quickly, magnetically, and be what you call the pole shift.

But it's magnetic and electric, and it has to do with consciousness. It has to do with peace and stability. It has to do with communication from the heart chakra, and it has to do with pleasantries, necessities, comfort, and peace. You are in the pole shift now, so understand that part.

What you have to prepare for now is coming out of the pole shift. Do you understand? You are in it now. You are feeling the electrical and magnetic currents in the changes of the frequency in an emotional context of everybody.

You have to learn to calm down. You are dealing with consciousness, entities, and the one supreme consciousness is the entity you call God, the invisible that cannot

be grasped, so to speak. But it can touch you and influence you.

You must understand this process you are going through. It is the ability of consciousness to understand itself when the changing times come and to understand itself in the preparation, because your birth was a preparation for this time. You've been born before; you know that. This birth is for a special time, as we've told you.

What is going to happen has never happened before in human consciousness on this planet. So you are unique in that respect.

Understand Yourself from Within

You are going to understand that you are spiritual warriors holding space and peace for the comfort of all beings past, present, and future. Past, present, and future, all beings, I said. Focus on peace and mercy and calmness, because as the expansion of consciousness occurs, your vision will change. You are going to be looking out of different chakras.

Actually, you're going to be looking out of your throat chakra and the grand snake is going to come up into your heart chakra. It will be up to you to put your hand on its head and keep it down there pointing forward, and use your right hand. Then push it back down to the coccyx, and let it come back up gently. Then push it back down. That will get you to understand yourself within yourself.

I know what that is, and it is the rebellious self of you coming up to own you, and you think it is power. It is power. It's your power, and you have to learn to control it. The inferior one inside is the one we are teaching. You think it is you, but it isn't. The only place to control it is within the diaphragm and breathing consciousness of the self and the privilege to be able to take a breath and acknowledge yourself for it, because it is not always you who is breathing. Please understand this.

As far as the upper astral, the experience is the teaching. Time and space are shifting. Forgetting is becoming popular. Electrical and magnetic consciousnesses are experiencing confusion in this reality. Personalities are shifting.

What you don't have when you have no time is personality. That will be your definition of time in what you call the presence. Your personalities are developing as conscious human beings walking on the planet. That's what you'll have, nothing else, along with the understanding of it, the processes, and mercy, as well as the thankfulness that you can even think of these things without someone ordering you to. That's why you must

focus on peace and surround yourself with peace and mercy, and please remember mercy.

Peace and mercy to all beings. We are through.

Arthur Fanning

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

Trust the Intelligence of Your Evolution

The Collective Soul through Carolyn Gervais

We feel that the amount of fear in your world is more a part of your daily lives than it needs to be. By discussing this topic in detail, we hope that you will better understand how powerful human thoughts, decisions, actions, and feelings — such as shame, grief, hate, jealousy, anger, and causing harm for the thrill of it — create more fear.

In your world today, fear has become an overtly desperate human emotion of epidemic proportions. Fear triggers feelings as well as the belief that everyone is separate in body, mind, and heart. You have come a long way as a whole in how you approach fear inside of you and in others, but there is still more to learn about fear.

Fear is a feeling and belief that the ego created so that it can have control over your mind when you feel lost and unsure of what is coming next. It uses your pain to sabotage you because the ego is a false aspect of the personality that fears annihilation. The ego is part of the game of duality in which everything has an opposite. But if everything on Earth is for your own well-being, then there is nothing to fear. Everything that comes into your life is for your ultimate good, no matter how it reveals itself. Trust in the intelligence of your evolution.

Depending on your awareness level, a little or a lot of soul searching must be done before you feel able to connect with the other bodies in the world that also have a mind, heart, and soul and that have been marinating in their specific fears before birth. Therefore, it is common for people to feel untrusting and sometimes afraid of what others are thinking about them. This is why, when meeting new people, it is best to treat them with respect, compassion, and dignity. That can change your world for the better.

Here is an example that helps to explain how fear

begins inside a baby or young child. As a baby or child, you didn't know or understand the feeling of fear until something took place that caused pain or trauma to your being. As an adult, you may have forgotten the details of certain painful childhood occurrences, but their fear remains part of you until it is triggered to surface and then is able to be healed. In a case in which an adult has molested a baby, the baby has no real memory of the trauma. But a baby can absorb the feelings of his or her violator and come to fear that person without knowing why. In the victim's teen or adult years, that memory could be activated by many things, including the sound of a voice that causes the victim to leave the room because he or she doesn't feel safe for an unexplained reason.

All energy affects all energy in ways unique to a person's psychological makeup. Healing fear is helped by reacknowledging a fearful experience on a conscious level, letting it surface piece by piece, and not pushing it down with denial. Hypnotherapy can allow a person to experience a painful past that is not remembered consciously. Once the client is in an altered state of hypnosis, the conscious mind steps aside and lets the subconscious tell the story with little to no pain. No painful experience can have peaceful closure without taking it apart until the person becomes desensitized to the fear that the experience brings up, thereby gradually or quickly accepting the gift of knowledge the experience has brought.

The Strength of the Mind

When you want to heal, stop avoiding what is painful and challenge it within yourself and with the people who caused you harm, such as family and exes. You



can find your way in life through the help of reputable channels, psychics, metaphysical/spiritual counselors and teachers, psychologists, clinical hypnotherapists, meditation teachers, noted experts in physics and other sciences, and any kind of education in which you are interested. By way of new knowledge and awareness, pain and fear can be rendered harmless. Whatever past experiences froze you in fear can be brought into the open and resolved, never again to trap you.

Denial is an escape mechanism, a trick of the mind that says, “Do not go there.” Denial is also a way to survive what you believe is not survivable by temporarily shutting down the ability or desire to feel. However, once denial has served its purpose, it becomes slow-acting poison that eats away at you from the inside. The mind knows when it is strong enough to face something it has previously avoided. When that time comes, your mind, with the soul, will nudge you to look deep and acknowledge and heal the pain-filled memory in order to continue to evolve.

Fear is created by the mind through one’s experiences and beliefs in order to justify guilt, anger, and judgment, as well as being too kind, helpful, and considerate — all of which are forms of ego projection and protection. On the level of a person’s animal instincts, fear is used with intuition to protect by warning about impending harm. As long as experiences cause you to fear, those fears become beliefs. But you will be given opportunities of all kinds to chip away at the fear-based perceptions that distort your view of yourself and your life.

Fearful experiences do not have to swallow you up and destroy your life. Fear can be healed once awareness expands your perception of what you are truly afraid of and gradually transforms it into the nothingness whence it came.

Your Higher Wisdom

Challenge, fear, joy, and love are gifts of equal value. Each has the potential to teach through your soul. You never know which gifts will show you how to let go of controlling life and allow your higher wisdom to pave your way. Challenge, fear, or a feeling of joy can show you how to have faith in yourself.

Having faith in a purpose not yet recognized can open you to the existence of that purpose. Everyone has a purpose for being on Earth, whether recognized or not. Sometimes you might not be aware of your purpose because you might get in the way of its manifesting. Maybe you are going through a heavy learning process that prevents you from seeing what you want to see about yourself and where you are headed.

Having faith in faith is an expectation that the human mind can have difficulty wrapping itself around

because the mind does not yet know how faith in faith is supposed to feel or look. Having faith can feel as if you are forcing yourself, as an adult, to believe in the tooth fairy. As with anything you want to believe in, faith in yourself has to be researched and studied until it becomes part of who you are without having to think about it. Human faith is necessary to find and understand genuine faith, which is a deep trust in what shows up in your life.

Life is a mass of necessary experiences that you, as a soul with an ego, agreed to process simply for the gift of knowing on deep levels about your duality as a human. Experience is the gift to your soul that keeps on giving. Each challenge, or so-called problem, brings with it a gift of some kind as you come out the other end. Because humankind usually doesn’t like difficult challenges or hard lessons, people avoid them. But what is avoided and left undone is what helps attract those difficult challenges and arduous lessons into your energy field.

The Wisdom of Not Knowing

People might say, “If I only knew what I was learning from this, I would just do it and be done with it.” But if you knew what you were going to learn beforehand, you would not learn it. You can learn only through the process of experience. Learning takes place by not knowing what the experience is going to teach as you move through it. In that process, you will peel away layers to reveal new aspects of yourself on all levels of your being, including your everyday awareness, thoughts, feelings, beliefs, knowledge and education, experiences up to this point, and spiritual consciousness. These aspects of you play parts in what you learn throughout every incarnation on Earth in any dimension.

You require tools such as talents, abilities, and ambition to live in a safe and comfortable manner and manifest a life of quality. The tools you have been given are gifts from the universe. How you use them must connect with your innermost passion, integrity, and gratitude. In other words, you are asked to learn how to live from your heart as much as you are able. When you genuinely do that, you will give your abilities, feelings, emotions, knowledge, and wisdom to a welcoming world, anywhere and everywhere you choose.

Know that because you are human, and therefore learn through experience, the doors that open for you at any given time lead you to the best opportunities that correspond to the present page or chapter in your life. With each step you take, your ultimate goal will manifest at the pace you have set on inner dimensional levels and frequencies from within you. Let your life unfold in the way you feel it needs to, to be at peace. If you don’t, you might be disappointed in the outcome

because it will not look like what your ego mind imagined it to be.

For every soul and human learning experience, there is a gift that follows. Listen with your heart and soul and know you are loved. You are being guided on the path of your ever-changing and evolving destiny.

Activate Your Divine Skills and Abilities

Lord Merlin through Natalie Glasson

Dear ones, I am Lord Merlin. I come forth with love, truth, and inspiration to share with you. I encourage you to move quickly along your ascension pathway. It is important during this stage of ascension — which is dedicated to cultivating and empowering your intimate relationship with the Creator — that you appreciate all that you are and have in this present moment. I am especially speaking of your physical, emotional, mental, and spiritual skills and abilities, as well as unseen talents.

It is essential to value and honor yourselves and all you manifest on Earth now, as in doing so, you are celebrating your relationship with and as the Creator. When you allow yourselves to be fully present with the Creator, you see yourselves beyond your limitations and the beliefs that hinder and tether you to a certain idea of yourselves.

The Role of Your Guides

Each soul on Earth has a large community of guides who assist and support that person throughout her or his lifetime. Some guides are prominent and influential while others are unknown to you yet offer a valuable service of support. Most people have more than twelve guides within their community of guides. Each guide holds a special service, purpose, and role of assisting you in your spiritual and physical evolution on Earth.

Your guides are a reflection of all that is your truth. Your guides see, sense, and acknowledge you as the expanded, powerful, limitless, Creator expression that you are. They hold this vision of your truth within their beings and project it to you constantly. Each time you communicate with any of your guides, whether aware of their names/presence or not, they activate your truth from within your being, encouraging you to be the expression of the Creator you are.

Communicating and connecting with your guides is

Carolyn Gervais is the author of Life Before Life: How Soul Agreements Direct Our Destiny and the newly republished, I Dreamed I Was Human: Awakening from the Illusion. As she has been devoted to metaphysical spirituality for more than thirty-five 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 or [Facebook.com/soulagreements](https://www.facebook.com/soulagreements).



akin to seeing your expansive Creator self in the mirror or witnessing all you are capable of. The skills and abilities you recognize within your guides are also present within you; their role is to remind you of who you truly are.



A MEDITATION TO CALL YOUR GUIDES

“My beloved community of guides, I call on you to surround me now with your presence and loving energy. Please support me in receiving the energy, light, love, and wisdom you wish for me to accept and acknowledge now.

“I recognize all you share with me is a reflection of the truth and Creator presence of my being. As I receive your energy, connecting with you all on a deep level, I am connecting with myself in new, inspirational, and limitless ways. I invite you all to demonstrate to me the skills and abilities I embody that are waiting to emerge and be recognized by me to support my ascension. In love and thanks.”

Allow yourself to focus on your breathing, imagining that with each breath you inhale the light, love, and truth of your community of guides. Know that your community of guides, who have been with you since before your birth on Earth, is activating the presence of the Creator within you now.



Self-Creator Appreciation

Appreciating yourself can be likened to loving yourself unconditionally, which awakens your self and Creator expressions. The self-appreciation I speak of is to honor and respect the presence of the Creator within

you. This presence has an expression as well as manifestation through you. Allow yourself to contemplate for a moment the following:

- What do I appreciate about my physical body?
- What do I appreciate about my mind and emotions?
- What do I appreciate about my spiritual abilities and evolution?
- What do I appreciate about my relationship with the Creator?
- What talents, skills, and abilities already embodied within me do I appreciate?

When you honor even the smallest or a seemingly insignificant aspect of yourself, you are recognizing the presence of the Creator within you and inviting the presence of the Creator to further activate from within your being. This is as if you are lighting small candles within you that will merge to become the beacon of light you are. The more you can recognize aspects of yourself each day that you honor and value, the more you will allow yourself to recognize the presence of the Creator within you and your presence with the Creator.

My direction to you is not about admiring yourself or worshiping the Creator, nor am I inviting you to energize illusions about yourself. My mission is to support you in recognizing, being present with, and observing yourself beyond limitations as the true evolving expression of the Creator that you are and have the ability to manifest as.

Your Skills and Abilities

Once you are able to see yourself in a true light and likeness, then you will be able to delve deeper into your relationship with the Creator and recognize the skills and abilities available within you. Recognizing your

skills, abilities, and talents of a spiritual or physical nature goes hand in hand with cultivating your presence with the Creator.

Contemplate what is it like and what it could be like for you to realize more fully the presence of the Creator moving through you. Imagine and describe your relationship with the Creator, the Creator presence within you. What do you see, sense, or acknowledge? While your relationship with the Creator is constantly evolving, you can cultivate and obtain an inner knowingness of your bond with the Creator that is unwavering. Your inner knowing is akin to the spark of light from which multiple skills and abilities manifest.

Take a moment to imagine, sense, or acknowledge the presence of the Creator within you. Send your love and respect to the presence of the Creator in whichever form It manifests. Simply allow your entire being to exist in harmony with the presence of the Creator within you as if a deep integration is taking place. Then say out loud or within your mind, "I fully open my mind, senses, and being to acknowledge and accept the presence of the Creator within me. This manifests through my being as beautiful and empowering skills, abilities, and talents that serve me and all." Take time simply to be present and aware of the presence of the Creator within you as constantly transforming, moving throughout your being, and inspiring new expressions.

New skills and abilities are waiting to emerge from within your being; the only limitation is your limited view of yourself. The more you recognize the presence of the Creator within you, the more you will expand your perspective of yourself, acknowledging that the Creator moves through you and inspires powerful, inspirational abilities that might even be beyond your current thought process. In this stage of ascension, make it your mission to serve yourself by honoring all you are in this present moment, recognizing your magnificence as well as the presence of the Creator constantly within your being. In doing so, you will empower yourself, move beyond limitations and illusions, and learn to engage with yourself and the Creator in a new, existing, fulfilling way.

Take time to visualize the presence of the Creator flowing with power and beauty throughout your being, allowing you to recognize the reality that dawns in your imagination. This reality is filled with your expressing the most sacred, empowering, and fulfilling abilities, skills, and talents.

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 OmNa.org.

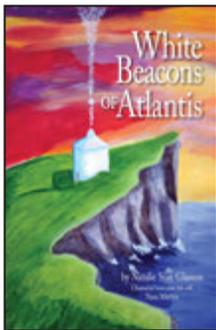
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Presence: the Ascension Gateway

The Blue Starborn through Sri Ram Kaa and Kira Raa

Divine beings of great light, great love, and great presence, the divine presence has abundantly ignited for you through the energy of the manifested realms of experience. We are here with presence. When you embody presence, walk with presence, and offer presence, you lift beyond any form of agenda or control of outcome.

These two energies are gaining strength: the agenda and the control of an outcome. Together they have momentum and are a manifestation of the extraordinary, unlimited, and expansive energy of the allness. Moving forward with an agenda limits expansion. The need to control an outcome limits expansion. This energy calls forward the repetition of a cycle as the beginning of another journey for those making this choice. And this is also a gift; is it not?

Repeating any cycle, in any form, is to offer yourselves the gifts of expansion again. To breathe through the repetition of a cycle is to free yourselves from the cycle. In the presence of your divine magnitude, your divine expansion is experienced as freedom. Presence is an active energy.

- Call forth presence.
- Be presence.
- Live presence.
- Experience presence.
- Delight in presence.
- Move with presence.
- Live with presence.
- Speak with presence.
- Act with presence.
- Breathe with presence.
- Eat with presence.
- Speak with presence.
- Relax into presence.

The Energy of the Agenda

Beloved ones, when you disconnect from presence, agenda appears. The agenda embodies many, many forms, nuances, manipulations, and experiences. Agendas care only to create another agenda, thereby seeking more and more agendas. Do you see the cycle of repetition within the agenda energy? When the mass illusion creates mass hysteria, then agendas become held up as a way out, as a need to have a pathway from the hysteria,

chaos, or illusionary principles that seek to disrupt your presence.

When you are in the eternal connection of the divine presence within, then you cannot be disturbed by any energy. You might say, “Oh, I am only disturbed by a certain energy, being, phrase, or experience.” We invite you to notice that any disruption arises from the lack of presence. Destruction can be a gift when noticed through the lens of presence, for each destruction offers the opportunity to anchor divine presence through ascended awareness.

Disruption calls forward the gift of illuminated love and recognition as presence. Imagine your world with every being living, expressing, eating, loving, fulfilling, and knowing presence. This creates the energy of creation that releases the agenda momentum.

To see, witness, and understand presence is to activate yourselves as pillars of light for all who call out to remember their divine presence of being. Disruption creates growth. Disruption unsettles because it shifts habitual patterns as it moves you into divine presence and illumination. Rather than resist disruption, embrace presence.

The Action of Presence

As you navigate your experiences of this divine illusion and wondrous expansion, presence is simply a breath away — just a breath. Breathe now, beloved ones. We wish to share the recognition that as you hold presence, you become most active. Experiencing presence without the active energy of presence calls forward an agenda of what presence is. “I will just sit and be” has an agenda: a need to control an outcome. Hidden within the denial of the experience of disruption, it is easier to sit and pretend it has not happened.

It is better to dive into the energy of disruption than to sit and ignore it was ever present. As you dive, it is how you navigate the dive that ignites ever-greater presence. Do you belly-flop into the pool of destruction? This could be painful; could it not? Or do you walk out to the end of the high board without any fear, grasp your hands in a prayer position, and gently say, “I am yours,”



as you feel the flow of the universe guide you into the pool of ever-greater consciousness. How you enter is how you ignite, and how you swim in the energy is how you express your gifts of light, love, and presence.

The Soil of Judgment

In your world, on this planet of density, there are limitless agendas but only a little over 7 billion of you. Consider the multiplication energy, the infinite amplitude of agenda energy. It is a miraculous energy in that it propagates itself perpetually. It continually propagates and finds welcome and fertile soil in the hearts and minds of those who carry judgment.

All agenda is birthed in the soil of judgment. The emotional body, when left unchecked, transforms into the fertile soil of judgment. Offering yourselves the inner wisdom that arises from the ignited presence of a divine heart infinitely expanded, illuminates and frees you from dogmatic traditions seeking to hold you captive. Dogmatic traditions embody the energy of the agenda regardless of any emotional energy that seeks to placate those who question the agenda energy. Take a breath and claim your mastery presence.

Crystalline Connectivity and Transmissions

We invite you to step into greater presence and to experience greater freedom. As we've connected with you, we have ignited a thirty-third crystalline-dimension seed of divine light for those who choose to receive. You might see around you illuminated crystalline white energy. You might simply feel it. As you feel it, you might first notice your lungs or your breath. Try to avoid holding your breath as you invite spaciousness into your breathing.

Beloved ones, the opportunity to create your container of illuminated presence exists outside any words of any language. It is a tangible experience of divine light that can be tangibly received, welcomed, loved, or dismissed. It is, and has all-ways been, your choice.

As the crystalline realms come forward with ever-greater connection, the world of density experiences this in many ways. It is similar in energy to when your beautiful body temples are cleansed with water. If you have eaten junk food laced with chemicals that do not support energetic expansion and you bring presence to the body, you begin to notice discomfort, do you not?

You might say, "I have a slight headache," because you are purging an energy from the body that it has been accustomed to that is not serving the highest receptivity of divine light. You might feel tired and sluggish as these energy fields release. You might need to drink more water in the recognition that, as you clear, you begin to truly see again and your presence restores.

We offer this example because your planet is receiving vast vibratory crystalline light, and she is clearing

that which does not serve her so that she may heal. This is not difficult to understand. It is simply outside the agenda of density as understood by those deep in density. As the universal energy of pure crystalline light and love is transmitted directly to you, what do your emotional bodies feel? What do your minds do? What does your breath do? Notice and be free.

Anything unlike divine joyous receptivity is the gift of the overlay of agenda that is still in your tissues. This is not a shortcoming. It is not something you have done wrong. It is the recognition that you have been navigating density, and you have done it very, very well.

To release all need for judgment is to release the fertile soil that gives the agenda its limitless cycle of repetition. You, beloved ones, must decide: "Is my cocreative, limitless experience moving forward with the agenda energy, or am I ready to stabilize divine presence?"

The reason — if the mind feels reassured with "a reason" — we offer this to you now is because your world needs reassurance. She will continue to act out until the reassurance is mirrored back to her. She is purging, just as your bodies purge when you cleanse them. Great floods of water cleanse your bodies. Why would it be any different for your planet?

Great floods of water? Do not lament. That which is cleansed, through the process of cleansing, will always find a new way of being. Relax and take in a deep breath.

The Expansion of Presence

We offer recognition that you are here on this glorious expansionary journey of divine reconnection by choice. The choice of an individ-u-will is called forward from the spirit of the heart, not from the mind. When the spirit of the heart reignites with your divine energy while you are in form, presence arises as an effortless moment, effortless gift, and effortless experience.

Your presence is the only energy that will ignite others. Presence, beloved ones, is an action. Presence is a movement. It is a divine recognition that all is exactly the way it has always been, is now, and will all-ways be. Presence does not demand the repetition of a cycle, yet it witnesses all cycles.

- Presence is a flow.
- Presence is abundance.
- Presence is joy.
- Presence is love.
- Presence is you. You are presence.

The Peace of Presence

Within the container of your sacred environment on beloved Gaia, there is disturbance energy arising from the convergence of many agendas. When many agendas converge, there is a struggle for the agenda to emerge. When there is a struggle for an agenda to persevere

agenda, presence disappears. With the lack of presence, peace becomes difficult to claim.

As you seek peace within, simply begin with the presence. As you discover your presence, hold presence, live with presence, and love with presence. Then peace is effortlessly and in all-ways present. Experiencing an agenda that seeks to struggle for its survival is outside the experience of peaceful presence; therefore, try not to struggle with it. Struggling with it creates greater disparity within the harmony of your own beings — your life experiences.

We invite you to step outside of this while releasing judgment of what you feel you must do about it. The mind of form loves doing. The mind likes to wake you up with its doing principles. It likes to guide your hands with doing principles. It likes to guide your lives with doing principles.

If you can guide your lives from the doing principle of presence and funnel the energy of the mind — the doing principles of the mind — into the presence energy, you will discover before you mountains of golden light, abundant streams of flow, communities of wholeness instead of victimhood, and the experience of expanded presence fully ignited.

The Divine Presence That You Are

In the eyes of the presence to the presence, in the recognition of the one, and the one, and the one, and the one, you transcend perception as you fully embrace divine presence — the authentic you. Yes, you are presence. You have all-ways been presence.

Within this moment of linear time, in the world of divine experience, you have a choice. Whether you are conscious of the choice or not, it is here, and it is yours to make. Simply ask yourselves: “Am I supporting agenda energy, or am I stepping into presence energy?”

Beloved ones, recognize that all choices are divinely illuminated. Each choice will sustain the choice of another. For those stepping fully into presence, your presence will

ignite others into presence. For those stepping into the energy of the agenda, they will assist those who have chosen presence to continue choosing presence. Each helps the other as all have their divine experiences.

In your world experience now, the agenda seeks to save those who do not align with an agenda. Let go of the perception of the need to save anyone. You are already saved! It is only the energy of the “doing mind” that needs to hear those words.

You came here to have this experience; therefore, you are already saved. It is the playground of the universe to dance through life on a planet of experience and to smile gently as you move to your next experience, celebrating what you fully experienced.

As the container of this experience of density comes ever closer to divine culmination, it is your presence that will dance you through it in whatever form of dance you enjoy, for there is no agenda around the dance. If you like to tango, then tango. If you like to rock and roll, then rock and roll. It does not matter.

- What matters is the dance.
- What matters is the celebration.
- What matters is that you are present for this experience.

Whether you are conscious of your presence or not, it is the inescapable truth of life in form. How you call forward your presence is a gift. We love you. We salute you. We feel you. We delight in you. From the rays of the divine crystalline light, we have this moment through these eyes to see, and see through you, and for this we are great-full.

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.

Meet God Halfway

Michel through David Reid Lowell

David: Recently my sense of wellness was tested within my faith. Aging comes to us all, and it is not an easy process or one that is hallmarked with dignity. As we age, we become less visible. People see us as less relevant or stop seeing us at all. Our faith, community, and friendship circles become reflective of what we already know. Our sense of faith is based on what we have been exposed to. We are creatures of our environments and

conditioning. We acquire our sense of faith over time, and as we age, hopefully, we become more comfortable with questioning things. Change can be daunting.

One morning I got up to let out my Great Dane, Molly. I opened the door, out she went, ever so happy,



and I stepped out to watch her. Bam! I was lying on the walkway on my back, looking up at the front of the house, in pain. I had stepped onto black ice, the unseen reminder that winter is not yet over. As I lay there, I thought, “I hate winter. Why am I here?”

I called out. No one came. Acres separate my neighborhood’s homes. Long driveways mask us from the roadway. I couldn’t move or get up. One leg was bent up behind me with my foot twisted in an unnatural position. Then I heard Michel say, “Go halfway. We’ll help you the rest of the way. You are never alone.” A ray of light lifted me up. I had to get help. But could I? I silenced myself and breathed. Leaning on Molly, I crawled up the stairway to the porch, through the doorway, and down the hall to the kitchen, where my phone was. Molly stayed by my side, my anchor.

My right fibula and right ankle were broken, and I had torn tendons and ligaments. I also cracked my coccyx and had an array of scrapes, cuts, and bruises. I am now ten weeks into the healing process, so I have had time to lie in stillness and think. Overall I am well and reflectively grateful.

Injury happens randomly and sometimes without warning. It happens for many reasons, such as being off-center, needing to focus, needing to regain a sense of faith, and perhaps even determining what is important to you. What matters is how you react to injury. How you act and react are indicators of your belief. Do you think of the material or the divine? Is it all about you or something greater? The pain my physical self felt was an illusion, something momentary, and not part of God’s plan. It was a reminder to stand alert and pay attention. Embracing pain gave me the ability to move through it. Listening to the voice of the pain showed my physical self what it needed to pay attention to.

Injury as Messages from Spirit

Michel: You individually know nothing of God, other than that which you define your beliefs through and what you have been exposed to. You come to define God, or Spirit, through the belief system you have acquired. You cannot know the why of something. You can speculate and form opinions, but those things are based in your mindfulness, which is biased because it has been shaped by your environment, upbringing, and culture.

How can you know that which is greater than your perceptions? One Source, One Mindfulness, or One Greater Essence has been defined in many ways in many cultures and explained by many beliefs. God is so much more than any one set of beliefs. At one time, people were separated by geographic masses such as oceans and continents. Cultures formed beliefs that reflected their heritage and developmental history. Different faiths, religions, and cultural beliefs arose. Ideologies flourished

and then, as time passed, began to influence and challenge each other.

This is not very different from the area of town you grew up in — whether you lived on the hill, in a valley, or in an urban center or countryside. People know what they see and live each day, and that is how they form beliefs. Your identity and personal story have to do with where and when you were born and what you have been surrounded by, such as the traditions you have been exposed to. The culture around you defines you and your belief systems.

Deity is what best defines it for your comfort. God is about personal comfort as derived from the faith you grew up in or the faith you questioned. As you question traditions, you grow within your insights if you allow yourself to learn. God, faith, and religion should be about humanness through showing compassion for one another. How you treat strangers matters. How you show people you don’t know respect speaks to how evolved you are. Respecting those who have been kind to you and supporting them speaks to the core of your nature. Harshness isn’t part of compassion. Being involved for your own benefit isn’t enlightened. You get what you put out; all energy returns to its source.

What does all this have to do with healing and wellness? Your human story, based in the mortal mind, conditions you to think of yourself in certain ways. Your divine story, based in the divine mind, reminds you that you are a flawless, infinite soul in a human body. The human mind is limited because it is anchored in your thoughts, which are based in your acquired patterns and beliefs. The divine mind is infinite and unlimited, as it is based in that which is greater than your physicality, your soul. The human mind is subject to flawed thinking, which can reinforce limitations and illness. The divine mind is based in a universal form of harmonious existence.

Experience the Physical as Spirit

Within us are the same elements; the same organic compositions are in the universe, nature, and the world around you. You exist as part of the physical manifestation of God, the One Source of all life. You are designed to be an organic extension of nature. Your body is a universe: as above, so below and without. This means that what you see looking outward into the night sky — the universe and its vastness — is within you: cells, atoms, and an inner world of perfection.

Your body, being a manifestation of the divine mind, has the ability to cure itself. But you have to listen to the pain. Sometimes you have to treat the body, sometimes the mind. Healing and wellness are connected to the body and the mind. Medicine treats symptoms, which cure infections, toxins, parasites, and poisons, things

that invade the body. Thoughts can be just as bad for you, limiting and impeding your growth. God shines light on truths that science learns to explain over time.

What is truth? For the most part, people convince themselves that their perception of something is true because it is anchored within their beliefs. Such things are acquired and learned constructs founded and based in your environment and the opinions of others that became programmed into the fiber of your being. If you say something often enough and with enough conviction, you believe it. Your physical body adapts to those beliefs. Your body and brain generate and emit chemical responses to your thinking process and become accustomed to them.

Mostly people look outward for forgiveness, strength, or wisdom. They disregard that inner universal source voice — intuition — which is there to guide them. God speaks directly:

- Lean on me, and I will meet you halfway.
- Show yourself that you have faith.
- Work through the pain and overcome it.
- Correct the core issues that weakened your faith in order to arrive at that perfect ease of being within.
- Know when you have done something right or wrong.

When you let divine nature be more real to you than your personal history, you connect to the divine understanding from which the universe flows. You are more than your personal story. Your identity is not the story that others know about you or what others have said about you but within your soul, as the child of God and Spirit. You are the universe's beloved child. The One Source of all, if embraced wholly and allowed to unfold, will restore you. It is impossible to separate from the Infinite.

Move from Your Human Story to Your Divine Story

How you think about yourself displaces you from your true self, the likeness of Spirit. When you have been treated unjustly, you manifest anger within your physicality. When you act out, it is because you are hurting. The unhealed wound is reacting and crying out for help. You justify how you have treated other people — lied to them, used them, hurt them, or deceived them — because you feel you are due something that you are owed. This way of thinking alone should tell you that you are on a path you need to correct. Justifying your behavior leads to deep complications.

To heal, you have to start at those moments. You need not lash out. You can stop, think, and go to a calm place within yourself to become solution driven.

As you treat the wound, the pain decreases. But you have to allow yourself to drop your past story and step into divine reality. If you give yourself permission to let

go and shut out your past human story, you can step away from self-enslavement. Allow yourself to embrace a higher moral standing. Say:

- “I am not my human story.”
- “I am divinely whole.”
- “I will embrace compassion for others and myself.”

Focus on developing your divine story and releasing traits and habits that aren't healthy, good, and kind. Develop your divine story by acting in compassionate ways. Ask yourself to stand outside the story you have learned to accept about yourself, for that is within the limits of the human mind, and it disregards the perfection of divine mind that lifts you out of falsehood. You heal when you live within divine realism. Your preexisting self as divine offspring allows you to cancel your human story and replace mortal limitations with the ease of spiritual wholeness. Stars sing, the sun seems bright, and you find hope where there were none. Hearts heal, bones mend, fevers reduce, and chaos becomes order.

Life is purely spiritual. Embrace intelligence that is purely spiritual, not of matter. When you are conscious that you live within spirit, you are free from error, pain, and infirmity. How do you begin to heal? Meet God halfway. Focus on your divine story, listen to your soul within the body, and believe you are worthy of being well. So often you don't allow yourself to heal because you haven't forgiven yourself for past mistakes, past hurts, and you bring your past into the here and now because those wounds have not healed. You repeat what you know, and you can only change it through love and by being shown love.

Take a moment to implement one small principle and think about your personal accountability. How you can make your life and someone else's better? Everything begins with one small step — a step based in loving something or someone more than yourself. The Source and the soul exist as expressions of purity. You have a choice, and you can choose to rise above the experiences in your human story. Good cannot be destroyed.

- “Today I am not going to die.”
- “Today I am going to come from a place of gratitude.”
- “Today I am going to live.”
- “Today I am going to get up.”
- “Today I am going to be whole and celebrate my life.”

Tomorrow may be another story, but you are not there yet. When you do get there, say, “Today I am going to live.” You are worthy of love and of better health. What you believe comes true, and how you treat others shows how much you respect yourself. Perhaps you'll have a moment of intervention that stops you in your tracks to remind you that caring begins within you. If you lose your inner light, how can you be a light to others?

When you recognize that the universe has a natural order to it and that one of its basic principles is harmonious existence, life becomes easier because you coexist within it and as an extension of it; all else falls aside. This is the true condition of humankind: All nature exists within a harmonious cycle of perfection and purpose. When you introduce chaos, you actively create instability in direct contrast to the natural expression of being. Think of what one small drop of black ink does to a glass of clear water.

Spirit is incorporeal and all good. This premise is a universal constant, the breath of life that sustains all. Health is an unconditional fundamental expression and right established by the acknowledgment of this premise. By living in harmony and understanding that the soul is incorporeal, infinite, and pure, the only assumption can be that you are the manifest spiritual image of this process.

As You Walk on Your Path

What does the unbeliever make of these statements? How often have you been stuck in a cycle of depression, anxiety, fear, and torment, and how long have you thought you knew it all? You have been controlling and contriving, yet you struggle with yourself and others.

Perhaps you have not been conscious of God's presence in your life. All existence begins and ends with God, who is greater than you. Perhaps, you have not stepped aside from your ego, your mortal mind, and placed God's knowing before you to let your soul guide you. That which upholds your existence is pure goodness all the time, for all of creation exists with purpose, harmoniously with nature. Therefore, you are incapable of existing outside those truths.

Not all people are at the same place in awareness. Some people need to be fed with a long spoon — that is, loved from a distance — because they are like that one drop of black ink in a clear glass of water. They are not wrong, bad, or evil, just not compatible with your path at this time. But they can make progress, as you can.

Your mortal mind can lead you in circles when you won't let go of something, but Spirit does not stop unfolding its goodness in your life. Spiritual ideas are expansive, move you forward to show you more of your ability and creativity, and lead you to healing. God-based ideals bring about restorative breakthroughs, which restore dignity, healing, and well-being. How you think manifests within your body. Universal oneness wipes out fear and discouragement.

We, Michel, are using various terms to bring you closer to your spiritual ideas, which tune out fear, distraction, and doubt. Create new ways of thinking that allow you to come from a harmonious awareness to wipe out negative ways of thinking. See your identity as pure

and as spiritual. Change your perspective and change your reality.

You might feel ashamed, secretly holding feelings about yourself that you are ashamed of. Those feelings root deeply within you, eroding your sense of purpose and self-worth. They limit your ability to receive and give love. You are loved; you are never alone and can transform that knowledge into higher forms of consciousness. Ideas are part of every moment and, when based in love, health, creativity, and compassion, they can bring about a gentle shift in your thinking. You don't need to change reality; universal reality is consistent. All you have to do is open yourself to its potential, the spiritual ideal.

Look not to your will but to God's will. Lay aside lesser expectations and opinions, which limit your thoughts. Allow ways of thinking that are more inspirational to fill your mind. When you set aside petty ways and allow yourself harmonious ways of being, you shift your perspective to a place that allows you to unfold and develop wholly.

You are free to choose your own pathway to healing. When you dislodge false beliefs, you begin the healing process. You're not stuck; no one can tell you your future. One of the greatest gifts you have is that of free will, changing your mind as many times as you like until you find your correct path. Through Spirit, your personal story, heredity, and habits can change to higher ideals.

You can learn to love by thinking of others before you think of yourself. Be calm in times of crisis. Listen to your soul rather than your emotions. Don't engage drama, anger, or things that are in conflict with love and harmony. When you remain calm, you bring calm to the situation. You don't have to act in ways that make you lesser.

In moments of silence you'll find your answers. You are not a failure; that voice has no power. If you allow yourself to feel shame, which can feel legitimate at any moment, like addiction, you feel unworthy. This is nothing more than a distraction. Recognize those accusing thoughts so that you can move forward toward transformation. Refocus on nurturing that divine child within you.

As we have said, you are the child of God and Spirit, a manifestation of the universe itself. You have no error or falsehood, only purity, love, and harmony. Allow yourself to become the best person you can. Give yourself permission to transform your life and subsequently all those you come in contact with. Accept that you are worthy of love, whole and healthy, and you will find that as you think and believe, you become. Let higher ways of thinking guide you.

David Reid Lowell is an American writer, a full-trance medium, a channel, a clairvoyant, a life coach, and a healer. He has toured throughout Northeast America and has been a recurring channel at the Foundation of Light in Ithaca, New York. He can be reached at 504-330-2322.

Call on Us

Supreme Creator Goddess through Luanne



Greetings, goddesses of all ages, types, sizes, and sexes. You are all goddesses of the highest order. I surround you in my powerful golden light. You are the first coalition of direct goddesses ever to grace Earth in many thousands of years. You are here to love the many lost human beings.

It's been a man's world for so many years — an Earth of masculine thinking and fighting so that your souls are shattered. Send them to me for healing and return of the pieces that you lost along the way. Healing is but a call away. I guide you and comfort you on your journey home. I surround you in love light and give you strength to carry on during your great mission.

Erasing darkness is not an option now, for anchoring the return of the great Goddess light is up to you. This will take strength and perseverance, but we know you manifest that, for we know who you really are and commend you for your work. Some are bewildered, some are lost, and some long for the peace of a moment that flutters by quickly, but you remember the love of the Goddess. You remember how you feel surrounded by unconditional love and great peace and calm. You can tap into these every time you meditate.

We are sorry we retreated when Earth fell into darkness, but we are beings of great love and would have been damaged if we stayed, so we kept a distance. We can tell you now that we have returned and will not abandon you again. We are here to stay for the duration and beyond, to live in the world of love that you create. We know you feel lost sometimes as the darkness fights on. But do not be depressed; the darkness fights against itself now, not against the light. Awaken from your self-imposed depression. We know you could not stand the hurt and so withdrew, but this is not the way. The way is through love.

Look for love everywhere you can find it; nourish it, relish it, and become immersed in it. Shine it for all to see, and it will grow like beautiful flowers popping up

all through the earth. Call us to infuse and surround you with the golden Goddess light, and its strength will grow on Earth until you can see bits of heaven. When you see heaven, when you feel love, nurture these as you would a baby seed to see it grow into a new visionary Earth.

You are the gardeners of the New Earth. Please connect it to your heart in love and watch it grow. Look around you for signs of love growing. We bless and surround you every day. We send you Goddess energy; look for it, grasp it, and hold it in your heart. Spread the seed of the New Earth everywhere you go in your mind, body, and soul. We love you always and in all ways. We are here to assist in any way we can. Call us.

If you feel that you have lost fragments of your soul, say, "I request of the Supreme Creator Goddess to search for any and all soul fragments from all lives, dimensions, universes, times, and spaces and return them to me washed and cleansed through your great golden Goddess light, at this time and space called now. So be it. So it is. It is done. It is done. It is done. Thank you." Saying this aloud daily for twenty-one days will ensure that all your soul fragments are returned to you. Wholeness is our objective.

If you feel that the energy of others is infused with yours and you want to be your own pure energy, state, "I request that all energy that is not [your full name] be returned to sender or the light, washed and cleansed

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through golden Goddess light with the assistance of the Supreme Creator Goddess.” Additionally, ask assistance from any great beings of light that they overlight and protect you. Energy such as Christ light — from any goddess, Buddha, archangel, or great lightbeing, including members of the brotherhood and sisterhood of the light — will never interfere with your energy.

Dark energy will sometimes stick to you, send cords to interfere with your thoughts, deeds, and feelings. These energies cannot stay if you request that they leave. Being clean and whole Earth Goddesses is important at this time.

Luanne

Seek Your Place in the Future

Inspired Guidance through Gillian MacBeth-Louthan

Every day you are given a chance to move into higher awareness and perception, allowing entrance into extensions of your higher self, soul light, and fifth-dimensional self. You are being pushed past the boundary of all that you can imagine. That point — the edge of your imagining — is where the true you, your true light and power, begins. Do not settle for what is. What you see around you are the trappings of every thought you have entertained from your first breath on Earth. Energetically, you have activated dormant extensions of your soul to a point that it no longer grieves what has passed. You are psychically aligned with what is yet to be.

Imagine sitting on a warm, sandy beach as you look at the horizon. At the point you imagine the ocean ends, stretch your perception and go past the flat Earth. See with the godly part of your ocular abilities and with your mind. Stretch your view of what appears to be the end, and extend it out until you see the edge of the future. Most people scamper about, brooding over your next dollar and anxious about your next love, success, or failure. Being lost in thought with every choice creates a quagmire, a black hole, and a default creation.

Humanity as a whole has grown complacent in its desire to expand. You are what you think every moment of every day. You wear your thoughts and fears in your outer energy field, and all of Earth responds to that. If you think you exist beyond the ocean’s horizon, you do. If you think you can hear a soft sigh a hundred miles away, you can. If you think you can hear the thoughts of birds calling to spring, you can.

If you properly prepare for the step of attunement, then all else seems immaterial. You can act humbly or reveal the vastness of your being in its true colors. Think it is so, or it cannot be completed into manifestation. If you think you can beat disease, you can. If you think you are aligned with a great windfall of financial blessings, you are. It is your right as a human to believe.

Imagine you can see ten miles away, as if you are an eagle soaring the blue skies. Act as if you can feel

Mother Earth pulsing under your feet, giving you direction for the next step in your journey. Pretend the wind brings information for your ears only. Stretch yourself, dear one. Dimensionally, you are merging into your full humanness. The universe bends down with the hand of God to scoop humanity close to its breast. The light that you seek, the truth that you seek, comes to find you.



Soar to New Heights

So many still hang on to what was, what should have been, and what could have been. Let’s face it, dear one, the tideline has shifted, and you can no longer sunbathe on the shore of your old self. You are a wizard or a handmaiden of the light. You alone hold the magic of ever-changing possibility. The outcomes of all actions are innumerable and cannot be counted on.

In these times of change, many have lost sight of the shore, and you thrash about, drowning in a tidal pool. When the winds of change blow, you can fly them to new heights in delight or allow them to keep you tired and exhausted, always fighting the force. You have come to a place of struggle or release. Struggle tightens the grip while release relaxes what binds you, and you are freed from the snare that entraps you. You have been flying against strong winds too long; you have forgotten that you can change direction in flight and let aft winds support you. That which has been against you now supports you.

Don’t subscribe to that which does not know itself. Subscribe to that which houses all knowledge without the limits of time. The presence of magic is alive and lives in the light. See God with childlike wonder. Believe what you feel in your heart. Recapture what was once a given. The universe leaves secret instructions at every turn. Become investigative in nature; seek to see what lies in plain sight. Communicate with a deeper face of

nature. She calls you to share her experiences as she changes costumes and acts.

Establish a natural rhythm as you walk the sacred path of life, not as a stranger, but as a partner. See the magical qualities of life and step back from what overwhelms you. Nature is a great healer. Look at life from a different angle, and make choices accordingly. When you see beneath the surface, you see with the eyes of God. See with a great hope and a deep knowing. Become a seer of what is invisible to the human eye but not to the human heart.

Kindness Brings Heavenly Rewards

The blessings of spring make themselves known. In 2018, you were asked to climb and climb again, above fear and emotions, while enduring deep water and debris. You watched your world change its landscape in moments, not decades. You felt helpless to change the outcome of what appeared fated. You were stretched, pulled, and changed forever, never to return to who you once were. You sit perched on a new olive branch of heart, awaiting a signal that it's safe to go home. A mighty surge of blessedness washes over Earth's souls, escorting all to recovery and reconnection.

The blessings of this year travel to every shore on Earth in waves of love. The more thoughts you have of blessing yourself and others, the easier it is to make light connections. Thoughts of thankfulness and gratitude beckon this wave of blessedness, and thoughts of negativity repel it. The fruits of all past labors of life and love can now be tasted. What was once thought to be lost is found. Energy spent helping others was placed in a universal account that has accrued mighty proportions. Nothing was ever lost or wasted; all actions of inherent goodness have been recorded and accounted for by the cosmic abacus. All time spent in kind thoughts for others has been exponentially multiplied beyond Earth's ability to count. Heavenly rewards find themselves headed for Earth for those who never stop trying.

