

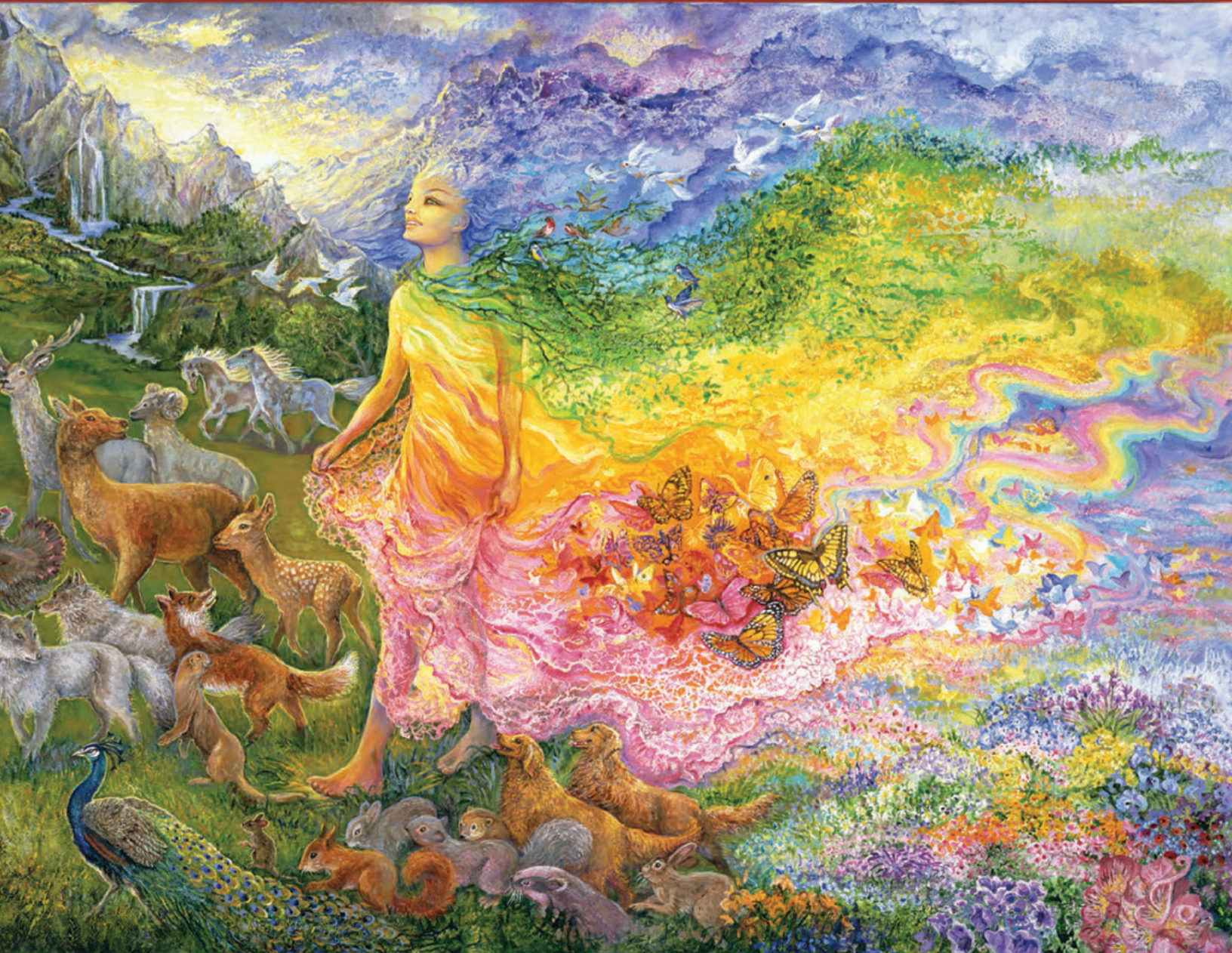
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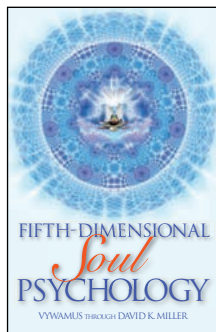
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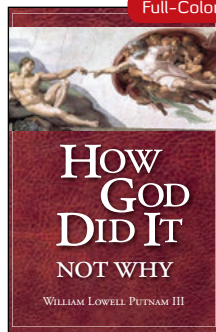
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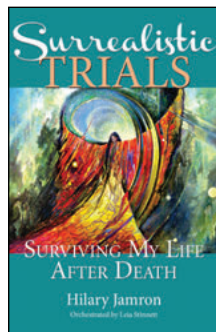
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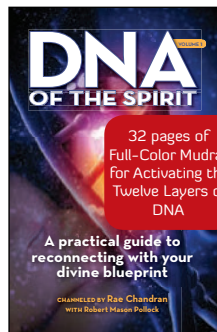
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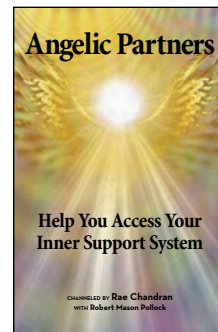
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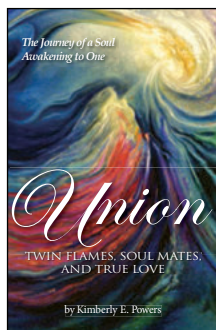
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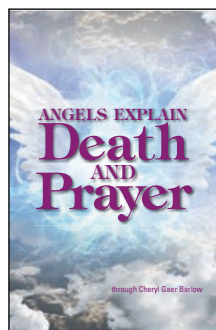
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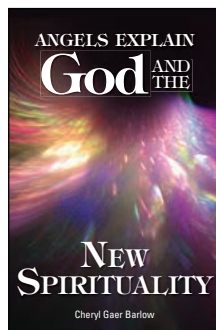
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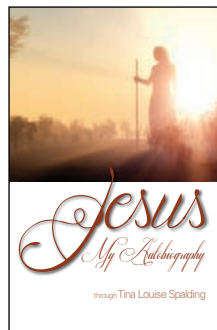
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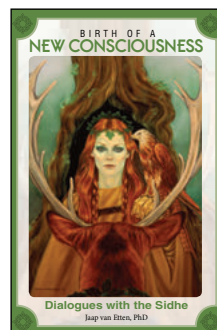
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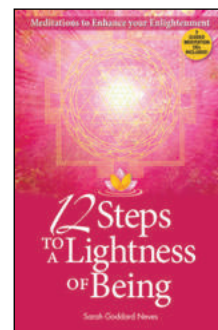
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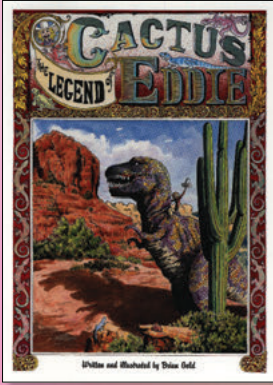
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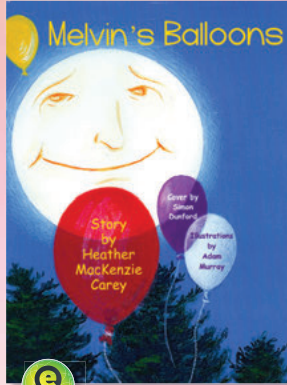
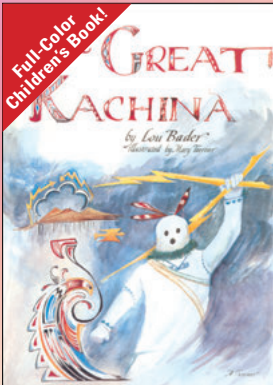
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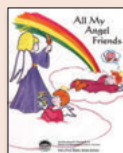
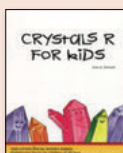
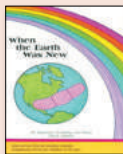
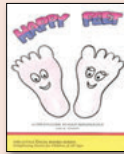


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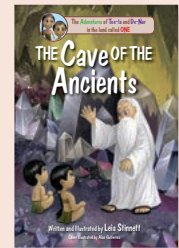
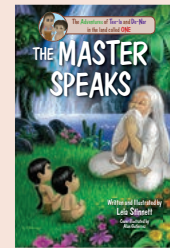
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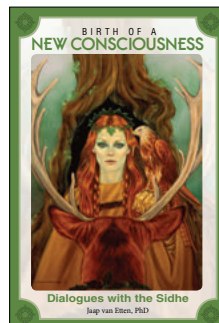
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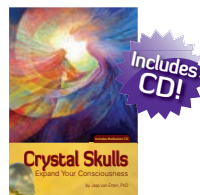
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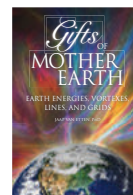
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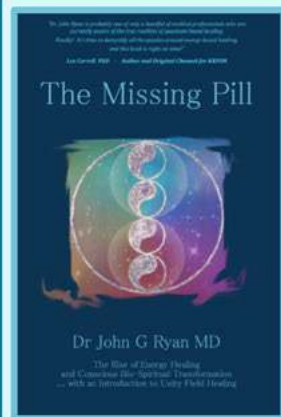
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- ◆ Remind ourselves that our light and our sense of humor will carry us through into the adventure of forever.
- ◆ Bring information on the truth of our eternal nature — on the origin, ultimate purpose, and future of the human race.

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### Cover Image: "Gladness of Gaia"

From childhood, Josephine Wall has had a passion for light, color, fantasy, and visual storytelling — the life of a painter was clearly her destiny. Enchanting and detailed images flow freely from her imagination in an endless cascade of ideas. In addition to her main love of painting, she directs her creative energies into pottery figures, sculpture, and stained glass panels. She has even customized items of clothing.

[www.JosephineWall.com](http://www.JosephineWall.com)

AMAZING CHANNELS • PREDICTIONS • FEATURES

# SEDONA

## Journal of EMERGENCE!

PEACE TO ALL BEINGS

JUNE 2015



### CHANNELING

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# This Is Not Your Father's New Age

Kryon through Lee Carroll

14 February 2015, Atlanta, Georgia

Greetings, dear ones, I am Kryon of Magnetic Service. Twenty-five years ago, I discussed with you what is happening now.<sup>1</sup> Back then it was only a potential, but now it's your reality. This was not prophecy when I told you then that there would be no Armageddon or World War Three. It was not prophecy but a powerful potential. The entire reason for my being and the awakening of my partner was because of what you did. The victory it contains falls in the lap of the old soul, who has controlled the consciousness of the timing of it all.

Everything that has transpired during these years has been realized potential. That is to say that we see the potentials of what you might do and report on that, and only that. Much of what we see now is realized quickly. We told you in 2012 that there would be a new pope,<sup>2</sup> and thirteen months later it happened. This was not prophecy but rather a potential. We saw it coming because we have the overview, and we knew of the anxiety and health of the pope then. We also knew of the potential for a South American pope to come forward. All of these things should be a connect-the-dots realization for you. I come yet again, not with prophecy but with information given with a congratulatory attitude of potential.