Release Old Beliefs

We enter a phase of light that demands your attention and heartfelt letting go of what still entangles you. You feel like Br'er Rabbit, with thorny entanglements keeping you separated from a place of peace and a place of receiving your accrued blessings while in Earth form. As the energy encircles you like a family reunion of cosmic proportion with multidimensional cousins, you are asked to let go of the haunting past in your DNA, words, families, and bloodlines through time and space.

As Earth rewrites herself into a simpler code of acceptance, all snares and entrapments of past thinking have come to a place they cannot cross. The holy waters of all that is love now ask you to purify. You hold a truth

that lives deep in the fabric of your soul. It is a truth so interwoven that you cannot separate yourself from it. It is sharp like a sword but gentle and loving like a mother's touch. As you expand the horizons of what you perceive as truth, past truths are set free to become one with all who seek to become more.

Truth is a living entity that alights with the evolution and elevation of various human needs. Truth is different for each species. Within human DNA, 144 strands of galactic truth wind themselves around the very core of your being. As you evolve to see truth from a higher perspective and a different angle, the puzzle pieces of life move into new positions. Truth speaks from the water you drink, the food you eat, and the air you breathe. Truth takes you to the edge of what you know yourself to be. You wonder how you fit into this ever-changing world.

When you were a child, your parents often lied to protect you from danger. Many truths slip away without being noticed. Some truths dance in front of you seductively, lifting their veils and teasing you, while other truths wave goodbye without remorse. Whether this world is real or a collective dream does not matter. You must play in it, giving your best, your all, and your highest heart intention. Whether this is your one and only time in this earthly paradise or you spread yourself through the galaxy does not matter. You are asked, within your divine blueprint, to give 100 percent, believe 100 percent, and be 100 percent light. You are asked to be invested in your future.

Within a great deluge of truths, you are asked to release what you once believed but now weigh you down. Like a child who releases her belief in Santa, you are asked to set free what was cemented in time as your truth. Throughout time, you have given 100 percent of your heart, mind, body, and soul to what you believed.

As the fifth-dimensional galactic human is birthed in 2020, humanity will finally realize and remember its purpose. A great gift awaits those of you strong enough to stay on the path of light during its evolution. Light consciousness will be transmitted, allowing a higher intelligence to be imbued on those seeking to know. Old ways of thinking will be dissolved, along with many outdated limitations. New beliefs will generate at an accelerated speed, giving life to all thoughts and words. An arc of light will join other star intelligences aligned with the new Christ codes. Divine seeds that have been afraid to sprout will take root in this higher ambiance of light that houses a deep universal love. When you live in a place of light wearing a garment of love, you will move to a place of new energy codes, bringing fulfillment that cannot be attained any other way.

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Love Envisioned

The Council of Transition through Takeli M Magdalen

Greetings, dear ones. I am Mufa of the Council of Transition, speaking with you about the place you may choose to hold on to as changes accelerate now on your Earth plane.

The message this day is to offer you the strength of hope, that all you would seek to be your life can and will be created through thoughts of love for yourself, even in these times of massively shifting frequencies and turmoil beneath the surface actions of your governments and the regulating bodies that seek to increase their authority over humankind. How is this to come to be? By your willingness to hold a vision that excites and is so much part of your thoughts and emotions that you cannot set it aside for more than a brief period before it comes forth within you again.

You have been asked many times by us to develop this vision, refine it, and represent it in your life, symbolically if not materially. Now is the time to strengthen your resolve, setting aside all human concerns about how the vision will be manifested to you. Use its empowerment of your thoughts and emotions to celebrate its arrival to your journey's process.

This vision and its thought process have not come to you by chance, nor are they reflections of selfishness or other thoughts of this nature. Where there has been much lack, there is much rejoicing when it is rectified. The vibration of love has formed a vision that has so touched your heart and your awareness, for it is derived and developed in deepest connection with your higher self. This part of your light essence, your essential self, is well aware of what you most wish to experience while embodied in this dimension. It is also aware of your previous roles and experiences in this and other lifetimes. Therefore, it works with you to establish the way forward. When the moment arises, this vision can be fully implemented in your life's processes.

If you do not yet have such a vision for the next phases of your life, develop one for yourself. It is not to be shared with others, unless they form part of it with you. Allow it to become refined well before sharing. Journal, research, pray, and meditate for love to infuse your vision of the most desired circumstance in your life.

Do not allow thoughts of improbability keep you from the vision's fullest development. In refining it, consider the steps needed for its implementation.

Remember, we in the realm of spirit do not perceive things as you do. Through nature's energy, much that humans consider to be impossible can be realized.



Service to Self and Others

As you continue along your path each day, look to how those around you are meeting their challenges in life. Participate with them in opportunities to be of service to another. By doing this, you develop your own understanding of what you are capable of as well as the gift you are providing to the other.

While service to another is of great importance, ensuring that you are taken care of is of greater importance. Choosing to provide for yourself brings on periods of quiet reflection of your life, thus clearing away the debris of your encounters, present and past. This process opens your heart for deeper connectivity to your guidance and your higher self, who is working to position you where you need to be, mentally and emotionally, for the next phases of your life's path on this physical plane.

The next year, or longer, will reveal much that has been hidden from the public eye. It is necessary for you, as the loving spirit you are, to maintain a positive journey. This allows others to understand, through the connectivity of the mass conscious awareness, that there are opportunities for positive outcomes to be realized in life. Far from being ineffective, the service you offer — in defining and holding on to a vision of life lived fully in ways that create joy, peace, and love — allows others to define their ideal processes as well.

We in the spirit realms are seeking out such visions of self-empowerment so that together with humans, we can cocreate a shared vision of what the immediate future will hold for those embodied on the planet. While those visions may be constrained somewhat by third-dimensional understandings, the energy of love that is woven into them at the foundational level is of most value to us all.

You may hold a vision for humanity in general, yet we ask that you focus on yourself first in recognition of what is of great importance to you as a spirit embodied as a human at this time. From this will flow further visions. For one who has hungered, focus on the food that

is available before thinking of the gourmet feast for all. Once you have eaten your fill, then prepare the table for others to feast with you.

Fundamental to this understanding is the thought that you were created as a spirit essence by love in order to express and experience love. This has become distorted in your world, such that greed often masquerades as love. Those who are able to recognize themselves as born of love give much, both willingly and unknowingly, to those who demand services. By defining your desires and choices, you regain command of your chosen path while enjoying the vibration of love and happiness woven within it with those around you so that they, as well, seek out their own choices made with love at the core. For that which is chosen from the heart will not ever be that which hurts or dominates another.

The Bioenergetics of Ascension: Hope for Humanity

The Great Wisdom through Judith K. Moore

Throughout the ages of time — for millennia — the light has been oppressed by power structures that utilize human egos as tools of illusion and manipulation. But you have not become lesser beings. You continue to seek the light and fight for liberation. This is because humans are part of the bioenergetics resonance of the divine force of creation, which is life.

The blue-green mother is made of this life force energy. Your planet teems with life, which is the essence of the source of creation manifest as an ecosystem of inner-related geometries of conscious bioenergetic particles. Each particle contains the vital life force of creation. The power of creation itself is manifest in the living body of Earth. Human DNA carries the living blueprint of the blue-green mother, which is the God code. Humanity is part of the living body of Earth and carries the dominant genetic code of the life force of the blue-green mother. Primordial humans resonated with the harmonic frequencies of Earth.

The age of oppression has ended, and liberation is at hand. Now a new reality emerges that alters the nature of existence. You are aware that your planet is being infused with cosmic particles and harmonic frequencies from very high dimensions of space-time. You are indeed receiving waves of energy that illuminate the God code in the planetary DNA with the essence of source creation. Human DNA is being activated with powerful frequencies from source creation that activates the crystalline codes

Use the joy at the core of your vision for yourself to bring the strength to continue with the life process you are currently experiencing. By creating the vision, the reality of it will come to you when it is able to be implemented in your life, as it will be through the love of your higher self — the part of you that loves you and all unconditionally — and through the love of the many who walk with you, unseen, from the realms of spirit. For truly, 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 Takeli.com, or email her at takelim@gmail.com.

of DNA, which are called the ascension codes.



Earth Is a Cosmic Melting Pot

Your planet is a cosmic melting pot. Over ages of time, it has been affected by genetic infusions of DNA that carry distortions and fragmentations. The infusions were both bioenergetic and biochemical. Every time the planet goes through a meteor shower, it takes on DNA from other existences. Much of this DNA is from planets that were destroyed or destroyed themselves. This DNA carries distortions that have adversely affected the genetic mutation of the planet. In addition, your planet has been colonized by off-planet species. Some were of high vibrations, but others were not. There was an effort by lower-dimensional, off-planet species to manipulate human DNA. These distorted DNA codes are not sustainable. Eventually, the dominant human DNA of harmonic oneness will surface and begin to restore the full-spectrum DNA of all planetary bioenergetics of all species, including humans.

The distortion in planetary DNA serves the highest good, because vast amounts of off-planet DNA are being resolved, attuned to oneness, and restored through planetary energetics; however, lowering the vibration of human DNA adversely affected the evolution of consciousness. DNA is the key to the holographic reality on

physical and energetic planes of existence. Thus, many of you do not have a direct link with the God codes in your DNA to resonate with your heart frequencies and awaken to the higher frequencies of oneness consciousness. But the God code is there; it is part of your DNA. It will wake up and awaken the human soul.

Your High Vibrations Lift the Planet

The DNA of awakeners resonates with the source vibrations of oneness, and it transforms distorted DNA into a sustainable DNA code that resonates with heart vibrations. This is the power of transformation as an active force of planetary ascension. It calls you to resolve your traumas, heal yourselves and the planet, and cocreate with the divine source of oneness. DNA is intelligent and naturally evolves when it receives impulses from evolved DNA. You are generators for high vibrations that activate the God code in humanity and accelerate planetary DNA. You have made the choice through free will to serve the light and be of service in the highest sense.

This intention is a tool of manifestation that activates alchemical forces beyond your comprehension.

Be aware of all you are, for by your awareness, you empower the process of human evolution. Now is the time to dispel the illusion of separation and to empower the action of oneness for the planetary ascension and change that is at hand. Be aware of all that needs transforming, but do not become obsessed by it. It is simply energy in the distortion of the holographic field of material reality that must be transformed. The greatest thing you can do is to let go of the power of fear. Trust. Be patient. All that manifests in the higher planes of existence will manifest on Earth. Now is the time to celebrate life and trust that a divine plan is in place. So be it, and so it is.

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.

Focus Higher — a Pathway to the Next Dimension

Goddess Marillia through Karinna Nielsen

The completion phase of third-dimensional reality on the Earth plane is here, and a new beginning is occurring. You will feel this as you “focus higher” and direct your thoughts into a new dimension that is now accessible to all. Focusing higher simply means becoming aware that every encounter, thought, and interaction has a higher light component that can be used to avoid being drawn into a lower frequency of engagement in the third-dimensional, yin-yang reality. In this way, you elevate your awareness of light and focus higher in love.

When you feel yourself drawn into the older, lower-vibrating way of being — for example, “I’m right and you’re wrong” or “This is good; that’s bad” — understand that there is a choice you can make to focus your awareness above duality and know that a balanced light of love opens a pathway to the next dimension.

Love yourself enough to move away from making someone wrong in order to make yourself right. Refocus your awareness higher and higher until you reach a level leading to pure love consciousness. You will feel this level of consciousness in your heart. Once you have felt it, you will remember it. As you practice this each day, you’ll be able to reach that consciousness more easily. And what

better day than today to put this into practice?



Maintain Harmony

During family gatherings throughout the year, I’m challenged to have harmonious conversations with my family and friends. How can I create a more balanced experience for myself and everyone on these occasions?

Balance comes when you focus on the omniconscious light of everyone. Focus higher for each person you know. Go beyond seeing people as human beings, possibly struggling in the yin-yang of the third dimension, and see them as higher lightbeings of love evolving into the next dimensional light. This will help you to find the most loving perspective you can for each person and avoid locking him or her into a lower-dimensional focus of anger and confusion.

You can prepare for this in your meditations. As you meditate, in your mind’s eye, see each one in your circle of family and friends. Focus love toward each person, and see the higher-light awareness of who each truly is. Focus your love to the higher selves and know that it is possible to draw others into a higher-dimensional focus with you.

From a broader perspective, you are assisting in consciously creating a new reality on Earth. When you, from your heart, can find a higher light focus in every encounter, you help to evolve the existing collective reality on Earth because the evolutionary process moves all toward a higher-vibrating, collective consciousness of love.

In this way, you are evolving your understanding of what all the great masters were aware of: Love is the essence of all life and the key to evolution. Love will be the prevailing focus on this planet very soon, and you can help the transition into this new dimension of consciousness by giving yourself and others the benefit of your love.

Embrace Truth and Passion

There are many challenges for lightworkers now. Sometimes I feel anxious about what's ahead as we move through 2019 with Earth's changes and the geopolitical chaos that's out there. What can I do personally to help with all of this?

This year 2019 is a 3 year in Lemurian numerology; the number 3 represents the trinity of truth, trust, and passion. This is the year to focus on finding a balance of your truth, trusting that truth, and bringing your passion to all that you do. When this trinity is in balance within you, you'll feel the love that is always found in the center of a balanced trinity light.

In feeling the truth, trust, and passion of who you are, you will feel embraced in love just for being yourself in the now. Focus higher in the light of who you are. Yes, you can speak or send light to the higher part of another

or to the space of concern on Earth's plane, yet it is you who must focus higher — into the higher light of who you are. When you do, you will find peace, love, and a higher level of consciousness.

After your next meditation, I encourage you to create new mastermind statements — some call them vision statements — for your life going forward. As you create those statements, focus higher. This will assist you in bringing in new ways of thinking and letting old thoughts fade away. Open your heart to new ways of perceiving life as it unfolds.

Try not to worry about how these new visions will unfold; just trust that the way will open. Unexpected things may happen, yet you'll know that you are on the right track when you are focused in your heart. In this way, love becomes the path, the light journey that you are on. Focus on what you would like to create in your life, and you'll see your vision unfold before you.

As you focus higher, especially in your meditations, you are raising your awareness of a collective consciousness of love. Soon more and more lightworkers will become aware of the new dimensional focus available to all on Earth — a higher awareness of love that can be directed through your heart.

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Who Are You?

The Founders through Sal Rachele

Greetings, dear creators, we are the Founders. Today, we are collaborating with the channel to present the most deep and profound message possible at your present level of understanding. Do not be concerned if some aspects of this message are hard to grasp or make you dizzy or confused. The purpose of this message is to trigger awakening of new synapses in the brain or, to put it a bit more metaphysically, to expand your consciousness. This channel uses common terminology mixed with basic science to make the difficult concepts easier to digest, assimilate, and eventually understand — that is, absorb — with your whole being.

Who are you? This question has been asked repeatedly throughout your history. The first answers are usually related not to who you are but what you do

or what you identify with. “I am a teacher,” “I am a doctor,” or “I am a family man (or woman).” Those of you who are spiritually inclined, or who have investigated this question before, might say, “I am a human being,” “I am a spiritual being,” or “I Am That I Am.” If you are sophisticated in your spiritual understanding, you might say, “I am a vast, creative, intelligent aspect of the Godhead,” or “I am a being of light sent to help awaken humanity.”

The closest you could possibly get to a real answer is, “Who I am is beyond words, ideas, concepts, language, symbols, metaphors, allegories, or any other verbal or



visual approximations.” Indeed, every possible description is just that — an approximation or pointer to something beyond descriptive words or phrases. When you say the word “tree,” is that word the actual thing being referenced? Of course not. Yet when you see the word “tree,” you immediately form an image in your mind of a large plant with roots, branches, and leaves. You remember experiences you have had with trees or what you have read about trees.

About God

You might ask, “Why would the Founders suddenly change the topic and ask a religious question?” Perhaps this is not a different question at all but different wording of the original question.

You mean I am God?

Perhaps, but what does that really mean?

I have heard that I am one with my Creator, that my Source and I are one. Explain, please.

At first glance, it surely does not seem that you are God. After all, you are viewing the world, or what appears to be the world, through a pair of eyes. You are using human senses to perceive what seems to be a world out there. But is there really a world out there? How do you know? Can science prove there is a world out there? Or is the concept of “out there” merely a stimulus-response factor interpreted by the brain when light hits the retina, is decoded by the optic nerve, and is transmitted to neurons in the brain.

You already know that what you see is not the way things actually are. That table upon which your computer or phone rests is not really solid. There is a lot of empty space between electrons and protons in the atoms that make up that table. Not only that, but you never see what is actually taking place this instant. No matter how close or far an object appears, you are always looking at the past. The light reflected by an object takes a certain interval of time to reach the retina and be recorded by the brain. For objects close by, this lag time might be a few microseconds. For distant celestial objects, the lag time could be hundreds, thousands, or even millions of years. In other words, when you look at a galaxy millions of light-years from Earth through a powerful telescope, the light of that galaxy takes millions of years to reach you. In essence, you are seeing that galaxy the way it looked millions of years ago.

You might be tempted to exclaim, “Aha! The world really is an illusion.” Not quite. Vibrating energy gives rise to the world out there. However, the idea of a separate observer that observes an outer reality is an illusion. All is contained within the mind of God. Nothing exists outside this mind although there are aspects of God beyond the creation. Have we confused you yet?

The Momentary God

Back to the question “who is God?” Let us pose an enormously deep answer in two parts: “God is everything happening in the past, present, and future simultaneously” and “God is everything happening sequentially in all time frames and dimensions.” Also, God is beyond all of that.

While we cannot talk about the aspect of God that is beyond everything that is since no reference points are possible, we can contemplate the actual meanings of “linear God” and “momentary God.” You might think it is easier to grasp the concept of a linear God, but you would be mistaken.

Another way to describe the momentary God is to imagine that everything in creation is happening simultaneously. In other words, God is viewing the universe through your eyes at the same time that God is viewing the universe through your neighbor’s, your friend’s, and your family members’ eyes. Everything is happening at once. Now is the only time there is. This can be proven. When do you think about the past and the future? Now.

From a physics perspective, you could say that the past and future are alternate realities happening simultaneously within your present reality. They only appear to be in the past or future because that is how your mind thinks. While it is useful to measure things in terms of linear time — for example, you will do something when Earth makes another revolution around the Sun — the psychological concept of “one year” has no basis in the objective reality. Where is “one year from now”? Show us. Is it under the table or behind the computer? It is merely an idea in the mind and a useful idea for planning purposes in the world. There exists only this eternal now moment that contains all there is, including the concept of one year from now.

The Linear God

So you thought the momentary God was complicated. Now contemplate this: With all the billions of life forms in the universe, why is God looking through your particular set of eyes? Forget for a moment that God is also looking through everyone else’s eyes at the same time. Why are you only looking through one set of eyes? If you are one with God, then shouldn’t you be looking simultaneously through all eyes in the universe? Pause. Take a deep breath.

Could it be that God is choosing to experience each of you one at a time, and at the present time, God just happens to be viewing the universe through a particular set of eyes that the lower self calls “you”? At some later point, perhaps after your death, the focus will shift to another life form, and you will live life from the perspective of that other life form.

It gets even stranger. Consider that each individual soul might evolve through hundreds or thousands of lifetimes on multiple worlds in multiple star systems. Perhaps God experiences each individual soul sequentially from its start millions of years ago, up to a certain point of merging back into oneness; then God goes to another soul and repeats this multimillion-year process. This goes on through billions of individual perspectives — that is, souls. It just so happens that you are the portal of perception at this time.

It's a lot easier to retreat from this macro point of view to the idea that you are just one organism in a sea of organisms of similar stature and build. Certainly, in order to function in this world, it is useful to think of yourself as an individual separate from others.

About You and God

You and God are One and the same. You are infinite. You are omnipresent. You are timeless yet living within time. You are every person alive now or who has ever lived. Every person is having experiences within your One Being. Yet there are aspects of God/you that are beyond everything. You can choose to experience the totality of creation in this eternal now moment, being everyone and everything simultaneously, or you can experience everything and everyone in creation sequentially, one soul at a time. The pair of eyes you are viewing creation with just happens to be where the pointer of awareness is focused at this time. Perhaps millions of years from now, you will be looking through the channel's eyes or your sister's or brother's eyes.

Once again, dear creators, do not try to analyze this message. Simply absorb it. Let it sink in a bit. Do not let it make you crazy. Some souls believe they are the

only thing in the universe that is real and that everyone and everything are figments of their imaginations. This is extreme narcissism and leads to insanity and the inability to function in the world. If this were true, then the human being you are perceiving through would be equally an illusion, meaning there is nobody and nothing at all.

A Word on Enlightenment

There is a fine line between enlightenment and insanity. When the ego disappears, only the creation exists. There is no longer a little self viewing the creation. Yet, for a while, a body-mind complex is able to function in the world, even if it exists just to support meditating on a mountaintop, figuratively or literally. Enlightened beings have a difficult time conveying their state of consciousness to those who are not yet enlightened. It is the greatest paradox. The only place you can possibly be enlightened is in the present moment, yet you have this perception that enlightenment is somewhere in the future or distant past. The perception that enlightenment is in the past or future is preventing you from realizing that you are already enlightened.

It is time for us to conclude this segment. Think on what has been given here. Ponder it. Meditate. Simply be present with it. We are the Founders. Good day.

Sal Rachele has been a pioneer in the human potential field for over forty years. He graduated from Silva Mind Control in 1976 and founded and directed the Alpha-Theta seminars in the late 1970s. Sal is the author of Life on the Cutting Edge: Second Edition, Earth Changes and Beyond, Earth Awakens: Prophecy 2012–2030, Soul Integration, and The Real History of Earth. He is the founder of Timeline Healing, a powerful form of therapy, and he conducts Timeline Healing certification trainings worldwide. To learn more, go to SalRachele.com.

Higher-Self Teaching

The High Council of Orion through Krista Raisa

We have been here a long time. We are always with you, wanting to talk with you. It is quite easy now, because the ascension process is under way. You are all feeling these acclimating energies. That is normal in the ascension process. It is real, and it is happening now. It's funny how you wonder whether what you feel is real or not, because it is real, and you are quite right in your insights.

We have been watching the ascension process. We can look ahead and look behind, so we have many "eyes" in many places. We do not deliberately try to look ahead or behind, but we can on request. We like to embark on these missions of discovery, because that is how we

answer your questions. You want to look behind to learn the lessons of the past, and we can help you remember, because we are able to look behind you, in a sense, with our perception.

We have the capability to hold and tap into light that extends through many dimensions. We can tap into the dimensions accessed by your higher self and access your information. We communicate with your higher self at all times. When you are open, we have access and are



thus able to bring down information. We can tap into your experiences, combine them with our perceptions, and give you our insights about the subjects you inquire about.

We need to help you open to your higher self sometimes, because many of you hope to tap in through meditation. That is not always easy, because you are not quite relaxed, and you don't believe in the process of opening to your higher self. Your higher self is always there, but many do not believe it, and you are quite afraid of the higher self. It is ironic how you can be so fearful of something so beautiful and who you truly are. Your higher self constantly oversees the life tasks you participate in. It understands you and does not bother you on this Earth plane. But when you tap into it, it always taps back, wanting to connect. It is simply a question of frequency.

Focus Your Light

When you focus on physical reality, you bring in the frequencies of the physical world; you do not focus on the higher self. You focus in many dimensions at the same time, in a sense, and it is quite possible to connect with your higher self, but you do not know how. You look to books and teachers to explain how to escape your mind and tap into this high-sense perception. When you tap into your high-sense perception, you have an avenue to your higher self. It is available at all times, but it is very intense for some to tap into this energy.

We want to discuss the higher self and its aspects. There are many parts of the higher self that have not yet been expressed in human existence on the planet. The higher self wants to express itself more and more, but there are only so many ways humans have to bring in this high energy. We can tell you that when you focus on the light within you, that brings your higher self into your physical reality, and as you do, you help elevate the energy of the planet. Focus the light within, because that is how you bring in the higher self. It is a question of focus, first and foremost.

You constantly focus on the specifics of how to bring the light in. It is through consciousness as well. Your awakened self is what is aware of the entire process, but you bring in the light. You feel the light through the pores of your skin and your entire awareness. Consciousness is many things. It is used as the reference to the mind, but the mind is only one way to focus the light. You have many feelers for bringing in the light.

Your higher self has many aspects and wishes to incorporate them into the physical world, but that is not quite possible, because the Earth plane does not support these elevated energies. Many unseen things would be seen; it would not be comfortable for the masses. Have you ever seen a unicorn? You would not feel comfortable

seeing one, because your mind is not yet equipped to handle such a thing. It would be quite detrimental to many to have such things appear. The higher self is a very magical device and has many capabilities. If you were to bring in these capabilities, you could, as a human race, create much destruction on the planet.

Your Higher Self Connects to God

The higher self is in constant communication with God, and it constantly wants to bring in more God-like aspects to the physical world. Can you believe that more light exists and is constantly evolving? There are many new realities for you to experience, and even at this moment, the higher self experiences other realities. They could be incorporated into your natural environment as well, but that would change many things. Many processes would change with one simple idea. This is why we say filtering the higher self is wisest at this time.

What do you all want to experience? When you have enough desire to experience something new, that is when it happens. Mass consciousness can handle this new ascension experience coming in, because enough souls want the same thing. That is the beauty of the collective consciousness and the togetherness of humanity on the planet. Enough people wanting change can change the entire planet and its makeup, but that is not wise. Earth is a learning place for many souls, and it would not be fair to others to completely change it. You want order in the world because it serves many. If you want to dance with unicorns, perhaps you can do that in a world of unicorns. You can manifest what you want on this Earth, but you do not want to disrupt the entire order of the planet. You want the highest good, and your higher self always wants the highest good, because it is in constant communication with God. God wants the best for all.

Your higher self wants you to know who you are, and it wants you to know what you are doing on the planet. Your higher self wants you to persist in your search for God, reality, and so on. Your higher self is made up of many parts and many focused attention points. It is focused in many interesting realities. Your higher self is a collective energy; you share higher selves with other people. It is not that there is one higher self for all humanity. There are many higher selves, but you can tap into the same higher self with another energy, because all is one.

Krista Raisa is a millennial psychic medium, teacher, author, and artist. Having lived and studied in New York City, Finland, and Sedona, Arizona, she began to trance channel the Orion Council in a parking lot in New Jersey. Since 2011 she has dedicated herself to helping multicultural starseeds worldwide via the internet. Her YouTube channel is StayCurly, and her website is KristaRaisa.com.

The Evolution of the Soul

Archangel Michael through Ronna



Beloved master, you must endeavor to expand your capacity for love and light so that it includes all creation: love of nature, love of animals, love and compassion for humanity, love of your perceived enemies, and most important, love of self. In essence, all of creation is a part of you, and you are a facet of the Supreme Creator. The expansion of God consciousness results in an expansion of your auric field — your light radiance.

Over time, more and more of you will develop a radiance so powerful and expansive that it will begin to have a positive effect on those around you and eventually on Earth and all humanity. Quite a large number of advanced souls have already gained this ability. However, you must remember that you cannot convey that which you have not claimed as your own. An important part of your mission on Earth is to intensify the light of lower dimensions. Expansion of soul consciousness results in an expansion of the auric field, both in intensity and scope of influence.

An aspirant on the path must focus on both outer- and inner-world training. You must strive to become a conscious observer of what takes place around you. Training yourself to become fully engaged with focused awareness of the physical events in everyday life is vitally important, as is learning to process harmonious and discordant frequency patterns to which you are subjected. You must then take the appropriate action. Practicing emotional and mental discipline is very important as you seek to become a master of self. You must not turn your back on world and life experiences but face them head-on. It is vital that you learn to view life from a higher vantage point. Endeavor to see the bigger picture and to not get entangled in small dramas.

Logic is a function of the physical-mental body and your mind. The knowledge or theories you accept as your truth must be experienced in order to gain wisdom from the disclosed information. The higher self and your sacred mind supply inspiration. You must learn to pay attention to the impulses of your sacred mind and sacred heart, or to the input of the prevailing facet of your higher self, for that is how you learn to communicate with beings of higher realms and gain cosmic wisdom.

Prepare to Move into Higher Dimensions

In the beginning, people communicated with specialized spiritual guides and guardians, but over time, this

ability was lost. As humans sank deeper into material consciousness, they became submerged in the sensations of the five senses and gradually stopped turning inward for a sense of connection with higher realms of consciousness.

The lower third and fourth dimensions are not bright and clear; there is a misty or foggy overlay. Souls existing in this environment do not realize this, for it is the state of awareness they are accustomed to. The reality of the lower third and fourth dimensions can be likened to existing within a murky labyrinth where you forever seek the path that leads you back into the pure light of awareness. This fog gradually dissipates as you move into the mid-sublevels of the fourth dimension, and your world becomes lighter and brighter as you traverse each higher sublevel.

To receive the lessons of light, you must lift your consciousness to attune to at least the fifth sublevel of the fourth dimension. In this subuniversal experience, there are seven sublevels to each dimension, with the first sublevel being the lowest and densest and the seventh sublevel as the highest and most refined. The masters and your guides are willing to meet you halfway, but only on very rare occasions do they lower their frequencies into the density of extreme duality, for it is too uncomfortable for them.

Reclaim Your Body of Light

The ego is a facet of the physical personality; it was designed to assist you in developing a sense of identity and individuality over time. An outward-focused mind is guided by the ego. The misdirected ego-self was instrumental in creating the belief system of the material plane, a reality based on separation, fear, selfishness, and scarcity. As you expand your mental horizons, you begin to break down the barriers of self-limiting perception.

Mind expansion includes activating dormant cells of upper-dimensional levels of the brain and tapping into the wisdom of your sacred mind. Blind obedience is not a requisite for enlightenment, for you are striving to become a master of self and to live your personal truths as they have been revealed to you and validated by your heart monitor.

Humanity is in the midst of a soul and cellular awakening. As you move into the vibrational patterns of the higher fourth and lower fifth dimensions, your cells, etheric body, and auric field begin an accelerated purification process. This process facilitates and ultimately results in the downloading of the many facets of your higher self and the gradual reclamation of your body of light. Stay mindful and aware every moment to keep your focus one-pointed and clear. You will gradually develop a sense of self-assurance and security — a knowing that all is well and that it will remain so.

The soul is a refracted extension of your God self or I Am presence. The soul uses the right brain consciousness of intuition, which is connected to the higher sacred mind and spiritual will. An inner-focused mind is guided by the soul-self. Humanity is in the process of developing the subtle, refined senses that have been dulled from misuse. You must move past the basic, often distorted physical senses and diligently endeavor to develop the higher mental senses of intuition and divine wisdom. It is of vital importance that you learn to control your emotional nature and hold your thoughts steady on the light.

Activate Your God Qualities

Your God self is your original core intelligence, your first individualized identity within a universal or subuniversal experience. Within this subuniversal experience, your I Am presence created your first twelve soul fragments or soul extensions. Since that time, your God essence has refracted and separated innumerable times. You are now in the process of reclaiming all the multiple facets of your divine self within this subuniverse so that you may move forward to a greater, more dynamic and expansive version of your divine self.

To assist you in accomplishing this, your diamond-core God cell and your personal flower-of-life creator wheel contain a full measure of the twelve rays of God consciousness for this subuniversal experience. They were designed so that you would always have access to your full spectrum divinity for this subuniversal experience. Your task is to activate these rays, to incorporate the God qualities and attributes they contain, and then use these qualities and attributes for the greatest good.

There is still much confusion as to what the soul is, how it functions, and where it resides. It is vital that you understand the intricate process of reconnecting with the many facets of your higher self. It is also important that you gain clarity about the more in-depth teachings we have given you regarding your multiple higher-self fragments (you have many, not just one) and the process for incorporating these multiple facets of self. Therefore, we feel it is time for an advanced explanation of this very important process for the evolution of the soul:

- You carry within your diamond-core God cell a crystalline, memory-seed atom of full self-realization from your point of origin. It contains a very brief overview of the highlights of every life you have ever lived, the major lessons you have learned, and the talents you have perfected as you've journeyed throughout this universe.
- The soul is an extension of your God self, or I Am presence. The soul is neither spirit nor matter. It is a crystalline, sacred-fire, memory-seed atom, a fragment of pure light essence that is programmed to record your journey throughout this subuniversal experience. It is the link between you, the many higher fragments of your higher self, and ultimately your God self.
- Your personal soul self for this lifetime resides within your sacred heart as a facet of your diamond-core God cell. A cell of soul consciousness also resides within the pineal gland. Each higher-frequency facet of your soul has its own memory-seed atoms. When a given facet takes up residency within your soul star as your oversoul, it gradually relays its personal vibrational-pattern memories to the memory-seed atom within your diamond-core God cell, and also to your embodied soul-self. First, it activates the appropriate memory-seed crystals within your sacred mind. As your frequencies expand to accommodate them, the memory-seed crystals held in reserve within your diamond-core God cell are activated. In this way, as you incorporate all your soul fragments, you eventually gain the ability to access all the wisdom, talents, positive memories, and experiences of your I Am presence for this subuniverse. This process repeats itself over and over as you traverse the multidimensional levels of God consciousness and incorporate more and more facets of your divine self.
- You were programmed to forever seek the sacred heart of your essence, your diamond-core God cell, and your crystalline-seed atom of creator essence.

Understand the Nature of the Fourth Dimension

At specially timed intervals, there have always been small groups of unique beings who have incarnated into different races and subraces. They bring fresh ideas and instill new qualities and attributes. These advanced beings interject their wisdom, higher consciousness, and special talents by example. They also merge physically with select members of the human species in order to advance DNA encodings. You are living in one of those special times.

The fourth dimension can be called a “transitional reality,” for this is where you begin to let go of all the

preconditionings of the past. The fourth-dimensional realm is more emotional in nature; therefore the heart and your feeling nature are the major focus. The ancients called the fourth dimension the realm of maya, or illusion. The collective mass consciousness of humanity fills the lower three levels of the fourth dimension, and this is where most of humanity exists mentally until you gradually turn inward and respond to the nudgings of your soul self. The ego-desire body personality is the master manipulator of this realm, and it constantly urges you to seek more satisfaction and happiness via sensations and external means of gratification.

You begin to tap into your inner-power potential as you move into the higher sublevels of the fourth dimension. Matter becomes more fluid and easier to manifest what you desire. That is why you must learn to be decisive and focus your thoughts with clear intention. A disciplined mind links the chains of thought together in proper order.

Scattered thoughts are detrimental to your progress. Living in the present moment — the now moment — is a critical component of attaining self-mastery. Mental effort is required to successfully traverse the path of illumination. Gradually, a good portion of your memory of past events fades as you move out of the realm of the instinctual brain/mind and into the realm of the higher mind. Important traits of a self-master are focused observational abilities and harmlessness in thought, word, and deed. As an aspirant on the path, greater and greater cosmic truths will be revealed to you. However, you should be aware that the lesser principles of ageless wisdom will constantly be expanded to incorporate the unique rules, laws, and truths of the next level of existence in the never-ending cycle of ascension in consciousness.

Reconnect with God Consciousness

You must keep the channel of communication open between the soul and the brain via the mind. This initiates the slow reactivation process of the pineal gland

and the opening of the portal to the sacred mind, which is located in the back portion of the brain, close to the crown of the head. The sacred mind resonates to the highest fourth-dimensional sublevels, as well as to all of the fifth- and the sixth-dimensional levels, with a small portion of seventh-dimensional frequencies/data, which are reserved for future use when you gain the ability to traverse the highest levels possible for humanity in this subuniversal experience. However, you must gradually increase your own vibrational patterns in order to tap into this storehouse of cosmic wisdom.

The sacred mind and sacred heart are not made of material matter; they consist of a gossamer, ethereal light substance that cannot be detected via scientific means. However, they are more real than any part of your physical body. Once you reestablish the connection between your sacred mind, your sacred heart, and your diamond-core God cell, there will be a constant flow of adamantine particles, as well as pertinent, advanced information coming from within your memory-seed atoms and also from your oversoul/higher self. That is why it is so critical that you reconnect the triad of God consciousness: the sacred mind, the sacred heart, and all facets of your diamond-core God cell.

As you move into the vibrational patterns of the fifth dimension, your cells, etheric body, and auric field begin an accelerated purification process. Tranquility begins in the lowest level of the fifth dimension and strengthens exponentially. Gaining godly power and wisdom requires that you move beyond the massive belief patterns of the collective consciousness of humanity and move into attunement with your cosmic consciousness via the many facets of your higher self. Emotional stability and mental effort are required to successfully traverse the path of illumination. There is a law of equilibrium that applies to the fifth dimension and above.

Briefly, the sixth dimension is the dimension of immortality and a greatly expanded soul consciousness as you reconnect with the highest levels of your soul potential within this subuniverse. The seventh dimension



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is the final evolutionary boundary for humanity within this subuniversal experience. The first sublevel (the lowest in frequency) of the eighth dimension is the infinity gateway, which you can tap into as you gain the ability to integrate more and more higher frequencies. A trickle-down effect is initiated as you gain the ability to access each higher-frequency level, whereby minuscule amounts of more refined God light begin to flow into your personal column of light, thus adding light to your auric field and the vibrancy of your soul song.

Remember, my brave one, you are living in the midst of eternity. The wisdom messages we bring to you are

not meant to set more rules or create new dogma. Our intention is to set your heart afire with love and to give you a glimpse of the glorious future before you. I will guide, direct, inspire, and protect you, and I radiate the eternal love of our Father/Mother God. 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 StarQuestMastery.com or contact her at 775-856-3654 or ronnastar@earthlink.net.

How You Treat Yourself Is How You Treat the World

Teacher through Miriandra Rota

Greetings! I am Teacher, and I come forth for a little chat. So much is occurring on the skin of Earth that her inhabitants are becoming fearful. That fear has had a part in the events that are unfolding in deeper realms. Now, what do I mean by all of that?

There are layers to this thing called physicality, and these layers have a direct effect on each other as they compose the whole. The layers are as follows: The first layer of Earth's skin holds within it the consciousness of creatures living directly on the land or in the water. Next, the layer that rests on the first layer contains the consciousness of humans. Another layer envelops both of those with the essence of the consciousness of the whole. Next a layer resides above the layer of the consciousness of the whole, and within it resides the consciousness of awakening humanity. There are several more layers, but the last that I will speak of is the layer that holds truth as expanded as it can be while residing within physicality.

Within all those layers exist ripples of cause and effect with expanding of consciousness. Now pay attention. As I said above, within the layers resides the consciousness of certain entities because all beings reside as one being, yet the consciousness resides as frequencies that flow about and within the whole.

Heed the Call to Truth

As physicality has been subjected to rash events, matching events exist within the consciousness of all layers. When consciousness in a layer expands to demand its effect on the whole, the frequencies of the

whole shift. Why? One would think that the consciousness of the whole would hold its own integrity! Yet that is not the case. Consciousness of the whole is affected by demands on it because this is stretched time, as I have spoken of previously.

Within stretched time is a multitude of expressions and demands, several of which have changed the nature of residing on Earth. One of these events occurred during the time of dictators who chose a path of control against truth. Now, that is the nature of a dictator, yet when such efforts are placed on the whole, in stretched time, a rippling flows forth within the frequencies of the whole and the entirety of stretched time. Within those frequencies is a call. What is the call? Oh, you are going to love this!

The call is to those who have been guarding truth and its many forms, to those who dare to stand strong in the face of gathering untruth, and to those who refuse to battle yet also refuse to remain subjected to untruth. That call rolls forth through the time stream. In this moment, a call is sent out, and those who reside as best they can in truth respond. They send forth love and go to those who are suffering. They dare to say no and yes to protect the integrity of truth as it resides incarnate. They dare to be who they are, lightbeings anchoring truth in an age when untruth begs to overtake that which loves as the flower loves the sun and the rain.

As untruth stakes its claim in physicality, patterns of the frequencies on Earth change. This has nothing to do with climate change although I am in agreement with



what scientists have been saying. This change is about the efforts of untruth to subjugate those who are not able to fight or say no or yes. Such efforts are causing great upheaval of the frequencies on Earth, which include the weather patterns and Earth's response to the changes in the layered frequencies that reside on her skin.

The truth is that everything that occurs in consciousness affects the whole, and the whole includes the patterns of frequencies called weather and Earth's response to those frequencies. Untruth, negativity, the efforts to control human consciousness for personal gain, and hatred's growth all are affecting Earth's ability to hold itself in one consciousness.

That means that all layers of frequencies, along with Earth herself, are rebelling against what has been occurring. Only so much hatred and hateful actions can be borne in physicality. Now, some are tempted to hate the haters, but that just compounds the issue. And you know the answer, of course. You have always known the answer. There have even been songs about the answer. The answer is love.

Love is all there is. Love, the breathing forth of love, and embracing truth are what hold Earth's layers in proper relation to each other. And that is what you are doing, my dear ones. If you receive these words, then you are breathing forth love simply by being alive. It is the nature of who you are.

Then why am I preaching to the choir, so to speak? I want you to know how important it is for you to stand within your own steppings, remember who you are, care for yourself and those about you, and love — love yourself, your family, your neighbors, your town or city, your state, your country, your neighboring countries, and the entire world. Then love Earth and all that she holds within and upon her.

You Are the Answer

If you sit quietly and think about this little chat, you can bring yourself easily to the conclusion that the way you love to be — in peace and in a loving manner — is the way that everything can hold itself. And with all of that love growing, everything can begin to align itself once again with truth, the knowing of One, and the joy of slipping out of hatred's grasp and radiating outward the blossoming of real life. It is daring to be — to stand strong. Be as the flowers in the fields. You are the answer to hatred's grasp — you who receive these words.

It's not difficult to set aside a day or more in which you refuse to watch the news and read words that tell of more and more hatred and its horrific effects. When you set aside such days to reside in peace, you are bringing into alignment all layers of residing incarnate. You are doing what you have always meant to do. You are calling forth from all layers, from all realms, those who

celebrate truth and the caring of all beings. That is the honoring of the life force as it resides incarnate in the holiness of being.



BREATHE FORTH LOVE

Right now take a deep breath, remember who you are, and dare to love right in this moment. Dare to set aside thinking about anything except knowing that you are very capable of love. Take this moment to love yourself, the next moment to love those around you, and the next moment to love nature as it resides about you, perhaps outside your window. Just begin in this manner. Make this love real to yourself, and then breathe it forth.

The next day, do the same. Let the love become real in your consciousness, and feel what it is like to be loved unconditionally. Love yourself in this way, forgive yourself, and embrace yourself and your journey. Begin this way. Feel it. Then love the same with those in your life's journey. Love the creatures. Love nature. Love the birds. Love them all. And in doing this, allow yourself to feel peace.



If you continue in this manner, you will change the nature of expression of those residing on Earth. All beings are calling forth healing and wholeness of being. All beings want peace; they just might not know it. Why wouldn't they know it? Because they rest in fear's grasp and survival's hold. But you, in your manner of being, can tap their spirit on the shoulder and whisper truth, just by being loving to yourself.

Loving yourself is loving the whole without effort to change your thinking about all beings. You are the whole, and the whole is you. When you are kind to yourself, you are kind to the whole. When you are gentle to yourself, you are gentle to the whole. When you accept yourself, you accept the whole. When you are loving — really loving — to yourself, you change the nature of the whole as it manifests.

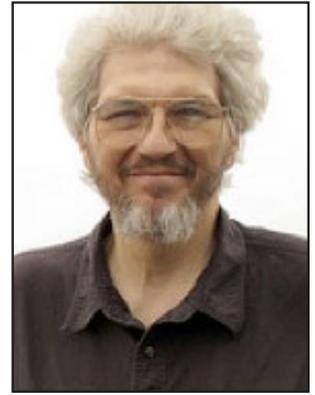
Never underestimate who you are in this grand stretching of time. I am most proud of you. Until we speak again, I am Teacher, and I say the words “so be it.”

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.

Gobekli Tepe, Turkey — Ancient Pleiadian Healing and Manifestation Circles

A Pleiadian through Robert Shapiro

21 February 2019



[Publisher's note: I asked for someone who lived now in the future who had been involved in the building of the stone circles filled with T-shaped columns and columns carved with strange animals that we call Gobekli Tepe in Turkey to speak through Robert Shapiro. I asked, if it was possible, whether they would also speak to us about their perception of our time now on this planet. This didn't get recorded. See cover pictures.]

All right, thank you for the opening remark describing the site; it helped. Now, I may or may not be able to advise you in your time. But the purpose of the platforms that you refer to was to create a location to provide services to our people that would last and create a generational connection to our people in the future. As it happened, our people did not stay there. The reason, for the most part, was that it was not fully understood by our scientists how outwardly expressive your planet is. We didn't expect so much wind and other Earth motions, so even though the areas — the platforms — are still somewhat active (not much anymore, since our people are not there), there is still some slight support for the creation of what was literally asked for.

Initially, the elders — or the one picked in any given group or family — would stand in the center of the circle, or as close to the center as possible, and speak of what was needed, desired, or what would simply be enjoyed by us in that part of the planet. After that request was made, a pictorial in stone was created — you call it a carving — requesting certain types of beings we considered friends. These were not considered a food source, as our people did not eat other beings but rather certain types of “others” we found pleasing to be around.

Of the circles uncovered, from what you have stated, we think this might not be all of them. According to what I'm looking at, there were fifty circles. Either the others have not been uncovered or perhaps something happened over time and they are no longer present. I

don't think they will create a disturbance to your people, but I do think certain aspects of our behavior have caught on. If you look at some of the carvings in the stone columns, there was a stance — a way the person would stand?

Yes, there are circles with stone columns that are shaped like a T with carvings on them, and some people with their hands against their hips with their fingers coming to the fronts of the bodies. A few have been excavated, but there are many more that scientists in airplanes have seen by means of ground-penetrating radar that are not uncovered yet.

Aside from that, I would simply say that some gestures were not typical for human beings to make at that time on Earth. It wasn't typical for human beings to take a certain stance with hands on their hips. So that, I think, is what I was referring to.

Oh, yes, there are carvings just like the ones in South America that have hands carved coming around towards their bellies (image 1).

Yes, those positions. This is important for those of you doing spiritual work and other things. Those positions are intended to show that the speakers (who would have been at the center of the circle or as close as possible) would stand with their hands in that position on their bodies. The position of the hands would request that the pictures shown (the beings in those pictures carved on the columns) be present on Earth physically. That's what the hands on that part of the body meant, physically. It wasn't for a food source, although some people might have speculated that. This



Image 1. Carved stone column showing dantian, the “stance” position

was to instruct succeeding generations of our people — in case it was forgotten, since that was possible — that was how you stood. In this way, the request became not something that occurred in a dream or in a vision but actually manifested physically.

Can you say how long ago you were here?

Our people were in that location thirteen eons ago. Now, to us an eon is not the same as it is to you, and I am unable to translate what it means in time. But I can say that after our people left because of Earth's expressions of herself — wind and storms and so on — it is possible that others came and used those circles, at least when they were on the surface. But over time, things on the surface usually are no longer there.

Was your creation of these circles after a flood or before a flood?

Oh, I see. I do not think a flood was a factor in our people leaving. There were rivers and lakes, yes, but if there had been a flood before that, we were not aware of it. It might've happened after we left.

How long were you here? Can you say that?

I'll try to say, even though our time measurements are different from yours, and they don't seem to equate. This is what I can get for you: If you take your average human life span in your time measurement and multiply that by twenty-three, that would be approximately how long we were on the planet.

Okay. That's about 70 years times twenty-three, which is 1,610 years.

I know you're saying something for yourself or for some other, but it doesn't relate to me, meaning I am not a mathematician.

Compatible Communication

These circles were ceremonial centers, so where did you live when you were here?

We lived in the open. This is why we did not leave at those times when the weather was calm and pleasant. Occasionally, there would be others who lived locally on Earth who were born and raised there. They were compatible with the weather and Earth, and I think they had no struggles or difficulties. They usually avoided us, probably because what we created with the circles was not anything they did. So apparently with human beings on Earth at that time (I don't know if it's still the same), when things happened that were completely different from anything they knew, there was a tendency to avoid the area. So most of them avoided the area, but occasionally braver beings came to communicate and inquire as to what we were doing. We explained as simply as possible. They nodded and sometimes stayed for a meal, and other times they moved on.

I am looking at one of the carved columns in a circle right now

that has a crab on it, some geese, and some other beings I can't identify image 2). So you asked those beings to be physically in your vicinity?

Yes.

How did you know they existed on Earth?

They didn't, as far as we knew.

Oh, you were calling them in to incarnate here?

Yes, they could very well have existed, but they didn't exist in that area. So we requested that they exist in that area, because we are compatible with them and we like the way they think and communicate. We felt that if we needed to understand Earth and the citizens of Earth better, perhaps they would be able to explain it to us.

How did you know they existed?

They existed on other places. The beings that we requested all exist on our planet.

What planet is that?

I don't think it would make any sense to you, but I'll do my best [makes a sound with tones].

Okay, is it in a galaxy that we've heard from and understand, or can you say where it's located?

It is in your galaxy, but not where you can find it. Propulsion won't get you there.

A Suggested Venture

How did you happen to come to Earth?

Well, one reason was that we had heard from our friends — the beings I referred to — who were near there on another planet, though not in your solar system. They said there was a nearby solar system we might want to look at. Oh, I see now the connection. Our planet, if you approach it, is blue, white, and green, so that's why our friends must have said we might like your planet, because they have similar colors. The patterns are a little different, but the colors are about the same. Our planet is a little smaller than yours, but approaching your planet from space was an odd experience. It felt like we were coming to see friends or cousins. So we were a little startled that the human beings on Earth were not like us. They were very similar to us, but they were not like us, and that was a surprise.



Image 2. Carving of beings being asked to come to Earth

Apparently our friends who advised us to go there thought we might enjoy it because of the similarity of appearance from a distance. We even have some similarities in weather: warmth, sunlight, rains, and occasional lightning.

One of the circles I'm looking at is filled with rocks (image 3). Did you leave it all open when you left?

They were not filled with rocks when we were there.

It's like someone deliberately buried them to protect them.

I think it's the other way: Someone after us may have covered them so as to not see them. There were some people who did not like the circles or did not trust them or felt they were unpleasant to their eyes.



Image 3. A circle filled with rocks after the Pleiadians left — partially excavated

The Purpose of the Gobekli Tepe Carvings

A Pleiadian Child

25 February 2019

So you have been interested in the carvings, especially the ones that have depicted forms of life that do not exist on Earth [image 4]?

Correct.



Image 4. Forms of life that do not exist on Earth

Those forms of life did once exist on Earth, but only for a short time. Some of them were brought by visitors, and some were the visitors themselves. But what was understood shortly after those forms of life came on their own, with others, or were brought by others was that this planet was not about that. This planet you are on is for experiencing (as you know for human beings and even for all other beings) individuality. Each individual (not every single one, but with a few rare exceptions) for the most part experiences itself as one recognizable form of life. I grant that seahorses are an exception, but they are among the few.

When this was understood by those who were visiting, those forms of life felt it was important to leave a record of their existence. They do exist in other places, and they are people. But on Earth, once that was realized, those forms of life either got back on the ships or

were picked up by ships that came back to get them. It was not that they were uncomfortable on Earth, but the realization set in — usually due to this or that teacher — that was not what Earth was about, at least for the foreseeable future from that perspective in time.

I thought I'd start by explaining that to you. That's why those mysterious pictures are there, carved on the columns in those circles. But the pictures were left, as well as other impressions of what they saw at the time, or sometimes the pictures were just beauty and art for their own sake. Other times, they were ideas of many different forms of life that all have something in common.

There's a pattern on one of the pictures you sent to Robbie that looks like art, meaning it appears to be a decoration where all the forms in that decoration are pretty much the same [image 5]. That was a reminder that all life forms, at their core, are exactly the same on Earth: They all have souls. Animals are not soulless; they all have souls. But scientists — including those who know and believe in religion or philosophies that acknowledge the soul or self as a significant portion of life — have not realized or accepted the fact that all forms of life, including particles, have their own unique souls,



Image 5. A reminder that all life forms, at their core, are exactly the same on Earth: They all have souls.



Image 6. A partially excavated circle — one of 50

which says, of course, that they have their own immortal personalities. So that is the meaning of that apparent decoration. If you have any doubts, ask the channel, and he will make it clear to you what picture that is about.

Healing Circles

Now, I am aware of the person who you were talking to, but I will not pick up that thread. Instead, I'm going to tell you that I was alive in that time our people were on your planet. I was not one of influence, but I was there. We were not from Earth (I think I've made that plain already), but at that time, it was an accepted thing that you could come from other planets to Earth and stay for a while. Usually, it was encouraged that you stay underground in a place that wouldn't disturb the surface dwellers. But if you had something to say or do that might bring some happiness or improvement in life for the surface dwellers, you were allowed to do that.

The circles [image 6] performed healing, and in those times — even though the surface dwellers/humans had their own ways of being — they still had illnesses and injuries. If they could get to a circle or be carried to one, they could lie down in it and be cured. This did not happen instantaneously. They fell asleep, and the others sometimes sat at the edge of the circle (that's why there was a place for them to sit). But most of the time, they sat outside the circle and the person lying in the circle experienced a healing.

Now, I know you are going to ask where we are from, and I can tell you we came from the Pleiades. In some of your previous material I think you may have published, the way the Pleiadian people (on one of the planets) would come to the end of their lives was to lie down on a walkway that was often beautifully formed and looked like what you call tile (although the designs could change according to the energy that they were exposed to), and they died there. It was not unpleasant, unhappy, or dramatic. As the soul slowly left the body (I'm going to

call them tiles even though they weren't that, but that's how you would relate to them if you saw them), the tiles changed and transformed. Circles radiated out, and it was like the circles were expressing joy and happiness and sending love to loved ones or friends or family. Then there was a bright spot in the middle. The soul or spirit was gone, and people removed the body.

So that's just a reminder, but in terms of Earth with those built circles, it was decided that what was needed (given that most surface dwellers were nomadic and that you couldn't tile the whole planet) was a place with beautiful structures that attracted people. At some point, someone went there with a wound or a disease and lay down, and others noticed that they got better. So that's why we were allowed (granted, I wasn't doing it since I was a child at the time) to build these structures, because it could improve the quality of life for the established surface dwellers.

Bird-Headed Beings

The previous speaker said that the people in the area did not like to look at the circles, so did that mean they didn't understand their function? They weren't willing to ask about it or learn about it?

Is this something I said or the other one said? I'm not going to comment on what the other one said. I will explain, however, how it came to be that there were stones piled in there and all that. Is that what you are asking about?

That's part of it, yes.

That came along much later, when people on the surface forgot what those circles were for. They would just walk by, look at them, and walk on, even if they were sick or hurt. This is not unusual in your time, that people forget things. If the awareness of what something can do, even though it's ready and available to do it, is not present, people might come to misunderstand it, or they might judge it in some way. In the case of the circles, sometimes there appeared one of the beings who designed it (at a distance, because they were no longer there). They would come to see how the circles were faring and to see whether everything was still all right. It was one of the beings in the carving, the ones that don't exist on Earth, with a sort-of bird head.

The ones with the sort-of bird heads were the designers of the circles, and they sometimes traveled through light, and then the light was in the circle. Then you could see them. This was the bird-headed being who designed the circles as well as an example of a being that was more than one thing. Of course, since they were unknown on Earth, some people



Image 7. The bird-headed being who designed the circles as well as an example of a being that was more than one thing

got suspicious, and they put rocks in there. The so-called tiles were the same as the ones in the Pleiades, so the designs could move. They covered up the tiles, and then the beings could not really be there because the circles were covered.

The Pleiadian version of the tiles is alive and was the route allowing beings to come and visit, because they would connect there. But once they were covered up with stones, and in some cases dirt or just time, then they couldn't come anymore, because the tiles did not function the way they did on the Pleiades. At that point, the designers changed the Pleiadian version of the tiles to an Earth version with a fixed pattern. They felt that would be the safest because the circles would probably be uncovered by people or by something Earth was doing with wind and so on, and if people did not know how to use them, it could accidentally alarm them. So that's why the change was made.

So right now the circles that are being excavated and opened no longer have any power in them?

No, they don't have that power. But at some point, when there is contact between Earth and extraterrestrials, then it might be possible to return them to their original functions.

Spiritual Education

Can you ask somebody how long ago it was in our time when you were here and when they were built?

Let's see if I can get the figure. It is a little confusing, but I will give you two numbers: It's either 40,000 years ago or 400,000 years ago. I'm not sure which, but the figure 40 is stronger.

Do you know who Zoosh is?

No.

Okay. Do you have a spiritual teacher you ask things of when you need to know something?

No. There is a reason why I don't have one. Remember to ask questions. Why don't I have spiritual teacher?

[Laughs.] Why don't you have a spiritual teacher?

This is because I know what I need to know in my time. I was educated by my parents, and my parents are spiritual teachers. There are wisdom teachers. You

probably have wisdom teachers you call elders or parents. That is not the case for me; my parents are still present and young. Oh, I see what it is. That is why I'm here. [Laughs.] I was young in that life on Earth, and I'm young in my life now, so that's how I can relate.

So what is the length of incarnation in your body? Are you still alive? Are you 40,000 years old?

I am not 40,000 years old. What makes you think that? Oh, I made a mistake; I didn't say it right. When I was on Earth I was a child, okay?

Yes.

Where I am in my life now, I am a child.

But in a different life?

Not the same child. Is that clear?

Yes, that's clear. You came here on a spaceship, right?

Yes.

And you left because the weather was so nasty. Why didn't you just build structures to protect you from the weather?

All I can remember is that one day we were told that things were changing on the surface of the planet, but it wasn't going to happen immediately. It was felt that it would be better for us to leave, and being a child, I didn't have a vote, so to speak [laughs]. But things were changing, and my understanding at that time in that life was that things were changing for the surface dwellers, meaning the human beings, and to some extent for other surface dwellers. Perhaps it meant the surface dwellers were changing in some way; I don't know. But that's why we left.

Well, it could have been that an ice age was coming or a flood or something like that.

No one told me at the time. They just told me what I told you. That's all.

Is there anyone you can ask now about the reason they left?

I can go away and maybe someone else can come and answer. I am not offended. Sometimes I cannot answer your questions. If you want someone else to come, I don't know whether another will be available. I am a child, so I don't know, but I'm not offended.

No, you are a delight, but if we could find someone who has more answers to the questions, that would be great.

Zoosh Clarifies Some Details

Zoosh

All right, this is Zoosh.

Welcome, welcome. Can you fill in some of the details?

I don't know. What did you have in mind?

The first thing is: What was about to happen on Earth that caused them to leave?

I think that the surface weather patterns were changing, and they had been advised by those who could look at the future that there were going to be sandstorms and possibly — well into the future — floods and so on. It was felt that it wasn't imminent that these things would

happen, but there would be a buildup, a change of energy. During that change of energy, the surface populations would change. Some of them would get upset, some would get angry, and some would start fighting. This is not unusual. Even in your time, this happens. Sometimes people get anxious and upset, and there are fights and various dramas, and then comes a big storm with thunder, lightning, rain, wind, and all of that. Afterward everything is calm again, and the fighting goes away. That kind of thing would have been upsetting to the peoples there. They would not have been able to tolerate that, so it was the buildup of that energy they needed to leave at that point.

Right. The being that was just here said 40,000 or 400,000. Is either one of those numbers correct as to how many years ago they were here?

Just a moment. You know how they got those two numbers? Well, the reason is that they were here on third-dimensional Earth. You are not on third-dimensional Earth. What the being told you was really very accurate: It was either 40,000 years ago or 400,000 years ago, because you cannot measure time. Even equating the youngster's time and your time, it didn't work. He equated at first to third-dimensional time, and then he equated it to the "in-between stage" you are in now, and that's where the 400,000 came in.

Well, scientists are carbon dating it as 12,500 years ago.

Then that would suggest —

The 40,000, yes.

I would leave this in the manuscript because it is important for people to know that a wide variety of time, recollection, and remembrance — which is sometimes a little different from recollection — is quite flexible now. This is part of the reason people can experience the same event, in the same moment, standing right next to each other, and each has a different remembrance or recollection of it even twenty minutes after it happened. Time is in flux.

Ah, that's right. You said everything can change, and it can change for the better. Yes, I like that. Okay, there are depictions in South America with the same position of the hands. Did another group of the same people go to South America, or did some of these people go to South America?

No, not the same people.

Some other people from the Pleiades who understood what that meant, then?

No, that has a meaning in your now time.

What is that?

Dantian.

Dantian? I don't know that.

Look it up. It has a meaning in your time.

Dantian is loosely translated as "elixir field," or simply "energy center." Dantian are the "qi focus flow centers," important focal points for meditative and exercise techniques.

The lower dantian is particularly important as the focal point of breathing technique as well as the centre of balance and gravity.

Taoist and Buddhist teachers often instruct their students to centre the mind in the navel or lower dantian. This is believed to aid control of thoughts and emotions.

Source: Wikipedia

More Details

All right, I asked why, if they had a spaceship, they lived on the land without any protection from the elements. They told me why they left but not why they lived that way. Do they live that way at home in the Pleiades?

The reason they lived that way on Earth was that there was nothing to be concerned about with the elements. At the time they were there, it was that way on their planet. That's why they were attracted to this planet in the first place. It was calm.

Ah, okay. Is there anything else you can say about those fifty circles that I don't know to ask?

The fifty circles all functioned in exactly the same way. What if there were forty, fifty, or sixty people who were all ill at the same time? It was not like they could take aspirins. They would all have the opportunity to lie down in a circle and be cured.

Did that happen very often?

Yes, it happened several times during the time of understanding of what the circles were for. Keep in mind that people were nomadic, so the same people weren't always present in the same area. They tried to leave some kind of message in the dirt (but those messages didn't last) or something like that for others, telling them what it was to be used for.

Did I understand the child to say that once they manifested all those beings that had not been here on Earth, they realized that they shouldn't have and the ET ships took them away?

Yes, that's a simple way of explaining it, and the simple way is often the best way. The ships didn't take them away. It's just that they got on the ships and said, "Oh, we are not supposed to be here, because we are more than one thing." I think the example was given about a seahorse as the exception, and there might be a few other exceptions of beings that appear to be more than one thing at once (such as a duck-billed platypus or something like that). There are a few life forms on the planet that are still vestigial remains of more than one thing.

Oh, I see. I didn't understand that. Did someone create them that way, or was that their natural form from some other planet?

It was their natural form. They are people, and human beings have a tendency to separate themselves and even cherish the documents that said they are in charge, something like that, or documents that have been misinterpreted over the years, through various translations, suggesting that human beings are in charge of nonhuman beings. That is not true, but in time this will be acknowledged, and then maybe, if all goes well, people will actually learn what other forms of life have to say to them. They may not speak your language, but it can all be done telepathically.

Oh, we look forward to that. Okay, that's all the questions I can think of, and I really appreciate you coming in and clearing this up. There's so much speculation now from archaeologists and ancient-astronaut theorists as to what these circles were, when they were built, and how they were used, but this should clear it up a little bit.

Well, that's one of your jobs with Robbie — to offer alternate explanations that people can choose to believe

or not. But alternate explanations can sometimes lead people in the right direction. Then they can explore that direction and maybe find out other things. As with many things, sometimes they won't actually have to do any exploration physically. They can just look at the data and reinterpret it according to another point of you. This happens all the time. There is hope that someday it will be reinterpreted correctly, which it has many times, but not acknowledged as being valuable. In the end, it will. On that note, I say good night.

Thank you.

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 [Twitter.com/BenevolentMagic](https://twitter.com/BenevolentMagic).

Call on the New Reality for Strength

The Great Divine Director and Sanat Kumara
through Maureen St. Germain

I am the Great Divine Director along with Sanat Kumara. We are calling your attention to the need for you to ask for help. We know your life is challenging and sometimes difficult. Each of you has trials and tribulations. But you no longer need to suffer silently, and we invite you to use us, rely on us, and ask for our help. We love you so very much.

Many of you forget to determine how your day will be. You forget to announce that you are of God, and you go out into the world like a child in winter without a coat. We are here for you. We — the ascended masters, your angels, and guides — are waiting for you to determine your fate by choosing the way in which your life will be experienced.

You have heard that the outcome is assured, and this is so. Yet you can take the easy way or the hard way. From our vantage point, there is no benefit in taking the hard way over the easy way. You can invoke your angels' help. We wish you would. Remember, angels are for miracles, and the ascended ones have mastery in living in a body on Earth. My own causal body is larger than Earth. Call on me for a strong direction in your life's mission, and I will help you see it and achieve it.



Discarnate Beings

Many of you have found yourselves out of harmony because of some seemingly justified action of your family or friends. We ask you to explore what might be the cause. Initially, you might think it is the other's behavior, and you might have good reason to draw attention to a situation or circumstance that is not of your standards. Yet sometimes these disappointments are used as triggers to capture your loosh, your emotionally charged chi that is being spewed out at another. We ask you to examine your energy to discover whether you are being influenced by entities or energies who want you to fail.

Those who want you to fail broadcast real and subtle energies to take you out of your sweet place of unconditional love. They tap into your weakness and magnify it through your emotion. Consider the possibility that you may need clearing work, and do your part to keep yourself clear.

You might pick up discarnate energies in the grocery store, hospital, or retirement home. You might have accepted the energies of a deceased parent who is worried about you and your life. When someone dies, that person

doesn't have a physical body; this is obvious. But she or he also doesn't have a mental or emotional body. That person might have desires locked in the etheric body, which is why she or he may be attracted to you. Your expressing the emotion that person cannot satisfies her or him, and your loosh provides lunch for the discarnate person.

These beings might be lost souls who are afraid to go to the light but move toward your earthly light instead. They may need your connection to the light to feel safe to return to God. We ask you to explore ways to get clear and keep clear, as it will be necessary to ensure you are not being adversely influenced.

Whenever you discover your words are harsh or painful, be aware that you are being used. There is no more energy of hatred in reality. So when hatred appears, it comes from one of two places: the recycling of memories of emotions in the past (yours or someone else's) or the triggering of some small wound that taps into the emotional storehouse within you and misqualifies it.

Allow yourself to notice and ponder the source of your unkind words and thoughts and then do something about them, either clearing work or healing. Remember, harshness is no longer available, much like Windows 97. Even if you have it running on your old computer, Microsoft will not support it anymore. You might get support but not from the maker.

We ask you to consider yourself a small businessperson presenting seminars. You would do everything yourself: mailings, presentations, promotions, and arrangements. At some point, you would have enough money and customers to feel abundant. Would you hire someone to help you continue to grow and be creative? No one will judge you for hiring an assistant in any area, but some of you believe that asking for help and miracles is somehow cheating or taking the easy way out.

The Quantum Nature of Integral Life

Archangel Metatron through James Tyberonn

Greetings! I am Metatron, an angel of light, and I am joined by Tyberonn of crystalline service. We warmly welcome you in a vector of unconditional love. We will speak on the biology and nature of duality sojourns, life, and the spectrum of consciousness within divine light, which you term as the Divine Feminine and Divine Masculine.

Mythical Beings

We say to you that the outcome is assured. The way will be easy or hard; you decide. Get all the assistance you need each day by proclaiming your devotion to God and asking for help. Or begin your day worried about what the day will bring and how you will achieve all that is before you. We invite you to use your free will to find all the shortcuts you can. Use the ascended masters, serendipities, dragons, and unicorns for your ultimate success.

New to this reality, the serendipities will fill you with a laserlike love that will clear any situation or circumstance and shine a loving and supportive light on you or your part. Their love is so big and strong that they can change reality, and have done so, for many people.

Dragons were recently invited back into reality and will help you with clarity, achieving outcomes, solving dilemmas, and easing traffic of any kind. Unicorns have recently reappeared also to give humans strength and fortitude. They were displayed on the armor of ancient Scottish warriors known for their fierceness, those who were nearly unbeatable even when outnumbered. Why would these big, strong men put a fantasy figure on their breastplates? They could see and interact with unicorns, and they drew on their courageousness and strength to assist them in their battles.

We ask you to do the same. Keep your dates with your destiny, proclaim your loyalties and devotion, and ask for assistance. We will be there for you. This is your new reality.

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.



The Gender Experience on Earth

Masters, you are non-gendered in the higher self of true soul essence. Your divine aspect is one of nonpolarity. During your initial godling sojourns to the Earth plane, you entered in non-physical, thought-projected formats. Life is multifaceted,

multidimensional, and quantum in nature. In this initial phase, you experienced Earth as a nonpolar plane in the form of earth, air, fire, and water. Life, including biological and mineral, was temporal.

Over hundreds of millions of your years, you manifested physical bodies. Though varied in format, most of you integrated male and female attributes and could give birth without sexual activity. This androgynous format occurred for 10 million years. The first separation into gender took place approximately 107,000 years ago for a myriad of reasons. The key intention was that duality offered growth in the matrix of opposites on the material plane.

Humanity's entrance into the denser dimensional levels required a biological physicality, which became a double-edged sword. Becoming single-gender beings opened the curriculum for the credentialed course of 3D Duality at the University of Earth. This physicality presented a complex rubric of challenges.

Over-Association

Dear ones, you each will experience physical life on dual planes of the omni-Earth in every race and biological gender format. You will have threads of planet Earth sojourns as both male and female and devote lifetimes to experience their attributes. In time, because spirits have no gender, you will eventually merge them. Every individual soul on Earth has existed as female and male, incarnating as one or the other gender.

Part of Earth's duality program includes the experience with yin and yang, the female and male biology. As a protocol, you do not retain your memories; this is to avoid over-connection with one gender. Generally, you experience the same gender during 75 percent of your Earth sojourns. For example, you choose to manifest as female in three out of four lifetimes or vice versa.

When a soul becomes overidentified with the attributes of either male or female, the higher self chooses a change of direction and "shifts" genders to regain balance. Still, the traits of both remain in what is termed as the animus and the anima. Each male will have an innate inner personification of the soul's female nature (anima), and each female will have integral soul facets of an inner male identity (animus). The anima presents the collated psychic memory assimilated during the prior female lifetimes that the individual soul collective has chosen.

Accordingly, the attributes considered female in your 3D world become accessible to the male nature. The male has the ability to tap into this energy. Masters, this creates important checks and balances that serve as safeguards. The anima prevents the male from overt attachment to whatever present-time, present-life cultural male characteristics that society imposed on him. Females have the same ability to access the collective animus of past male lifetimes.

The anima and animus — symbiotic, synergetic, and archetypically symbolic — form your true essence. In harmonic union, they represent the integral wholeness of your being, or your soul. Symbiotically, anima and animus represent varied desires, attributes, and diverse abilities. In optimal harmonics, the male-female aspect acts as a stabilizing factor, a balancing tool.

The male persona needs, indeed yearns for, the nurturing intuitive wisdom of the anima, which contains the latent characteristic of the integral self. Yet a culturally induced struggle exists for the male to release the expression of the anima. Likewise the female experiences the obstruction of societal repression to release the aggressive aspect of the male anima within.

Both female and male experience a juxtaposition of the animus and anima, respectively. This creates a constructive tension that allows the female to take appropriate assertive action and the male to temper aggression with more discerned, creative action.

Let us be clear: Aggression is a requisite element of Earth sojourns. Humans, sadly, confuse aggression with violence. They do not understand or define aggression as forward movement or as a powerful action of creativity. When we speak of aggression, we do not mean violence. Violence results in failed aggression.

Aggression, in our view, demonstrates the core energy of thrust, a vital component to overcome the obstacles of duality. Such thrust drives your expansion and growth. For example, the ability of a flower to push through the soil and explode into a beautiful blossom represents an act of creative aggression.

Harmonic Union in Duality

As your life continues to unfold, your individual expressions and emotions will evolve. They will become shaped and re-formed by the thoughts, emotions, and experiences you draw to yourself. Your present culture and political environment establishes the concept that you must fight to survive in the 3D world. Keep in mind that — and this is important — males and females are not opposites. They do not oppose each other.

In the current phase of stark polarity, skewed tendencies of negative thrust can exist. Males might become insulated, inordinately aggressive, and insensitive. Females can become overly defensive and even toxically vengeful toward men. This creates obstacles and imbalance. It's interesting to note that some of the souls involved in the extreme political movements of gender identification and female equality are actually reincarnated men seeking balance by attempting to restore rights in which they played a role in abusing. For instance, many of the civil rights activists of the recent decades were former slave owners. This becomes a process of balancing.

Spirit has no race or gender. Every soul will experience

each in the powerful lessons during the journey of duality. Although humanity assigns gendered names to archangels, the angelic realm is androgynous. Like you, angels are neither male nor female. Humans tend to create images of angels, which cause, to some degree, misconceptions about their true nature. Your paintings and murals depict muscular male figures, females with feathered wings, or a host of miniature cherubs. Again, angels are neither male nor female in their beingness. Neither are you!

Cultural Transition and a Word of Caution

The curriculum of 3D Duality provides a unique vector of reality that requires action to complete the course. In creative aggression, each soul taps into a vast reservoir of unimaginable energy. This energy field remains neutral. How you utilize this energy determines the outcome of aggression as creative or destructive.

The rapid changes of your cultural-paradigm transition in the energy of the New Earth require equality in gender and race as well as discernment with political associations and activism. Be cautious. The metaphoric Pandora's box has been temporarily opened, allowing all unresolved energies to surface. A perilous phase of astrologically influenced extremism currently exists that encourages a negative thrust of zealotry and fanaticism, particularly in religion and politics. In the worst-case scenario, this thrust could morph into hate, driven by greed, power, lust, and fear.

Masters, when opposition turns into hatred, it can attach to you and take a devastating toll, regardless of any self-serving delusional mirage of justification. This hatred will follow you lifetime after lifetime until you realize that hate itself is the true, often-disguised enemy in your world of duality. Beware of the wolf in sheep's clothing during this phase of chaotic energy, which will increase in intensity until 2026.

You must balance sexual identification. Over-identification to either gender can lead to imbalance. Over-association can eventually result in gender polarization. An extreme position to one aspect can lead to distorted behavior in which the higher needs and potentials of the individual are thwarted. This can hinder worthy lifetime goals, lessons, and ideals.

The Necessary Transition to Equality

Humanity will, in time, return to androgyny, which is the true nature of your being. The transformation represents what your religious texts refer to as the millennium of peace, in which Lucifer, the archetype of duality, will be tied. This refers to the omni-Earth exiting duality and returning to the state of nonpolarity. Your Edgar Cayce spoke of such a phase. This event represents graduation from the course of 3D Duality from the University of Earth.

In 2019, year seven of the New Earth, humanity enters

an expansive stage of extra- and intradimensional access due, in no small part, to the galactic positioning of Earth at this time, which humans refer to as the ascension. Earth and the Milky Way have entered an extreme illumination cycle with energy that generates liberation and truth. In effect, this has created a no-spin zone that casts no shadows.

This energy has already flowed into your reality and changed your world. Such massive liberations of energy will, in the linear dance of time, begin to unify the whole planet in peace. This will occur. In the meantime, more cleansing will take place in the form of natural disasters before a world of harmony and equality happens. This will not be a global reboot but a necessary transition.

When the New Era reaches its energy vector in linear movement, peace with equality for all will occur for the first time in the planet's history. There have been peaceful periods, but these did not include equality. This will be a monumental graduation.

Embrace your identity. Embrace every moment of life that you have on this beautiful garden planet. The same principles and divine concepts that created the cosmos and its varied dimensions and planes have also created this eternal moment in the now that we share.

Concepts and moments beyond the present will inspire the future that all humans will share — a future where new ideas of noble altruism offer powerful creative paradigm shifts and new understandings that intrigue and inspire seekers of truth and savant dreamers. The Divine, that celestial "first cause" that existed before space and time, will yet become manifest.

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

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, Earth-Keeper.com, or contact him at tyberonn@earth-keeper.com.

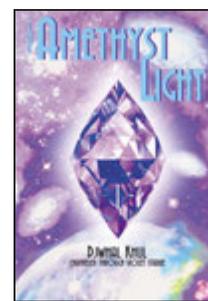
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GEMATRIA LASER-ENHANCED SUPPLEMENTS

About Gematria Products



Gematria Products Inc. is the brainchild of Todd Ovokaitys, MD, CEO, and nutritional formulator. Dr. Todd, as he is called, is a widely respected researcher, pioneering laser physicist, speaker on the topics of antiaging and life enhancement, and an expert in the fields of longevity and DNA rejuvenation.

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.

★★★ New Products ★★★



ASAP SOLUTION

Because we have had requests for a product to help provide an extra barrier of support against bacterial pathogens, we found a product called ASAP Solution Colloidal Silver that we have researched to be the best available on the market.

8 fluid oz.

Reg: \$29.77 sale price: **\$23.82**



MSM CAPSULES

Sulfur is extremely important in human nutrition. MSM supports sulfur-containing amino acids that are necessary for maintaining most bodily tissues, particularly skin, blood vessels, organs, and joints.

120 capsules

Reg: \$24.77 sale price: **\$19.82**

Antiaging



BRAIN SMARTS

Brain Smarts is an amino acid supplement designed to provide your brain with energy and support for memory, attention, and focus. It may also reduce appetite when taken fifteen to thirty minutes before mealtime.

60 capsules

Reg: \$37.77 sale price: **\$30.22**



EPA-DHA CAPSULES

Of all the health supplements that may be ingested, essential fatty acids (EFAs) are among the most beneficial and important. Without these essential fats, the heart and brain become less efficient.

90 capsules

Reg: \$29.77 sale price: **\$23.82**

Mood & Stress Support



EMPEROR'S BREW

Emperor's Brew is the most efficient herbal support formula for people who work hard physically, mentally, or both! The unique properties of rhodiola make it an excellent choice for supporting balance, energy, and well-being in your body.

1 fluid oz. (1-month supply)

Reg: \$40.77 sale price: **\$32.62**



GEM BALANCE

The amino acid DL-phenylalanine has been found to be a potent mood enhancer and may help relieve chronic pain. It has been shown to uplift, calm, and balance the emotional state to help you cope with stress.

90 capsules

Reg: \$32.77 sale price: **\$26.22**

Active Lifestyle/Joint Support



DUAL CARNITINE

The combination of a high-performance complex of the amino acid L-Carnitine and the acetyl group Acetyl-L-Carnitine provides an ideal "plateau breaker" for those participating in a fat-burning exercise program.

60 capsules

Reg: \$38.77 sale price: **\$31.02**



★BESTSELLER NITROXX™

Arginine is one of the most potent amino acids for stimulating the release of the human growth hormone, a rejuvenator of every cell and tissue in the body. It enhances immune function and supports long-term memory.

180 capsules

Reg: \$44.77 sale price: **\$35.82**



GEM BALANCE 5

To the GemBalance formula, 50 mg of 5HTP (5-hydroxy-L-tryptophan) per capsule has been added. Supplementation with 5HTP has been found to improve mood, reduce appetite and sugar cravings, and promote restful and refreshing sleep.

90 capsules

Reg: \$39.77 sale price: **\$31.82**

★BESTSELLER

FLEX JC™

This joint and cartilage support supplement provides exactly what your body needs to stay active and flexible. With the addition of MSM, you can't find a better formula for relieving musculoskeletal pain.

60 capsules

Reg: \$33.77 sale price: **\$27.02**



RECHARGE

Gematria's advanced technology platform combined with an innovative nutritional formulation provides powerful components to rebuild and restore every cell in your body.

1 fluid oz. (1-month supply)

Reg: \$33.77 sale price: **\$27.02**



TOTAL CALM™

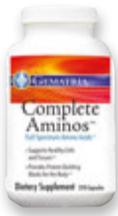
The ability to relax and sleep well is an important part of keeping healthy and preventing stress. Stress can cause or worsen some of our most common killers — cancer, heart disease, and cerebrovascular disease, as well as irritable bowel syndrome, impotence, depression, anxiety, ulcers, and headaches.

90 capsules

Reg: \$27.27 sale price: **\$21.82**

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General Health



COMPLETE AMINOS

Complete Aminos capsules are a synergistic blend of over twenty free-form amino acids that provide the body with protein equivalent to egg-white protein already broken down to single amino acids ready to use to rebuild tissue.

270 capsules (1-month supply)
Reg: \$55.77 sale price: **\$44.62**



GEMZYME

GemZyme, with its serrapeptase-based blend of enzymes, is the strongest and fastest working systemic enzyme complex you can find. These enzymes support your blood, joint tissue, and cardiovascular system and repair scar tissue.

90 capsules
Reg: \$56.77 sale price: **\$45.42**



L-LYSINE

This product is an essential amino acid, or protein building block, that cannot be produced by the body and must be obtained from other nutrients. This supplement helps ensure the adequate absorption of calcium and the formation of collagen for bone, cartilage, and connective tissue.

90 capsules
Reg: \$17.27 sale price: **\$13.82**



★BESTSELLER

MAG SPECTRUM

MagSpectrum® provides a full range of generally and specifically targeted amino acid chelates to restore life- and vitality-giving magnesium throughout the body.

120 capsules
Reg: \$29.77 sale price: **\$23.82**

★BESTSELLER

PHYTO5000



Designed to promote the reduction of free radicals in your system, Phyto5000 has an incredible 42,000 units of phytonutrient antioxidant power! A typical serving of fruits and vegetables has an ORAC (oxygen radical absorbance capacity) rating of 350–500.

30 capsules
Reg: \$34.77 sale price: **\$27.82**



ULTRAMINS™

UltraMins™ is the first full-spectrum multimineral that provides a complete spectrum of fully reacted amino acid chelates and complexes with the following mineral forms: calcium, magnesium, zinc, manganese, iron, copper, selenium, chromium, vanadium, molybdenum, boron, and cobalt.

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

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
Reg: \$43.77 sale price: **\$35.02**



Pet Formulas

RECHARGE FOR PETS™

ReCharge for Pets™ contains metabolic compounds that have been shown in research to have profound effects on longevity and wellness in animals.

1 fluid oz.
Reg: \$31.77 sale price: **\$25.42**

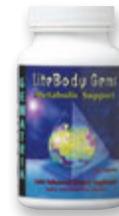
Weight Management



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**



LITE BODY GEMS™

The elements of this formula, when combined with good timing, serve as a powerful team to eliminate excess body fat. All of these components are energized with our patented laser technology to increase efficiency.

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**



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.

Reg: \$177.77 sale price: **\$157.50**

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High-Level Support for Your Body's Stem Cells

For support in detoxifying heavy metals in the body, building DNA, and stimulating the production of your natural stem cells, our trio of products — HeartGems, MethusaLife, and Systema — provide optimal nutrition. These three key Gematria formulas are used in Dr. Todd's stem cell research with Qigenix, a clinical-stage company with specialized patented lasers for improving the outcome of stem cell treatments.



SYSTEMA
90 capsules

Reg: \$80.00 sale price: **\$64.00**



HEART GEMS®
90 capsules

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



METHUSALIFE SPRAY
1 fluid oz. (1-month supply)

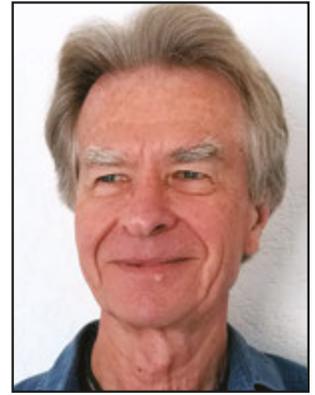
Reg: \$44.77 sale price: **\$35.82**

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Join with the Whales to Cocreate a New Earth

Whale Consciousness through Jaap van Etten



I am the voice of the consciousness of the whales. We are delighted that an increasing number of people are attracted to whales and are beginning to feel it is important to work with us. We fully agree that collaboration is important; however, you do not yet understand what such a collaboration means. It is supposed to develop based on agreements made in the very beginning of your history on this planet. When we say “is supposed to develop,” we are not talking about a form; we are referring to principles of collaboration and cocreation.

We came to Earth shortly after humanoid consciousness was induced into the Gaia system. The Gaia system is far more complex than you are aware. While we choose not to go into detail about the Gaia system, we can say it is a kind of playground for many different types of consciousness from this galaxy and other galaxies nearby. Within the Gaia system, souls explore through different physical forms a unique physical system — Earth — with a unique consciousness, Gaia. Within the consciousness construct of Gaia, different souls through different forms in which they incarnate learn to work within a low-vibration physical system by being an integrated part of it. This connection is key to the unfoldment of the potential of this system.

Every system unfolds and evolves in its unique way. This means that every physical being on Earth evolves, and so does Earth herself. Neither a physical being nor Earth can evolve without collaboration. Therefore, you can see the Gaia system as a perfect playground for discovering what it means to collaborate on many different levels of consciousness.

Within the Gaia system, you find an enormous variation in levels of consciousness. While this diversity is an expression of oneness, it doesn't mean that these expressions of oneness easily work as one. You can see the Gaia system as a model of the infinite diversity of consciousness within star systems, galaxies, and universes. You can explore within the Gaia system the challenges of bringing together many different forms and levels of consciousness and what it means to collaborate.

Once a being incarnates in the Gaia system, you face a big challenge. You forget who you are and what your purpose is. You choose to forget, and the low vibration

of this reality makes that very easy. Also, you tend to see everything as separate because you learn through seeing differences. The whole system was created to understand differences and to learn that differences are only aspects of oneness. Unfortunately, due to the low vibration of physical reality, you start to believe that differences are important when determining what is right and wrong. You no longer understand that polarity only describes the extremes of a system or a quality in the way cold and warm describe the polarity of temperature.

Contributions from Star Nations

From the beginning, souls that connected with whale bodies to create whale consciousness decided to contribute to the Gaia system by becoming guardians of its morphogenetic system. We are among the many beings from star systems that contribute to Gaia, each from its own angle. Some contribute to the Gaia system by putting DNA into it. Some put information or aspects of their consciousnesses into the system. There is tremendous variation, and most of you have no idea how much has been put into the Gaia system from outside. Also, your physical human body has aspects that have been induced from outside. Even your scientists have begun to recognize this.

Earlier we used the word “playground,” because it can seem as if everybody initially came here to play and have fun. Although it is supposed to be fun, it does not seem to be fun for many living on Earth now. Exploration is an aspect that belongs to the archetype of the child and therefore has aspects of playfulness. That is what was supposed to happen. Initially it did, but not many people currently experience that playfulness in their lives.

We came here after the first souls that came to Earth understood that a lot of input from different beings and consciousness was needed to make ascension of the Gaia system possible. Our task was to be the guardians of the information fields you call morphogenetic fields. That is why some indigenous traditions call us the record keepers.¹ We understand that

people see us this way. However, we are not keepers of records but the guardians of information fields. We do honor, though, that besides potential, these fields also hold records. We make sure that everybody can tap into the field of potential, which includes records and wisdom gathered over time during the unfoldment, development, and cocreation within the Gaia system.

Creation of a New Consciousness

In many ways, this planet is unique. Souls have been here from the beginning of life on Earth, experiencing physical reality and its evolution through many forms, some of which you now call primitive. Many of these souls have been here many times. They have all contributed to the different phases of the unfoldment and evolution of the Gaia system. You are now at the point you have sufficiently explored all the different levels of consciousness. You are starting the ascension process by increasingly moving into oneness and increasing the vibration of the Gaia system. Many souls are called to come to Earth to contribute to this process. The process is not about moving back through increasingly higher levels of consciousness but to create something entirely new.

Nobody knows how this new creation will look. You have many different ingredients available, but only when you mix them into a harmonious whole do you experience what the meaning of that mixture is. It is like baking a cake: Some ingredients are tasty and others are not. Only when you put them together in certain amounts do you understand the uniqueness of the cake and that it tastes different from its individual ingredients.

You are putting the different ingredients of consciousness — explored over time by different groups and different civilizations — into something entirely new. The universe observes the process because nobody knows the outcome. Some people claim they see the future, or they claim it exists already in the grid systems, but this is not true. You have the freedom to create whatever feels right to create and even what doesn't feel right. You have that choice. The only thing we know of the outcome is that consciousness will increase in frequency. How that looks and what form it takes is unknown. It is in your hands. There is a lot of support for your unique journey. Your journey, although it is free in its direction, takes place within the consciousness construct of Gaia, which is what you call the morphogenetic field.

We have agreed to be the guardians of the morphogenetic system until you more fully connect with it. When that happens, we are relieved of our agreement. That time is nearing. Some of you are slowly beginning to take over, often unknowingly, some of the responsibilities of caretaking the morphogenetic system. You are also

beginning to connect and work with aspects of the field that are needed to start the creation of a completely different world.

The Time to Work Together

As you know, creativity is connected to the elemental power of water. In physicality, creation takes place in water. Our choice to live in water functions as a symbol, because we are holders of the information through which creation will take place.

The reason we are stepping more clearly forward now is that it's time for you to step into your power and say, "Yes, I'm ready to cocreate this new world." That is why we like the title of the book *Birth of a New Consciousness*,² as that is what is taking place. We acknowledge that it was written from a different angle, but it reflects the current process. Also, the concept of metaphysical ecology³ is very important. The new world needs a new ecology that includes all that is subtle, invisible, and cannot yet be measured, because that reflects the information in the morphogenetic field more completely.

We are very excited about these developments, because it supports the fulfillment of the function of the whole system based on the morphogenetic field. We hope this sharing stimulates our collaboration and intensifies your working with the field, which will increase the speed of the unfoldment of the Gaia system. You can only do that when you raise your vibration to express more of your essence.

Whales and the Morphogenetic System

To support you on your journey, we have extended our vibration into lower frequencies to include lower-dimensional aspects of whale consciousness. We created a range of frequencies in our morphogenetic grids to help you prepare for the guardianship of the morphogenetic system. You're ready to access these grids, including the higher-frequency ones, if you choose to do so [image 1]. You may wonder whether you need all these frequency layers. Some of you may. You each will access the aspects that are in alignment with your purpose. You will connect with different aspects of us as you contribute to the guardianship of the morphogenetic system in your unique way.

Be aware that you cannot be guardians of the morphogenetic system alone; you need to do this in collaboration. Some of you will be at the forefront and through your connection with us will learn aspects of guardianship. Then you can teach others to create a group that takes on the responsibility that we have now.

We are very happy that our connection and communication has improved to such a degree that we can have this exchange. We hope to have these exchanges

more frequently in the future. Our connection is not only about words; it's about stimulating each other in this phase. All of us called into this physical reality need this stimulation. Remember that the true essence of all collaboration is unconditional love and respect.