## A Real New Energy Is Here

Twenty-five years ago, I would have loved to give you this channeling, but you weren't ready. Now you sit in the energy we predicted then and are wise to what has happened. Right now, if you could superimpose Human emotion on the creative Source, it would be the attributes of delight and adulation — perhaps even the word “proud.” Dear Human Being, this is not your father's new age. We celebrate you for coming to this place in time!

This is critical information we give now because in an assemblage like this, the ones who are listening and reading are warriors of light and old souls. These terms describe Human Beings who have been through history and have embraced esoteric beliefs for dozens of lifetimes. Many of you have awakened in this life to Innate wisdom of spirituality. You have fought the battles of the old energy as lightworkers many times, and you have become used to the way things work in an older energy. For thousands of years, the planet has not changed all that much, so you might have been involved in the same kind of dark-light battles over and over. Therefore etched into your akash are what we would call the spiritual rules of existence. However, now they're changing. So this message is for lightworkers and old souls, and it includes some attributes we have talked about in the past and also some new ones. Tonight we

bring you some positive things that you need to know in this energy and some attributes that some would call admonitions of how to work in the new energy.

We started this conversation last week in the city you call Austin [Texas],<sup>3</sup> so let us begin from there. This “new energy” is a phrase you have heard for years. You were told, “The new age is upon you, and the new energy is arriving.” Dear ones, it has arrived! Now it's starting to plant its seeds, and the attributes are very different from what you experienced while you were waiting for it. You should know that shamanic energies in the old souls who are listening and reading are going to find some of these things difficult, even controversial. This is because they go against the spiritual habits experienced in the past that worked and were correct and proper for many. So let us begin where we left off.

Dear ones, please acknowledge the idea that when you graduate from one energy level to another, the lessons are learned, and the processes are then changed and advanced to a new level. It would be foolish for you to carry the same old lessons you completed from the past into the future. Yet many of you are trying to do that very thing right now.

## Point One: Review from Austin

We told you that your light quotient, a metaphor for your awareness and your wise consciousness, is at a higher and a lighter energy than it ever has been before. This is possible because of the predicted and positive changes that we told you were coming (within all the Kryon books), including the realignment of the magnetic grid (2002) and other esoteric grids on the planet. Many very new tools are upon you, and new ways of working this puzzle are waiting to be discovered.

Dear ones, if you go into these new energies with an old procedure, you're going to be disappointed. In Austin, we stated this premise: You now carry so much light that you can stop dealing with negativity in the old way. You no longer have to consider what you might call clearing dark energies in the room or around you. This is hard for you to consider, since many of you do this automatically. Let me remind you of what was needed in an older energy: Prior to a meeting or a meditation, you might have needed to clear the energy of negativity. You would have smudged the area, prayed over it, and put light into it. If you found a negative person or anything that you thought would interrupt the flow of purity of love, you might have even stopped and worked with that one silently until you got results. You would have had your own way of creating the light you needed and clearing the darkness that you knew was there.

Now we are saying, change this. Why? Can't you feel why? This is the real question. Are you not aware that things are different? Don't continue to use your umbrella when the sun has come out! Understand you have changed the energy of everything around you.

In this newly provided energy, you are carrying so much light that your presence in the room won't allow darkness. Period! This is energy that finally knows who you are. Your presence alone is enough to clear it. Think about it: Your light is so great that it will permeate everything. Don't you feel it? Now, this is new, so you need to hear it in context with the actions of a New Age esoteric person. Darkness will run from you!

Some of you love to do ceremonies that look like clearing. Go ahead, but know that it's not necessary to clear, since you are there and your presence alone has done it. Instead, think of it as patterning. Instead of clearing the negative, put into the room the new pattern of energy that you wish to create. Now, again, this is controversial because you might say, "Look at all of those people who might be negative in a place like this. Think of all the meetings in the past that have been held in a place like this. We must clear this past energy that has attached itself to the area." And we say no, you don't. Not any more. If a master walked into this room, would you stop and clear it? The answer is no. The master clears it! You understand? This is the lineage that is yours and that you worked for. Claim it. Go for it. You don't have to clear it. That is what we said in Austin.

### **Point Two: New Energies for the Healer**

Tonight is for the healer. There are many listening to my voice or reading this. Healer, what is the process you are used to? If you did clearing before, you don't have to now. Get used to it. Your presence, next to the one on the table or the chair, is enough to chase away all negativity. Now, the one in the chair might have fear, but it doesn't affect you anymore. You don't have to put on esoteric armor of any kind to shield you from your clients. This is new: You carry a countenance that is so grand and so beautiful and pure that nothing is going to get through. Nothing! I just wanted you to know this. Again, did the masters go through clearing ceremonies before performing their miracles? No!

Now, as normal, your clients can indeed create their own negativity, their own unbelief, and their own fear. That's not going to change. But how they affect you already has. Now, here is something we have not said before: There is an evolutionary process going on with Human consciousness that literally affects many Human Beings in ways they are not aware of. We have spoken of the Innate before.<sup>4</sup> This is the spiritual smart body, the part of the body you muscle-test to communicate. However, Innate is beginning to change.

Listen, if the Human Being, through free choice, has decided not to build a conscious bridge to Innate and knows nothing about it, that's his or her own issue. But Innate is changing in all Humans, not just lightworkers. That is to say that spiritual awareness will become a higher vibration instantly if a person wants it. Humans might go all their lives without ever acknowledging their Innate, and this is their free choice. But should they

look or try to build the bridge to Innate, the energy will be higher than the time you did it! Again, this is totally free choice, but more are being naturally led to question their existence.

Now, let me tell you what this means and what to look for. Dear Human healer, you stand or sit in front of your clients, and they might be the strongest unbeliever there is, but their Innate is still active, even if they don't know it. Your gift as a healer is to facilitate the energy of self-healing. Even this is starting to change, for you are now posturing them to get in touch with their Innate. This is what helps them to heal themselves. You are going to start seeing certain things almost instantly that you have not seen before. One of them is a natural interest in the esoteric aspects of life, the beginning of the question, "who am I?"

Now, to make this process go even faster, I wish to give you a procedure that many of you are already doing intuitively: I want you to have the person on your table or chair shut their eyes for a moment and answer one question, and have the person answer out loud. Some of you already know the question. You ask, "Do you give permission for the healing?" The person must answer verbally; a nod is not good enough. If he or she answers with pure intent and does not just go with the flow, the Innate has permission to talk to you. This is where profound healing is going to occur. You will be astonished at how well this works in this new energy and at how your ability as a healer is increased! Dear Human Being, your light will not let negativity occur in your session. Get rid of the idea that you have to protect yourself. You do not anymore. Your light is pushing out to such a degree that it won't be necessary. That's for the healers, for all of you; for anyone who is doing any healing work at all can have this happen. Remember this question in your sessions.

### **Point Three: the New Listening Body**

There'll never be a time in Human history that is more profound than this one when it comes to how the body listens to what you say. There is and always has been a process, in which the cells of the body are on alert to what the boss (for example, you) wants. For years we have been asking you to talk to your body. Talk to your cellular structure. Now we're going to tell you that it's listening even when you don't realize what you're automatically saying! It's now listening 24/7. So what are you saying to it?

This is now a time when negative dialogue will have more personal influence on you than ever before. Think about what you are saying in life as you move around socially. What is your attitude when you say it, and how often do you say it? Your body is listening. Dear lightworker, part of your spiritual evolution is that the body, the Innate, is now aware of everything. Now, you might say, "Well that's nice." It's more than nice; it's profound! If you don't listen to this and understand it, you will keep aging in the same old way you have. This is why we speak of affirmations more than ever before. This is far more than just positive thinking. Every time you open your mouth, you have the potential to give instructions to your body, and it listens to you when you talk to it. Unfortunately, your habits are to tell your body that you are unworthy!

I want you to think about what you're saying. When somebody asks you about your health, about your spirituality, about your intent, or about your aging, do you say the words, "I am working on it; I am trying"? If so, the cells of your body say, "Well, she's working on it; she is trying," but implied is "She doesn't have it yet." I want you to listen to yourself when you talk. Are you giving less-than messages to your own body?

Perhaps I've said enough, but almost every one of you comes from a culture that is proud of demeaning itself in some way. It's an old habit from old ways that are supposed to represent a gracious countenance: Someone wants to give you a gift or celebrate your birthday. How many of you automatically say, "You shouldn't have"? Do you realize that your actions and words are saying "I don't deserve it" to your own Innate? Your actions say, "I am unworthy." Don't you think your body hears this or sees it? It does. It is time to get out of the unworthy closet, lightworker! You are alive with God inside! Don't be afraid or ashamed to proclaim, "I am healthy, I am healed, I am youthing, I am in charge of the situation" instead of "I'm working on it" or "I'm trying." That tells your body that it might happen some day but not today. That's the difference. "I am worthy of happiness. I am worthy of a peaceful situation in my life. I am worthy of a solution in my life."

Someone wants to give you a gift or celebrate your birthday. Automatically say, "Thank you for this wonderful gift," and then love them for it. Your Innate hears, "I am worthy of this gift of appreciation from others."

#### **Point Four: Changes in Meditation and Other Spiritual Attributes**

Meditation is changing. First, younger specialists will appear who society won't feel are old enough to be shamanic. However their akash is, since they are remembering. They are awakening to times when they did this. Therefore, the number of years you have been on Earth in this life will become secondary to the number of lifetimes you have had on Earth. You must be able to see and discern this. So the first thing is this: No longer assign eldership attributes to the old. Assign it to the wise.

The main change is how you see meditation and its rules. Meditation will depart from the old rules of who, how, and how much. Dear ones, with this new amount of light that you carry and with your busy schedules, just being in Spirit every day is a meditation. It's hard for you to measure this, since it's no longer a linear 3D clock issue. It's a multidimensional communication issue.

Not all of you are supposed to do the same thing with meditation. Is this a shock? The esoteric belief system that you have is not one thing for everyone. It is not generic. It honors the individual's life path. You are becoming specialists in spirituality because your akash is starting to come alive. How old you are on Earth, where you came from, and what you did will guide what you do in this life to a greater degree than ever before. There will be many young people who will come alive with meditation. Watch for this. They will do it for hours, and it might not be your way. You might say that they're carrying the meditative load for you.

This is new on the planet, and it's especially new, as many

of the young people will feel it first. Expect that even they will not agree among each other on how to do it. It's a new energy for them and their peers. One will do it differently than another. But many will be meditation warriors with a big M on their chests. [Smiles.] Some of you will see it and you will shake your head and say, "That isn't for me," and Spirit will be on your shoulder saying, "Thank you for seeing this, old wise person." It's for them. What we have for you instead is compassionate living, walking day by day in difficult situations, and creating a passionate countenance with compassion and lack of anger. This is practical and represents all the things we've talked about for a very advanced old soul. The work that you'll be doing will be different from theirs. They are "beginning old souls," and now we're getting into specialization. Don't be surprised when basic spiritual work is not the same for everyone. Does it make sense that you are vastly different in your life's path? Then honor that premise with no common doctrine for all. There is no right and wrong for meditation. It's what feels correct for your life and your life's work.

Dear ones, some of you are shaking your heads and saying, "Well, does that mean we are not supposed to meditate?" How linear can you get? I want you to be comfortable. I want you to understand this. Human Beings want higher authorities to tell them what to do and how to do it. That is starting to change. Can't you feel it? Get out of the mold of looking for validation from a higher authority. The greatest authority is the creative seed in you. You're intuition is going to give you the answer to the most demanding questions of life.

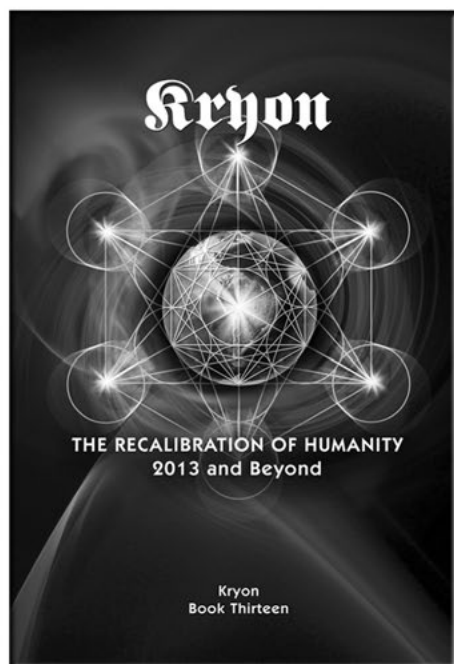
Your intuition will tell you how long to meditate, if at all, and what to do when you do it. You don't have to turn to somebody and say, "Is this okay?" or "Is there a book?" Those days are over. Dear ones, yes there will be leaders in the esoteric community, but they are advisors in wisdom and not spiritual dictators. Let them lead with their love and compassion, not with information and rules on how you are supposed to live your life. Let them lead with examples of how empowered you are and not with rules or what to do or how to do it or with a doctrine that is the same for everyone. Let the what, why, how much, and when come from the creative Source inside you. If you can do this, you'll be right for the attributes in life that are just for you, not the masses.

#### **Point Five: Change Is Not That Comfortable**

In basic numerology, the number 5 represents change. I want you to acknowledge, be comfortable with, and accept change that is chemical in your body. I want you to honor, acknowledge, and accept change that is psychological in your body. Your akash is going to start delivering some very different and wise information as your vibration starts to increase. You're going to find that who you thought you were might change. Habits, good and bad, might drop away. In the process, the Human Being might go into fear. Isn't that interesting? Why would change in a new energy for old souls cause fear?

Every time there's a shift in what people are used to, Humans become afraid. We ask for a change in perception and a wise rewrite in Human nature. I would like you to start welcoming

# THE RECALIBRATION OF HUMANITY



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## 2013 and Beyond

Join author/channel Lee Carroll and Kryon as they unravel the history behind what is happening now as they present many facets and details of 2013 and beyond.

- When you look at the news and current events, does it seem extra crazy right now?
- Is it possible that the entire reason for Kryon's being here is because of what we just did?
- Is all this too strange for you?

**The ancients foretold of this time, and it's included in the Mayan calendar as well.**

- So what does it all mean?
- Is everything we know and have studied going to change?
- What are the new rules of reality?
- Are there now new prophecies?

**The answers are all here in this book, for Kryon says that this is the beginning of the New Earth:**

- The recalibration of self, of dark and light, and of Gaia and our future.
- New inventions are coming!

**Also included is commentary from Lee about the entire situation and his 23-year adventure as the original Kryon channel for the planet.**

For complete details visit: [www.kryon.com](http://www.kryon.com)

change in your life and seeing it in a positive way — no matter what. This will realign you to the energy of a new Earth so you can survive and stay alive. This is how important it is.

You're going to develop new habits, perceived as good and bad, and they are going to come right out of your increasingly active akash. Many will worry about it and say, "Now, where did that come from?" You're going to love the good ones and question the others. Now, the good ones might come in ways that drop old bad habits and cravings and greatly affect what you want to eat. A major change in diet might shock and surprise you, and you can lose or gain weight as desired. Whatever you've asked for that is most healthy for your body will seem to be taking over your cells.

The akash is starting to align itself with multiple cultural lifetime events. This term represents how many lifetimes you have been in a culture in which you ate or lived a certain way. This becomes the chemistry that your body wants now. How about that? This would be instead of fast food or normal food shopping. So how many of you will go with it, and how many will go into fear with it? What I want you to do is relax and let Spirit start to build the new Human within you. Do you know what we have called this? It's a process nobody expected: ascension while alive. This is you passing into the next energy while you're alive, a process that took reincarnation before. Do you hear what I'm saying? In the past you had to die, come back, and realign in order to do what now we are saying you can do while you sit there. That is, if you aren't afraid of it.

Your Innate must be reprogrammed. We told you this before, and now you're doing it through affirmations, positive thoughts, and by the actions you are now changing (compassionate action). Innate is used to an old idea that reincarnation is the engine for enlightenment. You must die and come back in order to take advantage of what you learned, but now you don't. This is new. We gave you a channeling before that spoke about it.

I want you to think of it this way: How many of you have felt like you have been in trouble for the past couple of years? This varies from life-threatening health issues to uncomfortable spiritual changes to feeling different. I want you now to have the fortitude to celebrate the problems! You've just been realigned, dear Human Being. Maybe you've been realigned, and you're picking up things from the past that will make you healthier and let you live longer. What if you spent hundreds of years in one culture and only a few years in this one? Don't you think your cellular structure wants the most comfortable attributes, such as the old foods, more? If you say, yes, you're going to see chemical changes in your body to accommodate the new Human. This is a Human who is starting to feel the akash. Spiritual evolution has begun.

These are changes that no medicine could accomplish. It has to do with basic health. What's in your blood? Have you had a blood test lately? You're going to find that even that might have changed. Oh, your blood type hasn't changed, but the balance of other attributes did because of what you're eating.

Now here's what I want to tell you about these things that is

important. If these things seem too large, some of you feel them profoundly and worry about them. What have I told you about fear? It stops light. Do you really want to stop this process of change? It's everything you have lived for, and it's happening because you are alive in these new times. If you wish to continue, the answer, dear ones, is to stop fearing the light that is you. Understand that an energy you didn't expect is here. That was number five.

### **Point Six: Time Capsules and Planetary Evolution**

Six is a divine number. It refers to the higher self and many other attributes that speak of a spiritual system with appropriateness and compassion. The time capsules of this planet are opening and starting to deliver to you a great amount of fast-tracking energy of spiritual evolution that can't be explained yet. If you ask, "What are they?" The answer is yes. We have spoken of this before as well.<sup>5</sup>

Dear ones, the wisdom of the ancients told you that you cannot as yet define the master number of 44 (in numerology) and master numbers beyond it. The reason is you do not have the consciousness yet to understand what they are. You don't know what you don't know. If you can accept this and can understand that there are things not yet knowable, then you're going to be fine with number six.

The time capsules from the ancient ones who seeded you are opening because you passed the marker of 2012. They pour their multidimensional attributes into the grids of the planet (the magnetic grid, the crystalline grid, and the Gaia grid). They pour new energy of life through fast-track evolution. All this is first picked up by the old soul, and the things that I have covered, one through five, are facilitated by that. They are catalytic energies that you don't know about yet, which will eventually be responsible for evolved thought and increased wisdom. Years from now, you will even have names for them in psychology.

These things all have to do with common sense and wisdom. However, more than that, a kind of knowing will start to occur that eventually Humanity will accept as the way of it, and it will be called the new Human nature. Compassion will increase and change what the public wants to watch in movies, on television, and through the Internet. Increased wisdom will slowly show itself. The propensity for maturity and peace on Earth has begun. As described before, the old energy of the planet will fight it to the end, trying to keep the old ways alive. The old ways will lose, and old energy will not reincarnate as old. Slowly it will be eliminated, just like grade school was eliminated from your personal life as you moved on.

The propensity for health and long life will blossom, and much will be revealed and changed to allow this. Spiritual awareness for the masses will come much later as the common sense of the Human race begins to connect the dots. I told you this would be difficult, since many of you have seen the future as some kind of spiritual explosion. It won't be. It will be a common-sense, slow awareness change that will lead to other awareness. This is the way it works.

You will eventually think of it as an energy that goes around the planet, changing Humanity to a lighter, higher-vibrating

group of souls. In the process, poverty and disease will diminish, social issues will become more balanced, tolerance will be at a new and higher level, and new invention will make survival much easier. None of this will have anything to do with perceived spirituality. Not yet.

So here will sit the atheist and the agnostic who will know about longer life, peace on Earth, and compassion, but they won't associate it with anything from the "outside." This is because for them, it will be intellectual, intuitive, and the way it is. They will call it new, advanced Human nature, and they won't know where it came from. Not yet. The intellectuals will look back on history and say we had the barbaric age until 2012, when Humans started to become wiser. In a hundred years, you'll look back and see a Humanity that was far, far different and far more violent. Sociologists will add a new level of growth to their chart, for it will signal a change in thinking that hadn't ever been seen before. It will be seen as the end of Human immaturity and the beginning of a wiser Humanity. But for a long time there will be no consensus on "God inside." Instead, there will be more tolerance among belief systems.

But you and I will know the reason for the changes. The time capsules are opening, and they are pouring to you the energy of a catalytic realignment of consciousness. It comes from your seed parents, the Pleiadians, who have love for you beyond measure like any parent would have for a child but vastly different. The pride they have of your passing the marker, watching you go through the gyrations of dark and light, is familiar. For it's what they did. They have watched how you deal with what is still dark on your planet and how much your heart hurts at what you see and the death that is there. They are silent, for free choice is yours alone on how fast to change the planet, and you are working the puzzle as they did.

The knowingness that all things recycle and the appropriateness of lessons learned will give you greater wisdom. All of this is pouring into the grids right now. It's hard to talk about this because you don't know what you don't know. Your seed parents have seen it, and they know where it is going. They are breathless as they watch you open the door to what they also experienced.