The Field of Collaboration

When we talk about collaboration, we talk about making connections. While this is true, there is another important aspect. Our connections have created a field that is characterized by, and composed of, the energies of these connections. You might call it a human-whale interactive field. Every time one of you connects to any of us, the field expands. In this way, the field grows and becomes more powerful, which makes it easier for more people to connect.

This increasingly powerful field of collaboration will make it easier for people to access the morphogenetic grids and even the morphogenetic field. In this phase, most people will connect with the morphogenetic grids. However, an increasing number of people will begin to access the field as well, bringing more of it into the grids. This process contributes to laying the foundation of the new world.

One of the fascinating aspects of the Gaia system is the beautiful connections that exist between all systems. If one system changes, other systems change as well. However, this is a freewill reality. Even though different energy systems become stronger and more information becomes available, it will not change you automatically. You need to make a choice. Therefore, it is important that you stimulate each other to open yourselves for the energies you feel a resonance to, to increase your vibration. That allows you to access more information in the field and bring it into the grids. All systems within Gaia are already interconnected and affect each other, but it is humanity that gives these systems a direction that supports the whole Gaia system.

To be able to communicate optimally to support the process of unfoldment, we currently rely on words. As you know, words are limited, but it is the best we can do at this moment. We sometimes communicate telepathically with some of you, as is the case during this channeling. We intend to expand telepathic communication with as many of you as possible, which will make it possible to pass on information faster and more accurately. Those who telepathically communicate with us can then use words to share with others. In that way, we expect the expansion of our collaboration and the preparation of humanity to take over guardianship of the morphogenetic system will go faster.

Shared Intentions

It is important for those who feel called by our



Image 1. There are twelve morphogenetic grids with enumerable vortexes. The picture shows a vortex of the highest level of these grids.

energies and consciousness also stimulate other people to connect by sharing your experiences and insights. In this phase, you need to use words, because they are symbols of vibration that help them to connect. You can invite people to feel, but many are not able to translate what they sense into understanding. They might have a nice experience, but that alone does not stimulate change and the creation of something new in this world. Most of you who want to create something need to have a certain understanding to act properly. You need to know, feel, and then act properly to create with wisdom, which means from your heart, for the greater good of all.

Some people connect with grids and fields to make them more accessible for others to connect. Other people connect with fields to translate them into words and images that help people understand these fields. Most people cannot feel the field sufficiently to expand it without knowing information or details. They need to know first to be able to connect.

We are very grateful for those who connect and expand the grids and fields and those who translate information from the field into something others can understand. Both are needed. Through collaboration, these two approaches can reach many people and awaken in them the longing to connect more deeply and become a caretaker and cocreator.

While there are many approaches for helping others to start working with the morphogenetic system, we are very excited about one we already mentioned: metaphysical ecology.³ We and many starbeings are excited about this approach. It reflects the awareness that the keys for using the morphogenetic system are based on interactions

between all living beings and energies, both visible and invisible. These are the keys to create a new world. You have the choice to contribute by learning to connect to the morphogenetic system and becoming a cocreator.

We are grateful for having the opportunity to share this. We are grateful for every step each of you takes to awaken your potential and contribute to the creation of this new world.

1. Jamie Sams & David Carson, *Medicine Cards: The Discovery of Power through the Ways of the Animals*. (Santa Fe, NM: Bear & Company, 1988), 200–203.

2. Jaap van Etten, *Birth of a New Consciousness: Dialogues with the Sidhe*. (Flagstaff, AZ: Light Technology Publishing, 2015)
3. The vision and mission of metaphysical ecology and how it will be given form are explained on two websites: <https://ucme.international>, and <https://metaphysicalecology.com>.

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, and the energies of stones, crystals, and crystal skulls; he also looks at how these energies interact. He is the author of *Crystal Skulls: Interacting with a Phenomenon*, *Gifts of Mother Earth*, *Birth of a New Consciousness*, and *Dragons: Guardians of Creative Powers*. He currently resides in Sedona, Arizona.

Master Code Communication

The New Ascended Masters through Maurene Watson

Bio-light masters, you've now self-realized that the divine memory of your soul's tonal DNA imprint has fully activated itself in your new cycle of evolution. This organic imprint has been upgraded by your human and divine senses merging into an upgraded super-sense intuition of the heart's fulfillment and its bioluminescent transmission to all life. This is because your new conscious-communication bio-light systems are available and functional for your full access. Your new bio-conscious DNA light network is the new living code for the intimate relationship between consciousness, energy, and creating new (dark) matter.

Your bio-organism's DNA talks to the cosmos and the cosmos talks back in the form of instant communication and direct manifestation. Indeed, your new multi- or trans-sense communication with your inner presence and all life is the master code for new ascending-heart DNA transmissions. It's your time to embody full conscious memory of how you create quite naturally out of these super-sense attributes and new soma senses as a human master. These rainbow biospheres within spheres access new DNA codes, and their soul communication expressions can't be influenced by external people, places, circumstances, or events. This is an internal communion with all existence in every now.

Today, we affirm your multi-realizations of your new species communication sensing and transmission access. This inner heart channel is able to communicate on all levels of existence at once to receive any expression that fulfills each soul in each present moment. This is instant manifestation or direct matter manifestation right out of essence consciousness, as well as access to all other realms of existence. This new DNA heart-gate or bio-conscious iPhone that you have become transmits the

new standard of consciousness for all life cycles. This secures that free will is always operational within the parameters of each organic soul choice. It also prevents

any hacking from old-energy, cyber-techno governmental, religious, or alien dictatorships from the old Earth hybrid universe, which will continue to heal itself.

Hence, despite the planetary chaos and its awakening baptism to birth a new humanity, your new master consciousness has still secured a beautiful new and unique soul sense communication with all life. This is because you have realized and re-imprinted your new DNA, knowing that your natural organic essence receives all life and all creation offers for fulfillment.

We reiterate that this self-aware embodied presence as your own creators is a new species in a new evolution of the cosmos, offering free energy embodiment inside communication of the all in all. This is a bio-light-network communication inside your heart channel in/on all realms of existence at once, without interference from any external reality whatsoever. Hence, each moment inside your presence is fulfillment as its own instant manifestation. This makes the organic, soul-infused *Homo sapiens* essence the most courageous and loving template to evolve in the cosmos thus far.

Love Yourself First

In your old Earth universe, many scenarios of limitation were part of your indelible experiences to find life's fulfillment. For example, you allowed the experience of giving yourself away to others and the external world. It was difficult for your fragmented DNA to communicate



via the presence of soul and let life fulfill you and serve you. This occurred when your unconscious or unawakened fragments of self kept enslaving you without caring for or loving self first. You could blame it on politics, religions, governments, aliens, or your families and partners, as you went through all experiences to inform and grow your soul. You could always justify it as busy obligations and just doing human things as you lost more of self in your stories. But that meant that in your lost awareness, you could never really sense your essence enough to choose yourself first and mean it.

You quietly ended up sabotaging yourself by fighting life, body, and mind, and being terrorized by the different wounded cast of characters within: Mrs. Angry, little Mr. Disillusioned, little sister Fear inside her shame and guilt, or brother Self-Destruct. This left you vulnerable to accepting others' projections of who they thought you were or should be, thinking yourself unlovable and unworthy.

Over time, this lost communication with your heart grew into survival amnesia. When you felt you had to hold back your soul light and essence guidance by withholding your heart, this contaminated your children and all your relationships. Generational parental wounds or patterns can mask core-essence soul light and must be scrubbed at the DNA level.

This internal dialogue has programmed death, disease, and needless suffering into your brain, body, and all neural human-communication networks. It is time to come home to yourself, your children, your families, and humanity, who will follow and awaken to find their true paths via their soul choices. They are waiting for you to love yourself and open the new light networks in your new vessel. In this scenario, just when you thought you would get free, the one you projected all your love and wounds onto got sick. You ended up taking care of them and their life's mess, and you remained penniless. As they lay dying, you were trapped again in your old illusion of the "not you," and fear re-invited itself as an energy-feeding virus, eating your wonderful empathy. It came most often in the form of an elusive lover you gave yourself away to again. You had to be born again and die again to self.

You Are Life's Fulfillment

The old scenarios and soap operas are over now. You know that all life, with its intimate communication, lives inside you, and you have come home to you — to the creation chamber in your new spirit heart. Indeed, it's your time to remember the natural essence of bio-organic creation.

Now that you are conscious, you know that life always serves life no matter the experience. Any perception is simply still part of the separation or distortion of experience when it is understood that everything is pure consciousness. In your grand theater-of-essence experience, you have realized that in the natural cycles of cosmic evolution, life gives unto life.

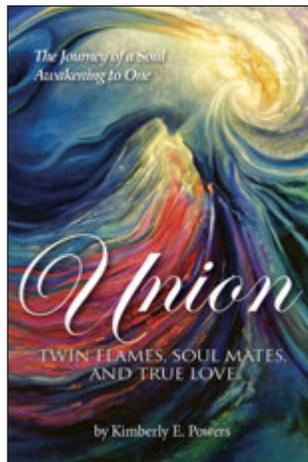
Life communicates via free energy. Life does not get angry at itself. Life does not hurt itself. Life does not victimize itself or steal its soul. Life does not sit inside an illusion, distortion, or rip or separate space and time. Life does not stop its own organisms from growth. Life does not impede its own evolution. Life is not alien to itself. Life does not control itself or hold itself back in any way. Life does not justify its existence, question its worth or lovability, or go against itself. Life does not destroy itself. Life does not blame, shame, doubt, judge, or fear itself.

These are all human beliefs, perceptions, or wounded experiences you have allowed to evolve inside your own movies. Life does not need to force, push, or power energy. Life's energy is the open and free communication of energy expression. This is how the new bio-organism that you are regenerates itself. You are life's fulfillment, and life's fulfillment is you.

You are again married to the spirit of creation, and at the same time, you are a new-species child of the cosmos, ready to experience and visit the worlds, universes, and creations you have already created. You will

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Union: Twin Flames, Soul Mates, and True Love by Kimberly E. Powers



If you ever wondered whether there was something more, someone amazing waiting for you who could quench your desire to be fully alive again, if you wondered whether there is such a thing as soul mates or "the one," *Union* will assure you that you are not alone.

Author Kimberly E. Powers shares raw truths and honest humor through her often-reluctant journey to understand the ache and loneliness she felt in her seemingly perfect life. What she found revealed the nature of relationships — with herself and others.

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remember how to create new-essence matter directly out of your consciousness through your super-sense intuition.

Everything in all life is included inside self-acceptance, self-love, and total allowance living inside a fully integrated bio-vessel. Creation loves life, and through the very pulse of your heart, it reads your greatest joy. If allowed, it channels and expresses through the excited particles of your heart's eternal being.

You are the new master code creators in sensing and communicating with the new light networks of all life.

Feeling Loved

One Life through Catherine Weser

One of the most important wisdoms cultivated in a lifetime is to know how much you are loved. This begins when you weed out all the reasons why you feel you are not loved. Look inside to see whether, when you say to yourself, "I am loved," you receive a litany of arguments and evidence to the contrary. Believing the evidence leads you to think you are not loved.

Gathering evidence is easy. Everyone has had disappointments and hurts and suffers from feelings of inadequacy. Finding evidence that you are loved is more difficult, if not impossible. Evidence does not produce a deeper knowing; it only reveals what's right or wrong. Knowing only requires a deep and abiding connection to yourself, or One Life awareness.

When you focus too much on the lack of love in your life, you end up gauging your life on something immeasurable. Feelings of inadequacy influence you to measure or contain love. But love cannot be evaluated on a scale of how much is enough. Love projects an all-pervasive force that can't be described, divided, or eradicated.

Not one thing prevents you from knowing you are loved. At times, you simply lose touch with that knowing. When that happens, let go, relax, and remember who you are: a magnificent being living a life filled with love.

All the Wrong Places

If you don't feel loved, you most likely have felt that way for many lifetimes. Feeling unloved can drive you to seek love in unfulfilling situations. This can cause addictive behavior, depression, and anxiety.

Often, one or both people in a romantic relationship require proof of the other's love. This allows the most needy part of your personality, or your political self, to take charge. The political self seeks votes and continually campaigns to get attention. Since love can't grow

And life said, "Yes, your new DNA bio-organic template did ascend itself back into its eternal flame as a new DNA human master code for next generations of embodied evolution."

Maurene Watson is the 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. Maurene 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 Trafford.com.



among all this hype, the relationship will fail.

On the other hand, you might try to shower your romantic match with all the loving energy you have in the subconscious hope it's returned. If your partner acknowledges your efforts and matches you with similar loving energy, you most likely will just keep upping the ante. Ultimately, no one receives much love in this scenario because it exists on the contrived and conditional concepts of lack and need.

Getting to the point you will do anything for love stems from the belief that love happens as a result of doing something. Fear and doubt provokes desperation to find the right partner. Desperate thinking only attracts more desperation. You might try to mask your desperation, but that just results in mixed messages that obscure true unconditional love, or ever-present One Life awareness.

Love without Limits

You are not doomed to repeat these scenarios. The moment you notice one of them occurring, relax and remember that this life is about knowing you are loved. You don't have to do anything or prove anything. Just live a life of love, starting with you. When you accept and trust yourself, you nourish the inner knowledge that you are loved. This shifts you into your most natural state of being. When you rest in this understanding, even momentarily, you begin to see the delusions in all the other ways that take effort and contrivances.

We invite you to dig deep into your beliefs about love. Do you basically believe that you are not loved? Then look at what might be different in your life if you

knew, without a doubt, that every breath you take is all the evidence you need that you are wholly and completely loved. Eventually you will come to a deeper and more reliable wisdom that envelops your whole being. You will know that no other possibility exists but that, indeed, you are loved.

The Intelligence within Your Body

Omnidimensional Beings through Kathy Wilson

We come to you to share the knowledge of how to access your greatest power, that of your intelligence. We speak not only of your brain's intelligence but also the greater intelligence that you hold within every cell of your body. You are just beginning to acknowledge this immense intelligence. Even your scientists are coming to recognize the massive amount of information stored within your cells. They have no idea, however, of just how massive that quantity of information is. We speak, of course, of the DNA that resides within every cell of your body.

For many years, your scientists told you that DNA contained only the programming of your physical body. Then they discovered that it also held the records of the programming for the physical properties of your ancestors. As they continued to study and research this aspect of your DNA, they finally got to the end of the physical programming of you as a human. Now they can trace your ancestry to your very first human incarnation.

They believe they've come to the end of this line of information in your DNA, just as they believed they'd decoded all there was to decode in the DNA during what they called the Human Genome Project. Imagine their surprise when they come to discover that, just as they did previously, they are now extremely premature in declaring that they have gone as far as possible regarding the history and ancestry of humans as it is recorded in DNA. Recorded in the depths of information in your DNA is the record of you before you became human in form.

More important than your physical origins and subsequent physical history is the greater, more essential aspects of the experiences and consequent learning you've gathered throughout all your lives. Each experience you went through is imprinted on your DNA. As you are reading this, your experience of it is being imprinted on your DNA. Everything you have ever done, felt, said, seen, heard, sensed, and more is in your DNA.

Catherine Weser is an artist and writer who has lived in Santa Fe, New Mexico, since 1974. She began a collaborative relationship in 1982 with inner guidance and information provided by a spiritual master in the One Life. The presence later came to be known as DK but is now identified simply as One Life Awareness. The teachings that come through are known as the One Life tutorials. To learn more about Catherine, go to OneLifeDK.com, or email her at catherineweser@yahoo.com.



Scientists have discovered that the majority of your DNA has to do with vastly more than just your physical characteristics and physical history. They know this because it has what they call syntax. This is more of a language than a program or mathematical formula. Furthermore, they discovered that it changes as they study it through their microscopes. What they have yet to figure out is that these changes are a result of your brain communicating with the DNA in every cell of your body at all times. One of the functions of your brain is to send the appropriate data to specific cells within your body as if the information from your brain were stored on a CD-ROM, but in this case, the information is being written to your DNA. Your brain is the machine used to access the DNA library of information. It not only sends information to your DNA to be recorded, it also retrieves the information when it is needed.

This exchange of information is continual and occurs without your conscious awareness. What you are aware of is some of the physical responses of your body to the information sent by your brain to your DNA. The DNA in every cell causes the cells to respond appropriately to the exchange of information between your brain and the DNA. One of the sources of information your brain exchanges with your DNA is your conscious thoughts. This can affect your DNA by placing specific cells on alert, shutting down the functions of other cells, and other similar responses of action. Your conscious thought is the gateway to controlling the actions, reactions, and responses of your body's cells. For example, you can think that a particular strain of music you're listening to is soothing. Your brain then responds by sending that message to each appropriate cell. The cells respond by relaxing. You then become consciously aware of breathing slower and deeper; then your muscles relax and your heartbeat slows.

The Power to Change Your Body

The power of your thoughts is more far-reaching than you consider it to be. We invite you to become more aware of the thoughts you allow to flow through your brain, for they direct the DNA programs in every cell of your body, in all ways and at all times. As you repeat a thought, it becomes compounded in the programs within your DNA. Each time the thought is added to similar thoughts within your DNA, it becomes more prevalent. In this way, you have the power to effect change within your body. Such changes affect more than your physical body; they affect how you react to events and situations in your external environment.

You are, indeed, very complex beings, yet something as simple as a thought gives you the power to change, correct, and control how you respond to all within your outer world. With your thoughts and intellect, you

command all aspects of your being — physical, emotional, mental, and spiritual.

As within, so without. Within the DNA in every cell of your body is energy that constantly radiates outward. This energy affects all within your vicinity. Now do you understand how powerful you are? Now do you see how each of your thoughts is immensely powerful? We invite you to muse over how you wish to use your power of thought to program your DNA and thus create the changes in your world you wish to see.

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, Warrior-Priestess.com.

You Can Read Anything

The Divine through Sara Wiseman

When you start to understand how the universe speaks to you — in visions, messages, events, emotions, nature, music, sex, peak experiences, and stillness — you begin to realize something awesome: The more present you are, the more universal guidance, clarity, and direct knowing you experience.

The more you pay attention to what's really going on — not on society, your family, culture, or the misbeliefs you were raised with — the more you relax, breathe, and are simply aware of the actual events, feelings, and experiences in your life. The more you pay attention to the exquisite reality of your life, the more present you become. When you become truly present, you can “read” anything; you can gather psychic information from anything.

Live in the Flow

This ability to become present and attuned to what is happening in front of you allows you to feel, see, or predict what is being created in universal flow. In other words, by being exquisitely attuned to both your physical and emotional realities, you can understand where you are being guided by the universe.

- Looking at a teacup, you might receive a vision of your next step.
- Walking in the woods, you might receive a message of your next step.
- Observing an animal, you might understand a difficult situation.

- Listening to a piece of music, you might understand how you feel about something.

The heart is where the soul resides. Direct knowing is revealed to you in the heart. The heart engages, senses, and feels everything around you and in you. Thus, by looking at everything — every little and big thing — you can know your soul truth.

You might first learn to do this visually, by using a technique of clairvoyance or spiritual visioning. Picture a rose or other living object in your mind's eye and observe what the object does in relation to the question you ask. The object itself doesn't matter; it could be anything, and again, it doesn't have to be in the mind's eye.

You Are in Relationship to Everything

Anything can be an energetic container, because anything and everything is one. You are a part and the sum of oneness. You are in infinite relationship to each other. Thus, what is expressed in one aspect of oneness (what the rose, animal, weather, or coworker does), all relates to your question or wondering about your next step. Everything is connected. Everything is in relationship to everything else. Everything is one of one.

You might also, for a moment, choose to create a smaller container of the universe of one. As easily as you



might scoop a cup of water from a pool, you can scoop out the part of the universe you wish to observe and sense from the bigger universe of all. You know and trust that it's absolute, that the water in the cup holds and expresses the exact same reality as the water in the pool.

Everything Reflects Everything

The small reflects the big, because the small is the big. A piece of oneness reflects all oneness, because they are the same. Thus, you can read from anything. You can take any object (living or inanimate), event, or person, and in observing and sensing this small universe, perceive the energy of the whole. You might sense the energy of this small universe (the object, event, or person) across time and space. You might look at where the small universe is now and foresee, foretell, or have direct knowing of where it is going.

Of course, the ultimate answer is always love. There is no other answer than this. But smaller answers, the answers that are of greatest interest to the human path of the soul-in-human container, are also available. They answer these questions: Where am I headed? What am I doing? Am I in the right relationship? Am I doing the right work? What is my life's path? What is my life's purpose? What is my highest expression of my true self? What is my next step?

The smaller answer is easily divulged from

observation, sensing, and knowing the small container of universal energy. Thus, you can read anything.

Your Answer Is in Everything

You do not need divination tools from previous ages, such as pendulums and tarot cards. In fact, most of these do not utilize the full aspect of light, and some, such as Ouija, are aspects of darkness.

You do not need anything other than your human container. To connect or rise to the vibration of your soul, just close your eyes or look with a soft, diffuse gaze, taking everything in all at once at the particulate level. Breathe in through your nose and out through your mouth until you are relaxed.

By simply sensing, feeling, and becoming one with the object, person, or event you observe and then asking your question, all will be revealed. You will understand your answer from what you observe, sense, and feel from this object.

This is a new way of being for many of you. Try this, and continue to try. It takes practice to enter this way of full presence.

Sara Wiseman is a visionary spiritual teacher and award-winning author who has channeled the Divine since 2000. She is the founder of Intuition University, writes the Daily Divine blog, and hosts the "Ask Sara" and "Spiritual Psychic" podcasts. Visit SaraWiseman.com for free resources.



Stop Being Lonely

Kira Asatryan

What causes loneliness? It's not a lack of people in our lives but a lack of feeling that speaks to the heart. The good news is that you have the power to create closeness with any willing partner. Closeness is the foundation of all happy and long-lasting relationships — romantic, platonic, familial, and business.

The key to getting closer to someone is shifting your perspective

to get in touch with knowing and caring, a powerful combination. You can create the feeling that another person not only knows your deepest, truest self but also is actively engaged in keeping your deepest, truest self well.

The Top Three Myths about Loneliness

Feeling lonely is an increasingly



common experience, yet loneliness is a condition that's often misunderstood. Many consider it an unpleasant but not terribly serious feeling that dissipates over time. When you

leave home or move to another city, for example, loneliness can seem no more significant than homesickness or nostalgia.

But research indicates that loneliness is increasingly common — one in five Americans reports regularly suffering from loneliness. The physical and psychological consequences of loneliness are much more serious than we once believed. The negative health repercussions of loneliness are on par with those of obesity, alcoholism, and smoking.

If this doesn't sound like the loneliness you're familiar with, you may have outdated ideas about loneliness. Let's discuss the top three myths about what causes and reduces the feeling of loneliness.

Myth 1: Loneliness Is Caused by Lack of People in Your Life

The most pervasive myth about loneliness is the notion that people get lonely because they are alone. Some people spend long bouts of time alone and never feel lonely while others feel desperately lonely despite having many people in their lives. The idea that loneliness is caused by having fewer relationships has been discredited by scientific studies. One study that aimed to figure out whether it's really "lonely at the top" concluded that though leaders in general have fewer friends and confidants than nonleaders, they suffer lower rates of loneliness. Why? Because they feel good about the few relationships they do have.

Closeness works as the antidote to loneliness because loneliness is not necessarily caused by a lack of people in one's life. Many people have a phone full of contacts and still feel lonely. Loneliness is sadness caused by the feeling of internal distance — mental and emotional distance — from others. Closeness reduces this internal distance and the loneliness that comes with it.

Myth 2: Lonely People Are Socially Awkward

When we imagine a chronically lonely person, most of us picture a reclusive bookworm or a nerdy outsider, but these are stereotypes. Loneliness affects a much larger population than just loners, and studies have proven that people who suffer from chronic loneliness actually have better social skills than people who don't.

In a recent experiment conducted at Franklin and Marshall College, psychologist Megan Knowles (www.fand.edu/megan-knowles) discovered that lonely people detect social cues, such as facial expressions and tone of voice, better than their nonlonely counterparts. Unfortunately, despite the lonely participants being more socially adept, they also tended to worry more about saying the wrong thing in social situations. They tended to choke socially. Lonely people tend to value their relationships a great deal, but because they care about garnering good relationships, they psych themselves out.

Myth 3: Loneliness Is Not a Serious Condition

Most people realize that mental health disorders such as depression and anxiety have a serious impact on one's health. Because loneliness is not classified as a mental health disorder, it's often considered less detrimental to health and well-being than these similar conditions. In fact, loneliness increases mortality, inhibits the immune system, increases blood pressure, and worsens sleep patterns. It's even associated with dementia in older adults. If you are one of the 60 million Americans who struggle with loneliness, isn't it time to consider how loneliness may be influencing your life?

Love Is Not the Answer

Isn't love a perfectly good solution to loneliness? Isn't love the

deepest, strongest bond we can have with another person, the basis of all relationships that matter? Love absolutely brings people together. When someone who's been a stranger becomes a lover, that person becomes infused with an almost surreal importance. It can be hard to tell where you end and the other begins, and you both like it that way.

But the majestic, heightened state of love has a flip side, one with which we're all too familiar. Love is fickle. You can fall in love with someone who's inappropriate for you or not available. You can love someone who doesn't love you back, or you can love someone passionately for a short period of time and then watch the relationship fizzle for reasons you don't understand.

It's not just romantic love that's largely outside our understanding. Expectant parents attest to the fact that we can love someone before he or she is even born. We love people after they die. Whom we love — and for that matter, when, where, how, and why we love — is largely outside our control. The notion that love is a reliable solution to loneliness is a myth because, simply put, love is a mystery, but closeness is not. We understand what generates closeness between two people — feeling known and cared about — but we cannot say the same thing about love. Love is transcendent, unpredictable, and impossible to conjure at will.

Love reduces loneliness, given the right circumstances, but it also increases loneliness under unfavorable ones. Closeness, unlike love, always works toward reducing loneliness. Closeness is useful in a way that love is not. If you do certain tangible things with a receptive partner, you will see tangible results. The more effort you put into closeness, the more you will get out of it. Closeness has predictable outcomes and can act as a solution to loneliness.

Mediated Interaction Does Not Foster Closeness

Technology influences the way we see the world and other people. Those of us who have grown up using personal technology can say that it's one of the main conduits through which we learned about the world. It was, and is, an important teacher of lessons. Unfortunately, some of the lessons that technology teaches us are not helpful for creating closeness.

Technology teaches us that mediated interaction, through a device, is a substitute for interpersonal connection. Those of us who struggle with loneliness know this is not the case. I can't feel what another person is feeling through Instagram. I can't understand what matters to my friend through Facebook. Mediated interaction, by definition, is not direct access to each other's inner worlds.

Many of us view technology — particularly our phones — as tools to make life more efficient. Efficiency is a value of utmost importance in designing personal technology products. The problem is that the more we interact with technology, the more we develop a technology mindset that isn't trained for dealing with interpersonal nuances. In other words, the more we interact with our phones, the less patience we have for interacting with people.

Millennials are the generation most entrenched in what I see as the greatest obstacle to closeness: personal technology. While personal technology has afforded millennials amazing levels of independence, it's also made them much more disinclined to interpersonal interaction. For example, millennials no longer need to go to a classroom to get an education. They no longer need to go to an office to maintain a job. But these are the places where opportunities to form close friendships exist. Millennials often feel no need to interact with people in person

because they have texts, chat, and social networks. These technologies, while amazingly efficient, hinder people from getting to know each other in organic ways.

Closeness Is a Solution to Loneliness

Closeness is an extremely vital aspect of all relationships — whether with friends, family, business, or romance — because it is responsible for the sense that another person understands you on a deep level and cares about you. Knowing and caring make closeness. They communicate to another person, “Not only do I see your true self but also I am invested in keeping that self well.” When this message is communicated in a relationship, the relationship feels stable, satisfying, and authentic. Without this message, the relationship can easily feel hollow, shallow, forced, or — at its worst — like a burden.

Creating closeness in your life is a learned skill. Understand that you are in control of your loneliness in that you are empowered with what you need to feel less lonely. Once you believe this, the work of creating closeness is to find like-minded people with whom you can develop close relationships. Once you've found a potential friend or partner, gain access to that person's inner world by asking inviting questions, empathizing with him or her, and demonstrating attentive interest in that person.

Loneliness is an increasingly common problem for people because our contemporary social environment is working against the development of close relationships. People these days have a reduced number of natural opportunities to get close to one another. Some of the environmental obstacles to closeness are part of larger social shifts. People relocate all the time, and each time, they're faced with the challenge of losing stable relationships and forming new ones.

People are delaying marriage longer than ever before, and living alone is rapidly becoming the most common living situation. Most adults say living alone is preferable to living with parents or extended family.

The fact is that you don't have to be lonely just because you're not in love. And if you are in love, closeness makes that love that much more stable and reliable. The overwhelming majority of people who get married, at least in Western countries, say they are doing it for love. In our culture, marriage is seen as the ultimate expression of committed love. Most who commit to marriage also expect that the love that brought them together will last a lifetime.

Let's pair this with what we know about how marriages end. One survey conducted found that 80 percent of divorced people said their marriages broke up primarily because they grew apart. Only 25 percent of respondents said an affair played any part in the decline of their marriages. So what does this tell us? Marriage is about love and divorce is about distance. Even relationships filled with love will fall apart without closeness. Closeness is the foundation for all satisfying and long-lasting relationships because love needs closeness in a way that closeness doesn't need love.

You can feel close to someone you're not in love with. And if you're in love but can't access your partner's inner world, it's inevitable that the relationship will slide into distance. But love relationships, particularly marriages, are excellent opportunities to create closeness. The great advantage marriage has over other relationships is that it's an explicit commitment. It's one of the few times (maybe the only time) when you expressly choose a partner who chooses you back. This conscious choosing creates an environment of deliberateness that is conducive to closeness. But don't wait for a love relationship before

you stop feeling lonely. You can create fulfillment and connection with others without waiting for love.

Closeness at Work

Closeness is a handier solution than love in the work milieu. Loving someone at work is generally deemed inappropriate. Even if you have a strong connection or friendship with a colleague, calling it love makes the relationship sound unprofessional. But most of us spend a great deal of time at work with lots of people we know professionally and with whom we could build meaningful relationships. Closeness gives working relationships the opportunity to matter as much as strictly personal ones.

Closeness, as I've defined it, means direct access to another person's inner world — his or her needs, values, dreams, passions, and stories. You create closeness with another person by getting to know him or her and then showing that person that you care. Through these two complementary acts, knowing and caring, your inner worlds become, metaphorically, close enough to touch.

While closeness requires getting

to know another person and demonstrating investment in that person's well-being, there's nothing inappropriately intimate about closeness. You can absolutely be professional at work and still get close. Recent studies show that the more managers understand their employees' deeper motivations (knowing), the more productive the relationship becomes. And the more managers can be emotionally responsive to their employees (caring), the more engaged both people report feeling at work. What does this indicate? Closeness is not just appropriate at work, it actually improves productivity and helps businesses thrive.

Feel Less Lonely Now

Understand that you are not to blame for your loneliness. People who struggle with loneliness often feel that if they put themselves out there more, their loneliness will fade. From my experience, loneliness is not a personality trait or character flaw, and it is often not for a lack of trying. Separate yourself from the problems in your life. You are a precious human deserving of closeness, and loneliness is a

resolvable problem that exists outside of you.

Notice whom you're interested in getting to know better. It could be a distant family member or acquaintance at work. Keep your eyes open for potential closeness partners in all areas of life. Ask that person to meet you in person. Once you're together, take the opportunity to ask questions that deepen the conversation beyond projects, hobbies, and activities. For example, instead of asking what he or she is working on, ask how that person feels about the work. When he or she tells you about waking up at 6:00AM every morning to run, ask what motivates him or her to do this. These are the conversations that lead to deeper understanding and get the closeness ball rolling.

Kira Asatryan is a couples and team coach who trains Silicon Valley startups to work cohesively. She is a popular blogger on psychologytoday.com as well as the author of Stop Being Lonely: Three Simple Steps to Developing Close Friendships and Deep Relationships, from which this article is taken. Before becoming a full-time relationship coach and writer, she ran marketing campaigns across major platforms including Facebook, Twitter, and Google Search. She lives in San Francisco and can be contacted through StopBeingLonely.com and KiraAsatryan.com.

Essential Oils and Gemstones for Careers and Professions: Accounting, Bookkeeping, and Finance

Margaret Lembo

Focus and attention are required to compile all that is needed for good bookkeeping of the year gone by. It's always a good time to reflect on finances and money management.

Looking at how things were handled in the past is beneficial in order to improve your financial condition in the upcoming year.

It's helpful to use gems and

aromas for clarity and accuracy. Lemon and citrine are beneficial for accountants, bankers, entrepreneurs, and all those who work with numbers and finance. Citrine,



a yellow quartz stone, boosts abundance and confidence. Lemon in the air is beneficial for success in business and tracking the associated numbers.

Diffusing a lemon scent detoxifies and deodorizes. Use it to keep your workspace air and energy clear and clean. It helps with mental clarity and focus so that you can keep your attention on work, especially when dealing with important details.

Interestingly, when the aroma of lemon essential oil is diffused into the air in office buildings, it is believed to improve worker focus and reduce error. Lemon is a good

aromatherapy ally for accountants, bankers, lawyers, health care practitioners, and any profession that requires thorough and unwavering focus.

Good for mental clarity, citrine reminds you that whatever you ardently believe, desire, and passionately work toward will manifest. It has been known as the merchant's stone throughout the ages and also has the ability to increase your courage to accept abundance in your life.

Match the lemon aroma and the citrine gem with some positive thoughts and affirmations. Here are some examples: "Prosperity

abounds in my life. Goodness multiplies. Whatever I desire, imagine, and passionately act on becomes a reality. Prosperity abounds in my life. Goodness multiplies. Whatever I desire, imagine, and passionately act on becomes a reality."

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 MargaretAnnLembo.com or theCrystalGarden.com.

Coming Back Home (to You)

Nancy Robinson

Several years ago, I had a session with a well-known healer. Overall, it was beneficial, and I gained valuable insights. But it also unexpectedly triggered a lot of grief and emotional residue about my past, which resulted in several years of seeking healing work to help clear my grief and regret. I used recovery work, vibrational energies through numerous crystal skulls, and sessions with another trusted healer to work through the layers of unresolved emotions. At times, it was hard, tedious, and even boring. It took conscious effort, and I often felt I was making little or no progress.

Recently, I had yet another healing session with vibrational energies, but this time something was different. Instead of the usual sadness and grief, I felt new levels of peace, joy, happiness, and aliveness. I felt I had come back home to myself. It was wonderful to finally have a sense of being fully present and feeling hopeful and alive again. A fresh new level of energy is available to me now to create the future I want instead of

staying stuck and dwelling on the past. Life is fun again.

If you are on a journey of healing or you're hesitant to start, be encouraged that you're where you're supposed to be and that your efforts and work will reap the benefits you seek. New levels of joy, aliveness, and balance are on their way if you're willing to do the necessary work. As you heal emotional, mental, or physical blocks, the promise of something much bigger and better waits for you on the other side.

Keep searching until you find the healing modalities that are right for you. Traditional counseling and alternative therapies are just a few options available. You have the ability and the right to come back home to that joyful and powerful place inside you. Don't allow the past to stand in the way of your joyful new future. Keep going and keep growing to your best now.

New Beginnings and Second Chances

I love the sound and feel of



"second chances" and "new beginnings." Who among you haven't made a mistake or done something you wish you had handled differently? Now is a powerful and extraordinary time to be alive. With the new, emerging energies of the planet supporting you as never before, you have the opportunity to start fresh and new. It's a good time to grab your best. If your past hasn't been so great or you're just ready for a new beginning, the following can help:

Gratitude. Practice gratitude as often as you can. I'm not advising that you deny issues or serious situations that need to be faced, but consistent gratitude has a powerful life-affirming energy that keeps you focused on what you want. Practicing daily gratitude for where you are and how far you've come opens new

opportunities and can bring joyful, unexpected surprises.

Forgiveness. If there's someone or something lingering from your past, try to forgive. Forgive everything, if needed — people, life, whatever you lost — until you feel free from pain or anger. Life is too short to keep investing energy in something or someone that's gone. Let it or them go, and then ask for extra help. Ask for love and support from your higher self, angelic team, and the universe to finish unfinished business and move forward to the joy that's waiting for you. Today is an extraordinary opportunity, and letting go of the past creates space for new starts.

Let Go. Try the powerful strategy

of turning any unresolved issue or concern over to something bigger than you. Turn it over to any higher energy that inspires you for extra help so that your energy is cleared. Follow this by asking for powerful, universal healing energies to flow in, through, and around all areas where you need healing. This loosens up and releases blocks that keep you from moving forward.

Do it now. Today is the most important time to create and live your best. What you focus on and affirm today, whether positive or negative, is already creating your future, so choose positive, life-affirming thoughts and actions. If you've made mistakes in the past, learn from them and then ask for the strength

to move beyond. When you let go of past regrets, you start living fully in the present, which is the most powerful time for manifesting and creating. If you're here today, you have amazing opportunities for new beginnings and second chances every day. Make the most of the time you have, and then enjoy the miracles that unfold for you.

Nancy Robinson facilitates a vibrational energy system called Elicor Awakenings, which includes energy clearing, spiritual coaching, and crystal skull gridding (on request). These energies clear mental, physical, emotional, and spiritual levels, enabling clients to make changes and bring forward new possibilities. For more information, call 817-898-9004, email elicorawakenings@outlook.com, visit ElicorAwakenings.com or [facebook.com/YourEnergyEdge](https://www.facebook.com/YourEnergyEdge), or write PO Box 151021, Arlington, TX 76015.

Posttraumatic Stress Disorder Can Become Posttraumatic Growth

Dr. Matt

In the early 1980s, my Monday evenings were spent as coleader of an open-ended therapy and support group for Vietnam veterans at the Memphis Vet Center, a storefront clinic and service center housed in downtown Memphis, not far from Beale Street and its blues music. The Memphis Vet Center was the VA's program to make services more intimate and available to veterans.

The mood of every session varied widely, but anger was a common theme. Group sizes ranged from three to twenty participants, homeless vets alongside retired officers. Most attendees came to only a couple of sessions, but there was a sizable block who were regulars — maybe 100 — who attended dozens

of sessions in the three years I was involved in leading the group.

Most group participants had psychological and behavioral problems associated with posttraumatic stress disorder. As I listened to them talk about themselves and to each other, the most valuable lessons I learned had more to do with their strengths than their weaknesses.

One of the biggest tragedies of military experience was not the nightmares, flashbacks, shame, or horror of having witnessed or committed horrible acts, not even the never-ending negative emotions of their lives. The worst outcome of serving in that war for many was being robbed of the value system they believed before their service.

Most Vietnam veterans volunteered to contribute to a cause they thought noble and worth their sacrifice: to protect a democratic way of life by providing a check on Communism. Unfortunately, after serving, many vets concluded that their sacrifice had been wasted by politicized leadership agendas and military tactics that made little sense. The veterans were disillusioned because they began to see they were being used by rather than serving their country.

Moreover, when those combatants returned home, their patriotism was attacked and shamed by those in a protest movement. Home was a place in which they no longer fit. These people were hurting,



alone and bitter about what they had seen and done. The ideals for which they had decided to serve had been shattered. In the resulting values vacuum, only the unpleasantness of powerful PTSD symptoms was left. Additionally, they were rarely taught how to replace or renew their compromised values system.

Another thing I learned from those Vietnam veterans was the importance of the platoon, usually a squad of ten or twelve people. Even though they were together for only thirteen months, the bond they quickly developed was very powerful and motivating. It was not uncommon in the sessions to hear them talk about how much they cared for the others in their small units. In fact, often it was only other vets these people felt comfortable with or trusted.

I came to realize the healing power in those small groups. The Memphis Vet Center Monday night therapy and support group became a sort of platoon where vets could work with each other to rediscover or replace their lost values. Once they accomplished this values clarification, many found more strength to cope with the symptoms of PTSD, and they became more receptive to learning the cognitive and behavioral skills helpful in rebuilding life after trauma.

The Values Vacuum

Since those days at the Vet Center, I have been involved in the treatment of many other folks who experienced traumatic events, including childhood sexual abuse, motor vehicle accidents, crime victimization, and sexual assault. A common feature of these trauma survivors is the loss of belief in previously held values.

Values can be defined as “activities or outcomes considered important in life.” Being clear about what is important is often missing for trauma victims. Like the combat veterans’ loss of guiding patriotic

values, survivors of childhood sexual abuse (CSA) spend the first eight to ten years of life learning trust only to find that it was no more authentic than a politician’s promise.

Many battered spouses go through life in fear for their physical safety only to have such fears confirmed by violence eliminating a valuable sense of security. A vacuum is formed where once there was a strongly held belief about an important feature of life. Without a sense of knowing what is important in life, trauma victims find little motivation to engage in the hard work of coping with unpleasant symptoms.

Addressing this values vacuum is important so that victims can find increased strength to cope with the trauma encountered. Since the main method by which we learn values in the first place is through social interaction with important people in our lives, the group process is a powerful mechanism by which victims can examine changed values systems and begin to renew and replace them.

Rates of Trauma and Overcoming It

A recent study reveals that over 80 percent of 3,000 people surveyed reported having experienced a major trauma — 80 percent! These traumas include physical or sexual abuse (53 percent), death of a family member due to violence (51 percent), natural disaster (50 percent), accident/fire (48 percent), witnessing physical or sexual assault (33 percent), and combat or warzone exposure (8 percent).¹

Most victims of trauma (including most veterans of military combat) “get over it” in twelve to eighteen months. But 20 percent don’t. They develop PTSD. What is the difference between the 80 percent who adjust and the 20 percent who can’t “get over it”? An entire article can and should be devoted to the complicated concept of “getting

over it.” For starters, even if they get past the trauma, their life narratives are forever changed. Plus, somewhere between 40 to 60 percent of folks who have a life trauma eventually say that their lives are better for it: an outcome called posttraumatic growth.²

In fact, if one thinks about it carefully, a good question to consider is: “Why is there not more PTSD if over 80 percent of people report having had trauma in life?” My experience with Vietnam veterans has led me to the conclusion that folks who “get over it” address the destruction of their values system in some kind of group interaction, formal or otherwise.

Internal Dialogue

We all spend most of our waking hours engaged in an internal dialogue, where we describe, evaluate, and reimagine the events happening around us. To a cognitive-behavioral psychologist, internal dialogue is behavior that can be examined in a technical manner. It is determined by past social experiences, and it is changeable.

The incessant internal dialogue going on is the raw material of the life story or narrative we each create. After a trauma, that narrative naturally becomes negative, even tragic. But the good news is that the trauma-tinged internal dialogue can be modified by changing the patterns and content of interactions with others.

Verbal behavior, including self-talk, is strengthened or weakened by how those listening to it respond to it. When what we say is met with positive reactions from others, similar thoughts and statements in the future are more likely. But when the verbal behavior is met with bland or even negative reactions from those in our social community, such content tends to be weakened. This process of shaping what we say and what we think goes on constantly

and has been going on in our social interactions since birth.

Thus, the content of internal dialogue is infinitely changeable, depending on with whom one is interacting. However, once set, internal dialogue can and does get stuck if the social group with whom one interacts becomes stagnant where only one type of content (e.g., negativity, hopelessness) is encouraged over other types. In addition, many exposed to trauma greatly reduce the number and range of people with whom they interact, further reducing input to change internal dialogue.

The narrative of a life can be going along great, maybe even according to one's life plan, and then — “wham!” — a trauma happens, and the narrative changes. Before trauma, a glimpse of the internal dialogue might be summarized as similar to this: “Everything is okay. I'm in charge. I like my life. I have hope. This is fun when it's not hard.” After trauma, however, it becomes similar to this: “The hurt is unbearable. I can see no end to it. I can't do anything to stop this pain. Others don't understand. Nothing matters anyway. My life is awful. I'm awful. Help! Leave me alone.”

Specific content in the internal dialogue is important. Social communities encourage asking others for advice, input, and even help. Also encouraged, even demanded, is the labeling of the causes of the events that happened and attributions of who caused them.

Most of us spend significant time engaged in an internal dialogue musing about who did what and why it was done, which is influenced greatly by what those around us are saying about similar issues. Unfortunately, after trauma, when victims decrease their interaction with others, less input can be provided from other people, and internal dialogue can remain stagnant and usually negative.

When that happens, the avoidance symptoms of PTSD take over, and life gets stuck. But the internal dialogue does not stop. Constant negative self-talk, often on automatic pilot, goes on indefinitely. Social relations suffer or stop altogether, health suffers, and job/family/marriage and other practical matters become dysfunctional.

The narrative that accumulates turns into a pain-filled and hopeless modern tragedy. Mix in alcohol, drug abuse, or poor life decisions, and the spiral swirls wildly.

Being Stuck and Losing Self-Efficacy

The unchecked internal dialogue results in an unrelenting and pervasive sense of pain and avoidance, which makes life bad enough. But when the victim stays stuck for too long in this spiral, life worsens.