This is going to take a while, but you opened the door, and as time goes on, you're going to have a revelation of what it's all about. Do you wonder why I, Kryon, am in love with Humanity? I just told you: I've seen it before. So have the others — Orion, Arcturian, and other names that you've heard before. They have all been through it. They are all watching you now and are celebrating your life. Some of you will understand and know I'm right, and others of you will walk out or get up from your chairs and will have barely perceived this information, if at all. That's free choice, and it's honored; it's honored so much for all of you. There is no judgment from Spirit. If you walk away and you think this was a nice meeting and nothing more, you have the same number of angelic beings walking out the door with you as the healer for centuries has or as the shaman has. Each Human is created equal. This means that all of you have the same spiritual potential for the realization of Creator inside. That is the message for the day. Oh Human Being, this is not your father's new age. It's your new age. And so it is. •

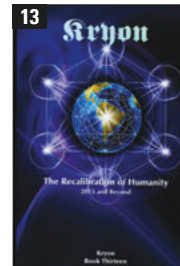
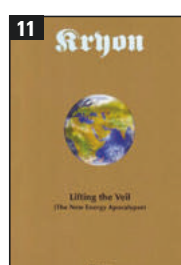
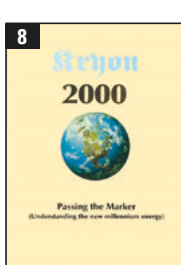
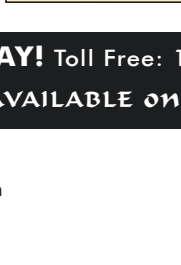
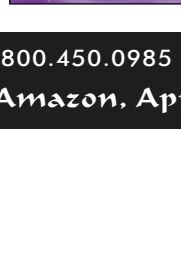
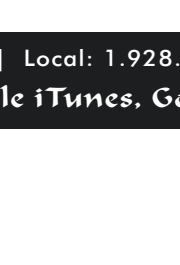
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3. See "The Way of It," [http://www.kryon.com/cartprodimages/2015%20downloads/download\\_austin\\_15.html](http://www.kryon.com/cartprodimages/2015%20downloads/download_austin_15.html).
4. See "The Innate Revealed," pp. 20–24, March 2015 edition of the *Sedona Journal of Emergence!* and [www.kryon.com/channelling](http://www.kryon.com/channelling), channel 152, November 2014.
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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 second psychic told him about his spiritual path — three years after an unrelated psychic told him the same thing! Both psychics spoke of Kryon — a name that almost nobody had ever heard. To learn more about Lee, go to his website, [www.Kryon.com](http://www.Kryon.com), or contact him at 1155 Camino del Mar, #422, Del Mar, CA 92014 or [kryonemail@kryon.com](mailto:kryonemail@kryon.com).



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# Love Yourself as I Love You

Amma through Cathy Chapman

My dear ones, I am Amma, the Divine Mother of the divine mothers. I am your mother. As your mother, I love you unconditionally. This means it does not matter what you do or do not do or what has or has not happened to you. Nothing will change the love I have for you.

If nothing changes the love I have for you, you might wonder why I encourage you on your spiritual journey. It has nothing to do with me. It has everything to do with you. Because I love you, and because you are deep within my womb even now, my greatest desire is that you fully recognize the love that you are.

If you do not follow the suggestions that I or other spiritual teachers give you, it does not offend me. When you ask for my assistance, receive suggestions, and do not take those suggestions, you take nothing from me. My love remains as it always has been and always will be. If you take my suggestions, you become more engaged with me and the others who are waiting to assist you. We might whisper things in your ear, but we do not force our will on you. You have the choice to live any way you wish. I encourage you; all of us in the realm of spirit wish to encourage you to remove the blocks that keep you from your full potential so that you can live your greatest joy.

## Increase Your Self-Love

Now that I have told you there is nothing you can do that will lessen my love for you, I wish to give you a suggestion that will increase your love for yourself. I know the truth, which is that there is only one person whose dislike of and revulsion for you interferes with your healing and spiritual expansion. It is crucial that you know who this person is. It is a different person for each one of you.

The first step to discovering this person's identity requires a pen and paper or your computer. Write your name on the paper. Say that name out loud, then say it out loud once more, but this time I want you to say it with the recognition that this is the name of the one person in your life who dislikes you the most.

You might say this is not true. You are a spiritual person, and you have been continuing your spiritual path. Yes, reading messages such as this one is a sign that you are interested in expansion. It is also a sign that you do not love yourself more than anyone else does. Why do I say that? Because, my precious ones, if you loved yourselves totally and completely, you would have no need for words to encourage you. There are very few people on this planet who do not have the underlying feeling toward themselves that I call self-revulsion.

Review right now the three things in your life that have taught you the most about yourself. What do you feel about these three things? Do you feel tremendous joy and appreciation for them? What are your five greatest failings, and why do



you consider them failings? These are events in your life from which you have learned, if you have dared to examine them, heal from them, and then release them.

These learning experiences (if you have chosen to make them so) have changed only the love you have for yourself, not the love that I have for you. Do you wish to love yourself as I love you? Do you wish to love yourself as I love myself? Let me tell you some of the things that you could do in your life if you were to love yourself as much as I love you.

First, you would be able to create anything you wish to create. If you wished to create a universe, you could do so. If you wished to be the greatest political leader known to humankind, you could be that. If your desire was to discover technology that could feed everyone on the planet in a healthy manner, you would be able to do this. If your desire was to gather information from the universes and implement it, you would be able to do this.

## Consistency Is Key

There is only one quality you need for these amazing things to happen in your life. That quality is consistency. Some call it discipline, but you might have a negative reaction to that word. Let's call it consistency. First, you need consistency in self-healing. When I use the term self-healing, I am speaking of taking responsibility for your own healing. It doesn't matter who might have perpetrated the wound you are struggling with. It only matters that you take on the responsibility of searching out healing for this wound.

You know of numerous tools. I have taught you the soul-healing prayer and the encodement process. You can flip to the ads of this magazine and read about many other healing tools that are available to you. There are those you can use by yourself, and there are those for which you need a facilitator. For some, you simply need to listen to a recording.

## The Encodement Process

Whichever tools you choose, the key is to be consistent. I suggest you use the encodement process every day. For those of you who are not familiar with it, you simply ask your encodement technicians to remove from you the artificial encodements you have acquired

that day. You then ask them to please repair any damaged or altered natural encodements. Even if you do not know what encodements are, you can still call the encodement technicians in and ask them to do the repair work. Your encodements are the smallest parts of your energy system.

### Soul-Healing Prayer

The soul-healing prayer is a very simple form of soul retrieval you can use throughout the day. Any time you experience a low vibration, you can connect with the soul-healing angels or your preferred spiritual guides and ask them to do the following: Find and bring back the missing pieces of you that you have lost and that contribute to the feeling you are having. Ask them to cleanly repair and heal all of these pieces, and request that they fully integrate them within you. Offer gratitude in some way.

These are two simple tools you can use without an additional facilitator. You know of others. The only thing you need is consistency when using them. Every time you use a tool or engage in self-healing, you remove from yourself one of the blocks that keep you from knowing and loving yourself in the way that I love you. Every time you engage in self-healing, whether you or someone else facilitates it, you enter more deeply into your creative power. It is only your limitations of thought and belief that prevent you from manifesting what you most desire.

As you engage in self-healing on a daily basis, your little ego gets out of the way, and you are better able to tap into the greater I Am. This enables your discernment abilities to clear. You will be able to tell the difference between what you truly want and need and what is simply based in the little ego. You will also be able to see others as the love they are. You will be able to connect with them on a heart-to-heart basis. You will stand in your own power and do what you most need to do for yourself. You will disregard the need to please others. You will also know when others give you comments, suggestions, or criticisms that have been inspired by Spirit as a message

to you. These are the results of clarifying and strengthening your powers of discernment by healing the little ego.

In order to participate in the consistency I speak of, I suggest you use your self-healing tools to address the impediments within you that are interfering with your consistency. To expand in the way that will make you a clear and true creator, be consistent in putting healthy food and drink into your body. Consistently spend time with people who support the vibration you wish to have. Consistently enjoy the music and entertainment that is in accordance to the vibration you wish to have.

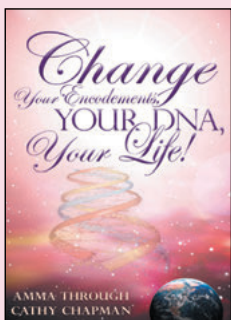
### Self-Healing Leads to Right Action

In this spiritual journey, you are not, as you well know, better than anyone else. You are, however, different from most of the world. Your interest is in inward expansion rather than outward signs of significance. Please do not misunderstand me. I am not saying that physical creations such as material goods are in any way negative. They are only negative when they inhibit your ability to be consistent in your spiritual expansion. When you have tapped into your personal power, you do not need outward signs of power such as wealth. Since you do not need them, you can simply enjoy them.

I ask you to be consistent — not for me, but for yourself. I do not need you to please me. I will not punish you in any way. I do not punish. What you might view as punishment is simply the result, according to natural law, of a low-vibration way of being. When you are consistently facilitating your own self-healing, you will gain clarity about the steps that are needed to achieve what you want most in life. Sometimes, especially in the area of relationships, that involves more self-healing. Other times, such as when engaging in business or a new activity, the search for knowledge and the implementation of that knowledge through action are required.

The human process requires a dynamic interaction between what is happening in you internally and what is occurring in your external world. Self-healing and meditation increase the power of your internal world. Implementing that power through action in the external world also increases your awareness of your own personal power. Imagine it as two arrows forming a circle. Each arrow points to the end of the

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AMMA THROUGH CATHY CHAPMAN

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other. One is the internal world and the other is the external world. The two engage in a dynamic interaction that increases your awareness of your personal power and your ability to utilize it.

Right action is the action you take that is in accordance to your values and beliefs. When your values and beliefs are muddled by the areas within you that need healing, you have difficulty taking right action. That is why you need consistency in self-healing — it allows you to develop consistency in right action.

I encourage you, dear ones, out of my love for you, to love yourselves as I love you. When you hold yourselves in the highest positive regard, you will delight in consistent self-healing leading to right action. You will attract a greater number of people who are searching for the same things you are. At this very moment, choose one thing in your lives you can do with consistency. It can be using a simple tool such as the encode-ment process or the soul-healing prayer. It can also be getting

out of bed at the same time every morning and training your body to be consistent in its rest.

This is what I wanted to share with you. I want you to know how much I love you. I want you to love yourself as much as I do. To do so, you need to be consistent in self-healing, which will lead you to be consistent in right action. My love surrounds you at all times and in all ways. I am Amma, the Divine Mother of the divine mothers, and I am your mother. •

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# Dissolving the Veil

Jeshua ben Joseph (Jesus) through Judith Coates

Beloved one, now we will speak about how to look through the veil of separation, how to move from this dimension that seems so very real into the Reality — capital “R” — beyond the veil of appearances. You want to know, “Who am I? Why am I? Where am I? What is this all about?” This is the same as the small child who has to ask questions and to experience. You are having questions of how life can be, and you are wondering, “Is there more to life than just what I am experiencing?” And you know that the answer is, “Yes, there is much more.”

So I say to you, the first step in dissolving the veil is to know, to believe, to accept that there is more. Now, there are many brothers and sisters who will say to you, “This is all there is. You’re born, you grow up, you live a certain number of years, and then, if you are lucky, you may deacease the body in the bed peacefully.”

If not that way, you may have what is called an accident or something that happens to you. In truth, nothing ever happens to you that you have not already invited to be in your experience. But as you acknowledge that perhaps there is something much more to life than just what you see in front of you with the physical eyes, you have already made the first step to acknowledging that the veil, as I have called it, is there and that it is truly growing thinner every time you have what is called an awakening experience.

Step two (step one was to acknowledge that there is more) is to spend time in meditation, to spend time outside of the realm of appearances, to go within. I have suggested to you that you spend at least fifteen minutes in meditation every day. As I have said many times, when you spend fifteen minutes, it will hopefully feel so good that you will want

more, and you will spend a half-hour. Now, I know that you have a busy schedule, and you may have an employer who expects you to put in at least eight hours every day and probably more, but I would say that the One who is truly employing you — in other words, the higher Self of you — would suggest that you put in at least fifteen minutes or half an hour. Perhaps even extend it after a while to an hour if you can, but not at first.

It is like all of the exercises that you do: You start out with a short exercise time, and then you build up the time that you spend doing the exercise. It is the same thing with meditation; when one sits quietly and goes within, it feels very strange from what you have been brought up to experience. Sometimes you get a bit antsy, and you want to be up and doing because that is what you have always experienced. When you go within to the quiet space, the mind will tell you that you are wasting time. You should be up doing something. But that is the way of the world, and that is the language of the world. So you say to that voice, “Okay, later.” And then you sit there for a while and you listen.

That is all you have to do. It is simplicity itself to sit in a comfortable position; do not make it so that you are uncomfortable and you want to get out of that position. I know that there are certain positions that are supposedly more holy than others, but I say to you that if it is not comfortable, the body is going to start screaming at you, and then you have to pay attention to the body. Therefore, find a comfortable position where you can be quiet and you can go within and listen.

At first, you will probably not have any great revelations. It is likely that you will say, “Well, I don’t know if that was worth

anything. Nothing really came to me except I thought about my cousin Harold and my great aunt, and I thought about my friend who is going through a certain adventure or challenge.”

Many ideas, thoughts, and visions run through the mind at first. That is okay. Do not try to stop those ideas and those thoughts, because when you do, you will be focusing on trying to stop all the ideas, and the mind will get very, very busy. Allow all the thoughts to run through. Do not spend overtime with them, but allow them to run through. Allow the mind to exhaust itself, and then you will reach the quiet place.

The first few (and maybe even more than a few) times when you try to do this, you will have a lot of different ideas and thoughts that want your attention. Do not get short with yourself; in other words, allow. As you practice this, as you know that this is truly a gift that you give to yourself — a gift of quiet time — even if you do not have any great revelations at first, at least you have allowed the body to rest, and there is a lot of benefit in that.

Later on you might find that you hear a voice or you know an idea. There will be something that comes to you that was not programmed according to the activity of the mind. It will be something that just suggests itself to you. Listen. Do not try to analyze; just listen, or just see because you might be visual and have visual experiences. If you are auditory, you may hear something.

But most of all, be mindful. When something comes to mind, you can take note of it, and then you can let it pass. If it is important, it will come back to you. If it is not important and just passing, it will pass on through. As you allow yourself to be in the space of receptivity, there is much that can and will come to you after a while.

At first, it is like anything new: it feels strange. You will wonder, “Why am I spending time doing this when I could be up doing something else?” But as you allow yourself to go deeper within the quietness and the quiet voice, revelations of new worlds come to you. At first, there will be new worlds; then later on, there will be the empty space, the space of just healing, the space of just knowing, the space that does not have to get filled with thoughts. You will abide there for some time, and it will feel very good.

When you have achieved the feeling of no thought, of no questions, and of just being empty and feeling comfortable, you are moving through the veil that you have set up for yourself, the veil that says, “This is all there is: just the appearances, just all of the activities that my friends and I are going through.”

You have set an experience for yourself that is more important. You have experienced the place that is beyond the knowing of this reality — lower case “r.” When you are in the space of what seems to be emptiness yet is as outer space, which you call “deep space” between all of the universes and solar systems, you are going into what feels to be unknown territory, and yet it is a state that you know well. It is a space of Love, a space where you find yourself accepted in Love.

You might bring into that space an idea of someone else, but in truth, it is love of Self, the holy Self that you are, and you will feel an overwhelming sense of happiness, of joy, of okayness.

Now, as I have said, do not be short with yourself. If it does not come within the first day, week, or month, do not say, “Oh, well, I tried it, and it didn’t work.” That is often what I see with ones. It takes a certain bit of discipline, a certain space of saying, “Yes, this is worthwhile. I will persevere with it.”

I share with you that it is worthwhile. It was something that I knew when I was a small one, yet it was something that I had to renew in my experience. I was very fortunate in that I had parents, friends, and teachers who knew the value of very quiet, deep meditation. They said to me — even when I was at a young, active age — that it is okay just to be quiet. Now, young ones do not really like to be quiet. They like to have attention right away, and they like to experiment with the voice.

So, as I have said, do not be short with yourself. Do not be impatient. Know that it is truly a prize worth gaining. I know that you are not taught this in your world. Your world says that you must do, you must achieve, and you must be active. But in truth I say to you that the important thing that you will take with you after you have released the body is a knowing of the Love that you are held in all of the time.

For truly, when you go to your own Light as you release the body, you go to Love, and Love is waiting all the time for your acceptance. Love is waiting in that meditative state and wants to gift you with the feeling of acceptance, the feeling of worthiness that the world does not know. In that space you will find your true Self.

After you have been in that space for some time — and it may take a while or it may not, so I will not say to you that it takes one month or one year; it takes doing, practicing, and abiding in the quiet space — then you will find your true Self that goes beyond any appearance, any description.

We can use words to describe the space of Love, but the experience of Love is something else, is it not? When you get into that space and you just love everyone, you have found your true Self, a Self that the world does not appreciate and does not value; you do not get a reward from the world for living in Love. Just the opposite is true, as you see in your world in this day.

But I say to you, have hope because as you find Love within yourself and experience Love of higher Self, you are putting out that vibration even into a world that does not understand and does not value Love, and you are changing the world itself.

A time is coming when you will remember, and the brothers and sisters will remember, how it feels to live in Love; not to have to achieve and not to have to be competitive and step upon other ones as you climb the ladder of life, but just to abide in the space where everyone is okay.

Everyone is loved with an everlasting Love that has been from before time began, and that Love will abide even after the purpose of time has been fulfilled. Time does have a purpose, and it will not always be. There will come a time outside of time when you will no longer need the concept of time and the constraints that it puts on you and when you will just be the divine Self that you are, in Love, accepted for who and what you are — the divine Self; not the identity that the world gives to you, for that is passing and fleeting and usually full of judgment, but the Self of you that abides forever and abides in Love

forever. That is who you are, and that is what you will come to realize — to make real in your awareness — as you do the practice of meditation.

When you get into the space that I have just described — the space of Love where you love yourself and you love everyone — you do not even need an object of love. It is just a sea of Love. You abide there for some time because it feels so good. Then you begin to realize that, outside of the dictates of the world, there is a whole other realm that only knows Love, and you move into the space of being able to experience, to call forth others who have moved into that realm, perhaps by releasing their bodies so that they do not have to drag their bodies around, do not have to clothe them, feed them, and be attentive to all of the needs.

They find themselves to be in a space of great Love. That is why you have heard stories of those who have had the near-death experience where they did not want to come back to the human lifetime because Love felt so good, and yet they knew that there was something remaining in the world, in the experience of humanness, that they either wanted or felt that they had to fulfill.

In the space of great Love, you can commune with anyone whom you want to communicate with — loved ones who have gone on, as it is called, yet they go nowhere away from you or apart from you. They are in a great space of Love as they open themselves to it. There you will find masters from other times, those of whom you have said, “If only I could have a short visit with them” or those you have admired — a teacher perhaps. You can do this in the time of meditation while you allow the body to function.

When you are in the space of very deep meditation, the body knows how to take care of itself. The heart will keep beating. All the organs will do exactly what they are supposed to do. The blood will keep circulating. The digestive system will keep on digesting. And then when you come back to the awareness of the body and have to do something with it, it will be waiting for you. There are great masters who have gone into very deep meditation and have decided that they did not want to reactivate the body, so they did not need to, but that is the exception, and it is not what is going to happen for you. So do not feel that if you get very deeply into meditation and forget your reality, everything is going to dissolve.

That will not happen for you. You will always keep a small...what you call the silver cord, the attachment to the body until you are finished with the body. The body is always voluntarily given up. It is never taken from you, although there might be great persuasion given, such as to those who are in the activities of warfare. You have stories of those on the battlefield who will not give up their bodies because they are choosing not to do so, although brothers on either side of them might lay down their bodies. It is always a choice.

It has been said to you, and it is a great truth, that when people release their bodies, they take unto themselves the appearance of how they were in their prime, not how they were in the last few weeks before they released their bodies, which may have been most tragic looking. They appear as when they

were in their prime. If you only knew a person the last few weeks before he or she released the body, then *at first* he or she will show you that appearance. Often the person remembers when he or she was quite joyful, quite alive — because they are the same as you are — and he or she will be in the prime of life, the spirit life, not fearing. You see, one of the things that wears down the body, and also the person, is fear, worry, thinking that you have to do whatever the employer has said to you, whatever the fears have said you have to be, whatever the parents have said to you in your growing up time in that you had to be a certain way — stand up straight, put the head up, never look down, never look back, and so on, all the things that are “good for you.”

In truth, sometimes all the discipline of growing up can be a bit wearing on the spirit. That is why I remind you from time to time to become as the little child, the small one who is excited about life, who is very much out there in life. Life is all there is, and they want to know more about it.

You want to know more about the ongoingness of life. You want to know, “How do I work with the body? How do I make it become the way I want it to be?” In truth, you are always functioning in the body as you see it to be *possible*. This is not said as a judgment. If you have a condition that you are working with, it is not said as a judgment. It is said as a truth: your body responds to what you tell it. As you are happy and you love your body, it will love you.

You are the One, the creative Force that is activating the body. You are in charge. Now, I know the body sometimes speaks back to you and says, “Well, that’s a big laugh. Do you think you are in charge? I’ll show you,” and then you get a pain in the ankle or a pain in the midsection or — woe is me — a pain in the head. And you respond. You respond out of habit.

So I say to you that when you are in the space of great Love, you will love your creation; you will love your body, and it will feel different for you. It usually does not happen all at once. And as I have said, I was very fortunate, and you have been very fortunate in other lifetimes when you grew up in a spiritual community that accepted you as the small one, knowing that you are the divine Energy which activates your creation, the body.