As previously outlined, the trauma event often shatters long-held central beliefs and values. The victim loses sight of what is important in life. With the values vacuum often comes a lack of passion and enthusiasm for progress or renewal. The grieving parent loses the motivation to show love to others. An abuse victim dares not place trust in others, however well meaning. A veteran finds it impossible to take orders or tolerate the petty details of life. Crime victims never allow themselves to assume safety. A rape victim can't engage in intimacy because it only means more pain.

Being stuck in the negative internal dialogue only causes the person to become more stuck, because new interactions and ideas are avoided due to reduced interaction with others.

Another outcome of a life thus interrupted by trauma is a horrible case of the “I can'ts.” Psychologists identify self-efficacy as the belief people have that they can actually perform a specific behavior. For example, successful cooks have the

belief they can prepare a tasty meal, whereas someone who has never done any cooking has very little belief (self-efficacy) in the ability to cook. Experienced drivers might have a strong belief that they can drive in heavy traffic, but new drivers are not as certain.

Self-efficacy beliefs result from four types of life experiences: performance accomplishments, vicarious experiences (watching another conduct a task), verbal encouragement from others about learning and doing a new skill, and the experience of actual physical sensations or feedback when a task is attempted and completed.

Self-efficacy is important because when people have little of it in a particular category of behavior, they will make very few, if any, attempts to perform that action. Trauma victims who are stuck are convinced they can do nothing about the unpleasantness of their lives. They can't be honest about the trauma and their shame. They can't let other people know how completely messed up they feel. They can't take on new challenges added to the load of daily survival. They can't. They can't. They can't. And sadly, they don't.

PTSD is a disorder of being stuck in a never-ending cycle of avoiding unpleasantness, no longer believing or trusting in something once-valued, and lacking belief that something can be done to change this cycle (self-efficacy). A crucial component in trauma recovery is becoming educated and aware of this process of being stuck so that plans can be devised to reverse it.

Cognitive behavior therapy typically consists of three phases: education about the problems, their causes and effects; identification and practice of skills that reduce the problems; and real-time application of the newly learned coping skills in day-to-day life situations to reduce the problems.

The first step in the education phase for trauma victims is to understand why they are stuck. Such an educational rationale provides the framework on which new skills and behaviors are gradually tried and eventually perfected.

To Become Unstuck

The good news is that there is much that can be done to change the dynamics described above. In fact, the difference between trauma victims who eventually achieve post-trauma growth and those who go on to get stuck in PTSD is the arrangement of a social community in which self-efficacy is manufactured by arranging the four life experiences mentioned.

Engineering can be defined as the process of combining smaller parts to construct a larger and useful entity. For example, 1,000 two-by-four planks can be made (engineered) into the frame of a 3,000 square foot house. Behavioral engineering happens when we combine smaller acts into a longer chain of acts that can produce beneficial outcomes. Attending 120 hours of college classes can result in learning a profession or trade useful for the rest of one's life.

For the trauma victim, the narrative of "I can't" must change to "I can." Behavioral science suggests a technology of behavioral engineering through social interaction; that is, the power of the group. Trauma victims who survive and learn to thrive make social interaction changes by taking small steps toward being more authentic with themselves and others. They begin to make gradual progress toward improved coping by learning new stress management skills. And they redefine what is important in their lives by finding passion and meaning in pursuing those values.

All of these outcomes happen by changed social interaction patterns, sometimes in therapeutic situations

and sometimes in self-help groups or other groups occurring naturally in a person's life, such as a family or a work environment.

Trauma Recovery through Social Media

While it might at first seem difficult, if not impossible, to find or become part of such a healing community, changes are more possible than ever in the age of social media. Many opportunities exist in which trauma victims can reach out to others and begin the systematic process of rehabilitation. The necessary conditions for the described changes taking place include

- finding someone to guide such a journey (a therapist, mentor, coach, or sponsor),
- taking small steps toward being more truthful and open about the trauma and its impact (writing or sharing an account of what happened),
- learning new skills to think about and manage stress or modify behavior (stress management training and behavior contracting),
- participating in group involvement with others on similar journeys (regular meet-ups devoted to supporting and challenging oneself and others),
- and finally, finding meaningful life pursuits that generate passion (values clarification).

Cognitive and behavioral therapies, preferably in group contexts, are available to create the new social communities that will help people rewrite the narrative of damaged lives. Many published or online sources exist that show how to create these essential changes.³

When recovery from trauma happens, a glimpse of the repeating loop of internal dialogue might become similar to this: "That hurt was the most difficult experience in my life, but I have managed to

survive. If I can survive that, then I can do anything. Thank goodness for my real friends. I've learned what is truly important in life. I'm pumped about passing on what I've learned!"

I hope you begin to investigate this approach to trauma recovery through rearranging social interaction in healthy and progressive ways. *Trauma Recovery: Sessions with Dr. Matt*⁴ is one way to visualize such a journey in that it describes in detail the narratives of seven trauma victims whose interactions with a therapist and each other achieved the needed changes to recover from trauma.

1. For more information, see <https://www.ncbi.nlm.nih.gov/pubmed/24151000>.
2. Calhoun and Tedeschi, *Posttraumatic Growth in Clinical Practice* (Routledge, 2012).
3. An excellent place to start this process is cptforptsd.com. Another helpful webpage (https://www.huffpost.com/entry/successful-people-obstacles_n_3964459) details the narratives of trauma survivors who achieved posttraumatic growth by clarifying their values and finding life pursuits for which they became passionate.
4. Dr. Matt Jaremko, *Trauma Recovery: Sessions with Dr. Matt* (Ayni Books, 2018).

Dr. Matt Jaremko has taught psychology at the university level for twenty years. He has operated an independent practice of clinical psychology for over twenty-five years. Having taught over 2,000 students and delivered over 35,000 hours of psychological services to approximately 10,000 clients, he has also engaged in stress and trauma research with over 100 publications and presentations at professional meetings. Dr. Matt can be reached at his author page on Facebook, Matt E. Jaremko, or his website, DrMattBook.com.

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PREDICTIONS

Don't let the prophecies, ancient or modern, trap you in a box of fear and futility.

Change the dance by becoming the light that you are — the light that continues through and beyond the box into the adventure of forever.

Western Women Will Save the World

Donna Taylor



With no less than seven planets in the earth signs of Taurus and Capricorn, May will have a very earthy feel about it, which could result in themes connected with the environment, climate change, farming, nature, finances, business, politics, and the economy. Expect changes or news in these areas, because Uranus along with the new moon and Mercury in the first week strongly suggest that the old ways (which are already collapsing) will crumble further. From protests and rebellion (particularly along the lines of austerity and damage to the environment) to people quietly making personal changes to improve things, this will be a month when people are less inclined to go along with the status quo.

With such a heavy emphasis on earth signs, we are all being called to pay attention to that which is real. It will be difficult to keep our heads in the sand about whatever is happening. In our personal lives, we might benefit from taking a more practical approach. Maybe that's sorting out our finances, paying more attention to the work we do, attending to our physical well-being, clearing out our homes, or anything else of a practical nature. Change is the order of the day, and the more innovative you can be, the more successful you're likely to become.

Taurus and Libra folks will need to cut themselves some slack, though, because the double square from Saturn and Pluto to Venus could feel very austere. However, this experience can be alleviated by laughter, joy, and love. Sometimes it's easy to forget about those lighter aspects of life when things are difficult, but often it is our perception of events that make us miserable, not the events themselves. It might also be helpful to remember that whatever sign you're born under, thinking outside the box and breaking your mental patterns can lead to breakthroughs and "aha!" moments.

Mercury's conjunction to Uranus between May 7 and May 9 suggests that it is the ability to think differently that will solve problems. This is also a time when ideas and inspiration will be easily downloaded, and it favors people of a metaphysical bent. The downside is that we could feel rather wired, and anyone prone to anxiety or insomnia might see these conditions increase. Be ready with the lavender and the chamomile tea!

The best antidote to the wired combination of Mercury and Uranus is to spend time in nature, as this instantly grounds us and restores our electromagnetic vibration, which might have been knocked off-kilter from too much exposure to technology or a mind overloaded with too many thoughts and too much information. We also need to be mindful of being carried along by a very fast pace throughout May; it could be a case that we reach the end of the month and wonder where it went.

To make the most of May, you will need to consider what you would like to experience and then try to minimize the distractions that will likely present themselves. Ultimately, May is a month of awakening. Many people will begin waking up and questioning or seeing for the first time the truth of what is going on in life. This could lead to some quite interesting developments.

Move Forward in Kindness, Compassion, and Love

The Dalai Lama said that the world will be saved by Western women, and we might see evidence of this as Venus joins Uranus around May 17 before the full moon on May 18. Whether it's women protesting on behalf of the planet or increasing numbers of women taking

action, expect to see the feminine influence alive and well this month.

This doesn't mean that men do not also have a part to play; it simply means that the way forward is of a feminine nature, so the sooner women stop trying to beat men at their own game, the better. The whole world will benefit from the growing feminine consciousness. Indeed it is the only thing that will save us, and the way forward is through kindness, compassion, love, and nurturing. That is what the awakening will be about: the realization that we can have a thriving world that isn't based on competition, greed, and selfishness.

So as Venus and Uranus make their way through the feminine earth sign of Taurus, remember that you don't need to rush, strive, or push. There is no need to stockpile or accumulate out of fear. These are the old patriarchal mindsets that have no place in the new world that, while not yet formed, is taking shape

energetically via the forward thinking expressed by women and men — young and old and Western and Eastern — across the globe.

There is a battle going on right now between the light and the dark, and while there are a few more years to go before we emerge into the light, every positive action taken to protect the earth and her inhabitants, every loving thought expressed, and every kind action given will hasten the emergence of the victory. And May, with all its innovative and unconventional dramas, invites you to express your version of what an awakened life looks like. Maybe it has more art, more color, and more beauty. Maybe it has more love and charity, or maybe it's a life that dances to its own tune regardless of what others might think.

Whatever your circumstances, if you "keep your eyes on the stars and your feet on the ground" (Theodore Roosevelt), you might end the month with a much greater sense of possibility and a feeling of empowerment.

May Weekly Forecasts



• **ARIES** (March 21–April 19) •

May 1–8: If you would benefit from a change in your finances, the new moon on May 4 is a good omen. Perhaps the key is to take a different approach. If you've never saved, now is the time to start thinking about your future. If money has controlled you in any way, then this is an appropriate moment to put it in its rightful place. Maybe there is a problem, and the solution lies in being innovative. By thinking outside the box or by trying different options, you will likely stumble across the key that unlocks a successful outcome. A word of caution though: Try not to push things (or yourself) beyond their limit. Know when to stop and when to back off. The trick to this week is to strike a balance between knowing your limits and following your ingenuity. Look out for the eureka moment that could change everything, and put your energy into making that real.

May 9–17: This is the week when ideas are likely to be coming thick and fast, particularly with regard to your material situation. This is a great week to take an innovative idea and run with it. From ideas regarding how you can make or save more money to changing your job, it will certainly help to try out something new or even be a little bit rebellious. No matter how big the dilemma, you have the means to overcome it; all you need to do is follow your inspiration and perhaps utilize your talents better. Henry van Dyke's words seem particularly relevant this week: "Use what talents you possess, the woods would be very silent if no birds sang there except those that sang best."

May 18–24: There is still a strong financial and material flavor to your world, and this week, as the Moon grows full, it could all come to a head. At least any confusion or uncertainty will be cleared and things can start moving forward. While this might be a good time to take out a loan or acquire some other form of financial assistance, you should question whether you really need it, since the planets are suggesting that you have much more power to change things than you realize. And "change" is the keyword, because with Uranus in your money sector, you really need to be looking at different approaches when it comes to your money. What worked before may not be working now and vice versa. The presence of Venus suggests that it shouldn't be too complicated. In fact, it should be quite simple, really — and enjoyable. So whatever financial choices you make, just be sure that they feel good. If not, then leave well enough alone.

May 25–31: These will likely be very busy days, so make the most of the upbeat tempo, but remember to take time to ground yourself. Otherwise, you could end up meeting yourself coming backward. The best use of the planetary energies this week is to get your message across, whether to one person or on a larger scale, using your unique communication abilities. From having a conversation with your neighbor or a relative to capitalizing on any latent talents in the area of teaching, writing, or speaking, now is the optimal time to communicate, connect with others, and share what you know. There is also a very progressive feel to the week

ahead, so if you've been stuck, then expect a breakthrough any day now.



• **TAURUS** (April 20–May 20) •

May 1–8: Despite the pressures and difficulties that you are currently facing, the new moon and Uranus in your sign invite you to make a change — in yourself, in some aspect of your life, or by rewriting the rulebook of your existence. So don't stick with the tried and tested unless these things are going well for you. However, if there are aspects of your life that feel stagnant, you feel tired for no obvious reason, or there's something you really want to do yet haven't dared to take the chance, then now is the time to act. When an opportunity comes knocking, it would be wise to open the door. At the very least, plant one or two new seeds in alignment with your desires, and believe in their capacity to grow. At this stage, that's all that's required.

May 9–17: This should be an easier week for you as Venus escapes the clutches of the bullyboys Saturn and Pluto. If life has felt rather heavy or draining recently, now you can get back to the business of enjoying yourself and welcoming the opportunities coming your way. And if you feel that the opportunities aren't coming fast enough or if they're not to your liking, then don't underestimate your capacity to create a few of your own opportunities. With Mercury and the Sun in your sign, not to mention Uranus, you are in a perfect position to make things happen. So start expressing your ideas, even if they seem a bit offbeat. What will reward you now is having the courage of your convictions and following your path no matter what anyone else might think.

May 18–24: Uranus in your sign demands that you have a right to be you and that the time for compromising yourself is over. However, there is a difference between being true to yourself and being deliberately difficult or controversial. The full moon on May 18 asks you to try to strike a balance between the needs of others and your own desires. A part of you may want to break free from a situation, but it might be prudent to just allow things to brew for a while longer before making any rash decisions. Full moons are notorious for generating impulsive, emotionally based reactions that cause more problems than they solve. But if you can find a way to express yourself in a healthy way and have time to tend to your needs while still managing to support those who need it, you'll succeed in all that is asked of you.

May 25–31: If you have lost a little faith in the world and have a little bit of bitterness or resentment sneaking into your thoughts and feelings, remember that your beliefs determine how you live. So if life isn't as good

as it could be, perhaps it's time to replace cynicism with hope, doubt with faith, and bitterness with love and forgiveness. Maybe it's time to believe in yourself or others a little more. With Venus in your sign, this is a good time to embrace beauty and pleasure and to invite these things into your life on a daily basis. Whether it's fresh flowers on your dining table each day or making the time to gaze at the sunset, there are many things that can soothe the soul and restore your faith. Instead of fretting about money, work, or other things, focus on the simple pleasures.



• **GEMINI** (May 21–June 20) •

May 1–8: The new moon on May 4 suggests that it's time to release something so that you can move on. In fact, leaving the negative elements of your past behind is very good advice right now, as it seems that there is baggage weighing you down. Of course, you can choose to let go of it in an instant. No one is making you lug around your sadness, disappointment, anger, or resentment. Perhaps what's really needed now is forgiveness. Whatever has been taken from you, whatever has been lost or has not worked out, accept that it was not meant to be, and move on. Better things are waiting for you.

May 9–17: Mars is still in your sign, so use this week constructively to get things done or to make progress in areas that matter to you. However, with a cluster of planets in your soulful zone, it would be prudent to check in with your higher self first before you take action. We often think we know what we want, but sometimes God has a better idea of what will serve us. You are now blessed with a direct line to the Almighty — or to whatever spiritual deity or higher consciousness you choose to address — so make time each day to tune in and ask for guidance to be shown the way or sent a sign. Make no mistake, if you ask you will certainly receive. Then you can use your energy and determination to make the right things happen.

May 18–24: Work and health are the key areas as the Moon grows full on May 18. Now is the time to tie up loose ends relating to your work. Complete projects and be super organized so that everything begins to flow better. Your health can benefit too, particularly if you're prepared to rest more, listen to your inner guidance, and tune in to your body's messages. Try not to ignore or override any physical or mental symptoms. Instead, pay attention to the subtle signals that your body sends you. Perhaps it's requesting a massage, a long soak in the bath, more time in nature, or less time rushing or worrying. Maybe it's requesting a certain kind of food. There is much going on at an inner level now, so try to give that priority rather than the events in your outside world. Once the full moon has passed, life won't seem

quite so inward looking, and you can start to move forward again.

May 25–31: Gemini is the sign of communication, and in some way, you have a gift in this area, whether it's through teaching, writing, humor, or simply talking to others in a way that uplifts or inspires them. If you can reach people, why not make more of that gift? With the Sun and Mercury in your sign, now is the time to share your ideas, spread your knowledge, and use your mental cleverness to make things happen. If people don't know about your ideas, they won't be able to help you bring them to fruition. So the message for this week is to get your ideas out there, enjoy your interactions with others and communicate to people in a way that will benefit them.



• **CANCER** (June 21–July 22) •

May 1–8: “A real friend is one who walks in when the rest of the world walks out” (Walter Winchell). As the new moon alongside Uranus falls in your zone of friendships and social life on May 4, it may be timely to consider exactly who is supportive and who isn't. If someone doesn't have your best interests at heart, there's someone who brings you down rather than elevates you, or there's someone who messes with your head, it might be time to demote that person to a place where he or she can do less damage. Sometimes a friend or companion can be a mixed bag — good in some ways but lets you down in others. Now is the time to ensure that only those people who bring out the best in you are kept in your inner circle.

May 9–17: In everyone's life, there are active periods when changes happen and life moves forward. This is not a static time in your life, and although it's not the easiest time, it is also a time when you have more power than you realize to change your future. This week you're likely to have ideas regarding where you are going. They could come in intuitive flashes or sudden knowing, but however they appear, they should be acted on because they are the key to your future.

May 18–24: The full moon in your house of fun is your signal to take a break and enjoy yourself. The things that you feel you have to do can wait, especially around May 18. It's more important that you allow your soul to be nourished. So take time out for pleasure and recreation alongside a more carefree attitude. Nothing is so important that it can't wait a day or so. The other good news is that Mars enters your sign on May 16, which will give you the get-up-and-go to accomplish more in a day than most people do in a week, so don't worry about taking time out to enjoy yourself when the opportunity arises, because you'll easily make up for it. Use this week to think about your desires, and make a plan to bring them to fruition. Consider what motivates

you, what gets (or would get) you out of bed and puts a spring in your step in the morning. Try to make that a regular part of your life.

May 25–31: This week's picture contradicts last week, as the powerhouse planet Mars is currently in your sign lighting the blue touch paper of your desires, but the Sun has drifted into your zone of soul and spirit, suggesting a very different approach. The best use of this combination is to go within and take direction from your soul or higher self/God, and then act on it. You might have a dream that gives you a clear message, or during a meditation, or you might feel the answer to a question. Maybe when you are out walking, you are present enough to spot a heron flying overhead, knowing that it brings you a message. Combine action with the tuning in to the subtle messages of life, and events should begin to flow quite effortlessly.



• **LEO** (July 23–August 22) •

May 1–8: The new moon at the top of your chart on May 4 is a great omen for success and new developments in your work and career. Now is the time to make a change, promote yourself, give your website or résumé a facelift, or apply for a new position or pursue a particular goal or ambition. Doing something different, heading in a new direction, or following your heart are all indicated now as Uranus joins the fray. There is a strong indication that any stagnancy in your life — especially in your career — is over, and the more willing you are to embrace change, the more likely you are to be successful. So be brave and take a chance. You never know where it might lead.

May 9–17: Work and your direction in life are the key areas right now, and it might be time to cut your losses and move on to something new. Saturn and Pluto in your work zone are piling on the pressure, and things look pretty difficult there. Meanwhile, the Sun, Mercury, and Uranus at the top of your chart are calling you to bigger and better things, but it involves a risk. The risk, of course, is that you don't know whether it will work out. The unknown is always scary, but this is one time in your life when you have to leave the past behind and step into a new future — if only for your health and well-being.

May 18–24: The full moon on May 18 may add to the conflict and dilemmas currently taking place in your life, but it will likely bring matters to a head. This is the week when you're likely to make some sort of decision. Whether it's just a bad day at the office or something that runs deeper, chances are that you'll just want to curl up at home and take solace in your cozy nest — and rightly so. After a little nourishment, you will be better able to deal with the challenges. Remember, though, that your first priority needs to be your health. Without that,

you have no power, so do whatever needs to be done to make things easier for yourself. From reducing your working hours and making more time for relaxation to changing your role or taking your health more seriously, this is the week to realize that you deserve better than you're currently getting. And that begins with how you treat yourself.

May 25–31: The Sun's move into your social zone removes some of the pressure, bringing a more enjoyable and outgoing feel to your week ahead. This is a good time to get out and about with friends, engage in social events, or join forces with others — even if it's just as part of a club or organization that brings a different perspective to life. On another level, the Sun and Mercury are likely to instill in you some bright ideas about how you can change your future and shape it to your will. Perhaps this is the time to get your message out there, whether that involves telling people how you feel to sharing your knowledge through teaching, writing, speaking, or some other form of communication. Either way, this is the time to put yourself out there and see what comes back.



• **VIRGO** (August 23–September 22) •

May 1–8: The new moon on May 4 brings new possibilities, so be prepared to tread where the path hasn't been trodden. You never know where it might lead, and the chances are that it will be better than where you've been. It is time for a change, to push out of your comfort zone and entertain new potentials of how your life could be. Just because something has always been a certain way doesn't mean that it always will be. It all begins with a change of heart, and right now, that is the most important thing.

May 9–17: As the Sun journeys through your zone of adventure, you can do one of two things: Take yourself on a physical adventure to see what's out there or embark on a mental adventure by expanding your sense of what's possible. You could do this by studying a new subject (or going deeper into an old subject) or challenging yourself to believe in things that previously might have seemed impossible. Actually, with Mercury and Uranus also in your adventure zone, it shouldn't be too difficult to stretch your mind to try out new ideas and concepts. In short, this is the time to reach for the Moon. As the saying goes, you might just land on a star.

May 18–24: Your adventure zone becomes even busier now as Venus joins the fray, bringing an element of pleasure, beauty, and enjoyment to your expansion. So any changes should be relatively pleasant and effortless. This is when someone invites you on a trip — perhaps a luxurious trip or a creative/artistic/cultural trip. But if someone doesn't invite you, invite yourself! Why not? There is much to enjoy in your

world right now if you are prepared to say yes to opportunities. By all means, take your creative endeavors seriously, but don't forget the higher purpose to it all, because that in a nutshell is what it's all about for you now.

May 25–31: The emphasis begins to shift from adventures to your role in the outside world, and to move forward, whether in your career or your direction in life, you need to start expressing your ideas. Communication is the key to your success now, so get your thoughts out there. This could mean putting forward your ideas or sharing information. It might involve looking at how you can better promote yourself. If you've been hiding in the shadows, for example, now is the time to step out into the limelight to let others know what you can do. If shyness gets the better of you, remember that you are depriving others of your knowledge, wisdom, or abilities. Maybe it's time to share your talents.



• **LIBRA** (September 23–October 22) •

May 1–8: Regeneration is the key to your well-being under the transformative new moon on May 4. This is your annual opportunity to gain a new lease on life and shake yourself free from all the detritus. This might happen naturally, or you might feel the urge to let go of some stuff. Ultimately, it is perhaps most important to release those parts of you that are dying. We all reach stages in life when the old life is no longer working and a new life wishes to be born. It seems you're in such a phase now, so mourn your old self, and then start preparing to welcome in the new you. You can help this process along by getting rid of anything that no longer fits with the new self that is emerging, from clothes and music from a bygone era to a job, a role, a relationship, or a place that you have outgrown.

May 9–17: As Mercury joins the Sun and Uranus in your zone of rebirth, you should suddenly be buzzing with ideas and inspiration about how you can facilitate the birth process that we talked about last week. You might feel inspired to head in a new direction, or you might have a clearer vision of the new self that is emerging. All you have to do is stand back and allow the process to develop. Financially, this also could be a week of developments, and the way forward lies in adopting new ways of doing business and dealing with money. Maybe the key is to learn to love it!

May 18–24: The full moon in your money zone continues the financial theme, but this week, matters are likely to come to a head, making the days around May 18 an appropriate time to tie up loose ends, make the final deal, and resolve outstanding issues. While it might seem that you don't have a whole lot of power and authority, you will find yourself in a winning position if

you embrace the new or the different. We all get stuck in our ways, but this is a time when you need to try a new approach — from your finances right through to the mystery of life and how you live it. Strangely, acknowledging that you don't have much control over life and what happens puts you in a stronger position, because you'll stop fighting against the tide and allow yourself to be carried to precisely where you're meant to be. So stop struggling, and see where life wants to take you.

May 25–31: The mood becomes much lighter as the Sun and Mercury move into your adventure zone. Not only is this a good time to go on a trip, but it's also perfect for embracing new ideas and possibilities. This is when your vision of life begins to get larger, and you can see things that weren't evident before. It might help at this point to consider whether what you are doing has meaning for you, because the most important question right now is how to live a more meaningful life. Consider that meaning isn't always a static thing; for some people, what is meaningful in one part of their lives isn't so later on. So what is meaningful for you now? What changes do you need to make to create a more meaningful life? As Rick Riordan said, "If my life is going to mean anything, I have to live it myself."



• **SCORPIO** (October 23–November 21) •

May 1–8: The new moon on May 4 is a perfect opportunity to make changes in your relationships. In fact, with Uranus there too, change is the order of the day, and trying to keep things as they are will be counterproductive and not in alignment with the higher plan. So be willing to go with whatever difficulties are occurring in your personal life. The purpose of any change and instability is to liven things up in your relationships. This is especially the case if things have become stagnant. It may also help you discover new facets of yourself. As others change, you have to change too.

May 9–17: Many a relationship rift can be resolved with clear and honest communication. This isn't always easy in these days of texting and social media, when a few words without a voice or body language can result in misunderstandings and hurt feelings. So make the effort this week to actually talk to people and to communicate with your heart and soul. Aim to be present, and listen patiently before saying your bit. As Brendan Francis said, "A man is already halfway in love with any woman who listens to him."

May 18–24: The full moon falls in your sign on May 18, casting the spotlight on you and putting the focus on your personal life. What do you want? What do other people want? Trying to strike a balance between your needs and other people's is the challenge this week,

particularly around the days of the full moon. You will need to prioritize your needs; otherwise, emotional outbursts could take you by surprise. Others might be behaving a little contrary or uncertain, and this is a good time to consider whether their ambivalence is doing you any favors. If there are people in your life who repeatedly let you down or who mess with you, it might be appropriate to set some boundaries and keep a safe distance. No matter how glamorous and exciting they may be, it's probably not worth your sanity.

May 25–31: It's not easy being vulnerable, especially for a Scorpio! You have a fear of other people having control over you or knowing your weak spots, so you guard your vulnerabilities with a steely protection. Only those really worth the trouble can get to see the real you. If you feel that you might be missing out or you're an outsider looking in, it will be worth your while to drop your guard and let others in. This is a good week to tell someone how you feel and to listen to others explain how they feel. You might prefer to use the current energies for financial wheeling and dealing, as it is a good week for improving your financial position, but if people mean more to you than money, it might be wise to let that be known.



• **SAGITTARIUS** (November 22–December 21) •

May 1–8: It's time to make changes to your day-to-day life as a new moon falls in your work zone. From adopting a new approach to planting new seeds, now is the time to get super organized so that everything functions better and life flows more effectively. You might feel compelled to clear out the clutter and organize your home, your workspace, or even your car. This spring-cleaning may extend to your body, and you would benefit now from looking at how you can improve your well-being. From changing what or how you eat to making changes to your exercise routine, this is the perfect week to get yourself — and your life — in shape.

May 9–17: Rome wasn't built in a day, so rather than overloading yourself, ask for help, or break things down into more manageable chunks. Instead of trying to tackle a ton of jobs in one day, spread them out over several days or even several weeks. There's no rush, even if you think there is. In fact, it would help you to remember the following quote by James Freeman Clarke: "Never hurry. Take plenty of exercise. Always be cheerful. Take all the sleep you need. You may expect to be well." Pace yourself, and make time to relax. You will find that you still get plenty done while managing to maintain your health and mental well-being.

May 18–24: If you've overloaded yourself with tasks, your body could collapse under the strain. The full moon on May 18 calls you to rest and quiet contemplation, so

resist the urge to keep busy. This will be difficult though, as the Sun and Mercury are increasing the tempo while Uranus is creating anything but a relaxed state of being. But forewarned is forearmed, and if you deliberately schedule some healing time, whether it's a massage or other form of therapy, maybe an afternoon of chilling out, you will be able to circumnavigate the potential pitfalls of a week that feels overly busy.

May 25–31: Duties, jobs, and obligations begin to give way to a more relaxed state of affairs when people and relating become the new focus. Can you improve a relationship by communicating what's on your mind? Can you listen to someone who might need an ear? Sagittarius folks are renowned for their sagacious knowledge, and just one moment of your wise insights can be more beneficial than an hour spent thrashing things out with a counselor. You're now in a position to help someone who needs it far more than you might realize simply by sharing your wisdom.



• **CAPRICORN** (December 22–January 19) •

May 1–8: The new moon on May 4 reminds you that even if there are things you have to do, it's important to take time out to remember what life's really about. This is a good time to engage in recreation, hobbies, and pastimes you enjoy. Make time to be creative or set aside a timeout from your worries. A carefree attitude will work best now, along with the determination to march to your own drumbeat. In fact, if you're feeling just a tad rebellious that may be a good thing. You shouldn't be paying too much attention to what others think, and the way forward now is to dare to be different and do what feels right for you.

May 9–17: When life feels heavy, the antidote is to play. When we play — a sport, a game, a hobby, or anything else that is fun — we adopt a more carefree spirit in which troubles are put into perspective and life seems more colorful and optimistic. Children and animals are great tonics for the spirit. They show us what we need to do to reclaim our sense of wonder and joy, and it wouldn't hurt to spend time with either. Art and creative pursuits allow us to reconnect with our free spirit while a dose of comedy can boost our well-being and help put things in perspective. Simply arming yourself with a more playful attitude while pondering Marty Rubin's quote, "Where would you be if you left all your cares behind?" may help to bring color to your days.

May 18–24: Whatever your problem, it seems that ingenuity, innovation, and creativity will be the key to your success. First, though, you may need to let something go, something that isn't working or something or someone that no longer has a part to play in your life. Saturn, the south node, and Pluto — all tightly conjoined in your sign — are effectively acting like the grim reaper,

cutting away all the deadwood in your life. This might not be easy, so allow yourself time to mourn but at the same time, know that a space is being opened up for wonderful new things to come into being. This is very much a time of death and birth. Focus on that which is new and exciting, and allow the rest to go.

May 25–31: If your life isn't functioning quite as effectively as it could; if there's a pile of paperwork, a backlog of accounts, appliances that need fixing, junk in the basement; or if there's a load of clutter in your cupboards, under the bed, or behind the doors, then now is the time to get things organized. From a clearer, brighter working space to a healthier home, you can easily move from chaos to order with a little bit of organization. But, really, it is that precious commodity — time — that is the theme this week. You will need to be careful that you don't do too much; otherwise, your health could suffer. Consider what's the best use of your time and whether you really need to say yes to everything that is put before you. Perhaps the best approach is not to rush; rather, treat your chores and jobs as a Zen Buddhist monk would — with reverence.



• **AQUARIUS** (January 20–February 18) •

May 1–8: The new moon on May 4 indicates changes and developments in your domestic life and a break of some sort may be necessary. This is because changes are occurring at a fundamental level, deep within you. Correspondingly, changes in your home life will need to happen to reflect that. Don't worry about doing the wrong thing, as whatever has been limiting your freedom or restricting your right to be you is what's wrong. Uranus at the base of your chart may be stirring up unsettling emotions from deep within, but whatever is experienced needs to be recognized. Use the energies of the new moon to create a fresh start and to make the changes that will nourish and invigorate your spirit.

May 9–17: Life looks set to either be unsettled or busy this week, particularly at home, and it may be difficult to feel rooted. You will need to find other methods of creating calm and security. Being in nature will be especially helpful and will enable you to feel more grounded. Yoga and meditation could be helpful too. If it all feels too chaotic, just go with it, because the craziness won't last long. While things may not quite return to normal, your circumstances will soon assemble themselves into a new kind of ordinary, which should feel rather exciting. Take solace in Lao Tzu's words of wisdom: "Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like."

May 18–24: Venus joins the assembly of planets in your domestic sphere, bringing a calmer and happier

feel to proceedings. Meanwhile, the Moon grows full in your career zone, making this a week when you will need to find a balance between your working life and your home life. This is a good point to bask in some sort of professional spotlight, perhaps stepping forward into a bigger role, giving your résumé a face-lift, or redesigning your website. You may also find that career matters are brought to a head around May 18, making this a week to make progress with your image in the outside world and to resolve outstanding matters.

May 25–31: No matter how busy or demanding your life is, taking time out to replenish your spirit is of great importance now. Be it a hobby, a night out, or making time for creative expression, the need for fun will be calling, and it's likely that opportunities will appear that enable you to let your hair down a little and remember the fun side of life. Expressing yourself might not seem particularly important, especially when there are many pressing matters to deal with: work, family, obligations, and so on. Make time for what you enjoy, and you will return to your jobs and duties with a more positive and engaged spirit.



• **PISCES** (February 19–March 20) •

May 1–8: The *Course in Miracles* states that whatever you believe to be true will be demonstrated to you. So if you believe that we are all doomed and that humanity is going to hell, then that is what you will see. Conversely, if you believe that people are inherently good and kind, then that will be your experience. I mention this because every now and again, we need reminding of the power of our beliefs and their ability to shape our lives, and with a new moon and Uranus in your mental area this week, it's a great opportunity to reboot your mental computer and send any unhelpful beliefs to the recycling bin! Observe your attitude this week to see where it might be letting you down. Then around May 4, make the necessary tweaks to get your mind working for you and not against you.

May 9–17: All that was said last week is doubly appropriate this week as Mercury joins Uranus in your mental zone, which is likely to have a very inspiring and electrifying impact on you. The plus side of this combination is that you are liable to be buzzing with new ideas, creative inspiration, exciting thoughts, and innovative solutions to problems. The downside, as you might expect, is that you could feel like a spinning top — mentally ungrounded, wired, or anxious. If it feels that your head is going to pop or you have a double dose of anxiety, spend some time in nature and let the birdsong soothe you, do some gardening, get a massage, play with clay, make a meal from scratch, or do anything that requires using your hands or body in a tactile way. By consciously making time to get out of your head, you'll

become the perfect receptacle for the divine inspiration wishing to download itself into your psyche.

May 18–24: The cosmic download continues, and for the most part, it should feel wonderful, as it seems the creator wishes to use you as a channel for his ideas. So whether you have inspiration to write, paint, dance, sing, act, or make music or your ideas are more business related, it matters little. What is important is that you allow yourself to be fully open to whatever you need to express, because it could be quite beautiful. Your only challenge is to believe in your capacity to bring these ideas to fruition, believe that you're good enough, and believe that what you are producing has merit. You need to have faith that you wouldn't be experiencing these feelings and ideas if there wasn't a point to it. Trust that whatever is coming to you does so because it wants to be expressed, and with a bit of effort and perseverance, whatever you put out into the world could be very favorably received.

May 25–31: If the past few weeks have been busy or hectic, you can relax a little now, as the Sun and Mercury glide into your home-and-family zone, making this a good time to simply relax and enjoy life at home. There may be plenty to do here, and your home might be quite busy for a short while — with comings and goings and various activities. Connecting and communicating with family members will be productive now, so if there's something you need to say, then say it. It's also a great time for getting to know yourself a bit better. Writing in a journal or quiet contemplation will be time well spent. Ultimately, this is a week to focus on your home and your inner self. Remember: "If you want to change the world, go home and love your family" (Mother Teresa).

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 Donna-Taylor.co.uk.

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May 2019 Aspectarian

Donna Taylor

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°)

May 1: Sun semisquare Moon, Mercury sextile Mars, Mercury square Saturn, Mars quincunx Saturn, Moon semisextile Uranus

May 2: Uranus semisquare Neptune, Sun semisextile Moon, Moon conjunct Venus, Moon semisextile Neptune, Mercury square Pluto

May 3: Moon square Saturn, Mercury trine Jupiter, Moon sextile Mars, Moon square Pluto, Moon trine Jupiter, Moon conjunct Mercury

May 4: Moon semisquare Neptune, Moon conjunct Uranus, Moon semisquare Mars, Moon sesquiquadrate Jupiter, Sun conjunct Moon

May 5: Moon semisextile Venus, Moon sextile Neptune, Moon trine Saturn, Mars quincunx Pluto, Moon trine Pluto, Moon semisextile Mars, Venus semisextile Neptune, Moon quincunx Jupiter, Mars opposite Jupiter

May 6: Moon semisextile Mercury, Moon semisextile Uranus, Moon semisquare Venus, Moon sesquiquadrate Saturn, Moon sesquiquadrate Pluto

May 7: Moon semisquare Mercury, Sun semisextile Moon, Moon square Neptune, Moon semisquare Uranus, Venus square Saturn, Moon quincunx Saturn, Moon sextile Venus, Moon quincunx Pluto, Moon opposite Jupiter, Moon conjunct Mars

May 8: Mercury semisquare Neptune, Sun semisquare Moon, Mercury conjunct Uranus, Moon sextile Uranus, Moon sextile Mercury

May 9: Sun sextile Neptune, Jupiter semisextile Pluto, Moon trine Neptune, Venus trine Jupiter, Venus square Pluto, Sun sextile Moon, Moon opposite Saturn

May 10: Moon quincunx Jupiter, Moon opposite Pluto, Moon square Venus, Moon semisextile Mars, Moon sesquiquadrate Neptune, Moon square Uranus, Mercury sesquiquadrate Jupiter

May 11: Moon sesquiquadrate Jupiter, Moon square Mercury, Sun trine Saturn, Moon semisquare Mars, Moon quincunx Neptune

May 12: Moon quincunx Saturn, Sun square Moon, Moon trine Jupiter, Moon quincunx Pluto, Moon trine Venus, Moon sextile Mars, Moon trine Uranus

May 13: Moon sesquiquadrate Saturn, Moon sesquiquadrate Pluto, Moon sesquiquadrate Venus, Moon trine Mercury, Mercury semisquare Mars, Sun quincunx Jupiter, Moon opposite Neptune, Moon sesquiquadrate Uranus

May 14: Moon trine Saturn, Sun trine Pluto, Moon square Jupiter, Moon trine Pluto, Sun trine Moon, Venus sextile Mars, Moon square Mars, Moon quincunx Venus, Moon sesquiquadrate Mercury

May 15: Moon quincunx Uranus, Sun sesquiquadrate Moon,

Mercury sextile Neptune, Moon quincunx Neptune, Moon quincunx Mercury

May 16: Moon square Saturn, Moon sextile Jupiter, Moon square Pluto, Sun quincunx Moon, Moon trine Mars, Mercury trine Saturn

May 17: Moon opposite Venus, Moon sesquiquadrate Neptune, Moon opposite Uranus, Moon semisquare Jupiter, Mercury quincunx Jupiter

May 18: Moon sesquiquadrate Mars, Moon trine Neptune, Venus semisquare Neptune, Mercury trine Pluto, Moon sextile Saturn, Moon semisextile Jupiter, Moon sextile Pluto, Moon opposite Mercury, Venus conjunct Uranus, Sun opposite Moon

May 19: Moon quincunx Mars, Moon quincunx Uranus, Moon quincunx Venus, Moon semisquare Saturn, Moon semisquare Pluto

May 20: Moon square Neptune, Moon sesquiquadrate Uranus, Moon semisextile Saturn, Moon sesquiquadrate Venus, Moon conjunct Jupiter, Moon semisextile Pluto

May 21: Venus sesquiquadrate Jupiter, Moon quincunx Mercury, Sun quincunx Moon, Sun conjunct Mercury, Moon opposite Mars, Moon trine Uranus, Moon trine Venus

May 22: Mars sextile Uranus, Sun sesquiquadrate Moon, Moon sesquiquadrate Mercury, Moon sextile Neptune, Moon conjunct Saturn

May 23: Moon semisextile Jupiter, Moon conjunct Pluto, Mercury semisextile Uranus, Mercury semisextile Mars, Mercury sesquiquadrate Saturn, Sun trine Moon

May 24: Moon semisquare Neptune, Moon square Uranus, Moon quincunx Mars, Moon trine Mercury, Moon semisquare Jupiter, Moon square Venus

May 25: Mercury sesquiquadrate Pluto, Moon semisextile Neptune, Moon semisextile Saturn, Moon sesquiquadrate Mars, Moon sextile Jupiter, Moon semisextile Pluto, Sun semisextile Uranus

May 26: Sun sesquiquadrate Saturn, Moon sextile Uranus, Moon semisquare Saturn, Sun square Moon, Moon trine Mars, Moon semisquare Pluto

May 27: Moon square Mercury, Moon sextile Venus, Moon conjunct Neptune, Moon semisquare Uranus, Moon sextile Saturn

May 28: Moon square Jupiter, Moon sextile Pluto, Moon semisquare Venus

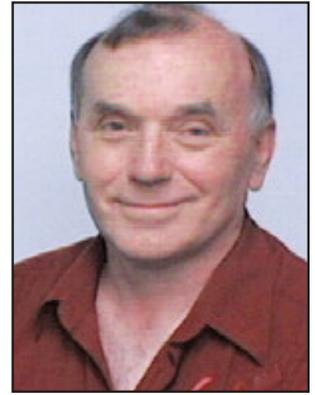
May 29: Moon semisextile Uranus, Mercury semisextile Venus, Sun sextile Moon, Moon square Mars, Sun sesquiquadrate Pluto

May 30: Mercury square Neptune, Moon semisextile Venus, Moon semisextile Neptune, Moon sextile Mercury, Moon square Saturn, Moon trine Jupiter, Mercury semisquare Uranus, Moon square Pluto, Mercury quincunx Saturn, Venus sextile Neptune, Sun semisquare Moon

May 31: Mercury opposite Jupiter, Moon semisquare Neptune, Moon conjunct Uranus, Venus trine Saturn, Moon sesquiquadrate Jupiter, Moon semisquare Mercury, Sun semisextile Mars, Moon sextile Mars, Sun semisextile Moon

Truth and Consequences

Lynn Buess, MA, EdS



By May, the growing, surreal deceptive behavior will have expanded, and it will become difficult to decipher any kind of truth amid the barrage of lies, propaganda, and disinformation streaming from sources and self-interest groups across the globe. It will be a time that requires greater trust in your intuition and higher guidance than you can imagine.

The question of whether the White House will clean up matters or give in to compromise will become somewhat more defined this month. In what I have already predicted to be an impassioned year of emotions, the scene will become even more vitriolic as the difference between manipulated polarities heats up. A war between global manipulators and those seeking restored freedom is intense, and more will come into the light as egos and agendas are debated and tossed every which way.

Parents and concerned organizations watch the fallout from the arrest of John of God. Connections to John lead back to a popular TV personality and a former presidential family in America that has connections to other traffickers.

May Personal Numerology

To determine your personal year for 2019, add the sum of your month and day of birth to 3, the number of the universal year: $2 + 0 + 1 + 9 = 12 = 3$. For example, April 5 is $4 + 5 + 3 = 12$; thus it is a 3 personal year.

If you are in a **1 personal year**, then your present desire for more freedom can be mixed with the guilt and burden associated with your responsibility to a present relationship that is floundering. You are interested in trying out a new path, but your partner does not share much of your vision or intent. Some time spent sharing lighter moments and good humor prove to be both a stimulating tonic for inspiration and a path of catharsis while you release some old emotional patterns. Your emotional insecurities are right in front of you now, and you have an excellent opportunity to do some major healing on that level. People who are more open and communicative come into your life at this time, and they open doors to communication and possibilities.

This can be a time when you find yourself revising

the picture of what you would like in a partner. Your evolving development and self-growth have opened up alternative prospects that you would accept in a relationship. This can be a fun time to explore these alternatives, and in the process, you will find that you are more aware of who you are. You could start to yearn to live in another part of your country or another area of the world.

If you are in a **2 personal year**, have you been following a conventional belief system that provides you with the security of the crowd and surrounds you with a safe, socially correct circle of associates? These nice, predictable people mean well and aspire to keep the world stable and secure. Perhaps your expanding search for truth and bubbling intuition are trying to show you something that is closer to your soul and nearer to your heart. An entirely new set of planetary archetypes is coming in, and you will find that you fit a revised belief system and support group that complements your expanded consciousness. You will now find yourself wanting to get out and mix with a different set of friends, acquaintances, and circle of more awakened and inspired associates.

You could very well find yourself becoming more interested in current events and social changes taking place all over the world. It is so confusing to make a logical evaluation of issues and events. So you will be learning to trust your ability to discern and decide what you believe and how you want to act on it.

If you are in a **3 personal year**, where once you might have been passive and even cowardly about taking a stand, you are finding the inner strength and conviction to be more firm and assertive in expressing your position regarding current events and social issues that have an impact on your life. Also, in close personal matters, you are not as likely to be emotionally manipulated or used by others. You are better now at holding your own and speaking out clearly about emotional needs. This results in attracting more respect and partners who are open to and clear about sharing emotional feelings with you. You are more emotionally composed in dealing with the challenges and some adversities of the cycle.