When you allow yourself to go very deeply into a meditative experience and you feel yourself to be all Love, nothing but Love, nothing that has to be analyzed, nothing that has to be described and does not have words attached to it, you have then the opportunity to speak with anyone, anywhere, in any time of any of the ages of holy Mother Earth and the planetary beings that you have been in other incarnations or non-incarnations, to go back and reevaluate yourself in other lifetimes, to regroup, as it would be, all the other lifetimes, incarnations, and non-incarnations of experiences, and you will find yourself to be very wealthy.

You may connect with what is termed in this time as the ETs. You might say, “Oh, my goodness, I had experience as an ET, but I didn’t know I was an ET. I was just a being. I was a consciousness. But others, perhaps, would describe me as an ET, because at that point I was not living on holy Mother Earth.”

Truly, you have been the small protozoa. You have been the

fish that swam in the sea. You have been the four-footed ones. You have been the most agile monkeys that swung through the trees. Sometimes there is a feeling within you that you would like to do that again. “Oh, that I could be alive and free and swing through the trees from limb to limb to limb.” Well, you are reliving an experience that you had; otherwise, how would that concept, idea, or feeling find a place within your consciousness? It is because you have done it. You have already been it.

Humans have set themselves up to be on top of the pyramid and say that they are at the top of the evolutionary tree. Well, I share with you that in what you see to be a few hundred years from now — maybe even just a couple hundred years or maybe in just one hundred years — there will be an evolution in which the human form will be different than it is now, and the human receptor, otherwise known as the brain, will be far more receptive and telepathic than it is now. You are moving into that.

So in a hundred years, you may look back perhaps at this history and you might say, “Oh, well, I’m glad I didn’t live then. Things were so crude, relatively.” So I say unto you, do not judge. There is no place for judgment. There is only a place for Love.

Abide always in Love. Practice meditation. Connect once again with the Allness of you, and the veil will be no more. •

*Judith Coates has been channeling Jeshua since 1993, sharing his love and wisdom with audiences around the globe. Jeshua’s teachings and messages have been collected in a very special series of books, the Personal Christ books, published through Oakbridge University, which was founded by Judith and her husband, Tom. To learn more about Judith, go to her website, [www.oakbridge.org](http://www.oakbridge.org), or contact her at 41 Windmill Lane, Sequim, WA 98382.*



# The Blood, the Bones, and You

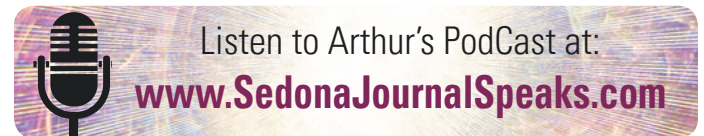
The Spirit of Space and Gabriel et al. through Arthur Fanning

April 2015

In the human condition, and before this time and space, you have been told that you, humans, are Gods. You have also been told, “Ye are Gods,” yet you are going to die like men. So that is the condition you are in; that’s it. “In the beginning was the word.” “Ye are gods,” yet you are going to die like men. Why is that? Because you are not paying attention to “in the beginning was the word.” You have been told your words create things; your thoughts create things. You have been told that you create your own reality — the *you* that has been told that it is under the influence of other *yous*. You haven’t found *YOUR you* yet, really. You are finding all these other influences that sometimes pertain and sometimes work — most times NOT — for you are in the process of dying. You are, in the understanding of the spiritual world, living your death. The process to understand that is within the wisdom of the Self.

The wisdom of the Self understands reincarnation; it understands the birth this time. It doesn’t necessarily reflect on births previous to this, yet some of the memories come through. The purpose of not remembering those experiences is because they weren’t correct. So you have a new space where you can manipulate time for the present self in understanding that “in the beginning was the word.” Prior to “in the beginning was the word” was the idea of what thought is where there was no word. So you’ve lost your own personal inner thought form, your own unique divine I Am-ness. You have lost it because you forgot that the inner thought contemplates the production of the word. The inner thoughts contemplate the producing of the word for the creation.

The first man was Adam; you understand that in the concept. The first woman was Eve; you understand that in the



concept. You beings like the word “create,” yet it is much more than that. It is an order, a command, and it is demonstrated in your books — your Bible and your Koran and other mystical texts. The texts are really mystical. We have pointed out the importance of the Psalms, yet they have been misunderstood in a manner. What you have here, in your book you say is the Bible, this is the story. You have the reincarnation experience through the production of the form called Adam and Eve through that whole book. You have the entity that is known as Jesus who was through what you call the line of David. Well, that *was* the entity Jesus, who was the one the Psalms came from, all of them — 150. And then the entity called Jesus comes and calls his disciples at that time frame, and he goes to the mountain and gives another prayer that is a condensation of the 150 psalms. He squeezed them all down into one. It is the same being, and he presented it on the mountain. That’s how he communicates to get back to understanding the thought self in union with the word.

*That’s the “Our Father ...”*

Yes, that one. Yet there is more to it. He was explaining a contracted, compressed version of all of those psalms into one unified piece for simplicity because at that time the beings were simple. They didn’t understand the importance of the positioning of words for the resulting expression to come forth. In other

words, they didn't understand that the words really coming from you are commands to elemental forces, which understand the divinity of the human condition because it has already been claimed that *you are gods*. They have to obey this god concept, this elemental understanding. Yet that is what has been perverted now. You are caught in it. You are at the mercy of the elements now. You do not consider the elemental beings called Fire. You do not consider the elemental beings called Water. You do not consider the elemental beings called Air. Nor do you consider the elemental beings called Earth. You don't. And you have a fifth element here, Wood. The nature and sanctity of wood is a representation of life pumping water, expressing itself, forces unified there, and it is a representation of the simplicity of your bones.

Your bones are similar in the functioning of self. You think they are just in there, and you are moving them, yet the bones have a conscious love for the physical heart. That's why they produce the blood for it, to sustain the heart. The bones do that for you because there is a connection there. The bones want to embrace the heart, yet they can't. They do it through the production of the blood from the marrow that is embraced within the heart. Blood flows through the heart, yet the heart has an embrace there, hugging the memory of the bones. The heart and the reincarnational aspect of you, your spiritual and invisible Self that resides in you, knows the importance of the heart and the bones. It knows how the bones came about. The bones came about from a command that was given in your book, *how to do it*. It was exactly the words to do it. Regrettably the words have been changed. They have been changed, altered for one, so they *read easier*. Well, each generation has different interpretations, so the *read easier* just lost what the beginning of the word was, how it is done.

### Nurture Space and Time

The space and time you beings are involved with now is not nurtured. Space and time needs to be nurtured so that the understanding from the word can be felt, analyzed within you, and acted on, waiting for the result of the production. Yet you are not trained that way in your human condition now. You are trained to obey everyone else — in social consciousness, in the thought streams, in the media, and this influence and that influence — and it feels "this" way, and it feels "that" way. They are working your water body, yet you don't know that. You hear the words, and you think this, yet the influence is in the water body of you, which is 70 percent of you. So that is the overlay now.

You are going through this portion now in which you are going to understand the word when it is heard from the space. There will be nobody there, and you are going to start hearing these things a word at a time, not long sentences. It won't be big paragraphs. It will be a voice, and you will know it is a voice; you will hear it. This is what is going to begin to occur in June. It has already started, but it is going to be more profound for ones now in your June.

What is going to be the disconcerting factor is in your lifetimes you have a period of rest you call sleep when you can

simply escape, get away from things (or so you think), and wake up fresh the next day. Well, you are getting a collapse in space. Space is shifting, and you, the human condition, utilize time to anchor space. That is what you do. You anchor it with other peoples' conditions and things at this time, "You're late. You're not on time," and all this thing.

Yet space is the movement. In space as it shifts — say, there are two sugar cubes together and you push them side by side. They grind together; there is not a slippery place. If you do it with space, it creates a voice, it creates a sound, and it creates a color. Those sounds and colors, from your perspective, have to manifest as a voice, yet it is just color and sound — sound first and then the color. You are learning to appreciate that in your body in your quiet time. When you move into your quiet time, you begin to hear the beings within the space. These beings who are within the space are part of your reincarnational family that are not incarnate in the physical yet or do not desire to be, yet they want to assist you. They have more of an awareness, yet in the human condition, there is this fear factor that you beings seem to be enjoying.

You have your scary movies and all of these things that perpetuate the nonsense instead of the natural enjoyment of the space that you are in — the natural enjoyment of the air, the water, the earth, the fire, the nature that moves around you, the birds, the bees. There is something moving them, not just the bee moving itself. There is another force there moving the bee, moving the bird, moving the water, and moving all things. And this force that's an invisible force — you can't see it unless it wants itself to be seen by you, because it will sort of change it's angle in space so that you'll see it — it will be like saran wrap, clear light energy, but it has form and power. It moves through everything all of the time, everywhere, and everywhen. It is not a function of time. It has no desire to participate within time. It has joy in moving itself over the mountain, down the side of the mountain like a sled, and riding the river by itself, vaporizing into the mist in air, becoming visible and not visible.

So in that process that you are in now, the experience of space moving is going to begin physically, emotionally, and mentally, perhaps, to be understood. But physically and emotionally you are going to experience the space. You are going to find yourself walking in a direction, yet one of your legs is not going in that direction. You will feel as if there is another leg over you. You will feel as if the right leg gets it and then the left leg, and then your spine starts getting it. Because the bones now are going to end up paying attention to the original commander, which is your Self before you had the reincarnational experience the first time. It is your Self before you had your first physical idea self — the you that is within the heart chakra, that is within the heart, that is within the cave of the heart.

### The Understanding of the Moment of You

Your first birth memory is coming back, and the how to do it is the result of you now. So all of your lifetimes are sort of accumulating in the power moment of your I Am-ness and the

recognition of it without judgment, because you need every single experience you've ever had to be where you are now, or you wouldn't be where you are now. You have needed every single jot and tittle for that moment of the knowledge to understand your Self. This is what is going to begin to open in June for the understanding of the individual self. Not the understanding of everybody else's self, no, but the understanding of the moment of you.

Now the moment of you, when that happens, the solar plexus expands in great joy and love. It opens itself completely to receive itself. It is like, "Receive your Self." It is as if a great love of you is coming to you, and it is you — all of YOUR yous — all of your incarnations coming to one without judgment. It is the bliss of the knowledge of having made it this far. That is the first opening in June, and then you are going to get another opening in your September and another one in December. The September one is going to be built on what you have allowed yourself to understand of your Self in your June month, the appreciation for yourself, whether or not anyone else appreciates you doesn't matter.

The fact that you are aware that you can breathe, you can see, you can hear, and you can feel (maybe not all of them at the same time) for some are in great difficulty. But you allow the opening, and you remember that, "In the beginning was the word," so you say the word for the command for the eyes to see, and then you call forth the being of you who knows how to do that.

Every human being — every human being — has the capacity to heal him- or herself in a moment. Whether you want to or not is another story. Some beings enjoy the sickness because they are waited on by others. That is the concept, yet the understanding in this thing is a phase of ignorance in the design with the beauty and divinity of the Self. It is a phase of ignorance in the design of the beauty of the Self and the divinity of it. So when the human condition can get back to its divinity, understanding its Self as divine, you're going to see a tremendous change in consciousness flow because the river will change. It will be as if you put a diverting block in social consciousness so that the social consciousness river hits the diverting block, and you flow into a new river of your SELF above social consciousness. You're going to find out where your mind really is — in the thoracic area, truly in the interior portion of the being in your chest.

Your mind will ride above social consciousness. You will allow people to think what they think, and you will feel the power just above your lower back below the heart chakra as you do it. You will be like a boat above social consciousness, not worried about "this," "that," or "the other" — what everyone else thinks, whatever their judgments are, whatever anger they have, or whatever play they think they are playing.

The word is going to start having more than a vibrational effect. It is going to have a healing effect, or a detrimental effect, depending on how you use it. Yet the detrimental effect is going to go away. You are actually going to go through a period in which you won't be able to speak when the clearing begins, because speech will be shut off; inappropriate

behavior, inappropriate talk, and inappropriate thoughts will be shut off. You will think that you can't think anymore, which is going to be very appropriate, for you will get a newness in your mind.

### **You Are Preparing for Contact**

You have abilities that have always been there but have never been utilized, and they will create an opening in the synapses that are closed in the right side of your brain. It is going to be more of a unification of the sides of the brain. That's why when you meditate and you sew the halves of your brain together with lavender light, you are creating the unification to bring all of your incarnational selves present for this moment of joy. You are the one who made it and pulled them all together. It also goes with your genetic line because you beings are the ones who are applying this particular understanding, as best you can, and it affects your genetic line because they didn't do it.

You are the last ones here, so to speak. I am not dealing with the children yet because the children don't have the understanding. They can't get it until the parents get it. Some have already, and when they come into this frightening world, they understand they have to shut everything off because they are functioning in a confused society.

Now the Kingdom that people reflect on and desire in this prayer thing [The Lord's Prayer] is an understanding that it is in your head. That is why the representation of the crowns upon heads means something in your physical world for kings and queens and that sort of thing. Yet *you* are all that, but you forgot how to work in your own kingdom. The flesh, the skin, the muscles, the tendon, and the sinew are all overlays. They are overlays that you move through, as you would through a transparency upon another transparency upon another transparency, and then you see the whole thing.

You are going through your overlay. By this, I mean HOW you did it. Most of it is automatic because you don't know how to breathe correctly yet; you don't know how to think correctly yet. You are lucky that your heart beats for you; you don't know how that is being accomplished. You have a little battery in there that creates a static charge for the call. It is a call — a call for life — and it is a pleasure when it beats to answer that call. It is like a phone thing, and it just goes and does it because it enjoys it. And it knows you, the little battery in there that beats the heart that calls the blood that the bones are producing. It knows you, and it knows the Self, not the self that is in the mirror. It knows the Self that is in the feeling of the heart in the four chambers. It is a beat: 1-2-3-4, 1-2-3-4, 1-2-3-4. And it is a representation of the beat of the four elements. You are the fifth element, the wood, the bone. It is a communication with the four elements when the heart beats. The conscious understanding of that is not there. It is not there.

The first chamber, the upper right chamber, is in conjunction with the element of Air. The upper left chamber is in conjunction and communication with the element of Water. The lower left chamber is in conjunction, unification, and communication with the element of Earth. The lower right chamber is in communication and understanding with the element of

Fire, and it goes through that way. It comes through for your recycling of the oxygen into the first chamber to be oxygenated. It comes through the fire for the perpetuity of it.

Enjoyment of the earth over to the right and out through the water, which is 70 percent of you, is the thankfulness for the fluid condition — which is the one that understands emotions. That is why water is connected to emotions. That is why the soul was designed to accumulate the emotional understanding in the planet. Once the soul has the wisdom of what emotion is — from the reaction and the application of words — you have moved yourself into another frequency. You have allowed yourself to act with the true beings who oversee you, like the ones from Andromeda and the ones from the Pleiades. This is what is occurring. They want to be present and be with you, but they don't want to move into a dirty density. They are trying to raise it so that everyone can be in a clean place, and right now you are not.

Your thoughts are not there, neither are your words, so you are going through this process of (we will say as others have said) preparing for contact. You are using the terms: “unidentified flying objects,” “extraterrestrials,” and “aliens.” You beings are really the unidentified flying objects, you're really the aliens, and you are really the extraterrestrials — because you care nothing about your terrestrial planet, pretty much.

So you don't see yet that the attraction for outside extraterrestrials to come to rescue you is inappropriate. They are already here. They are not coming. They don't have to go anywhere. They don't want to present themselves to you because you are not worthy to present yourselves to them. You are coming in ragged, dirty clothes and thoughts, and you are in the process of cleaning your act up, humanity is.

Eventually you are going to understand this. This is why, what you term, nature gets upset — hurricanes, tornadoes, earthquakes, floods. You're the ones who are supposed to be controlling these with your thoughts, but you are not. You haven't even been able to stop the tilt of your planet; it is already tilted. They are changing the numbers on the runways for airplanes because the magnetics have changed. They did that four years ago, and they are going to change again, which means the magnetic headings have changed again. It also means that your thought process is not the same as it was a few years ago, though you think it is. Because it is a magnetic force of thought; it is an attractive force. Magnetism and gravity are not really understood.

### **Find Your Prayer**

It is a pleasure, a pleasure, a *pleasure* to walk upon the planet with gravity. You beings call her Gaia, the mother. She does not speak; she uses the human condition to speak through. Yet you don't understand that completely yet, or you wouldn't be saying some of the things you are saying. So she is reacting now, and you are getting the earthquakes and volcanoes.

You have water in your planet. You have fire in the center of your planet, and the water is being boiled. You have a huge ocean inside the planet, and you have worlds inside the planet. They are coming out. They are coming up, and the

preparedness has not been accomplished yet. An awareness may be there, awareness little, but preparing for it is like preparing for a wedding feast. You dress up for this, you present yourself, you clean yourself, and you go into your thoughts for a grand celebration. That is what is really beginning to happen.

But it will not be the grand celebration you think it is because your actions and your words don't suit. That is why it is important in a way to find a prayer now. I say to “find one” because you all had one, which is what gave you this lifetime. Yet you don't know how you got here. It was a junction between your prayer in your spirit world when you are not in the body, meaning you are in this other place, and the unification between whatever the parents were thinking at the time of your conception. That's the link.

Say, you beings are having difficulty with your parents at times. Know that your prayer and their request or whatever process in thoughts they were in at the time of your conception united. So you need to allow yourself to understand what your prayer is, and if you had difficulty in your childhood with your parents, then you need to allow the knowing that that prayer was not appropriate at the time. But there was a thought that directed you there.

You beings, the human condition, are in a self-correcting process. Eventually, you will learn to correct yourselves because you are the only ones who are going to figure it out. They are your organs; they are your bodies. You have more than one body right now. You have three spiritual beings — everyone does — overlooking you, trying to merge with you, trying to come into your body from the left side, from the right side, and from the center to unify the two sides. That's what is happening, but it is an individual process, and the acknowledgement of that process is very difficult to receive here because no one really knows about it. This is why in your traditional shamanic teachings a lot of the masters within that teaching utilize the beats (drumbeats, music, chants) because they take you up the spinal column. They take you up to a centeredness of yourself, in touch with the fingers to center, and place you in the Self so that the soul can feel itself as it works the word.

### **You're the Pilot of Your Vessel**

In the beginning, there was only one word because that is what it said. It didn't say “words.” You need to know what that word is in the Self. It is a word that reflects this meaning: I Am. That is two words, but you need to find out what that one word is for you. It is an isness. It belongs to what you term the being who is understood as Id. In your psychology you know what Id is, or you have an understanding of it. Yet Id is a being, a conceptual understanding, and there is a House called Id, the House of Id. It is a noble house, and it understands the meaning of Id. You have these beings, the Druids, eh. The Drus followed Id, and they knew. And the understanding and teaching of that is the Self, yet it got convoluted, let's say, because you are in it now. You know you have an Id, an ego, yet what is it? The teaching of all the, what you say, shamans, magicians, the seers,

is available to everyone now. It is in your line. This is what is going to occur in your June.

The great opening in the month of June is your month for the understanding of HOME, Cancer, the understanding of home. The place that you can go that is home, that feels comfortable like the home should or the understanding of home should. That's the opening that is going to happen within the space within your Self. You'll feel it. You'll feel it, and the saying would be the understanding of "home is where the heart is," but there is a whole new concept there, where the pleasure of home is. You will find out that it is Earth that is the home, the pleasure of the experience of others at home without the controlling understanding that has been perpetuated.

You are in a great awakening process. You're going to be more willing to accept yourselves as the Self and the pleasure of the Self and the enjoyment of it. What does that do? It leads to more health. It leads to the enjoyment of the heart just seeing things because the heart has an eye, and that is the eye in the triangle that you beings see in your representation of the Masonic tradition. That is the eye of the heart; that's really what it is. And it is inside a triangle, which is a representation of the soul, so the soul sees and knows. Then you see and know, and you're not worried about seeing and knowing, because you already are an I Am presence as God, and that is the recognition of it. It moves you into an intense period of safety in the inner Self without confusion.

You have the ability to work with other masters for more accumulation of presence. That is why a lot of beings, when they come to Earth, wish not to speak because they vibrate an energy field that should be known. So you are in that movement now. What begins to occur is the animal kingdom starts noticing the change in the human condition, and it reacts differently, and then the human condition starts noticing a change in the animal kingdom, and it reacts differently. Yet the animals are the first to pick it up because they vibrate at a level of what is termed "trust" in your understanding of their movement in space.

The human condition is not in that trust level, yet the human condition is a fear-based condition. So to get over the fear-based condition, you need to understand the purpose of prayers and the spacing of the words there. Now you have the Lord's Prayer as given by Jesus on the mountain. You can say that, yes, and most people do it very fast, but if you say it and pause between the words, you will get another feeling; another presence comes. What will happen is, from your perspective, you will feel the angelic force supporting you in knowledge. You'll feel it. You'll feel it. "Oh, that's what that's for. That's what that's for. That's what that's for." You are all pilots of your own vessel, and you are in flight school whether you know it or not. You're learning to fly, and you're learning to land.