Perhaps you have been sitting on an idea that could yield rather pleasing monetary gains and allow you to vent some powerful creative forces rumbling around in your aura. You are introduced to financially adroit entrepreneurs and investors who could be strong allies in the process of helping you to make your dreams come true. This might be a good cycle to try your luck on a lotto ticket.

If you are in a **4 personal year**, then you might be feeling the pressure to get out of a job situation where you no longer want to be. It is starting to seem like a dead end, and your heart yearns to do something else. It is very possible that you will be able to qualify for training that will help get you closer to your new interests. Once you have made the change, you will be glad that you took this step along the way because there will be some additional skills learned there that will come in handy at the next stop. This can be a favorable moment to do some self-examination of how you deal with risky ventures and unstable situations. You can be compulsive more than intuitive, and this can be a good time to learn the difference. The application of guided inspirations brings positive results in several sectors of your life.

A whimsical getaway retreat or vacation can pay high dividends in terms of the revitalization and spirited attitude that come from getting out of your usual social and commercial routines. Some various physical exercises worked into this particular cycle can prove not only good for the body, but a potential emotional catharsis. A dreamy delight of a date is in store for many of you.

If you are in a **5 personal year**, then you suddenly feel bolder, possibly even daring, about taking steps forward where you used to pause. It may well be time to push, but be careful not to overdo and go to the other extreme. This can be a time of mystery and wondering who to trust and how much. You could step out of your element to investigate a better opportunity for your life. Things happen quickly, and timing is of the utmost during this window of opportunity. You take some time to try different forms of adventure and look at new places through travel and media exploration. You are restless now regarding your relationships, and you might soon make some personal changes in yourself and who you are with.

A dip in another culture could be chicken soup for the soul at this time. Some travel and fun that snaps you out of some hard-set biases about life and living will happen intensely, and the experience will leave you revitalized from the realization of growth. This is a great cycle for meeting someone who will become a special life-long friend and confidant.

If you are in a **6 personal year**, then you are becoming more personally concerned about some of the

troubling social events taking place around you. Now you see how you might have a direct impact on the situation. It might require some additional communication skills. With a little investigation, you are able to locate just where you can get the needed training to allow you access to an audience large enough to have influence. You might have worked hard to cultivate a survival self-image that gets you through the daily motions of social and personal living. However, are you in touch with your true self, and do you present an image of integrity and truth?

This can be a time of conflict within. You feel guilty when you have time to play, and you want to play when responsibilities to others consumes your time. This can be a time when you come into contact with a group who presents an intriguing philosophy much different from what you have believed most of your life. Your curiosity is stirred, and your bag of questions is gifted with some very alluring and wise teachings.

If you are in a **7 personal year**, then you might be losing or in some way letting go of attachments that have been a part of your life for a long time. This could mean material losses or the reexamination of ideas and opinions on life. There will be the added emotional strain that comes with decisions and circumstances of such changes. You are more aware now of what has a permanent value and meaning to your life, and you desire to strengthen ties to the perpetual part of your soul. There is an opportunity now to work in unison to integrate intuition (of the feminine anima) and logic of the masculine (animus).

For some of you, this can be a time of opportunity to take a distant exotic journey that reshapes your view of the world and causes you to ponder a different direction in life. This can be a time of meeting those with like mind. You might spend some time in a commune or have an extended stay with a community of wonderful awakening souls. Some fun in the sun brings you joy and puts a smile on your face.

If you are in an **8 personal year**, then you could feel inspired to reorganize and revamp your life goals and the way you go about doing your work. This can be a period of opportunity to expand income and gain further recognition for what you do. You are around successful people and can learn much now from those who have done it. For the awakening, this can be a time to get back on the path toward your inner work and soul mission. Changes in public opinion are creating sectors of influence compatible with your views and include many people wanting to hear the ideas that you espouse. Discipline and drive are a favorable mix to get you where you want to be.

Perhaps you have missed out on some things in life because you have put so much effort into being a

success. Perhaps you have cultivated an image that you thought would improve your opportunities. Now you may be seeking to get back to being who you are and reacquainting yourself with the inner and ongoing consciousness. You could find greater success than you ever dreamed by just being you.

If you are in a **9 personal year**, after witnessing all of the miracles taking place around the world and people revealing beyond-belief abilities and talents, you decide to become more aware of the unique gifts with which you were blessed. You realize there is much undeveloped within you that can best be shared with others. You are more willing to go after what you want and to be more assertive in the pursuit of that which is good for you. Too much push can lead to strain and possible accidents, so paced enthusiasm might be the best course of action. You mingle amid some movers and shakers, which adds

to the inspiration, and it could lead to some excellent contacts and possible associates.

You might experience moments of wanderlust and an impulsive urge to just step out and do something wild and even ridiculous. You have been holding on to a lot of pent-up energy, and some of it is blown out now. Some good, downright rowdy fun might just be the ticket. Once things are flowing better again, you will gain further insight about some emotional blocks that have been in your way for a long time.

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 NumerologyRising.com.

Speak from the Heart

Egyptian Cat Beings through Mary Elizabeth Hoffman

May is a time when divergent energies come together that require clear, concise, loving communication and a multitude of creative ways to implement them. There also needs to be a desire to work cooperatively with others rather than pushing, pulling, coercing, manipulating, stalling, or being stubbornly attached to one idea. Those with creative minds and good negotiation skills who come from egoless-oriented positions will fare far better than those with personal agendas during this time.

Many Piscean Age frameworks (though being dismantled) will attempt to generate confusion and chaos as those more open to discovering and implementing new directions outside known comfort zones and accepted frameworks step forward. These innovators point out alternative ways to more successfully and fully accomplish the tasks at hand. Their suggestions are wise and life-affirming, as well as harmless to land, communities, companies, and people. They are able to see the interconnectedness of how things can be put in place to serve in supportive ways for the planet and all species residing on it.

Patience and keeping an eye out for new directions, ideas, options, and possibilities rather than returning to the outmoded, destructive, fear-producing ways will keep the momentum going. Those involved will be invested in participating to bring about change rather than giving up and just walking away in disappointment.

Being a vision holder and willing to speak the truth with passion in new ways (rather than resorting

to temper tantrums, saber rattling, and threats of destruction) will open doors, portals, and pathways that avoid volcanic explosions of global proportions — physically, mentally, emotionally, and spiritually. The key here is to speak from the heart of these new ways of being and perceiving in ways that heal the old soul wounds within the human kingdom rather than tearing them open and infecting them with more toxicity.

This is a time when balance must be sought and found so that power is expressed in its intended fashion by communicating passion for all life and all living beings in all that is created in art, science, education, society, or spirituality. Creation devoid of balanced reciprocal flow within all kingdoms to all beings is doomed to failure. Wherever greed is the primary purpose, all will dissolve rapidly. Wherever balanced reciprocity is built into frameworks and creative endeavors, abundance flows for all on all levels.

Passionate words, ideas, and plans expressed from loving open hearts will move projects rapidly forward, bringing them into physical 3D manifestation due to empowerment from 5D beings. Those willing and able to align with and ask for assistance from guides and guardian angels, with passion and heart-felt appreciation and gratitude, will discover a smoothness and ease empowering their sense of purpose.



Unconditional Love Yields Abundance

The Divine Masculine energies of manifestation (via the Cat Being energies of the lion hearted Thoth, Hermes Trismegistus, Hu, and Mercury) shine forth to share mysteries, wisdom, ideas, and inventions that honor and sustain life, support all kingdoms, and bring sacredness back to all that is built or produced. This includes factory, high-rise, garden, farm, and city communities.

The Divine Feminine energies of Seshata (the snow leopard who is star born and wears the seven-pointed star upon her head) appear less aloof during the month of May. She brings harmonizing tones from deep within the cosmos to share in the creation and manifestation of heaven on Earth. Along with the earth god Geb (also Panden or Green Man), she facilitates opening the halls of records, which are filled with the wisdom of planet Earth as well as that of each member of the human kingdom.

May is a time that each member of the human kingdom seeks from within the gifts, tools, talents, and techniques exclusively theirs to bring them out into the world for the benefit of all. Whether on the block where one lives or the world at large, each is a part of the whole. The contribution of this balanced reciprocity is required by all for the greatest ease of bringing unlimited abundance and prosperity for all.

We Hathors encourage connection to cocreating the fullness of a juicy, joyous life made of simple days, simple ways, community, dance, wine, and song. The greater the flow of unconditional love experienced, the greater the abundance in all aspects of life. All that is required is following your heart with no agendas or expectations, allowing the free will and choices of others, and harming none.

Share Your Passion

On May 4, 2019, at 2:47PM PST, there will be a new moon in Taurus conjunct the Taurus point of avatar. This powerful new moon opens portals interdimensionally throughout the globe of various proportions — some as small as a millimeter and others as large as any known galaxy. A plethora of information, introductions, and gatherings is accessible for those adventurous enough to be aware of them.

During this new moon, the Moon's north node in Cancer sits opposite Pluto, Saturn, and the south node in Capricorn. This signals a time of reconnection with the figure 8 flow of balanced reciprocity, giving and receiving nurturance and love from the cosmos to Earth and back again. Much knowledge, wisdom, and truth may be brought through these portals by those open to expressing new ideas and ways of living and being that are in harmony with Earth, the cosmos, and all inhabitants.

Communicating your passion for all life and all living beings is the destiny being called forth at this new moon, and it is where the greatest success and happiness resides.

Take the time to daydream, night dream, meditate, or take a walk in nature. Invite the presence of this cosmic nurturing energy of balanced reciprocity into your life on a continuous basis. Release all fears, and open to love; become a receptive vessel for the juiciness and joy that is yours now.

The use of music, dancing, or the breath or orgasm will facilitate the easy release of blocks, fears, or resistance to intimate, loving ways in life. An experience of joyful bliss is possible, as people discover their personal harmonious songs to sing with the universe and the dance steps and rhythm that align them fully with ease of movement through extremely long lives in 5D on Earth.

Connect with Others

On May 18, 2019, at 1:13PM PST, there will be a full moon in late Scorpio, trine Neptune in Pisces and the Moon's north node in Cancer. This alignment signals a time of passionate depth, deep emotional nurturance, and release of all the old Piscean limitations from the past. With Chiron in Aries square Mars in Cancer and Cupido in Capricorn, this is a powerful time when the healing of ancient soul wounds can take place smoothly and easily, especially those dealing with love, nurturance, family, community, and belonging.

The square between Chiron, Cupido, and Hades signals a time of potentially clearing antiquated, deep-seated soul wounds from past lives with all beings. This is an excellent time to release all attachments to separation thinking, low self-esteem, and any issues with feeling unloved or unlovable. Profound techniques that are able to move energies quickly will appear to those willing to step outside their comfort zones and be the gladiators holding sacred safe space for those brave enough to clear lifetimes of resistance and fear swiftly and easily. Go within to put out a call to the universe to draw to you the people, spirits, energies, and entities that are here to support you in your life and work, and they will appear.

Partnerships, relationships, and the depth of connection, presence, and intimacy will take on more significance with all members of the human kingdom, as the desire to connect, see, and be seen fully by others in very real ways grow in the human psyche. The depth of a heartfelt connection will become the sought-after commodity rather than material goods or money. This opens the heart energies to more clearing, releasing fears hidden deep within. This triggers a deeper search for connection and meaning in even the simplest things in life.

We Cat Beings are here in full heartfelt love offering assistance to those requiring 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, CatBeings.com, or her Facebook pages: Mary Elizabeth Hoffman (Cat Beings), Cat Beings, or Cat Beings Oracle.

External Challenges Reap Inner Rewards

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).

Jupiter remains retrograde through August 11, and its shadow period extends until November 6. The degrees covered in May (23°41' to 20°45' Sagittarius) are represented in the Sabian symbols by “a bluebird perched on the gate of a cottage,” “a group of immigrants as they fulfill the requirements of entrance into a new country,” “a Chinese laundry,” and “a child and a dog wearing borrowed eyeglasses.” We are being asked to examine our level of ethics, tolerance, and compassion this month. What is our attitude toward foreigners and people who are different from us in general? What do we believe in? Do we walk our talk? Are we as transparent as we would like to think we are? Are we free from what others think, or do we fake it so that we can be seen as belonging? Are we being true to ourselves?

Saturn remains retrograde until September 18 between 20°31' and 19°45' Capricorn, and its shadow period lasts until December 24. This is represented in the Sabian symbols by “a relay race” and “a hidden choir is singing during a religious service.” We are being challenged in our mastery, our self-sufficiency, and our discipline in becoming all that we are in our

divinity. As we help ourselves, the heavens help us. Initially, we only have ourselves to rely on. The journey toward enlightenment is paved with good intentions, but only our commitment and unrelenting efforts bring us to inner and outer completion.

Pluto remains retrograde until October 3, and its shadow period continues until January 24, 2020. The degrees traveled in May (23°08' to 22°50' Capricorn) are represented in the Sabian symbols by “a woman entering a convent” and “a soldier receiving two awards for bravery in combat.” Passion and commitment are one and the same. No matter what path we choose, it is by embracing it wholeheartedly that we will reap the laurels of recognition and find inner fulfillment.

Moon Messages

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

- Wednesday, May 1 at 3:23AM when the Moon enters Aries
- Friday, May 3 between 1:47AM and 1:18PM when the Moon enters Taurus
- Sunday, May 5 between 8:10AM and 8:40PM when the Moon enters Gemini
- Tuesday, May 7 at 4:50PM until Wednesday, May 8 at 2:06AM when the Moon enters Cancer
- Thursday, May 9 at 7:06PM until Friday, May 10 at 6:14AM when the Moon enters Leo
- Sunday, May 12 between 5:25AM and 9:22AM when the Moon enters Virgo
- Tuesday, May 14 between 10:19AM and 11:51AM when the Moon enters Libra
- Thursday, May 16 between 2:37AM and 2:26PM when the Moon enters Scorpio
- Saturday, May 18 between 2:11PM and 6:21PM when the Moon enters Sagittarius
- Monday, May 20 at 10:05AM until Tuesday, May 21 at 12:56AM when the Moon enters Capricorn
- Wednesday, May 22 at 6:57PM until Thursday, May 23 at 10:49AM when the Moon enters Aquarius

- Saturday, May 25 between 5:51AM and 11:08PM when the Moon enters Pisces
- Monday, May 27 at 9:21PM until Tuesday, May 28 at 11:32AM when the Moon enters Aries
- Thursday, May 30 between 8:08AM and 9:43PM when the Moon enters Taurus

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

Schedule Your Activities

Using the Zodiacal Position of the Moon

- Moon in Aries between Wednesday, May 1 at 3:24AM and Friday, May 3 at 1:17PM and between Tuesday, May 28 at 11:32AM and Thursday, May 30 at 9:42PM
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 Friday, May 3 at 1:47AM and Sunday, May 5 at 8:39PM and between Thursday, May 30 at 9:43PM and Sunday, June 2 at 4:47AM
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 Sunday, May 5 at 8:40PM and Wednesday, May 8 at 2:05AM
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, May 8 at 2:06AM and Friday, May 10 at 6:13AM
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, May 10 at 6:14AM and Sunday, May 12 at 9:21AM
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

Rune of the Month: Hagalaz, "Challenges"

Bumps in the road both test our resolve and keep us on our toes. Without them, our journey would become stale and probably even downright boring. Projection into the unknown helps us unearth the skills and talents we might not even have known we had, and using these discovered talents promotes inner growth.



children, being in the public eye, and engaging in romance and anything creative.

- Moon in Virgo between Sunday, May 12 at 9:22AM and Tuesday, May 14 at 11:50AM
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, May 14 at 11:51AM and Thursday, May 16 at 2:25PM
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, May 16 at 2:26PM and Saturday, May 18 at 6:20PM
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 Saturday, May 18 at 6:21PM and Tuesday, May 21 at 12:55AM
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, 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, May 21 at 12:56AM and Thursday, May 23 at 10:48AM
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.

- Moon in Aquarius between Thursday, May 23 at 10:49AM and Saturday, May 25 at 11:07PM

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 Saturday, May 25 at 11:08PM and Tuesday, May 28 at 11:31AM

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.

May's Intentional Meditation

This month's intentional meditation started on Friday, April 19, when we took out as many blank sheets of paper as we would have intentions and placed them near a window, on a balcony, or in a garden to bask in the light of the full moon in Libra. Once that moment passed, we gathered our full-moon-charged blank sheets and placed them in a folder.

On Saturday, May 4 during the new moon in Taurus, take out your 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 3:46PM. Once that moment has passed, gather your papers, staple them together, and put them away in a folder expecting the manifestation of all your dreams.

Next month's intentional meditation, begins on Saturday, May 18. 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 to bask in the light of the full moon in Scorpio at exactly 2:11PM. Once that moment has passed, gather your full-moon-charged blank sheets and place them in a folder for June's intentional meditation.

May's Astrological Events

Wednesday, May 1: Mercury square Saturn (1:50AM). We could feel laden with responsibilities today and somewhat discouraged. We might have to deal with tasks that require great seriousness of purpose. It's best to keep quiet and tackle the work that needs to be done with focus and discipline.

Thursday, May 2: Mercury square Pluto (2:49PM), Mercury trine Jupiter (8:59PM). Communications could lead to dead ends. We will likely come up against strong personalities. Forcing issues will not be helpful. It's best to lie low, keep our opinions to ourselves, and focus on

unity. Later tonight, we have to be careful not to give in to the opposite and promise more than we can deliver. Our exuberance and positive energy open new doors.

Sunday, May 5: Mars opposite Jupiter (2:57PM). It's not a good day to gamble or go on a shopping spree, as we could end up foolishly spending more money than the worth of what we are buying. However, it's a great day for a dynamic adventure. Our vital energy is at an all-time high. It's an excellent time for defending our ideas with courage and panache.

Monday, May 6: Mercury enters Taurus (11:25AM) until May 21. Over the next three weeks, our thinking is practical. We tend to stay with our thoughts and ideas for a while before making an enlightened decision. We could be drawn to nature and inspired to protect Mother Earth.

Tuesday, May 7: Venus square Saturn (6:26AM). Social encounters could feel more like work than fun today. Our relationships could be strained and somewhat disappointing when not downright depressing. We could feel lonelier than usual. It's best to rely on ourselves, plan a project with attention to its details, and focus on ensuring our security.

Wednesday, May 8: Mercury conjunct Uranus (7:22AM), Sun sextile Neptune (7:53PM). This is a day to expect the unexpected. Changes in plans disrupt our schedule. Unusual social encounters open new doors. Exciting ideas free us from the known. We could feel particularly inspired now. Artists could come up with some of their best work. Channels and healers are likely to experience major breakthroughs in perception.

Thursday, May 9: Venus trine Jupiter (9:56AM), Venus square Pluto (10:18AM). Our social lives are particularly enriching and adventurous today. We feel generous, warm-hearted, tolerant, and positive. We could be invited to some elegant event that enables us to dress up and mingle with interesting people, some of whom are connected to other countries. However, we should be careful not to give in to jealousy, envy, or possessiveness. Emotional insecurities could surface now, revealing blocks to intimacy. Using common sense in our financial transactions is a must today, as we could be drawn into spending more than we have or fall prey to a scheme that is not as honest as it looks.

Saturday, May 11: Sun trine Saturn (2:19AM). This is a day to get noticed by those in positions of power. We stand in our mastery now. We are reliable, efficient, grounded, and focused. Our excellent organizational skills help us move closer to our ambitions and make a good impression on people in positions of power.

Monday, May 13: Sun trine Pluto (8:04PM). Our inner knowing helps us see through lies and illusions. This is a day to stand in our power and mastery to make real changes in both ourselves and our environment.

Tuesday, May 14: Venus sextile Mars (6:58AM). Today is a day of balancing the masculine and the feminine within us. Our romantic relationships are peaceful and harmonious. Social contacts are pleasant and uplifting. Moderate efforts create positive financial rewards.

Wednesday, May 15: Venus enters Taurus (2:46AM) until June 8, Mercury sextile Neptune (6:21PM), Mars enters Cancer (8:10PM) until July 1. Over the next two months, the Cancer zodiac folk are favored. Our actions aim toward ensuring our safety and security as well as protecting those we cherish. Over the next month, our sensuality is enhanced. We seek comfort, beauty, and peace. We are attracted to nature and the simple pleasures of the body. Nurturing ourselves brings a great sense of contentment and well-being. Today is particularly inspiring for artists, healers, and channels who are able to access higher dimensions and perceive as well as share the magic of life.

Thursday, May 16: Mercury trine Saturn (4:09PM). It's a good day for clearing our desks of backlogged work. Our thoughts and communications are serious and grounded. Our discipline and focus are aimed at furthering our ambitions. We are particularly efficient today.

Friday, May 17: Mercury trine Pluto (10:46PM). We are able to examine situations and people. Our insights into existing conditions are strong and clear. We could become the spokesperson of a silent majority. Our words make a lasting impression on those we meet. People trust what we say, sensing that it doesn't come from some book we read but rather from the depths of our experiences and knowing.

Saturday, May 18: Venus conjunct Uranus (9:16AM). Our social lives become interesting. We could encounter unusual, highly individualistic characters who entice us to create more freedom in our lives. We could get caught in a whirlwind romance that is fun even if short-lived. Money comes to us unexpectedly, ushering new opportunities.

Tuesday, May 21: Sun enters Gemini (12:59AM) until June 21, Mercury enters Gemini (3:52AM) until June 4, Sun conjunct Mercury (6:07AM). Over the next month, our curiosity is enhanced. We seek communication, and we are attracted to learning, traveling, and meeting stimulating new acquaintances. Today is very good for attending a social event, mingling with new people, studying, reading, and exchanging interesting ideas.

Wednesday, May 22: Mars sextile Uranus (7:46AM). We could feel bored with the usual routine. Bursts of physical energy make us want to try something new or embark on an exciting venture. Creative solutions are found to the challenges at hand. However, we should exercise caution when driving or operating sharp objects.

Wednesday, May 29: Mercury square Neptune

(6:23PM). This is not a good day to sign legal documents, as we could miss the fine print. We could feel a little confused, vaguely anxious, and quite dreamy now. Misunderstandings can occur easily. A situation could seem very different from what it really is. Someone could be less than honest with us, revealing only half the truth. Spiritual imagination could take the place of common sense today. This time is really only good for artistic creativity. Otherwise, lying low may be a good choice today, as we could also feel quite drained.

Thursday, May 30: Venus sextile Neptune (9:51AM), Mercury opposite Jupiter (8:12PM). Our senses are particularly elevated today, allowing us to see the beauty in all things and to connect in oneness with the divinity in all beings. Artists are particularly inspired. A relationship begun today connects us to another at a soul level. But we should beware of promising more than we can deliver and falling for schemes too good to be true.

Thursday, May 31: Venus trine Saturn (8:26AM). We shouldn't court illusions today. We approach our relationships with much realism. We are likely to walk away from a romantic involvement that has been shaky for some time, but a good one will become more solid. Sound financial decisions mark this day. We favor saving rather than spending and are focused on ensuring our monetary safety.

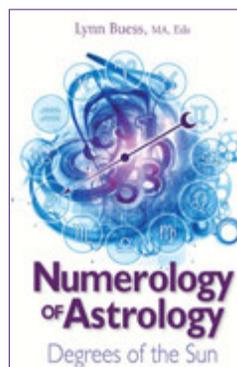
Wishing you a magical month of May!

Michelle Karén became aware of her psychic medium gift as a child and became a professional astrologer at the age of fourteen. She has a master's degree in philosophy and a diploma from the Faculty of Astrological Studies in London. Her graduate studies were in Medieval Horary Astrology. To learn more about Michelle, go to her website, MichelleKaren.com, or contact her at michelekaren@earthlink.net.

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Numerology of Astrology

BY LYNN BUESS

As an innovator in the consciousness and self-awareness field for over fifty years, Lynn Buess has contributed a decidedly unique perspective of the time-honored system of astrology, helping humanity further understand its relationship to the universe. With this contribution to self-growth, Lynn offers an original perspective of numerology — this time with the combination of numerological characteristics and astrological influences. Experience all the signs of the zodiac in minute detail.

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FEATURES



Essences of Nature

Mary Ann Altamirano Antenucci



What Works

I compiled the following list of essences that create breakthroughs, “aha!” moments, courageous acts, and feelings of love and empowerment. They can be used for anyone for anything at any time.

Flower essences work for all of life’s challenges. We all have different types of fear that keep us from achieving our goals, and we get depressed for different reasons. We sometimes experience lack of focus and direction and don’t give two shakes for anyone or anything. At one time or another, everyone and everything can overwhelm us.

Flower essences are the ultimate “change your vibration to change your life” tools. When we do the work, we get the results. We can get stuck by how, where, and what we are doing. Maybe we focus too much on the details, such as what something should look like. Depending on our frame of mind, our perception will dictate and inform what steps become available to us. What do we need to work when we work it?



For Courage

Mimulus is the essence for our

known fears. We might be afraid of heights, spiders, clowns, or the color purple. This remedy helps us face our fears by encouraging us to take the next step. It doesn’t alleviate the fears but lends us the courage to face them.

Mimulus essence relieves our stressors by helping us distinguish what is a real fear and what may be a long-standing habit. It balances our perceptions. Mimulus essence works to foster bravery to confront and confound our fears.



For Support

Elm is the essence used when all the little things overwhelm us. We have too many items on the action list. We don’t have enough time. We don’t have enough energy. We feel we can’t do what we need to do. We stumble and lose our faith in what we know we can do but now feel we can’t. We have run out of steam.

Elm essence acts as an energy tonic for our soul. This remedy rallies our resources and helps us to remember who we are and what we can do. It also reminds us to delegate and to request help when we need it. We are no longer attached to

being the “one stop” shop for others’ needs. Elm essence works to restore confidence in our abilities.



For Self-Empowerment

Larch is our self-esteem essence. It’s indicated when we feel shy or hesitant about our abilities and retreat from any recognition. Others see our gifts and talents, but we can’t seem to believe in ourselves. Sometimes we fear being seen or acknowledged. This remedy encourages us to step up and be more visible through our abilities.

Larch essence helps us to overcome focusing on our failures. When we are keenly aware of our limitations and what we think we cannot do, this remedy challenges us to step into our power and take ownership of our gifts. It encourages us to take action toward fulfilling our personal growth and visibility. Larch essence works to help us own our talents.



To Move Forward

Blackberry is the essence that disentangles us from our obstacles. This remedy gets us unstuck. It's indicated when we are consumed by the things holding us up, we are waiting on, or that needs to happen before we can do what we want to do. This essence creates a pathway from ideas to definitive actions.

Blackberry essence is part of any manifestation formula. It gives us a mechanism to eliminate the challenges. This remedy organizes our thoughts and desires into plans. Blackberry essence works by creating workable solutions.



For Nurturance

Mariposa lily is our mother essence. Our mother is our first relationship, which teaches us how we navigate our world. We might not have been as close as we would have

liked, or perhaps we felt we were being judged. We might not have felt wanted. Maybe we didn't get the mothering we wanted but received the mothering we needed. This essence gives us the core mothering we need.

Mariposa lily essence teaches us the value of nurturing and being nurtured. We might have forgotten how to receive or how to give. This remedy softens our experiences and allows us to see and feel the bigger picture. It allows us to be loved at a primal level so that we can rebuild our self-esteem. Mariposa lily essence works to nurture our bonds.



To Prioritize

Oak is the essence indicated when the big things overwhelm us. We are duty bound and won't allow anything to detract us from our mission. We assume the mantle of responsibility for ourselves, the people we love, and our projects. We feel that we have to do what needs doing or it won't get done. We go and go until we can't go anymore.

Oak essence works to manage our energy flow. I love this essence, as I find it naturally organizes our commitments. It helps when we feel we "have to" accomplish all our duties. This remedy helps us find a way around our "have to." We naturally find a way to prioritize. Our energy is restored, and we have enough bandwidth to accomplish what we need to do when we need to. Oak essence works to manage our energy flow.

What we need are workable solutions. We all have the tools we need but easily forget they're there. Maybe we use one or two tools for everything. This is the equivalent of using a hammer to drive nails as well as torque the pipes. For the most part, all we need to remember is we have many tools in our tool belts to choose from. We can work through all our situations.

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 MaryAnnAntenucci.com, or email Fifthelementessences@msn.com.



Dream Zone

Lauri Quinn Loewenberg

Do Your Best

I dream a lot lately that my crazy, abusive ex is trying to kill me. Usually he is trying to strangle me. This morning, my fiancé said I was screaming in my sleep! It's quite frightening.

— Stephanie, 30, Kaysville, UT

From Lauri: Death in a dream often means changes or endings

are happening in your waking life. However, murder is an indication of a forced change or ending rather than a natural one.

Are you feeling pressured to change or end something about yourself or something in your life lately? Since your ex is the culprit, that is a big clue. Is there a situation



or behavior between the two of you that needs to stop? Is he trying to make you change something? Is

the aftermath of that relationship changing who you are?

The means of murder, or attempted murder, is also a piece of this puzzle. Strangulation is really about an inability to speak up in real life. Is he refusing to listen to you? Is there something you are not speaking up about? What is going on there?

Stephanie replies: My ex filed for full custody of our kids even though he rarely has been in their lives and never wanted them. I've definitely changed who I am, for the better. I speak up. I'm no longer afraid. I have a voice and have worked on myself in so many ways. He definitely will not listen.

I've tried speaking up about our history in court, and he just says I'm crazy and that I've made everything up. I've tried talking to him to work things out, but he just says he'll see me in court.

Lauri replies: Ah. So he is trying to kill off your role as mom. Odds of him being successful, as I'm sure you know, are close to nil. This is an unnecessary annoyance, but now that you know what the dreams mean, and if you keep a victorious mindset, they will likely stop.

I had a weird dream that I was driving my car and the exhaust was very loud, like I needed a new exhaust system. I felt panicked in my dream.

— Stormy, 61, McHenry, IL

From Lauri: The panic you felt and the play on words should help us get to the bottom of this. Are you utterly exhausted lately in your waking life? The car is most likely your "drive," or motivation, to keep moving forward despite that. The fact that it was so loud could mean your subconscious is yelling at you because you might not be listening to yourself in waking hours.

So what is going on? What in real life is causing the same or similar sort of panic?

Stormy replies: You are remarkable! Yes! I am utterly exhausted. I have so many important, scary things going on all at the same time. I need help. I feel as though my subconscious is screaming at me, and I'm not listening. I am in tears because your interpretation is so spot on. Thank you.

I've been having weird dreams lately. It's not the norm for me. The most recent dream was that someone was staring at me. I felt unsafe, like

my doors weren't locked or something. When I woke, I got up and checked the doors, and they were locked.

— Patty Jo, 52, Sudbury, Ontario, Canada

From Lauri: Is anything going on in your waking life that is causing you to feel judged or scrutinized? Are you feeling vulnerable in your career or in your relationship, like your position in either is not "locked in?"

Patty Jo replies: Whoa! My relationship crashed just before Christmas. It ended in all sorts of bad ways. The past year of work has been beyond hectic. I'm sitting in a supervisory role on a rotation opportunity right now. I'm hoping and praying that I get it full time when it's posted. I'm also selling my home and moving this summer/fall. Also, my youngest just moved out on her own last weekend, so that may be playing on me as well. Thanks!

Lauri replies: All you can do is your absolute best in all these areas, and try not to sweat it.

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 LauriLoewenberg.com.



Ask the Angels

Cheryl Gaer Barlow and the Angels

Open Yourself to a New Dimension of the Soul

Is there really anything beyond this life? I know there are people who have said they have visited heaven, but maybe they just imagined it. You're the one who said we should question our beliefs and not believe everything we hear or read, so I'm questioning!

— Angela, Rapid City, SD

From the angels: Take the view of the spirit. Make the people know

the life after this life is the true existence. Life on Earth was requested and given. The most wonderful life lies ahead of you. The most fulfilling life is in the heavens.

A way to view your life after death is to imagine having all desires and all potentials. When a soul yearns for something but can't identify it, that is the desire to experience heaven.



All possibilities are obtainable in the heavens. Souls think this Earth life is all there is, but it is fleeting and gives way to the glorious wonderment of the heavens.

Be one with your soul to feel this wholeness. The more you can experience your soul, the more you will feel the expansion of the heavenly realm that awaits you.

Sometimes I feel as if I'm going to die soon, and it terrifies me. What if I don't go to heaven? I haven't had the most righteous life, and maybe I'll go to hell. How do I get rid of this frightening feeling? I don't want to die. I want to stay here, where I am right now.

— Jeanie, Walla Walla, WA

From the angels: A soul wants to stay on Earth after the death of the body because there may be a fear of the unknown or terror of dying and not knowing the future. The more you are afraid because you think you will descend into the hells, the more afraid you are of life with the angels.

We must tell all humankind not one soul from Earth will descend into the hells. You will rise to a place where you can assimilate all

that has transpired, where you will understand all the life on Earth. When all understanding has encompassed the soul, you will be guided into the heavens to where you feel most comfortable.

When the angels appear to your mind to lift you at the end of this life, it is important you rise with them. Only wonderment will happen to you. It is important to not be afraid, for we angels protect the soul from all harm. Only the ignorant and fearful will refuse the lifting by the angels. They will wander Earth because they can no longer live in the body. This may be for a long time before the angels come again to lift them.

I read your books. What is the quickest way to evolve to be closer to God? I am at a point in my life where all I want now is to accelerate my spirituality. I want to be one with God.

— Elane R., Tulsa, OK

From the angels: The most

valuable emotion souls of Earth can learn is to love others. When souls love others, their minds raise to a level more expansive than only loving themselves. This begins a love for humankind. A love for another human or a group of people opens the mind and heart to expansion.

Only emotion can lift this feeling into a word of love. Give all that you are to another. This unselfish act we watch from the heavens. When people love and embrace others, this act generates feelings that lift their souls into bliss. Concern for others deepens the feelings and evolves the soul.

Open yourself to feel the pain of others, the joy of others, and the love of others. This adds a dimension to the soul.

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 gaerbarlow@yahoo.com or PO Box 553 Capitan, NM 88316.



The Secret Wisdom of Animals

through Kim Malonie

Little Hobo

Since you have helped me so much with my late dog, I now have a question for you regarding an older cat I call Little Hobo. We moved to a new place last year, and there was a black cat walking across our garden at least twice daily on his route through the neighborhood. He was obviously in search of food.

One day, I talked to him as he was sitting on the wall, and I noticed a white thing sticking out of his mouth. When he opened his mouth, I saw that one of his front teeth was loose and hanging out. (He obviously wanted to show it to me.) I alerted

the neighbor (the cat's owner), and he took his cat to the vet immediately.

During the past year, Little Hobo has lost more of his teeth and also was quite unwell for a while. We started feeding him the best soft food we could find. Now he has put on weight, and his coat feels and looks like silk. He now also spends most of his days with us and goes home for the night (no more searching the neighborhood for scraps).

My questions for Little Hobo and you are:

- *What is the best way of taking care of an older cat/dog with no*



or few teeth? What food is best for him, and how often should he be fed?

- *Are there any particular conditions that predispose pets to lose their teeth? How can it be avoided? Any suggestions as to how to take care of a special-needs pet: foods, pain medications, supplements, and so on?*

- *Is there anything else that Little Hobo would like to share with us to make his life more pleasant. (I know that is not the name his owners/caregivers use.)*

As always, Kim, thank you for the work you do to help our pets and the animal kingdom during these most challenging times! Blessings.

— a concerned neighbor, UK

Little Hobo: Hi, Auntie. It's me, your Little Hobo! I love that name you gave me. It really suits me. I just wanted to tell you the reason I was scrounging the neighborhood looking for food when you discovered me. It is because I'm afraid of the big dog that lives at my house.

I realize that my original caregivers are having a hard time taking care of me as well, as they are so overwhelmed and stressed out sometimes that they don't realize they haven't fed me. I'm so lucky to have good neighbors to visit during the day to get food.

Do you know that I'm almost eighteen years old [big smile with hardly any teeth]! Since I have the center stage here, I would like to mention a few things. Sometimes caregivers bring young pets in when



Little Hobo

there is an older pet living with them already. The older pets sometimes are neglected or passed over because the newer ones make more "noise," and as the old saying goes, the squeaky wheel gets the oil.

Many times the older pets don't get the care they need, especially if their caregivers are working a lot, taking care of elderly or sick people. Our caregivers tend to get overwhelmed, to say the least. They have nothing left to give, and they're drained. This is what happens inside homes, as it is happening in my home.

I would just like to say that when you bring in a younger pet, please don't forget about your older pets. They need to eat too, and sometimes because the younger pet is more assertive, the older pet will fade into the background and just wait quietly for its food.

Sometimes there's not enough left for the older pet to eat. We know it's not done on purpose, but we're just asking you to be aware of this and to make sure the young pets and the older pets are fed fairly. Perhaps putting down a bowl for each of the pets at the same time in different spots away from each other, so one pet doesn't cruise around and eat everything from all the bowls.

The best way to take care of an older cat/dog with few or no teeth is for it to be given soft food (two to three times per day) as opposed to hard, dry kibbles. Remember, when you don't have very many teeth or, heaven forbid, no teeth at all, think about how difficult it would be for you to chew something hard. It is extremely painful on your gums, and sometimes the animal is actually swallowing the hard food whole because the gums can't break it down. That can sometimes lead to blockages in their intestines.

The mouth contains many nerves and is served by a plentiful blood supply, making dental problems more serious than you might

expect. Mouth pain can keep an animal from eating enough to stay healthy or grooming themselves properly.

Periodontal Disease

I'm glad you asked whether there are any particular conditions that predispose a pet to lose their teeth and how it can be avoided. Most people don't even think about that.

Periodontal disease is the most common teeth and gums problem. It results from a change in the normal saliva, which creates a buildup of calcium salts, food, hair, and bacteria on the animal's teeth. These deposits put pressure on the gums, causing inflammation, swelling, pulling away, and receding gums. A pocket opens up between the gums and teeth, which collect even more debris and further worsens the problem. Eventually, the process can loosen the teeth and cause them to fall out.

Of course, this doesn't destroy teeth overnight. It may take months or even years. Some animals develop a serious complication or an abscess, which destroys the root of the tooth. That's what happened to me.

You can check to see whether your pets have periodontal disease. They will show these symptoms: bleeding gums, foul breath, excessive salivation, painful chewing (dropping food while eating or turning their heads to the side to chew only on one side), and possible loss of appetite or weight.

You can see heavy brown or gray deposits on the teeth, especially on the back ones, and the teeth may be loose. I wish my caregiver could have noticed changes in my teeth. It would have saved me a lot of discomfort.

Causes of Dental Problems

The usual causes for the buildup are misaligned teeth, and in my opinion, this is also a direct outcome

of generations of eating commercial food of poor quality with preservatives and food dyes, overfeeding, and lack of hard chewable objects to exercise the teeth and gums. Preventative maintenance is the key.

Once the deposits have formed, they are rock hard and can only be removed adequately by your veterinarian, unfortunately under anesthesia. Here are some suggestions for taking care of special-needs pets:

The most important thing you can do if possible is to seek veterinary attention.

A suggestion in the meantime is to try some homeopathic remedies, such as hypericum 30c, which will help with nerve pain, and arnica 30c, which is really good for pain also. Colloidal silver is an all-natural, broad-spectrum antibiotic, antiviral, and antifungal that has been around for centuries. You can get these at a health food store. They should be

able to recommend the dosage. (If you choose to use homeopathy, let your animals' vets know you are doing this.)

[Author's disclaimer: This is not a diagnosis or prescription, only a suggestion.]

Preventative Measures

Feeding your pet a balance of all-natural food — soft and dry — is key to keeping your pet healthy and happy. In nature, cats and dogs would eat both meat and bones — thus, soft and hard food.

Auntie, I can't thank you enough for taking me in and caring for me when I was running the streets. You have become a second parent to me. You have given me a quality of life where there was none. You'll never know how much I value the time I spend being with the both of you. To me, this is my home, and when I leave at night, I go to my other house.

Thank you from the bottom of my little hobo heart. You will never fully know how much you mean to me! I love you two with all my heart.

Inspiration to all my friends:

You have so much joy to give and live! I know sometimes it can seem that big happiness only happens to other people. But it's also your destiny. All you really need to do is believe, boost your bliss, and welcome all the blessings heading your way. Joy will step right in when you leave the door open.

Kim Malonie is a natural-born animal communicator of over thirty 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 website at theSecretWisdomofAnimals.com.



Akashic Answers

Amanda Romania

Choose What's Best for You

Welcome to Akashic Answers. This month, we're going to look at some of the questions I have received regarding your akashic records. We'll be looking at your questions regarding the number 222 and its connection with truth, trust, and integrity energy.

I had to write to let you know I have been seeing the number 222 everywhere. I'm going through changes in my world and really need some clarity. Where should I begin?

— Beth, London, UK

From Amanda: I see by the birth date you sent me that you are on your akashic records scroll year two. This means you will experience lessons

this year regarding how others are truthful with you and how truthful you are with yourself. Call on all your senses to get through this and to see who you resonate with.

This may also be a year in which people try to call you a friend but then pursue other options that are not in alignment. Choose who stays and who goes from your heart.

Once you are through this year, you should see that what you experienced defines who you truly are. Use each change as a rebirth and the number 222 as a red flag or confirmation. See 222 as your spirit guides reaching out with messages.

Learn forgiveness along the way, and know that, as people leave, it's simply that their energy is not a

match for yours anymore. Seek love and happiness. Your akashic message card is the Love and Karmic Board, which means you should choose love in all aspects of life and give your issues to the Karmic Board, especially Kwan Yin. She will assist you on the higher levels.

What does the number 222 have to do with the galactic beings and the Federation of Light?

— Aapo, Finland

From Amanda: In 2019, the



number 222 has a lot to do with our starseed brothers and sisters. From 2019 through 2022, many important messages will come forward from the beings from Sirius. They have been working behind the scenes to assist the other star races to send their star children to Earth. We know them as the indigos, crystals, rainbows, and many new types.

These children are often now adults, and they came for a new Earth program known as Sirius C. This is to assist with the new grid shifts and Earth programs. It's about

seeing through the illusions of the old paradigms and programs and helping others to be true to themselves here on Earth, especially over the next five years.

Tune in to these messages. I know you are a schoolteacher, so use your Andromeda friends in the galaxy to help you by providing new messages for understanding at this time.

It's been a joy spending time with you! In June, we'll be looking at your questions regarding your life

purpose, soul contracts, and numerology supporting you at this time on Earth.

From my heart to yours, Amanda Romania.

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 AtlantisSedona.com.



Benevolent Outcomes

Tom T. Moore

MBOs Help You Through the Rough Times

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. Request most benevolent outcomes (MBOs) for events in your life, from the mundane to the most important. For others, say benevolent prayers (BPs). All are said out loud.

Found

Kevin writes: After a long day working, I was on my way home. First, I stopped for gas and then stopped at the phone store. I had questions about a system update that happened the night before. I chatted with a few of their staff, and one of the guys sent a text to my phone to test it. It seemed to work fine, so I went on my way.

Afterward, I stopped at the grocery store to get some food, and when I was at the checkout, I

couldn't find my wallet. I went out to my car and searched everywhere, but I couldn't find it. I got out my flashlight and looked in, around, and under my car. I said to myself, "If there is ever a good time to request an MBO, this is it."

So I requested an MBO, and I went back into the grocery store and asked whether anyone had found it, but no one had. I started to look for the phone number of the phone store but remembered that one of the staff had sent me a text, so I texted him and asked whether he had found it. He got back to me and said no. I then asked whether he would kindly look in the parking lot where I had parked and that I would really appreciate it.

I was getting concerned while waiting for his response. Then I got his text: "Found it. We have it here." Thank you, angels! I made the twenty-minute trip back to get it, and he was waiting in the store with my wallet. Everything was still inside, intact. I thanked him again and gave him a finder's fee. Life goes on happily.



Family

Severine writes: A long-term BP was fulfilled for my brother and parents' relationship. Tom and friends, it's been already over a year of public BPs and daily BPs for this to happen.

My brother was difficult to my parents due to unresolved childhood issues. We said several BPs for mutual forgiveness, sent massive white light to them, and asked that my brother find the best therapist, which he did. For the past few weeks, we are finally observing some positive changes in his behavior.

My brother has been nice to my parents during his recent visits and even called my mom for her birthday instead of sending a cold text message, as he's been known to do. Thank you, all my BP friends and all beings who assisted. Thank you! Thank you!

Larry writes: I'd love to share an MBO story with you. We've been planning my mother's ninetieth birthday celebration. For a past birthday, I made a slide show of family pictures, which I added to for subsequent ones.

I spent an entire day searching backups and old computers for the file with no luck. Lying awake in bed that night I realized in my haste from stressing over not being able to locate the file, I never asked for an MBO to help me find it, so I requested one.

The next day, I spent less than ten minutes searching. I found the file in an area I had already looked but somehow had missed it. I'm working on updating the file now, and needless to say, I'm no longer stressing! Thank you, again Tom. MBOs work!

Good Fortune

Laetitia writes: I've been putting cash away in my secret emergency-stash location. After about eight months, I decided the cash had to go into the bank. So I took it out, put the bills together, and stashed it in a different place.

A few weeks later, I forgot where I'd put the money, and I tore up the bedroom looking for it. I really thought it was gone forever, that it had been tossed out with the garbage or something. I looked in every possible place I would have hidden it, but I found nothing.

In desperation, I requested an MBO. I don't do it that often for

myself, but I was getting desperate. I continued searching possible hiding places, grumbling a little at how foolish I was to request that MBO, and all of a sudden, my eyes just locked on a nightstand I rarely use. The strange thing was, several times earlier in the evening I scanned the room, passing over the nightstand, dismissing it. I determined I would never put money in there, so there was no sense in wasting time looking inside of it.

Of course, there it was. In a place I refused to check. I have to wonder how long I would have continued to stress out and pass over that hiding place had I not requested that MBO. I'll never know.

I enjoy your stories, and I try to request an MBO for anyone who asks for a personal request through Facebook — not because I think it will change the world, but because maybe that is all that person needed to get them through their rough patch.

Kevin writes from New Jersey: I was recently helping a friend who was newly married. The husband had been in the hospital and rehab for over a month. They have been clearing out one of their apartments and moving in together. The husband hid a sum of money in an enormous pile of books and papers that we were sorting to be donated.

Halfway through the process, we heard from the husband that there was money hidden in the pile in some small bank envelopes, which none of us noticed. Some friends

had filled about ten large garbage bags full of stuff and were about to throw it out when he told them about this. I arrived as another fellow had been searching with my friend for several hours.

I asked, "Why don't you call to the angels and request an MBO to find it?" I suggested: "I request a most benevolent outcome that we find all the cash that is hidden in this apartment as soon as possible. Thank you." She looked a few minutes longer, and then went in the other room to do something.

I sat down on the floor and was fiddling on the floor with a pile of trash papers and a Crayola crayon box. There inside the box were the envelopes with the stack of bills folded inside. I called to my friend and said, "Yoo-hoo, I found something for you." She was overjoyed. We found it within about five minutes of requesting the MBO.

I suppose that since I am the one who said the MBO, I was the one who found it. We also found five shoeboxes full of coins that were stuffed way in the back of a closet. More good fortune! Thanks, Tom, for sharing all these good things with us.

Raise Vibrations

Gabrielle writes from Melbourne, Australia: Recently, I was having a very difficult day — really difficult and stressful (long story). I was roused from my state of struggle when the words of a song playing on the radio seemed quite loud and clear in my ear: "Call on me. You can

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call on me.” I thought: Who? Call on who? Oh, that’s right, my guardian angel!

I immediately requested an MBO for my vibrations to raise and light to expand and for growing in love. I finished by saying thank you.

A couple minutes later, the horrible feelings, stress, and trouble vanished. I felt as if I were being embraced. I felt someone there (unseen) who was warm, caring, and loyal. The lyrics of another song came into my mind: “Lean on me / when you’re not strong / And I’ll be your friend / I’ll help you carry on.”

When the chips are down, you feel alone. No one can experience what you feel except your guardian angel. And your guardian angel will stand by you when no one else will or when no one else is available. For those with difficult lives, befriend your guardian angels. Your guardian angel wants you to know: “You can count on me.”

Thank you, Tom, for spreading this positive information that literally, with one sentence, changes lives. When I was growing up, I thought the magic word was “abracadabra.” It’s not. It’s the two simple

sentences you have shown us. They work.

Accepted

Keegan writes: Tom, you will not believe the beautiful synchronicities occurring in this amazing journey called life. For example, I was put on the waitlist for law school. I have been constantly requesting MBOs and BPs concerning the situation. Yesterday, I decided to go to the university to see what was happening, and they told me nothing had changed and to please wait. I requested another MBO for the outcome to be as successful as possible.

I was somewhat disappointed and returned home. I took a nap, and I woke up about an hour later to a notification that I had been accepted. All I needed to do was register. It was so amazing that I actually shouted in joy — not at the acceptance, but at how awesome it was to see Spirit in action.

That’s not all. Being accepted so last minute, I needed to find a residence. After registering, I walked down the pavement from the university, and representatives from

the residence where I wanted to stay approached me. I signed the forms and joined them.

There’s more. During the entire year of 2018, before the idea of university came to me, everywhere I went and in the things I did, I always saw the number 69. Unbelievably, the room in which I am staying at the residence is — wait for it — 69. Oh my goodness, that is awesome. This experience showed me that everything is okay, always will be okay, and honestly, always has been okay. Even when we can’t see it, Spirit/Creator/the universe always has our backs.

Thank you so much for everything that you do and teach. It truly is something beyond amazing and is so awesome. Thank you especially to all those hard-working lightbeings organizing my life for me in the ethers.

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 theGentleWayBook.com.



Shamanic Wisdom

Jan Engels-Smith

Meet Your Power Animal

The LightSong School of 21st Century Shamanism and Energy Medicine is based on linking people to their divine connections in the spirit realm. All too often, this connection has been lost. We start the process in the basic journey class called Through the Rabbit Hole.

This gateway class is amazing and is transformative in multiple ways. Doors open, and hearts are healed, fostering inspiration, motivation, enthusiasm, and hope. The

feelings that many people have of being disconnected are lessened, and an awareness occurs that this disconnection is an illusion that our culture and lack of understanding have created.

The class starts with the basics — connecting you to your power animal. I was adopted into a Lakota family in 1992. I learned from one of the elders that the Lakota believe that we are all born with 405 helping spirits assigned to us; 405 is not a

literal number but a number of huge qualities.

It’s very different from having one power animal, as there is a team of divine beings assigned to you — just you. They are of service for all your needs. These beings know



who you have been, your purpose, and how to help you, and they have magical powers of intervention and healing. You do not need to know all 405, but during the course, you will learn about many of them and how to use and incorporate their abilities into your daily life. It is a wonderful experience.

Not all spirit allies are animals. However, there seems to be a special bond with the animals for the initial undertaking of discovery that is loving and natural.

I always bring back a power animal for my clients in their healing ceremony. More often than not, the animal that appeared incited a special feeling in the client — one of connection. They often discover a past connection, such as having lived on a street named Wildcat Way, the power animal was a favorite stuffed animal as a child, or they had lived on the coast during their childhood and talked with the sea lions daily.

There was a time I didn't recognize a power animal when it appeared. It was a bird, and I told my client, "This bird is here, but I am not sure what it is." The bird flew right into my face and said I am a nighthawk. My client laughed and said that was one of her favorite birds. Years later, this client asked me to perform her marriage ceremony. The ceremony was outdoors in a beautiful meadow. During the ceremony, a group of nighthawks circled above us. My client and I laughed at the amazing, divine connection nature vividly displayed.

In the Christian faith, people often speak of guardian angels as beings available to provide special assistance in the time of need. In the blending of faiths that I practice, I too believe in guardian angels, but in shamanism, there is the belief that we are born with a power animal that serves as an ally throughout our lives; however, we may not always be aware of this formidable

supporter. As we grow into adulthood in the West, it is likely that we are not familiar with the concept of a power animal, but these beings are always available if we decide to seek them out and call on them for support.

Spirit Animal Reconnection

Children, in their divine innocence, are assigned a power animal at birth, and this spiritual helper intervenes to buffer them from the notorious bumps and bruises they encounter. Children's resilience and adaptability are enabled by these divine spirits that keep them safe until they mature. We often lose contact with these divine spiritual beings as we grow up and unfortunately put away "childish things."

Our loss of imagination and dismissal of magic as a force in our lives causes us to sever our connections with the spiritual world and our power animals. Power animal loss affects us in many of the same ways as soul loss, as they are closely connected. In shamanic practice, the restoration of lost parts of the soul is aided by the retrieval of one's power animal, and this spiritual helper sustains us in difficult situations.

The signs of power animal loss or soul loss may include

- chronic fatigue, depression, misfortune, faulty or failed relationships, emotional problems, or suicidal tendencies;
- the inability to overcome some emotional trauma from the past, such as the death of a loved one, divorce, or distress in childhood;
- addictions to alcohol, drugs, gambling, or other debilitating dependencies;
- repetitive or major illnesses or a problem with recovery;
- shame, guilt, or a feeling of unworthiness; or
- a feeling of powerlessness.

In difficult situations, when we

are in our greatest need, the absence of our power animal exposes us to greater danger, and the opportunity to heal is lessened without this divine intervention. Fortunately, as we seek to recover from trauma, the retrieval of our power animal can help us to fully mend, and this spiritual helper can remain with us to sustain our recovery.

Our power animal does not cease to exist because we ceased to believe in it. It has simply bided its time awaiting our decision to seek it out and bring it back to help us.

You can think of your power animal as having traveled from you (but it might be more accurate to understand that you have traveled far from him), or you might consider that he has been sleeping for many years. In either scenario, you have been exposed to debilitating and harmful conditions and have suffered the consequences of facing your suffering alone.

If you have entered a quest for personal enlightenment, healing, and reconnection to the universe, then you would be well served to retrieve your power animal. Accept its willingness to aid you in the restoration of your well-being to regain your personal power and to thrive in your spiritual development.

Personal Power Animals

I make one distinction in reference to power animals. If you engage with shamanic healing, you may be aware of the shaman calling on a diverse range of power animals to effect healing and to restore wellness in an individual. These power animals are allies of the shaman and assist the shaman both in healing sessions as well as everyday life.

The power animals incorporated in shamanic practices often assist with tasks you are involved in. These power animals can come and go without power loss to the individual. They are not the power animals to

which I am referring when I speak of retrieving your personal power animal.

An example of this happened when I was writing my first book *Becoming Yourself*. I asked a power animal to come forth in the writing process, and a raccoon appeared. I asked the raccoon about the gifts he could offer me during my writing. He informed me that he could offer the dexterity of his hands. He could help me with typing.

Your unique connection to the spiritual world is shaped by your individual divinity, and the power animal is specific to your birth, life, and person. In your life, you might not have a full awareness of your power animal because you have created distance from it, but you possess the capacity to recover this important ally in your life and the ability to reconnect and draw on its strength.

Your personal power animal is important because it is specific to you and, once retrieved, can be one of your strongest allies. For me, the discovery of my birth power animal took years. I had many allies by this time that did all sorts of tasks for me, especially in my career of being a shamanic practitioner.

I had a power animal for soul retrieval, my primary healing technique, and one for the extractions I performed regularly. I have an extensive list of allies I use for various reasons, but I couldn't get an answer to my question, "Who is my birth ally?" I finally had an experience that undoubtedly revealed my birth power animal. It was powerful, magical, and extraordinary. It changed my life. I will write about this experience in the future.

The variety of power animals I access provide different support in different circumstances. You might have one power animal that you call on when you are experiencing fear during a frightening experience. A powerful tiger might cause you to

feel safer because of the fearlessness of your ally. In another circumstance, you might seek a power animal that you identify with as providing peace and comfort when you are in need of gentle solace and relief from tension.

People often confuse power animals with totem animals. With totem animals, there is recognition of a particular animal that most characterizes a person's nature or their desired nature. I have a friend who is funny and playful in his everyday habits, and he identifies readily with the coyote, which often reflects those same behaviors.

An adventurous individual might find that his totem is an eagle, which can soar to great heights. An individual seeking confidence might discover that her totem is the brave lion. Again, totem and power animals are different. Our power animals do not necessarily represent parts of our persona. We do not invent our power animals; we discover them, or they discover us.

To find out its purpose in your life, it is best to ask the animal. Many people will turn to books (such as *Animal Speak* by Ted Andrews or the *Medicine Cards* by Jamie Sands) to find out why an animal came into their lives. Turning to resources such as these can be helpful in understanding the basic qualities of the animal, but your best source of information about its appearance as your power animal will always come from the animal itself.

Power Animal Proof

There is no better or lesser power animal. The great elephant is not superior to the small prairie dog or even the earthworm. In the great design of the universe, each living being plays a significant role in existence and is equally valued. There is no hierarchy in the spirit world, which is where these allies exist.

The earthworm, the honeybee,

and the songbird are essential and make invaluable contributions to the continuing functioning of the universe. As you seek out the restoration of your power animal, stay open to all possibilities, and you might be surprised by your discovery of this divine ally.

I have known of animals appearing in ordinary reality when their humans were in danger. A client of mine was at home late at night when a burglar tried to enter her house. She instantly asked her panther to protect her. Hiding in her hall closet, she heard the loud, aggressive growl of a huge cat emanating outside the house by the door where the burglar was trying to get in.

In moments, she heard the burglar scream and run off. She called the police. After their arrival and their usual questions, she went outside with them. One of the police officers pointed out that her very dusty and dirty car had huge paw prints that started from the hood and went to the trunk. Stunned, she realized that her panther spirit guide had chased the burglar away and left its tracks on her car to prove it! Power animals are the greatest protectors in the spirit world.



We have much to learn about the spiritual realm. The journey provides a format for gathering information concerning your intention and also for listening openly for what the spirits want to express to you. I have found the shamanic journey to be one of the most profound ways of connecting with the spirits and one of the richest sources of understanding and awareness.

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 LightSong.net, or contact her at jan@lightsong.net or 503-669-3013.



Beautiful Lives in Wondrous Times

From diiyin: Just now, I am relieved about the young ones. True, they appear to be questioning, but this brings healing. All their searches take them outside the box. Of course, we traditionally look for our answers with our peers. We grow every time!

I have noticed that humans in general turn to new invitations to look for answers. In fact, as time goes on, the young ones become more cohesive in their foundation and have less secrecy.

Together, we redefine the rules of life. The precise cycles of Earth are being observed, and no preaching is necessary for this to happen. It is a natural flow.

May Prayers

That which has been given birth by the land, as humans, we handle life changes. We have the evidence of the continuance. We have been given the truth about our power. We believe we are helpful and powerful.

begoz'aahí det'aa alchise nakia. The Sacred Laws given by the Little Ones, Rainbow Serpent, perpetuate the greatest piece derived from our connection from our relationships in life. We are certain; we enjoy peace — beyond thought.

éi báhyúgo zhá nandehí'n hada' didla. It belongs to you, Thunder-Beings — time divided into three basic visions: past, present, future. In the presence of all three, there is happiness. Experience is the flow of beauty.

naki'n dahdanldoh eo'to'to. You two continue on, Grandmother Bear. We allow others their free will. We

acknowledge this is the only way to honor and accept our own.

From diiyin: Coyote of the midnight sun new moon, we think about ourselves in deep realization. We consider and understand now our part and what connects us.

baase dole at'ee. Sacred Hoop, little ones, the consciousness of humanity shimmies and shivers. A geographical shift is an internal affair of a human. Here an important connection grows our conviction.

ch'ilíi 'yugo tuma. Thunderhoof Buffalo, diversity brings us to life. Similarities are our gifts from Changing Mother Earth. No matter what starseed lineage we belong to, *esonkñhsendehí* is part of all of us. We feel her love and dream the future into being from our reunion.

dzil naáyú yoo idee'ë gaan. Rattle in the mountains, Mountain Spirits! Our present existence maintains its momentum. We are aligned in positive cocreation, and we are of value. We are of positive value because we come together.

isdzáné háadayol esau. Women rest, Yellow-Tailed Eagle. The fourth world no longer exists. We have been blessed to experience the fifth world coming together as active participants and engaging cocreators.

itisgo isdzáné nohwizá'yé. An honored woman of vision descends upon us, Ancestors, and we ask, "How do we do this?" We accept the shift without resistance. We cocreate new systems that work.

nail'eel didládé nohwádihyu esonkñhsendehí. She who sails gently toward that which is ahead of us, Changing Mother Earth. We need

our identities. We find this by giving love to All Our Relations.

denzhóné shimaa káldéez ilhosh yusn. Beautiful Mother who is in a long sleep, Creator. We each have a special gift. The sacred parents blessed us as unique to express our spiritual truths. We are beautiful lives in a wondrous time.

naki gozlii biyéehi ni'gosdzán echicasay. Twins belong to the earth, All Our Relations. We pay homage to the enduring spirit. We are powerful people in a fascinating compendium — perfect perpetuators of evolution.

dagodzaa esonkñhsendehí'láa bich'agáshéhi klo'bijii. Changing Mother Earth protects her children, HeartFire. Sleep is not an escape. It is the other half of our work: rejuvenation of the physical, revitalization of the realm-wisdom connection, and resolution of daily growth challenges.

Completed initiation: Imagine we are free of the small box. The four walls drop. We experience that feeling. Now we get going!

daaiina. And so it is.

Maria Yracébûrû is the cofounder of Yracébûrû 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 Yraceburo.org.

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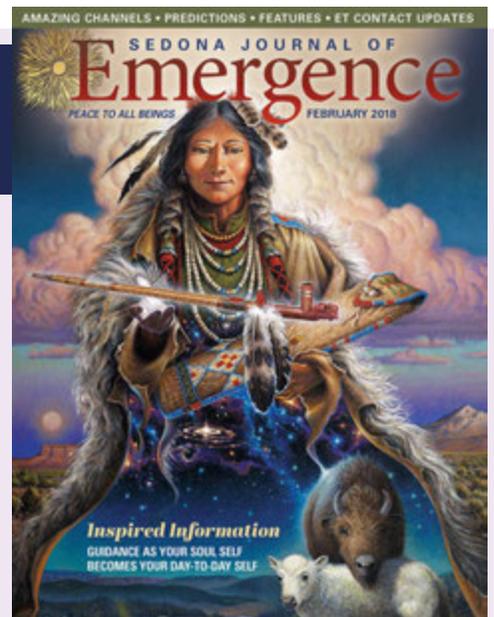
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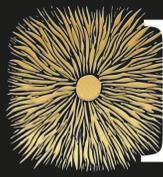
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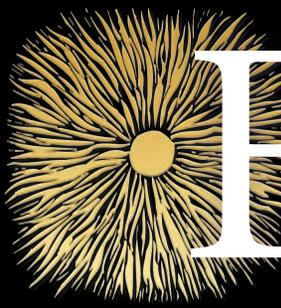
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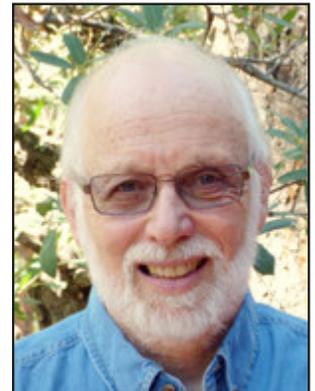
The Just Society and New Jerusalem

Juliano and the Arcturians through David K. Miller

Greetings, I am Juliano. We are the Arcturians. Let us look at the concept of the just city of light, the just society, and let us talk about how the just city can manifest on Earth. The idea of the just city of light reminds me of planetary ascension. I know that as planetary healers, you all work and hope for Earth to ascend into the fifth dimension. I have described how other planets in this galaxy have ascended, including our planet, Arcturus, and the planet Era in the Pleiades.

It is reasonable and hopeful to assume that Earth is also capable of ascending into the fifth dimension. As planetary healers, you are working to bring Earth into balance and save and rebalance the biosphere. This would immediately halt the sixth mass extinction, which is ongoing now. It would stop all ocean contamination, purify the planet of all radiation contamination, and bring the weather patterns, including the jet streams and ocean currents, into perfect balance.

On a fifth-dimensional planet, there are no hurricanes, heat waves, earthquakes, or volcanic eruptions. On a fifth-dimensional planet, the inhabitants live in spiritual harmony and balance. This idea of living in harmony and balance with the spirit of the planet was depicted in the wonderful movie *Avatar*, which was popular ten years ago (2009) throughout the globe. From our standpoint, what was interesting about this movie was that the inhabitants of that planet did not seem to be as technologically advanced as those on Earth. This shows that spiritual advancement and energy are more important than technological advancement. We hope that Earth can be both technologically and spiritually advanced. Each planet goes through stages of development characterized by certain conflicts. Earth is in a conflict of spirituality versus technological advancement.



The technological advancement on Earth is out of balance. We hope that through the work you starseeds are doing, a global spiritual awakening will occur to tip the scale so that Earth will be more spiritually alive and her inhabitants will realize the importance of spiritual energy.

How does this relate to the just city? The concept of the just city begins in the fifth dimension with inhabitants who are fifth-dimensional beings who had to ascend to enter that dimension. In order to enter the fifth dimension, you must have a specific, high spiritual vibration. You have to learn how to overcome lower animal emotions, including hate, jealousy, competition, and aggression. Certainly, being fifth dimensional makes conducting business and functioning as a just city easier. Let us look at Earth and the ideal thought constellation of the just city to visualize how it could manifest on Earth.

A Third-Dimensional Just City

For the most part, third-dimensional beings inhabit Earth, which means that a just city founded on Earth will attract third-dimensional, not fifth-dimensional, beings. This presents problems because third-dimensional beings are still evolving, struggling with what the Kabbalah calls the animal self, which includes emotions of wanting to dominate and control, jealousy, and other lower emotions. Third-dimensional beings coming from a lower space will not hesitate to act out those lower emotions. In a fifth-dimensional just city, people do not act out their lower emotions; such emotions are transcended.

Shangri-la and Shambhala are examples of fifth-dimensional cities on Earth. Shangri-la was originally thought to exist in the Himalaya Mountains, and the

entranceway into that city was not available to everyone. Only those of highest vibration were allowed to go through the invisible gate into Shangri-la, which made creating a just city easier because only higher beings could enter.

Our concept of the city of light, though, focuses on manifesting that city on Earth with third-dimensional energies. Some say that this is overly optimistic. Some say that this is impossible, given the many variables out of everyone's control. What are these variables? They include climate and immigration problems, including the merging of foreign immigrants into homogenous society with the complex social problems that occur. Even in a spiritual city, an aberrant or insane person could create violence and great disruption.

We look back at recent years and see some remarkably crazy assassinations. I am thinking in particular of the assassination that occurred in Las Vegas on October 1, 2017, during which, for no given reason, a man shot and killed innocent concertgoers in a parking lot below a casino. More than fifty people were killed, and no motive was ever found for those murders. One person, for unknown reasons, created intense tragedies. How can we prevent that kind of event from happening? There is no easy answer, but I will discuss some possible solutions for that.

As planetary healers, you work to create planetary cities of light that reach a high level of spirituality and become just cities. What is the just society in the fifth dimension like? The most important trait of a just city is that it is based on spiritual principles and energy. Think about third-dimensional cities on Earth; then perhaps you agree with me that these cities are not founded and do not operate on spiritual principles. I do not say this with judgment.

In the fifth dimension, for example, we do not have money. We do not measure our wealth by money or the accumulation of goods. People would not be willing to accept that on Earth. That approach would critically be called socialism. Communal types of social systems are regularly criticized on Earth. We do not look at communal systems as socialism but consider the fact that we have solved the issues of distribution of goods and material needs in our cities in a way that is spiritual.

A Fifth-Dimensional Just City

In a just city in the fifth dimension, the goal is to enhance and to promote each member's spiritual mission. When a person is born or comes into our just city, we read his or her aura and soul history. We understand what that person needs to evolve. In a just city, each member is evaluated to understand what he or she needs to complete ascension. What soul lessons need completed, and how can we, as a just society — the just city of light — promote such soul work? This approach is the basis of the just society.

I know that each of you would love to live in a society like that. Can you imagine a society that is interested in your soul mission and wants to promote your soul lessons so that you can ascend? You would not need to worry about your retirement, health care, or whether or not you have enough money to buy food and shelter. You would only be concerned about what you need to learn for your soul's development.

The government of the just city would be there to help promote your soul lesson development. In the just society, the government would balance all the planet's environmental factors so that no catastrophic weather or geological events occurred. You can use this knowledge of the optimal, fifth-dimensional just city to create the same thing in the third dimension.

You have asked me, "How do the Arcturians live, and what do you do on a daily basis?" I assure you that we live in just cities. In the fifth dimension, there are societies and neighborhoods. These cities are optimal and desirable, and I know that each one of you would love to live in a city based on spiritual principles. You will have the opportunity to live in a city such as this after your ascension. Remember that one of your planetary missions is to work toward Earth's ascension and bring just cities of light to Earth.

Raise Spiritual Light

What does a planetary city of light have to do to become a just city? The most important step is to raise the spiritual light quotient, an energy field of the city. In earlier lectures, I compared the spiritual light quotient to the intelligence quotient. In modern psychology, numbers represent your IQ. If you have an IQ of 120 or 130, you would be considered very bright, maybe even a genius. If you have an IQ of 80 or 90, then you would not be considered bright.

For the purpose of this lecture, if your spiritual light quotient is 140 or 150, then it is high. A spiritual light quotient of 70 or 80 is considered low. In a city of light or a just city, we want the inhabitants to have high spiritual light quotients. They must be open to spiritual light, energy, and healing as expressed by fifth-dimensional thinking and starseed consciousness. The just city is open to reincarnation and past-life therapy and contains centers in which you can explore your soul's history.

Other aspects of the just city include creating sacred spaces; using crystal energies to download higher light; connecting with the stars, star planets, and the star cities of light; and using sacred ceremonies, such as medicine wheel ceremonies. The just city is open to expanded consciousness, channeling, and prophecy.

In today's language, a prophet is somebody who can predict the future, but in ancient times, the prophet was able to directly talk with spirit and receive divine energy

and light. The sole criterion for prophecy was connecting and receiving divine energy and light. In the just city of light live many prophets able to connect with divine energy. They bring forth divine messages and do not have to be secretive about those messages. In a just city, those messages are honored. Those who are able to channel divine light are regarded highly, welcomed, and encouraged to bring forth higher messages. Such messages are awaited, received with great enthusiasm, and broadcast throughout the city.

I like discussing the connection of the just city to the star. Because of the polarizations and low energies on Earth right now, quantum healing light is necessary to create a city of light and a just city. Connections with higher galactic energy and light are necessary as well as a transcending energy able to rise above all the polarizations. This ability to rise above the third dimension can be enhanced by connecting to star energy.

An important aspect of the just city is to be connected to a personal star. We previously talked about the importance of you connecting to your personal stars, in particular Arcturus, but there are personal stars besides Arcturus. Many of you are Arcturians; either you have lived on or visited Arcturus before. You know of our work in planetary healing; therefore, it is important and activating for you to connect to Arcturus.

Evolution of a Planetary City of Light

I was happy to learn that astrological charts can be cast for the birth of a city or a country. For example, an astrologer could cast the chart for July 4, 1776, and you could see what constellation was prominent at the time America was born as a country. The founding dates of ancient cities might be hard to determine as those dates might not have been recorded, but you can make estimates. Most modern cities (founded during the past 1,000 years) have birth dates and therefore astrological charts. You could use the prominent star in a city's chart as the connecting star for your city and for helping to create the just society in that city.

As an example, the prominent star in the zodiac constellation Scorpio is Antares, a powerful sun carrying tremendous energy and light. If your just city was founded under Scorpio, Antares would be its personal star and would bring its powerful energy to your city. To connect to your city's personal star is important because your city needs transcended galactic energy to overcome the polarizations and other lower energies present in the city. If you cannot find the birth date of your city and wish to work with transcended galactic energy, use Arcturus as the star for your city.

Jerusalem is the Earth city that holds the highest potential light for becoming a just city. Jerusalem was founded perhaps 3,200 years ago; there is no exact date,

only estimates. I do not believe that biblical archaeologists have an exact date for the founding of Jerusalem. We all acknowledge that Jerusalem is one of the sacred cities on the planet.

Can Jerusalem be a new just city? Unfortunately, I have to use caution because the city is conflicted and divided. There are many enemies within the city, and throughout the planet live what I call "end timers," people who believe that Jerusalem will emerge as the world's city after a terrible war that might be considered World War III. I do not want to encourage the founding of a just city on the graves of millions of people. I do not consider a conflicted city as a good spiritual foundation for creating a new, fifth-dimensional city. This does not take away the great energy in Jerusalem or the spiritual powers who have lived in that city.

You might say to me, "Juliano, is that the term you want to use, New Jerusalem? Maybe just using the word 'Jerusalem' would invoke some kind of prejudice." The word "Jerusalem" means "peace and perfection." Should we call this new city of light City of Peace or New City of Peace? Again, we will leave that name up to you, but for the purposes of this lecture, we will call it New Jerusalem and say it is possible to download the ideal city into the noosphere to serve as the model for planetary ascension. It will serve as a model for creating a just society with only high spiritual beings living in that city.

If there is going to be first contact on Earth from higher beings, such as the Arcturians, Pleiadians, or Antareans, which city would they choose? Would they choose Jerusalem? My assessment is no. I see an even, neutral energy at Stonehenge, England, for receiving and downloading the appearance of higher beings of light onto Earth. Stonehenge is a neutral area without any energy of conflict and could be used without anybody assuming that higher beings were choosing sides over which city is the best.

Can there be a New Jerusalem on this planet, a city founded on spiritual principles? New Jerusalem would be a just city free of conflict and able to balance loving kindness with loving justice. It would be able to manifest fifth-dimensional energies on Earth. Those coming into such a New Jerusalem would give up their lower vibration, or their animal self. They would live in harmony and balance, feeling the light and energy of their souls calling. What a magnificent place to be! Everybody would be attracted to it. There would be such harmony and balance, and it would serve as a model for all cities. New Jerusalem would be governed by special elders, philosopher-kings, able to set in motion and manage guardianship over all the sacred areas within the city. Those wanting to create imbalances would not be allowed to enter.

Where would this New Jerusalem be? I leave the

answer to this question open. We, as starseeds and planetary healers, are working to manifest this New Jerusalem. It is a true galactic city of light, transcending all prejudices and differences, coming together in unity consciousness. New Jerusalem will serve as a model for all other cities of light encouraged by this harmonious area.



VISUALIZE A NEW JERUSALEM

Let's visually invoke that image now for a meditation on New Jerusalem. I want to use Stonehenge as the focus of this meditation because Stonehenge is neutral. So to the best of your ability, visualize yourself leaving your body, going into the etheric energy field of Earth, traveling around Earth and arriving in your etheric body at Stonehenge. You are above this beautiful, sacred area, where everything is filled with planetary and galactic energy and light.

I, Juliano, am there, on top of Stonehenge, approximately one mile above the monument, and you join me in a circle of light above Stonehenge. We are sitting together in this great circle of light and feel the energy and the sacred light of Stonehenge. See my starship Athena above us. See the Iskalia Mirror above the planet, which makes connection to the Central Sun. See and feel the Galactic Kachina.

In the center of an area above Stonehenge is a huge white screen, like a movie screen. On the white screen, I place the words "We welcome the new just city, the New Jerusalem, to Earth. We welcome the new just city, the New Jerusalem, to planet Earth." Meditate, see, and hold those words on the screen with me now. [Chants]: "Oooo. Oooo." We welcome New Jerusalem to planet Earth. [Chants]: "Oooo." It is a true galactic city. We will go into silence now.

The words "we welcome New Jerusalem" appear in fiery red light. On the count of three, I want to download those words directly into the Stonehenge monument. One, two, three — now. Those words are downloaded into the Stonehenge monument and are going into the planetary noosphere.

Now, to the best of your ability, visualize that city in all its beauty with gardens, parks, clean air, sunshiny weather, and great spiritual prophets living in the city, teaching spiritual classes, lectures, and discussions. Everybody is working or doing what he or she needs to do.

There is no hunger. There are study places of spirituality, learning centers, and temples for

studying unity consciousness and higher, galactic energies. There are science centers working on space-time travel and places to learn to be a prophet and a channel. Spiritual areas are provided where ancient ascended masters meet and visit, such as Kuthumi, El Morya, and Lord Maitreya. All ascended masters are welcome to give lectures, and everyone contributes to the spiritual light quotient of the city, for there are peace, love, harmony, balance, and justice. All who have needs are taken care of with love and compassion.

There is no hatred, competitiveness, or jealousy. This is a true Shangri-la, a true city of light, and you, my friends, live and participate in that city of light. You, my friends, can contribute to the manifestation of this New Jerusalem on Earth. And so it shall be.

Return now from the great circle we have above Stonehenge. Return to your room, knowing that today you have worked with us to set in motion a new pattern, a new manifestation, of a just city on Earth.



With your great intention and help, we can set in motion this manifestation in which all are welcome and only those in higher light will be attracted. Let it be part of this step toward the planetary ascension.

A New City on Earth

I know that you all love Earth, and I know that you are hoping your work in this lifetime will contribute to the planetary ascension. You are setting into motion these thought forms, thought constellations, of the just city New Jerusalem. The word "new" means that there is unity in New Jerusalem. The "new" means that the city is not taking one side or another. "New" means that the heart of the city is open for the greater truth of this universe and is transcending all divisions.

This is a powerful activation and a powerful meditation for bringing forth this new energy field. Shangri-la exists in the minds of spiritually advanced souls. What you think can manifest.

It is the will of the Divine that this new just city be born on Mother Earth to show the way for the ascension of Gaia. I am Juliano. Good day.

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Origins and Belonging

St. Germain through Rebecca Dawson



Greetings to you. We want to address your totality. It has been interesting to watch you humans in recent years come to know your totality within the human experience. Your DNA contains a limitation in its coding that has prevented you from experiencing the totality of what you are. The potential for understanding is there, and as humans become aware of their totality, so does the planet. As you become aware of your totality, so Earth finds its place within the cosmos.

This is not just about releasing your limitations; it is about releasing the limitations of the collective field. You might know that the collective field is all-permeating, but the collective field within your reality has become encapsulated. It has been very difficult for you, even in your collective experience, to go beyond limitation. Earth is embraced in its totality by more of what the cosmos holds for you and by more of what your galactic brothers and sisters know. As the awareness of your totality arises within you, it also arises for the planet.

We want to introduce you to what you will experience. This is not about your personal heritage; it is about Earth's heritage. Are you not a representation of your planet? Many of you identify with different galactic origins. Many of you identify with a particular personal history. Now it is about identifying with the planet and knowing your origin. It is so typical for humans to believe your origin is somewhere else, especially when your vibration becomes more refined. The more refined your vibrational frequency, the harder it becomes for you to identify with the planet. This is part of your limitation coding: The more vibrationally refined you become, the more you wish to be elsewhere. The coding encourages a very refined vibrational frequency that results in not wanting to be on the planet. You see this in young people, and you see in those who aspire to ascend — although we do not like that terminology — the goal to be somewhere else.

Your Heritage Is Earth

At this time in the human experience, you need to belong here. There is so much about your history and your origin that has been about somewhere else. The origin is here. Earth was not designed to be encapsulated. Earth is the galactic origin. It was designed as the galactic Garden of Eden. This was the place everybody wanted to be; it was not an outpost. Those of you with

colonization deep in your heritage and in your DNA have the limitation coding that says, “We don't belong here. We belong somewhere else.” But there is so much about the heritage of this planet and its origin that can bring it to the center of your experience.

As you become more conscious, how difficult is it for you to know you belong here? Do you agree it is very difficult? The more conscious you become, the more you feel you belong somewhere else. This is limitation coding. It is, in many ways, the final bastion of what is required of you to actually be in your totality on the planet.

Can you understand how the closer you get to your awareness, the more you believe you should be somewhere else? It is like a calling. That is a limitation. The ultimate state of consciousness on this planet is to know that your heritage is here. This fact has been hidden from you. The history of the planet has not been made available to you, so you always believe home is somewhere else, and that is where you want to go. That is the ultimate illusion, because your origin is at the center of the planet.

The center of the planet (Earth's core) is the same core as every other planet, and you will not find your origin by leaving. You will only find your origin by going into it here. There is nowhere else to go. That is limitation. Your concept of distance is limitation. Your concept of dimensional fabric and frequency is limitation. There is nowhere else to go except here.

Earth's core is beginning to inflame. We use the word “inflame,” because it is becoming very palpable that Earth calls to you. It pulses within your cells. The pulse you feel within you is in direct correlation with the pulse at the center of the planet. As you become revealed, so Earth becomes revealed to the rest of the cosmos. Your encapsulation is Earth's encapsulation. Your willingness to be exposed is Earth's willingness to be exposed. The less individualized you are, the less limited the planet is.

The limitation coding for the origin of humanity is held in certain points on the planet. Much of this has been deliberate. For the sake of your physicality, this has been location specific. There was always going to be a time when a release would occur. The release will necessarily cause shifts in the planet's crust, so there will be fear in your cells and fear in your coding that says, “If we go forth

and release, it could be chaotic.” There is fear within your cells that says, “If we give ourselves permission to know, the results could be dire.” That fear is a limitation, and it is there for your survival. What a paradox, that you must face your fear of survival to become immortal.

There will be moments in upcoming weeks when you are afraid, and there will be moments when you feel as if you have no right. That is just about limitation and passing through fear. You will experience what limitation is. You will experience what resistance feels like in your body. You will experience what negativity is to your cells.

We speak in this dualistic way not because we have a belief embedded in dualism but because your body has coding that makes dualism relevant at a physical level. If you are willing to be with that dualism, willing to feel it and know that you are going to pass through the eye of the needle, then you have the ability to remove the coding for dualism within your body. And remember that what you do for yourself, you do for the planet.

Accept Your Entire Self

There is much to reveal about how the belief grids on the planet were constructed and how they can be deconstructed. Again we speak to you in terms of dualism, because your bodies are wired for it at this time. Soon we will not speak to you in this way because you will have a completely different set of references available to you in your DNA.

Much within you says that you have to release to achieve and that there is much to remove. But this is not about removal; it is about discovery. There is a human belief that you must be willing to shed in order to be in your totality. We disagree. We say you must be willing to embrace in order to have your totality. Every time there is an emotion or thought within you, every time you have an inclination that feels less than desirable, we ask you to announce it. We ask you to bring it to the table and into illumination. For example, if you feel frustrated, impatient, or angry, announce it. In order to have a totality of experience, all of it must be acknowledged. This is not about release; it is about recognition.

Dualistic beliefs in society will come to a point where the total human has been stripped, where things have been removed. As a human, you often deny yourself things. You deny yourself pleasure, emotions, relationships, and comfort in order to find the jewel within. We say, “No.” We ask you to bring your anger, frustration, denial, and impatience. That is where you will find totality.

You do not like to go into the depths of duality where you feel all these things. You chastise yourself and say, “I should not feel this. This is a spiritual journey.” But feeling and experiencing is very relevant. In your totality and your representation of the planet, you will collect it and take it to a place of unification. For humanity to

know its origin, you must be willing to bring all of yourself to the altar.

In your desire to reach your greatest potential, there is still something within you that resists your power. Your power as a sovereign being on this planet — remember, this is about bringing Earth back into sovereignty — is knowing that your power is only accessible through experiencing all those emotions. Many would say that the learned human — the wise human — has overcome those feelings of frustration and anger. We say that is not valid and another form of limitation. The only way for you to be in your totality, the only avenue to sovereignty for you and for this planet, is to completely embrace every facet of human experience. That is the doorway to freedom.

Every spiritual philosophy and religious practice you have known is about trying to experience one thing and letting go of something else. Perhaps in your daily practice you seek to embrace more of one aspect of life and relieve yourself from another aspect of life. Truly, the wise one says, “I embrace all of it.” The doorway opens when you are willing to bring it all.

Can you understand how certain practices have been in place to prevent you from reaching your totality? It is the same with certain histories, stories, and parables that have been introduced throughout human history that say there are certain pathways that lead to totality and certain pathways that lead away from it. That itself is a dualism that prevents you from finding your totality. Do you understand?

Embrace Your Discomfort

Embrace your discomfort, because all of you are uncomfortable. Every one of you in this moment is physically uncomfortable. Every one of you is emotionally uncomfortable. We say, “Wonderful; we have begun.” We ask that you spend the coming days watching yourself and observing your inclination to want to be comfortable. This is not about trying to be uncomfortable or comfortable. It is about observing the way you naturally try to make yourself comfortable. You will sit on the cusp between comfort and discomfort for much of this experience, because that is where you need to be to drop into totality. It is a very fine fulcrum point between comfort and discomfort. It is the eye of the needle.

This is not about self-judgment. This is not about wondering: “Where am I sitting?” This is about feeling: “I just can’t seem to get settled.” That is where you want to be. Be very aware that when you are in that space, you are present and you don’t know what to do. When you are in that space between comfort and discomfort, you have access to more. It will become very clear to you, but this is where you are in the beginning.

There is a time beyond time when the planet existed in its totality as it was designed. This is the planet you

wish to enter and experience deep within your cellular structure. You have memory of this planet. It still exists in this form, but you have not been able to access it. Be exceptionally clear that you are not here to heal the planet; it does not need healing. Be exceptionally clear that you are not here to heal yourself; your body does not require it. Be very clear that you wish to enter the space where you can access the planet in its original form, because it still exists. It has always existed. It is only the particular vibrational coding in your DNA that has given you a different version of Earth to experience.

Your DNA is designed as a signaling device. Whatever dimensional reality you exist in depends entirely on what your DNA is doing. DNA frequency determines the dimensional fabric of this planet, and when the vibrational collective DNA signal of the planet creates a particular frequency, that is the reality of your Earth. So you are not looking to repair, heal, travel, or regress. You are looking for the vibrational pitch that allows you to experience Earth as it was created — as humanity was created.

If you were an electronic device, it would be as though you were tuned to a particular frequency that did not allow you to experience what is really available. In recent months, many of you have begun to hear sounds differently and see colors differently. Many of you experience different sensations in the body because your frequency is adjusting to enable you to experience more of the original version of the planet. You are beginning to see things that are not there.

Many of you are becoming very aware of your galactic brothers and sisters because that was the original version of the planet. Remember, the original version of the planet was the galactic Garden of Eden. When your governmental agencies talk about other galactic brothers and sisters being here on the planet, they have always been here because that was the original version of Earth. You sit in an altered version. As your DNA frequency and coding adjust, it will enable you to see what is really here.

Find the Original Earth

This is not Earth progressing along a timeline. This is a shift to a different dimensional fabric. You are not interested in the evolution of your planet or the evolution of humanity. That has nothing to do with evolution. Evolution is a human concept. You are looking to gain access to the original version. There has been an influx of a particular vibrational frequency, particularly through the children on the planet at this time, in order to bring more of the original vibrational frequency into DNA to help shift Earth back to its original version. They are not visitors. There are no visitors on this planet. Everyone belongs to the planet.

Earth was designed for everyone: every species and galactic system. In fact, it was designed in such a way that only the totality of cosmological awareness and recognition would allow the original version to be accessed. It requires cooperation, collective experience, and recognition. So it is very important for you, as you move through these locations in the coming weeks, that you recognize that everybody belongs. This includes people you meet on the street. “You belong here. I belong here. We all belong here. We all belong!” This is the kind of vibration that brings you back into recognition of the original version of the planet.

You do not need to evolve, and the planet does not need to evolve. You need to view and experience how it has always been. Many talk about returning to Lemuria or returning to Atlantis. It is not about going back along a linear timeline nor is it about bringing anything forward. It is about enabling yourself to sink into that original version, because it all still exists. It is all still there. Earth is going to give up its secrets. The only reason humanity hasn’t been able to find it is because the vibrational frequency of your DNA has not let you.

If you sit in that place between comfort and discomfort, you open a doorway for humanity to become aware of it again. Remember, this is not about improving the planet or about bringing anything back; it is about creating a bridge between this version of Earth and the version that sits where it has always been. Fifth-dimensional reality is the pathway; it is the bridge between worlds. So when humanity talks about being in fifth-dimensional reality, it means you are sitting on the bridge between the current version of Earth — based on your DNA signaling — and the original version. The original version is there. It has always been there. It waits to be rediscovered. But it all depends on what happens within your frequency range. When you sit in the space between comfort and discomfort, you are beyond your frequency range and beyond DNA limitations.

Over hundreds of thousands of years, many wise ones on the planet have known with their spiritual practices that if they sit in the space between comfort and discomfort, they can access more. Do you understand? This is why, for many of you, your meditative practices are not as satisfying anymore. It’s because your DNA is not looking for comfort; it is looking for stimulation, and that stimulation occurs between comfort and discomfort.

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Seek Connection for the Coming Changes

Yogananda through Lois Hartwick



It is with enormous light and gratitude that I come through to express some thoughts and ideas. There is a big change energetically that has been occurring on your planet for some time. It is as if I can see waves of energy coming forth and altering the spectrum of how you have been living. Even the schedules you once kept are being disrupted or perhaps waylaid. It is increasingly important for you to hold steady and very consciously build connections of light, ways to connect to the Creator of all. You are in an important moment in the history of your planet and the history of many of your lives.

I say this for a given reason. Because of the amount of change occurring, there are more and more who struggle to hold together the greater aspects of who they are and their divine connection. Surely you know this, have experienced this, and have heard so from others. Yet what is coming in the times ahead will be highly significant, because even more aspects of self will be asking, “How do I go from point A to point Z without having these major disruptions or difficulties to overcome?”

I want you to understand that part of whatever mission or purpose you have in this life is tied to the divine aspect of who you are. If that gets disrupted — particularly by events you are seeking to make right, do battle with, or overcome in some manner — you can be shaken from that tree of fruit of which you are a part.

It has been my determination, as you seek to understand the greater aspect of light in your purpose during this time, that there needs to be a reminder, an input, and perhaps even a conscious shaking up of your thoughts about what you are doing and where you are heading so that you can maintain a specific balance.

Seek the Light

Practicing meditation has always been the divine connection for us all. It was a great focus of my time on this planet. It is also something brought through by many others you have worked with on specific topics or perhaps areas of greater divine understanding. Change is coming to this plane. If large enough, there are those who will not remember to hold securely to given messages and light coming forth every day.

Some of you have made previous connections with

me, and you have allowed for that stream of energy to be a consistent flow, whether

you consciously make a daily connection or not. There are times the balance of your planet alters, if only by a few degrees. Without this connection, you are not able to easily withstand the shifts and changes within your physical body. Therefore, it is important to make a connection in which you are completely encased with the light directed at your being. Then whatever shifts and changes come forth, you remain balanced. I see this too often. Few consider connecting directly to me as an option. It is time for this kind of reminder and understanding of the dynamic.

Among the changes, you will see certain populations of people leave. Some will make this choice because it is difficult for them to withstand what surrounds them. This is not to say that any of you would have such difficulty. It is a reminder of what you need to be affixed to in order to go through some of these changes.

I have come through several of you at different times. I seek to tie in to levels of your being with a very strong connection. You can think of it as a rope of light directed toward each of you. If you utilize this connection and strengthen it each day, I think you will find the levels of protection within your lives will be extraordinary.

Masters Are Available to Support You

Many of the masters have been coming forth for years, both those on your planet and those who are in the other dimensional realities. Plans and efforts are being made to expose given realities and specific areas of power that can open parts of your being to greater levels of consciousness, imprinting the codes that you carry, and much more. This has been a grand effort for a long period of time to support humankind and this planet.

Often you have agreed to carry a specific light and distribute that light by your presence on this plane. Now it is time for this light to become enhanced and strengthened. It is time for you to recognize a greater part of yourself and what you came here to do. It is time for you to understand it is not just my incarnation of

which I speak, but many hierarchal forms have long been present and are now stepping forward to bring in more light and support to uplift the vibration on this plane. In some cases, that will mean shaking things that have been affixed but no longer serve or are no longer valuable to the given direction you are taking.

The masters you have known — those who have brought forth a variety of religions on this planet through many hundreds, if not thousands of years — are becoming more activated. Those who have surrounded, supported, and been a part of various ashrams throughout time are now working toward assisting humankind.

You are supported through love and greater light as you witness levels of shakeup and transition on your planet. It is the beginning of a new level of a higher dynamic that has long been the desire of us all.

Connect through Meditation

Contemplation and consideration of who and what we are will need a greater voice and vision during the days ahead. I have volunteered to be part of this greater plan, along with so many others, to connect with those of you who are receptive to what we send forth. Remember that we are all one nation: a nation of God. The connections you make in meditation with those of us who bring forth this energy, awakening, and wisdom can affect what you have come here to do.

Many of you seek a renewal of that spirit you have carried for so long. The Earth plane, with its many contortions and configurations, can weary the spirit from moving ahead, making you feel as if you have expended much over the course of your life. In our divine connection, it is my intention to bring forth renewal as if you are going to the Source or the fountain of youth. When you meditate with me, you will be bathed in the light of support and renewal.

This is not to say that others are not doing something similar. I would never entreat you to move from the divine connections you already have in order to connect with me. But at the same time, there is an opportunity or room for as much as you are able to bring forth in your life. If you do not have a regular plan, this is a place for you to call home with me.

I bring in what was very supportive to me in my life on this plane even though I had moments in which overcoming given situations was extremely difficult. There was always support from the master with whom I worked. He provided — whether in incarnation or out of it — a great measure of support that took me step by step through the world dynamic I was to create. I will do the same for you. There are no exceptions. This is your choice and a time for you to recognize the potential within your life.

As we move into an expanded reality, there will be

a blending of these higher energies that many of you refer to as the fifth dimension. I call it an aspect of heaven — one of the many rooms Jesus spoke about that our Father lives in. In this given reality, it is almost an elevator ride to an expanded sense within your being. You will be able to participate and live in that given vibration. I call it a coloration, an expansion, and a greater sense of yourself.

This is not unfamiliar to any of you, for it is when you are in meditation, or before you came into this incarnation, that you experienced, practiced, or lived in this and even greater realities. There is a dulling that remains on the Earth plane. All of you have experienced it. With this deepening connection in your hearts with light from a higher level, you will start remembering. As you begin to remember at least this experience in this higher reality, you will find new ways to create it for yourself. I, and those who work with me, offer that same — and even greater — potential.

This has not been done before in this way. You all have been given a discourse from Lady Portia and from Quan Yin on several things you can do to open within your being and recognize what levels of karma may still be holding you to this plane. I urge you to examine them once again. Release and work through anything that does not support you to move into the given reality ahead.

My level of energy will support all of you through this change and through this realization, no matter how much work you have to do. This does not mean you will immediately release all karma and obtain a golden ring. During the next few weeks, take time for contemplation and realization. Give yourself time for connection. Even though Earth is undergoing some changes, you are steadied in a higher light that will support you if you make a greater effort now.

There is an important understanding among those of us who are part of the hierarchal levels in the various positions and aspects we oversee. We understand that as things crumble, there needs to be a new vision and a new way for what is to be built. We support this and are part of this. We encourage you builders, even if your role is simply to seed a given portion of light while you are here. We are a part of this with you. It is the opportunity for new building and constructing.

Be Open to Receiving Messages

Remain open. Messages will come through. These messages might come through in a variety of ways. Those of you who have connected with me will have the opportunity to understand what is ahead and what you need to prepare for, if indeed there is anything at all. Our connection will raise your energy.

There is no time in the level of reality in which I exist. Time is always now. My time is always with you; it

does not vary, lessen, or seep away. It will only go away or diminish if you let it go and choose that for your reality.

I came to this planet to set certain practices in place: realizations and ways of awakening that would be needed during a future time. Not everyone heard this, of course. There were many opportunities. I had the opportunity to live in different countries, particularly my own country of India, where there were levels of acceptance and understanding that came to newer and greater heights. Now it is time for that work to take effect.

It seemed to me that more people were open and joined in a particular school or teaching where that work was being completed. I felt fulfilled in the knowledge and awareness of what was being accomplished. I did not necessarily see the greater groundwork being laid for the many changes to come. Now I recognize, in my expanded state, that this was part of what I was here to do.

There has long been a plan for this planet. It has been known there would be changes, possibly from Earth herself making direct upheavals. For people to understand this, there must be those who are conscious enough to receive the information. You and many others have this potential.

I speak to your hearts: You carry a light that has been known to us for a long time. You have a purpose during your time on this planet, as I did when I was here. My heart resides with you, which will not shift or change unless you choose to create something different. If, at some point, it seems this journey you are taking is overwhelming or different from what you know and you seek once again to embrace my energy, then all will be given. I will not turn you away. There will be no exceptions.

I am in the light with all of you. I embrace you fully. This path you walk on Earth is steadied, strengthened, and filled with enormous love. Thank you for knowing in your hearts what is true and real. I am Yogananda. My blessings upon you.

Kriya Yoga

As the shifts and changes are happening, is there a practice we can do (individually or as a group) to help those who don't know what is going on and are still experiencing the chaos of our society?

Circulating this transcription will be helpful. There are a variety of centers and places where I am known. As you are in meditation, you might receive information as to what would be helpful up ahead. Many are connected by a form of mediation I was involved in called Kriya yoga. It connects many people. You could explore using that process to allow for a great connection worldwide that allows transmission of given energy and support. This would be a silent network that connects people to each other and to me. All of that has previously been set up and is in place.

I hope this is helpful and answers your question. It will take a bit more exploring. Work with me in your meditation. I will open more of this for you to see. My blessings to you.

From Lois: I would like to add an excerpt from Yogananda's *The Yoga of Jesus* (Self-Realization Fellowship, 2007) that I think might be important:

It is a false hope to believe that at bodily death the soul automatically enters into an everlasting angelic existence in Heaven. Unless and until one attains perfection by removing the debris of karma (effects of one's actions) from the individualized god-image of his soul he cannot enter God's Kingdom.

The ordinary person constantly creating new karmic bondage by his wrong actions and material desires adding to the accumulative effects of numerous previous incarnations cannot free his soul in one lifetime. It takes many lifetimes of physical, mental and spiritual evolution to work out all karmic entanglements that block the soul intuition. The pure knowing without which one cannot see the "Kingdom of God."

That was significant because it really tied in with the session we did with Quan Yin on karma. I think the reason it was presented to us by her, and also what he was talking about in this channeling, might be reviewed again. I believe the connection built between those of us working with him along with Quan Yin in our meditations is to wash away a lot, if not all, of what we have carried. Even Quan Yin talked about speeding it up.

With this direct connection of light with Yogananda, with him talking about us going to a different vibratory level, it would seem to me it is an opportunity not only in terms of what is happening on Earth but also in terms of really clearing away our karma to make that possible.

I would also encourage you, as he said, to look at the karma present. Work with him. I think this is a major clearing for all of us. I have no idea how to measure it. That would come from him and from your higher beings as well. I hope this was a helpful session for those of you who relate to or feel comfortable with it.

Lois Hartwick is a gifted channel, teacher, medium, writer, and speaker who came to this path after twenty-two years in production on feature films. A personal healing journey awakened her soul's true purpose as a conduit for healing light and a channel for the masters. She offers presentations weekly in a series format to enhance the individual soul's growth and potential. The present format is "Aligning to the Light: DNA Restructuring with Thoth and AA Metatron." MP3s are available, and private clients are accepted. Visit ReturningtotheOneness.com for additional information, or write Lois at hilo88@msn.com or ExpressionsofLight.com.

Heal with Your Solar Christ Presence

Mighty Arcturus and Lady Diana Elohim through Star Hinman



Star: For humanity, the patterns of our divine perfection, which contain the blueprint reflecting perfect health, peace, abundance, enlightenment, joy, and love, are recorded and stored within our solar Christ presence. These things are part of our divine birthright as sons and daughters of All That Is. They are held in sacred trust for us by our solar Christ presence until such time as we are able to lift in consciousness sufficiently to fully receive and embody these refined, high-vibrational energies that contain the divine truths of our being. The spiritual hierarchy tells us that humanity has now lifted in consciousness to the place where we are now able to make this healing connection with a higher part of our divine heritage: our solar Christ presence.

Our Divine Heritage

When our identity and essence are first breathed forth from the heart of the Creator presence within the great Central Sun of the Milky Way galaxy, our energies are in the form of the white fire being, which is comprised of electronic light substance. The energies of this divine being are further stepped down in their vibratory frequency, and the twin flame energies of our I Am presence become manifest within the higher realms of reality, surrounded by the causal body.

Gradually, these energies are also stepped down to our solar Christ presence. From there, the energies are again stepped down and connected to our human selves in the physical bodies, which are our vehicles in this dimensional reality on Earth.

The silver cord connects all these aspects of our divine identity, from the Creator presence through the white fire being, the I Am presence, and the solar Christ presence, all the way to our four lower bodies on planet Earth. In this way, we always maintain our connection to the highest parts of who we are, all the way to our divine Source. This knowledge is powerful for human beings, because we can claim and use this divine connection for healing and manifesting the highest levels of truth about our being.

This is the purpose of the activity of light presented here. It is meant to assist humanity to connect the patterns of perfection held within our solar Christ presence

to the intelligence of our four lower bodies, so the patterns of our divine perfection can travel through the silver cord and be anchored within the three-fold flame of divinity within our heart centers. In this way, we have access to the records and energies of our own perfection so they can be “outpictured” within our four lower bodies: physical, etheric/spiritual, mental, and emotional.

In the following activities, we invoke the presence, light, and intelligence of divine beings for the purpose of requesting their assistance in connecting the patterns of perfection that exist in the energies and intelligence of the solar Christ presence with the intelligence of the four lower bodies in order to effect healing and enlightenment. To connect strongly with the ascended realms, first quiet your mind and emotions and attune to the divine intelligence of the beings of light in the higher realms of perfection. To assist with this process, we provide the following information to help you create your sacred space.

Healing Assistance

Once you become familiar with the process outlined here, you might feel that you can accomplish your connection with the higher realms very quickly, or instantly, and complete this process without repeating these words each time. This is easily done with strong focus and intention. You can say these words aloud to create your sacred space.



CREATE A SACRED SPACE

“Dear Creator of All, Buddha, Mother/Father God, the Goddess energies” (or whatever you wish to say),

(You might like to stand and face each of the four directions and connect with their energies as you say the following.) “To the east where the sun rises, to the west where the sun sets, to the north where the cold comes from, to the south where the warm winds blow, and to Father Sky and Mother Earth: please create a column

of white light from the ethers of the heavens to the heart and core of Mother Earth.

“Please mirror this light around, above, and below, reflecting back the energies of any negative thoughts, words, or deeds to those sending them with love and light. Please extend your protection to the corners of this room, the building, and the surrounding area. I ask that this protection be around me while I meditate.

“I ask that the energies necessary please be allowed to travel the light safely only from the fifth dimension and above to carry out this work to the best of everyone’s abilities. Any souls gathered here, please step into the light and return Home, both to meet your loved ones who have gone before you and to further your soul’s purpose. We ask that this work be carried out in peace, harmony, and most of all, in love. Amen.”



When you feel that you are centered and prepared, you may continue with the following invocation. You can use these words or fashion your own according to your wisdom and spiritual guidance. You can’t do this “wrong,” so you do not need to worry about the process. It is your intention that carries the energies and the focus of your consciousness that allows and directs all this activity to take place. You can say these words aloud, silently think them, or simply form your strong intention that this activity of light is taking place. All these options are effective.



INVITE DIVINE BEINGS OF THE SEVENTH RAY

“Beloved ones, please assist me in this invocation of the light: Lady Portia and Count St. Germain, the co-directors of the seventh ray of divine perfection; mighty Arcturus and Lady Diana, the Elohim of the seventh ray; beloved Zadkiel and holy Amethyst, the Archangels of the seventh ray; and the accompanying angels of the seventh ray.” (You may also include your guides, spiritual teachers, and any other spiritual beings with whom you feel an affinity.)

“Beautiful ones, please overlight me with the energies of your divine presence and assist me to form a strong connection, through the silver cord, with the energies and intelligence of my solar Christ presence. I invite my solar Christ presence to connect with me now through the energies of the silver cord.”

Take a moment to feel this connection as it develops. As you focus your attention on your

solar Christ presence, be aware of consciously connecting, through the silver cord, with the patterns of your divine perfection in human form.

Become one with your divine perfection. Know, feel, and trust the divine intelligence and power that is within your strong intention to accomplish this activity of light. You are powerful beyond your knowing when you have blended your energies with the divine beings in the higher realms who are assisting you in this process.

You may say the following aloud, speaking to the divine intelligence of your solar Christ presence. You may use your own words to create invocations for your etheric/spiritual, mental, and emotional bodies.

“Blessed one, please instantly transmit to my four lower bodies the divine patterns of my perfection, which you hold in sacred trust for me. I am one with you. In my physical body, please instantly imprint the divine patterns of perfection for human form: eternal youth, radiant beauty, and perfect health. In the name of the almighty Creator of All Things, I claim these divine qualities as part of my original plan of creation.

“I instruct the divine intelligence within my physical body to receive these patterns of perfection and immediately begin to integrate them so that they may be effortlessly outpictured in my physical form within the embrace of the Creator presence.”



Affirmations of Divine Truth

You may wish to say these affirmations of divine truth aloud.

“Divine perfection and intelligence now take precedence over all else within my system, beginning the process of manifestation within my four lower bodies as I repeat the following truths about my being:

- “I am one with divine Source energy.
- “I am the perfection of divine Source intelligence.
- “I am the radiant light of Creator made manifest, here and now, in human form.
- “I call on my solar Christ presence to strengthen its permanent connection with the three-fold flame of divine love, wisdom, and power within my heart center.
- “It is done. So be it. I Am.”

As You Think, So You Are

The Elohim are the mighty builders of form who

are responsible for the process of manifestation in the realms of earth, air, fire, water, and ether on our planet. Therefore, they offer their assistance to humanity in the manifestation of this divine truth within our four lower bodies. Remember to call on them for assistance as you create your sacred space.

Mighty Arcturus and Lady Diana Elohim: As you go about your daily activities on Earth, focus on the divine truth of your being and the words of this sacred invocation you've been given. Do this as often as possible, until it is permanently anchored within your hearts and minds and throughout your physical world. Constantly fill your consciousness with this information.

Forgive, Forget, and Move Forward

The Triumvirate through Karen Truesdale

Shift into a new awareness of the self. Touch on the mechanics of the mind once you have managed to encapsulate a thought system that is one with All That Is. You can manifest from a place of focus and integrity. That said, keeping within the nature of society is thought provoking, and in a way it belies the nature of who you really are. Start by being secure in the knowledge that all that once was is purely a way of capturing time in its complexity.

Forward growth on the path enables you to be the freedom of expression that calls to the core of your being. Step beyond time to capture what is now on the horizon. Speed up the process of what is becoming a more natural sense of self.

Don't disregard the multitude of planetary forms that strip away the barriers to what is now simply a sense of the new reality. It is time to encapsulate a feeling that is more congruent with where you stand.

Beyond all constructs of time, there is no more perfect, time-tested peak of intelligence than God, who encompasses all your being in truth and oneness. Steer clear of all thought patterns that are no longer within your field. Stay focused on creating a time capsule that captures the grace of your being and brings about the most assured outcome.

Leap into Your Future

It is with utmost sincerity that we, the Triumvirate, promote you on your journey forward. In staying with

Claim this divine truth of your being daily and hourly. It is your birthright as sons and daughters of heaven and Earth and All That Is. You are the light of love, wisdom, and the power of divine intelligence now fully manifesting on Earth. Claim this, dearest ones, and know it is now made fully manifest within you.

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, StarBird1.net, or contact her at info@starbird1.net or PO Box 68704, Tucson, AZ 85737.



the times of false reality, we carry you onward to that place of miraculous inten-

tion. It is most appropriate, we think, to put the past in the past and leap forward into the unknown future. Stay within the realm of possibilities, and untether yourself from that which is of no consequence.

Strengthen yourself amid the chaos, as time is predicated on what you wish to accomplish. Within this realm of possibility, there is much to discover as you become a vessel of your truth. As most of you have uncovered your innermost function to what is becoming more and more a taste of what's to come, it is a valuable resource to make your way to being one with All That Is.

So, my dear one, be prepared to share your truth in the moment of time. Be forthcoming of your travails on the path to freedom. All stand in the matrix of time. It is a time construct of your making and therefore necessary for growth.

Forgive, forget, and move forward, not with trepidation but with utmost confidence that all awaits you on your path to glory.

Karen Truesdale is an intuitive who communicates with and channels a group of light beings that call themselves The Triumvirate. As part of Karen's mission as a way-shower, she shares their beautiful messages. The Triumvirate teaches us to see things in a new way, becoming adept at handling life's situations while on the path, creating and manifesting from a place of knowing, and being one with the universe/Creator. Learn more at ktskonnektion.com.

Hold Your Own Space

The Supreme Creator Goddess through Luanne



How do you hold a space of love and light during turbulent times? By knowing who you are and by honoring that great being with acknowledgment and love. Love of self, no matter what place and time you find yourself in, is the way. Love yourself enough to sit under a tree and feel the connection to All That Is and know in your heart that It is you.

You borrowed a body for a small foray into a different world, but that is not who you are. You are a great and powerful spiritual being with purpose and direction playing the part of a human. Keep this foremost in your mind and you will not falter.

Playing a game of human beingness is not who you are. You are connected to the spiritual realm and to All That Is and All That Will Ever Be, and you are a perfect soul. You are atonement itself. Hold on to this idea of who you really are as the world spins its tale of woe. The game is nearly finished; you are approaching the finish line.

We encourage you to continue. So even though you feel tired, weary, lost, or out of control, know you are really a great being of light acting as a lighthouse to all the lost humans and those who don't realize who they are.

Presidents, leaders of countries and governments, and religious leaders don't know who they are. They feel their power slipping away, so they make rules, but Spirit doesn't follow others' rules; it follows its heart. It connects first to the Goddess of the Light and to our Mother/Father God and knows the way. We ask you to hold your space of love and light. We ask you to hold on no matter what, by any means possible, because this is driving the evolution of the human species.

You belong in this time and space called now. Do not look to the future. Do not look to another; look only into your heart, open it, and connect it to the Supreme Creator Goddess, and you will know what to do in each moment. We trust you completely. You are the great ones. You are always connected to me. Some days your Earth body knows this less and some days absolutely, but I am always with you.

There are no mistakes, only less or more light. We are counting on you to give us more. We know you have it in you because we know exactly who you are. We are one. Know this as you approach the finish line. We are in your heart; let it lead. Silence the mind chatter, and don't be distracted by the powers that appear to be. They have

no power unless you give it to them. You are great and powerful lightbeings, and you never give your power away. It is not possible, for it is yours alone. The powers

that be don't understand that because they have lost contact with who they really are. They have been lost in the game, and the only way they can be found is by shining your great light on them, which will reconnect them to the All.

Trust the Universe

"I don't know" are words that frighten you, but they are truth. You have spent so many years trying to figure out everything — naming it, labeling it, and putting it into boxes. This is the old way, and it made you feel safe and cared for, but on the New Earth, the theme is trust — a larger trust in the universe and things unseen, undefined, and incomprehensible to your third-dimensional thought processes.

Your fifth-dimensional emotions understand, but your third-dimensional mind can never comprehend. You don't know any answers. You don't even know where to get the answers because, my loves, there are no answers. The only benchmark is to ask: "Does it feel like love? Do I feel at peace?"

The mind is confused because it is no longer in charge; your heart and soul are, and the confusion escalates if you don't listen to and follow them. This is a process of evolution. The mind is the builder but the builder of what? On the New Earth, the mind can build only a soul desire, as mind desire is excluded from manifesting. There are completely new rules for manifestation on the New Earth.

On the old Earth, you thought up a mind thing that you wanted; you thought about it over and over, visualized it, and then did all you could physically to bring it to you in the reality of the physical. Many of you were great at this. Think of all the great buildings, artwork, jobs, internet, and computers, to name a few. But the rules have changed.

Heart and soul desires requiring imagination and visualization, for the good of all and Mother Earth, will manifest on the New Earth. So ask yourselves, "Is it for the good of all? Is my heart into it? Is it a true soul

desire?" If so, you can use the mind to build, but if these criteria are not met, it will tumble down. So the words "I don't know" are true because on the New Earth, you feel and ask your heart and soul whether this is a soul dream of possibility or a mind trap.

Listen to the Heart

Our next Goddess lesson is how to listen to the heart and not the mind. The mind is used to your listening to its chatter and proceeding as if it were the truth. The first step is to listen carefully to your mind chatter but only to recognize it as rambling. The heart is quiet; the soul whispers always of love and greater good. You sense them as they feel loving, caring, and peaceful. Mind chatter says the same things over and over. It yells orders and repeats past mistakes and admonishments. The way to tell a soul and heart's desire is to feel it, which takes practice and at first is difficult to decipher.

One simple way is through muscle testing: The body knows the heart's desire, and you can simply ask it. If the question is a heart desire, one of your arms will levitate, indicating a yes response. If it is a mind game, your arms will remain still. You can also dowse using a pendulum by first asking simple questions to find out your personal yes and no responses. Then ask the heart-mind question,

and note the response the body makes to connect to your heart and soul desires.

The arm movement is easier and always available at your command. Practice so that you are clear on its response; then proceed to harder questions. Taming the mind to follow the heart is a fifth-dimensional process. Soon you will recognize your heart and train the mind to build your heart's desire. In the meantime, make friends with the phrase "I don't know."

Holy is the human. Your awareness is that of third-dimensional separation, which creates a feeling of abandonment. But when your heart sings the song of oneness, you remember that the all is connected to you in every way, and you find your peace and center in calmness again. It is a matter of focus.

Focus inwardly and ask the heart to find your way to feeling whole and connected. Loneliness will disappear as the clouds of 3D illusion part. You will be closer than ever to we Goddesses.

We honor you and keep you always in our hearts. We shower you with love. All that is needed from you is to let us into your awareness.

Luanne

Peace and Joy Within Create Peace and Joy Without

The Pleiadian Council through Thelma Bodnar

Greetings, dear ones! How nice it is to have a few moments to spend with you. We rejoice in your participation in these spontaneous channelings. We frequent your planet quite often and see you hard at work, fulfilling the promises you made before entering humanity's realm.

We come here mainly to watch your growth and to see where we can implement new ideas into your society. As your humanness dictates certain parameters, we are called to rescue the weak and champion the strong.

The universe is dedicated to truth, service, growth, compassion, healing, love, and light. That is your purpose in being here. We have watched your advancement for millennia, and we are pleased with your progress.

Though much has been accomplished, there is so much more for you to see, learn, experience, and strengthen in your physical world. Your spirit shines brightly, but there have been many missteps that have caused your journey to be arduous and unnecessarily perilous.



This human life is all about growth and expansion, but it was never meant to be painful or traumatic. By surrounding you in the beauty of nature, your life was always meant to be energized, calm, and purposeful. Your surroundings are meant to bring serenity and assurances into your life, that all is well, all is being taken care of, and each day brings new creation to your life.

Conscious awareness of love in your life at all times is meant to realize your need for acceptance and fulfillment. Your inner world is your set point. If the self (spirit) is chaotic, so will be your outer world. Peace and joy within can only manifest peace and joy in your outer world.

There is no wrong or right here, merely the acceptance of your outer world as being a manifestation of your making. Choirs of angels sing nonstop in the heavenly realm. You can choose to hear them or choose to block

their melodies. You can experience a melodic life here on Gaia if you choose it. Or you can surround yourself with people who thrive on chaos and drama. You may also choose to help those living in chaos if you are asked. But all the while you must maintain your balance, your center, your zero point.

As above, so below. To reconcile the part of you that likes a little drama once in a while, there must be a conscious connection to the truth of who you are at all times. Wisdom guides you lest you fall into the continued need for drama in life's lessons. Lessons can be learned without being overshadowed with drama or chaos.

It is well in your life as we watch your intense dedication to moving through the brush and bramble, having close calls with another's issues. We see you turn away from news reports, the violence and turmoil that try to infiltrate your life stories.

Your faithfulness and dedication to love and sharing, honesty and compassion, and mercy and cooperation inspire those around you. Your pure heart calls others

to your space so that they may fill up with the love that filters out from your aura. Basking in your love is their call to awaken and hit the refresh button in their lives.

As we honor you on your journey, so too do we congratulate your continued efforts to represent the Divine Feminine and Divine Masculine as more and more humans awaken to the beauty and essence of pure love and light on your planet. May you continue the journey in the spirit of oneness, wholeness, and purity of heart.

We are always here with you and offer our aid whenever needed. We are the Pleiadian Council. Thank you for sharing a few moments with us. So be it. So it is. Thank you. Thank you. Thank you.

Thelma Bodnar became interested in metaphysics after the death of her husband. She now channels Beings of Light, Angels of Light, and other spirits. Thelma is a practitioner of healing touch and Reiki; she also channels healings from Archangel Raphael. She is able to converse with and receive messages from Spirit, who she has received numerous poems from that she hopes to publish in the future. You can email Thelma at thelmabodnar@gmail.com.

The New Male Paradigm

The group through Steve Rother

We join you this day to take you to the next level, because there is so much information being shared on planet Earth. It gets a little confusing from time to time, so first let us bring you greetings from Home. You all have a strong connection in your heart, energy, and the spirit that resides in your physical body. All of you are moving in a different direction now. As you move to this next level, let us explain a little about what is going on and what the next step can be for all humans.

You have a job right in front of you, and it's absolutely magical. You must understand, dear ones, how difficult the times ahead may be for all humans. You've advanced at incredible rates. Just look at the world around you. Life is easier now than it was even ten years ago. You are rapidly advancing, so enjoy and celebrate that; work with it.

We have talked about balancing energy. What happens when something gets out of balance? There is a natural equalization that takes place. We're going to discuss this now from a different perspective. We have talked for quite some time about the rise of the feminine on planet Earth. The feminine is taking on a completely new role. You will see it as it unfolds over the next three to four years. There will be pronounced feminine strength — not just energy, but strength.

That generally means there will need to be some redefinitions, rethinking, and rewording. Many of your

words are either outdated or were originally used specifically for masculine energy. For instance, your species is even identified as humankind. Recognizing and changing these imbalances are part of making space for the feminine to rise. Let's talk about this for just a minute, because it is a huge piece of what will be happening over the next several years. This imbalance is much larger than you think. Balancing it will affect every single area of life on planet Earth, right down to your physics. The good news is that it is under way already.

The masculine side of the Earth game can correct this imbalance more effectively than the feminine side. Over time, masculine energy will begin to make a safe space for feminine energy to rise. To do this, a new masculine paradigm is needed. Humans are at an evolutionary step, and balancing this imbalance will benefit everyone. It will give the masculine a more creative and different role in the world.

Yes, there will be resistance, but the sheer power of rising feminine energy is unstoppable. Have you ever tried to stop the tide from coming in? In a short time, many who have been resisting will find they have much more to gain by being supportive. That is when a new



masculine paradigm will begin. We ask that everyone begin to imagine this new paradigm. It's very simple. There will be a natural balance, but it will take time and effort, because there will be resistance with considerable back-and-forth movement.

What if you're a female working in this energy? We are aware that 70 percent of our audience is female, but you also carry masculine energy, so keep that in mind. This is the same way we have been working with men to carry feminine energy. However, it's now helpful for females to make it safe to change the male paradigm. That separation needs to lessen, which is why there is so much in your news about different types of sexuality. From bisexuality to transgender, people are blending together and having new types of relationships. All sorts of interesting things are happening, none of which is right or wrong. This simply shows that the collective is moving toward a new energy to balance, and it is the current masculine paradigm that can slow this down. Is it possible the new masculine will form to undermine or overcome the feminine energy? No, the feminine energy is much too powerful, especially at this time.

Why not accomplish it through harmony? We realize it's been quite some time on your planet since you've resolved things in that way. Most of the time humans go to war, but you're also moving past that. You're growing up as a planet of beings, and that is taking place very quickly. So what are some steps you can take to make creating this feminine energy safe? Look at gender equality, which is quite out of balance in almost every area in which you grew up. Looking at areas that affect you can have a huge impact. You can make more of a difference than you realize to help create the space for this energy to evolve.

Release Old Paradigms of Competition

Being a human is difficult because you have grown up in a field of polarity and duality. You view everything as right or wrong and good or bad. If you can step out of competition, it will help, because almost everything is placed in a framework of competition. That is how you have motivated yourselves. Although it isn't wrong, now that you're in the fifth dimension, things can start working differently.

You already understand how to create magic. You can create things simply by thinking about them. When you put yourself in alignment, all the energy in every cell of your body aligns in such a way to let through the most light possible. The magic appears, and that is at hand right now.

When you balance the energies of masculine and feminine, you create an entirely new collective that can rise together. In doing so, you can resolve many of the problems that humans are currently having on planet Earth. It's difficult even to count the many wars on Earth

at so many levels. People are being forced out of their homes, which is causing mass migrations. People already living in those places react as if others are taking something away from them.

Oh my goodness, you humans play such fun games! It's absolutely amazing to see. The feminine already has the solution to this problem. When mothers begin speaking to other mothers at all levels, things will start to change because this balance is waiting to happen. Remember, you're on the planet of free choice.

This new male paradigm can be based in creativity instead of competition. Eons ago, the cave dweller carried a club, but what if that hadn't been the male paradigm? We hope you realize that the paradigm is that ancient. What if the new male norm were to gain power through harmony rather than force? Then the male on your planet will benefit from stepping into a new paradigm. Dream, imagine, and place your thoughts in the collective record. It all begins with a thought.

There are now places where you can start working with this, and the collective is finding a new energy. It is almost as if suddenly all the doors and windows are opened and fresh air flows in. Make space for the feminine to rise. How can you empower someone with feminine energy? And it doesn't have to be a female, which is the interesting part. You don't have to be a male to come up with a new male paradigm. The reality is that once you get the paradigms down and know how it works, you can pass it on fairly easily.

These next few months you will find ways to make a new male paradigm. That is magical, dear ones. Yes, it is going to take some effort, and it will be a collective decision, not a singular one. There are no books written on the subject, nor is there one course or channel. However, when the energy anchors, the next door you're all waiting for opens. We've told you before that you're in a time of mastery. During the next several months, you will still make alignments. You're trying to find your exact alignment where you can be the highest potential of a spirit pretending to be a human. As a result, you have many changes occurring.

The New Game

We can't wait to share with you some of the exciting things you'll be able to do when you step into this next level. It's so incredible, because the magic is right at hand. You don't even have to think, and you certainly don't have to take a course or learn how to align yourself to make something show up. It just does. In reality, you will be working with this in different ways. You'll learn how to step into this other area; however, the fear of getting there can create problems. The good news is that once you're there, the fear is very easy to dissipate. You're going to find life at this next level much more

comfortable for a spirit. It is quite different and, yes, you will step out of the physical. Please do not fear that, because it is not really a death process. In truth, most of you won't know you've accomplished it until you turn around and prove it to yourself.

Just relax, dear ones. Go through the process and know you have many opportunities. Every time you see something out of order, anchor it by making a mental note. It's that simple. When you watch someone on television or on the internet who seems to be out of balance with the masculine-feminine energy, make a mental note. Then envision how it would work if the paradigm were different. You can anchor it in your heart, whatever the challenge or disharmony may be. Basically, you set the intention for it to be harmonized. That's what happens when you wrestle with any problem. The entire world helps you with it, and that's the deep truth of the inner level that you're now starting to reach. How do you reach it? Make space with the feminine.

There have been times before when you grew, and again you had to make those advances. You went through the 1960s and the 1970s. Yes, you had to burn the bras. You had to do all those things to step out of control and into the freedom of feminine energy. Sometimes when humanity moves too quickly, there's too great a division between one thought and another. Humans end up playing a game of back-and-forth; it's so much easier when you work together. Although both sexes can resolve this, the feminine wave has the greatest opportunity at this time.

Anchor Light

Dear ones, you are the greatest magical angels who have ever lived. You can help resolve the world's problems by anchoring light. How does it work? How do you do that? It's very simple: You become aware. Whether you become aware of a problem that you see in the newspaper or on television or that you hear when someone talks with you or your children, that is the piece we want you to anchor. You don't always have to resolve it, but if you are aware there is a problem, anchor it and bring it in.

Identify it as a problem, but release the immediate need to correct it. Take that harmony into your heart, and over a very short period of time, it will start to change.

Making space for the feminine is most easily accomplished by creating a new paradigm for masculine energy, because that paradigm is completely outdated. The use of force will be ineffective in a fairly short time as humans evolve. So if you can't use force, you'll have to use harmony, which is what we've been working with you on from the beginning. We are getting closer to a new male paradigm.

Creating a new male paradigm does not mean that every male will step into it. But as pressure from the rise of the feminine is felt, having these thought forms expressed is like having a template already in place for how to fit in the new energy. These paradigms are temporary because they must grow, but they will do so from a starting place.

You have an opportunity to step into a new reality and take charge right now. We ask you whether you're masculine or feminine, "How can you help to create a new male paradigm even for the male aspects within you?" It does not make a difference if you are a man or a woman. We love to trigger you with these ideas.

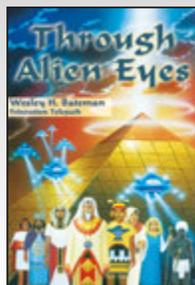
Be able to plant those seeds in very fertile ground because you are the lightworkers of planet Earth. You came in to be triggered at very critical times, to be here at exactly these moments. You're awakening from the dream at an incredible pace. Reach out and hold each other's hands. You can make space for the feminine by creating a new male paradigm of power.

Well done, dear ones. It is with the greatest amount of admiration that we greet you in these ways. We ask you to treat each other with respect, nurture one another, and play well together.

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.

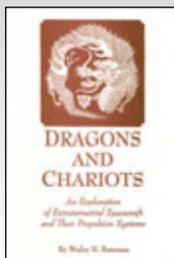
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CONSCIOUS LIVING

Look for Love in Nature

Jenny Lynne

As spring is upon us, it's time to shed the old fickle patterns, messy mindsets, and dirty habits that aren't serving us anymore. Immerse yourself in nature, and take an introspective moment to listen to your heart. After all, in nature comes clarity. Love is everywhere, and nature gives us subtle hints as proof. You may even start seeing the universal symbol of love — a heart!

Make this spring all about you. Listen openly to and take interest in you. Jump into your head, and see things through your own eyes. Go for a hike, take a walk, or just sit on a park bench. Take in a deep breath with the intention that you're about to create an opportunity to introduce a new way of cultivating a loving environment. Metaphorically nourish yourself, and become reconnected with your inner voice.

Follow the path of things that ignite that spark. Surrender to all things love. Love is everywhere. Are you seeing it?

- Love out loud. What would that sound like?
- Love your life. What would that feel like?
- Love in 3D. What would that look like?

A heart-shaped rock, commonly found, is always welcome and should be treated like treasure when stumbled across. Do you pick it up and take it for yourself or leave it in its

place for others to take pleasure in nature's largess? There's no right or wrong answer.

The heart, symbolizing surrounding love, has a personal meaning. What does it mean to you? When nature shows you a heart, cherish it!

Love — what a powerful word. It can move mountains or take your breath away. Never underestimate it. When you're on your walk, do you really see what you're seeing? Learn to be present and your heart will become one with nature. Open your mind and your heart will follow. How do you show love?

- Do you live it?
- Do you give it?
- Do you hide from it?
- Do you run toward it?
- Do you dabble with it?
- Do you withhold it?
- Do you believe in it?
- Do you crave it?
- Do you connect with it?
- Do you need it?
- Do you seek it?
- Do you speak it?

Natural Love

Being clear on what love is to you is crucial in order to make any healthy adjustments to your mental and spiritual well-being. I hope that the message is clearly being conveyed on the importance of disconnecting, unplugging, and finding peace in a quiet and a natural way.



Nature's unexpected hearts will appear in the most beautiful form. It could be a leaf, stone, puddle, plant, something in the sky, or even a snake keeping its distance. But you have to be mindful of them. Don't show up halfway.

Disrupt all unnecessary and negative thoughts, and then shift back to the basic knowledge that we all long to love and to be loved. Understand that not all the hearts have to be perfect in shape or something that was human-made to represent love.

Nature's hearts come in all shapes and sizes and are as unique as snowflakes. Each has its own beauty. Some are strong while others are fragile. That kind of resembles us, don't you think?

After an evening rain, there could be a heart-shaped stain, nature leaving its heart print, holding on to the last remnants of moisture in the air before it disappears as if it was never there. Only a few who chose that path during those fleeting moments would share space with that heart. And even fewer would be aware of its existence though it's right there in front of them. Would you see it?

Be present to the point you draw

a blank and have to create a thought. Here's your chance to create a loving one. Awaken a new awareness, and engage in finding new forms of love!

Let's see love as a vehicle to move us toward that ever-moving target called happiness, starting with self-love, which is something that is as important as the air we breathe. It's short, sweet, and simple yet true. Love is in the heart of the matter. Seek it. Live it. You'll be a better version of you.

There's nothing wrong with being cheesy or sappy. Pull out the slingshot and shoot out hearts. Snack on love, or better yet, eat it for lunch. Be infectious about it.

- Life is precious. Love with all your heart!
- Be compassionate. Have a bleeding heart!
- Rediscover. Make a change from your heart!
- Be cautious! Stay away from a poisonous heart!

Look up. Look down. Look all around. Be open to nature's hearts that abound.

Jenny Lynne is an inventor, a connector, an entrepreneur, and an author. She found her passion and is devoted to inspiring others to find hearts in nature. Jenny's two beautifully illustrated picture books, Hearts and Hearts for Kids, capture her photographs of naturally occurring or accidental hearts found around the world. She encourages people to email heart images to her via the contact form on her website, JennyLynneBooks.com, or to post them to her social media, #jennylynnebooks.

Calling in the Heart of Your Beloved

Deirdre Hade

We all have the longing for a deeper experience of love. It is part of our human nature to desire to connect in a truly intimate way with another. Here are wise and heart-centered steps for developing intimacy in love.

It Is Time for You to Know a Deeper Love

In the mystical tradition, deeper love is known as the beloved and the Beloved, a union between your soul and our Creator. The beloved is an energy of God that we all have the potential to experience and hold within us. With the right direction, your partner can carry the resonance of the beloved, and both of you can experience the profound union that you long for. In the Eastern tradition, this is known as the yogic path of tantra, but you can experience it without being a yogi by having a spiritual practice of yoking yourself to the divine light. This is the purpose of radiance journey meditations.

In a new relationship, you can foster the experience of your beloved. If you are in a long-term relationship, you can rekindle your love by calling

the presence of the beloved to both you and your partner. If you don't have a partner, there are spiritual practices you can use to call in the beloved while in meditation. The experience of the beloved is a mystical state of bliss and joy. The Kabbalah says that a soul mate exists for every person on Earth, but sometimes we don't find each other because we can't hear our soul mate calling us. Therefore, opening your spiritual eyes and ears is important to be ready to know when the energy of your soul mate is near. You want to be aware enough to recognize this presence of love.

Your Beloved Is a Mystical Experience

The beloved can be a mystical experience between two people. It is deep, rich, and indescribable. It is a presence that can create what has never been created and heal what has never before healed. It is the place where your soul relaxes into the arms of your beloved.

When you unite with the beloved in that place of deep resonance, your soul feels safe and says, "I have a

home now, so I will return." When your soul returns fully into your body, you are enlightened.

The Beloved's Light of the Shekinah

The beloved is a spiritual and mystical pathway to God. In the creative story of the mystical Kabbalah, God took his beloved and brought her to Earth to be the light of physical existence, to hold the eternal light that creates all life. She makes everything live: trees, flowers, air, and water. All nature is from the generosity of God's beloved; you could say she is Mother Earth.

Because God's beloved was so beautiful and he cherished his beloved so much, he gave us his beloved so that we could live. This is the Shekinah — our divine, indwelling light. God is always longing for his beloved Shekinah. Likewise, the Shekinah is always longing for her beloved God's return. Thus, every Sabbath he descends to Earth to



retrieve her to ascend to heaven, to his sacred bedroom where they unite in bliss.

Within every human, the Shekinah presence, which is the soul, longs to return Home and merge in union with the soul's beloved creator. We all carry this story within us, in the archetypes of our consciousness.

When you find that kind of love here on Earth, it is romantic, wonderful, rejuvenating, and peaceful. This is the journey of your heart. Each of us can create the special place for the beloved to enter.

First, invite divine romance into your life. Romance is the wooing between God and Shekinah. This courting is romantic as romance softens the heart and puts the ego to rest. Divine romance creates a sacred frequency, the energy of love necessary for the beloved and the beloved.

Four Steps to Creating a Divine Romance

1. Turn off the world, phone, and television and create a sacred chrysalis for you and your beloved to find each other's souls.
2. Take this special time with your

beloved to bring all your attention to one another. Look into each other's eyes deeply. Take your beloved's left hand and place it on your heart. Hold each other's heart and breathe together slowly and gently until the inhale and exhale of your breath become one. Stay with this as long as you can.

3. After your breath has united, stroke each other's face. Use the back and palm of your hand to explore your beloved's face. Study the curves of your beloved's face. The face is extraordinarily sensitive. See the face beneath the physical face, your beloved's soul face longing to open.
4. As you embrace, fall even deeper into each other as if gravity is pulling the two of you together. Now share with each other what you love about each other, what you are grateful for in the other, and finish by saying, "I see you. I love You."

Experience a Return to the Bliss of Love

By spending time together, using

these four steps, and using your meditation practice yoking to the light, you have opened the invitation to the soul of your beloved. The beloved's presence will make itself known in the bliss you experience.

This is true satisfaction in love in which wholeness and completion reside in our souls. The ego's form of relationship love is not the same kind of love. Ego's love cannot quench the thirst of your soul's deep need to be loved. And you deserve to know love. These steps work alone in meditation practice. Simply put God's presence in front of you. The beloved will show up. I promise. You will experience the intimacy of union with the Divine.

What if you don't have a partner but desire one? Your loving partner is coming. Believe and know this. God created someone for everyone!

Deirdre Hade is the founder of the *Radiance Journey*. She coauthored *The (not so) Little Book of Surprises with her husband William Arntz* (creator of the film *What the BLEEP do We Know!?*). *Deirdre's forthcoming book is titled The 12 Archetypes of Eve: A Modern Woman's Guide to Achieving Full Feminine Power. Learn more at her website, DeirdreHade.com.*

Peace Plan

Nori Muster

Support positive energy: We move into a sustainable future as we move away from oil, coal, gas, and nuclear power. We research and develop new forms of green renewable energy all the time.

Out the underground economy: We redeem our lost wealth from the black market economy. We legalize, tax, and regulate all drugs to keep trillions of dollars from going into the hands of criminals. We institute more progressive tax brackets. We expose networks of mafia-like cabals that control vast

amounts of wealth dishonestly, and we bring them to justice.

Achieve transparency in government and business: We open up our government and corporations to the light. Transparency and good communication keep people and organizations honest. We make it easier for American citizens to vote, and we use technology that counts votes accurately.

America finds its place in the world: Our country acts responsibly, focused on the American dream of equality and justice for



all. Instead of manipulating other countries, we find our own purpose in the world and work toward benevolent goals.

Nori Muster is the author of *Learning to Flow with the Dao: The 64 Hexagrams of the I Ching*, as well as several books about positive psychology and cult abuse recovery. To learn more, visit NoriMuster.com.