### **As You Shift, Space Will Shift**

You don't know the importance of sleep yet, the in-between phase. There is going to be discordance in your sleep phase, so you acknowledge it and be thankful for the opportunity to rest

and to let the subconscious (which is what you beings term the subconscious), the ancient part of yourself, come forth to gather the wisdom in safety. It appreciates the fact because sometimes, quite a majority of the time, the soul does not want to be in the body. It looks for excuses to leave at times. That is what creates a disease, and that is what creates the opportunity for other beings to come in to produce suicidal thoughts and things. You are seeing a lot of that, so you need to stabilize. Be thankful for the breath and the space, and understand that when you shift, space will shift. It has to. So too will other things who come into your presence.

Literally, you are going through the feeling process of this, the feeling part interiorly, and what will happen as you go through this process. The pyramid is like this [base at diaphragm, apex at throat], and you go from the bottom up. You can't bounce from side to side as far as you used to. You are going to come to the top with the knowledge, and then as you come to the top, which is the apex at the throat. That apex will extend to the crown, and there will be a line of light that comes straight down through you. It comes straight down through you, and it will start healing you first. Then it will start healing others in your presence without them even knowing it. There will be a change in the frequency. They will have to (actually they will want to), but they don't know how to petition for it, so you do it gently. You do it without any show. You do it with compassion as if you are slowly taking a bandage off a baby, unwrapping it so that it doesn't hurt. That is what is happening.

The little ones, what I call the little ones within one, are coming up and out and want to be acknowledged. That is the Buddha one who sits in you. It's going to stand, this one that has the wisdom of all of this. Then you are going to be in the understanding of what appreciation is for certain things, not physical things, but the fact that the invisible still care for those who are visible. There is that powerful knowledge there. Okay.

You are in your April month, and you are moving through a preparedness now for a dynamic health increase and a rejuvenation in the youthfulness of your body, the youth of you, the youngness. Allow that youthful feeling to come, and that is why beings now are going through thoughts of their youth, having memories of patterns of growing up through things. If you understood it correctly, you would understand that youth chemistry is activated within you. You don't need to judge things back then. You are in another space of time and thought, but it is youth there. It is health.

If you let yourself just reflect in the space of health without the judgment of the experience, you will understand what youth really is in your chemical processes or the appreciation of yourself. When you were younger, in your teens and your twenties and your tens, you did appreciate yourself. You did, even though others around you didn't. You did because you knew you were living more than you were before because you were getting older, and you were enjoying it. At that time, you were looking forward to getting older.

When you go back, you are in youth chemistry, and that is

what heals everything. That is how you go back before the illness in order to cure the illness and come forward. We have said that before. This is the process of the manipulation of space, and then time is adjusted for it. Timing in the body is a whole other matter because that is an age factor. As you go through time, you have a subconscious inclination of getting older, which is not true. You are actually becoming younger if you really understood yourself. That is why you are going through the Alzheimer phase in the chemistry in the brain, because there is a desire for youth. But know that you are that already; then you don't have those conditions, you see.

This is why this year is so dynamic and so powerful, because you are going to have the ability, individuals, to heal yourselves, to be in a youthful concept, and to know you are going to grow older. It is like training in muscular development, lifting weights and things you participate in, things that get you stronger. You go back to your youthful energy of feeling and then come forward again, youthful energy of feeling and then forward again, just a little bit, and space shifts. You will act differently, and you perceive yourself differently.

The chambers of the heart will react differently because they are elementals, and they are conducive to the support of life. That's what they are for. There are kings and queens in the elementals, and they are very kingly and very queenly, very forceful beings; they have power. You need to understand that they are not to be disrespected, yet in the condition that you beings are working in now, they are. The elementals are disrespected now. So you are coming out of a trap, so to speak. A closed box is going to open, and the acknowledgement of the divinity of all beings in the safety of the Self is what is most important to be understood now.

The being who supports life in everything supports life. That is what it does. It is life itself, nothing else. It is not death, and it is not competition. It's not. It is life. It knows what life is. It is life. It is life, and then there is another force that will be the love of life, and that is another total understanding in you. It is the acknowledgement that you are alive. It is a movement in a condition of limited behavior. That is another unique concept that has to be understood.

You are under the protection now, I will say this much, of the beings from Andromeda — if you want to move into the UFO understanding or the ET thing. Yet there is a distinct pleasure there if you understand Greek mythology, how it came through the teachings and then in the meanings. Don't get too caught up in the words, but there is an energy force there that explains the protection given for the selves here, those who desire to understand more here and be at peace and are present with us. So that is the main force working here now. It is a very ancient force, and the being who placed that constellation there knows it.

The space between the stars is the robe of the being who placed all the stars there. It wants to present itself, but you have to be very careful here. It is going to do it pretty much, not for its acknowledgement, but for the self-acknowledgement of those who have studied and persisted in accumulating wisdom for themselves and others in what you call the sanctity of the

human condition. The way it was supposed to be and the way it was designed to be. So that is what is occurring now, and it is a very gentle process. We wish it to be gentle because otherwise it could be very disconcerting. For instance, a tsunami has people change their opinions of the ocean and those things like weather and tornadoes, so you need to calm the situation down. June gives us the opportunity to do that. It is a time of preparing.

### **Your Spiritual Golden Plane of Wisdom**

The point of the whole thing is the word was the beginning, and then you beings came to understand what prayer was — or supplication or however you want to put it — and how it works. And you couldn't get it then. There were many prayers, so you were given one to start with. Then as the wisdom is accumulated within, you can find the older ones. There is only one word term, actually, and it is "thank you." There is only one term with the acknowledgement of whom you are thanking. There is a being named Thank You who protects you from your own ignorance.

We have a description, as you beings would say, "As the skies open," you will see yourselves and be on a plane of wisdom, a spiritual golden plane of wisdom. It just vibrates through you, and then you'll know. You will allow yourselves to know. The vibration will start in your feet and move up, and then the confirmation of that understanding is pushed down on you and merges in the solar plexus. Then you'll be in the manner of Grace, thank you, because you don't know, really, how you deserve it, yet you are preparing for it. But there is more coming than you can possibly imagine.

Everyone on the planet is working to be worthy of that deserving influence as it comes, because it is health to the body, mind, and spirit — especially the spirit. It is strength to the body, mind, and spirit. The strength comes from the earth, the Self. That is where it comes from. That is what gravity is for — so you can accumulate strength in the physical condition. Just by walking, you are stronger.

One other little tidbit I might add as you go through this month: It is going to be very necessary to keep your fingers flexible, particularly the mount of your thumbs, because that is the love mount, the mount of love in your body. That is where it is stationed in knowledge. Hidden, but it is there, and you need to keep it flexible and open because the fingers are going to have difficulty here.

There will be a tendency to try to grab things; don't grab. Things will be given and presented. When going to the king's table, you don't go rushing and grab food for yourself. You wait until you are served on your plate, that sort of thing. You are moving into that manner. That's who is coming. That's what is coming. That's what's coming. So be it. •

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Audio channelings are available at  
[www.youtube.com/user/arthurfanning](http://www.youtube.com/user/arthurfanning),  
including this one.



# Live Abundance through Ascended Presence

Wisdom Teacher through Sri Ram Kaa and Kira Raa

From great seas, there are great oceans. From great oceans, there are great stars. From great stars, there are great magnitudes of emerging energies — amazing and emerging energies, beloved ones!

There are many of us who blend into one here at this moment to offer reunion, reception, and expanded understanding. The houses of what you know as the twelve worlds or the twelve mansions are unifying as a protective grid around your world now. And they are all at the end of their mortgage terms. Why we use the term “mortgage” is because in your world there is a great preoccupation with money, or material obligation, or simply energy that revolves around things — just things. When one releases attachment to things and remembers the truth of living an abundant life, then divine recognition and understanding come forward as a key to the house of the soul.

## The House of the Soul

What is the house of the soul? What is the key to this abundant life? What is the recognition of the twelve houses that are coming forward now? Within the unification of all worlds and the recognition of oneness, there is a process of cleaning. Cleaning a home often leaves a person feeling refreshed. During the cleaning process, there may be tedium and concern, yet once the cleaning is complete, the recognition of expansion and renewal births. Freshness comes forward with room to grow, move forward, and live the new way of being.

In a world of many masters that has great manifesting energy, understanding, and presence, there is the moment when the mentor comes forward, illuminating the divine heart. From there, that heart becomes the mentor of the next heart, the next heart, and the next heart, until all hearts are illuminated.

Through the abundant expansion of the heart, in harmony with the connection to the crystalline grid that is aligned and being realigned, there is a fluidness of time in density. This fluidness is a creative element of your own manifest destiny in form. The fluidity of your time is becoming simultaneously less fluid and more rigid as polarized energies are anchoring. These points along the way stimulate chasms of energy that release themselves as additional markers, or points, along the way for those who are ready to see them.

Within your bodies are twelve powerful centers of energy. These twelve points, when open, invite the body of form to become fluid again. They ignite the body to lift without the necessary devices that are so popular to a manifested reality. As these twelve points open, more will find themselves feeling

a sense of chaotic instability if the energy is out of harmony with the heart center. We choose our words carefully and invite you to simply receive them as energy. It is within the energy of receptivity that you open your twelve centers.

It is important to remember that as you transcend the brain that aligns with a need to acquire things, you anchor a heart that is open to receive all. This is an illuminated discernment. The brain will hold on during a time of linear release. The energy escalating rapidly in your world is conjoining with many other heart centers. Many of you seek reunion. Many of you seek to be with other beings of light, who may be in other dimensional forms. Many of you call out, demand, and ask.

Remember, it is the simple command of light that will bring this energy to you. It is a simple recognition of your own receptivity through the anchored heart that will bring forth this energy in ways yet to be revealed to you.

The world of form as you know it is shifting. It is inviting you to pay attention to the process as you allow the heart to expand larger and to become your ascended brain. To pay attention solely with the brain causes many to close their eyes again. Beloved one, the wondrous joy of All That Is in the expression of form in a world of allness expanding through oneness is extraordinary when you expand beyond all fear.

## Identify Where You Focus Your Energy

To expand beyond fear invites the consecration of divine reunification energy, thereby opening a portal of clear communication and manifestation. Let us offer to you the example of printed paper as currency. This is an illusion that will soon dissolve in many ways. When this printed paper dissolves, what is left? You are still here, are you not? Your energy is still present, is it not?

The gift of the illusion dissolving is that it offers you an opportunity to recognize how abundant you are. Beloved ones, we seek not to be misunderstood. Let us say clearly that we are not forecasting a collapse of your economy as many of you would like to believe. We are offering discernment.

Within the prophetic energy unfolding in your world now, points on your timeline are anchoring to create experiences unless you choose to shift your focus. What are you giving your power to? If you give your power to paper, then paper will have all power. If you give your power to your divine ascended heart, your understanding, and your truth, then you will attract and receive an abundant, extraordinary recognition.

In a world that is shifting now, it is important to remember

you are realigning, and as more mansions come forward and more mortgages are paid, a greater stability comes forward.

Beloved ones, what is this moment in history revealing? It is not written until the past looks back. To believe in history, one must believe in the past. It is important to recognize that within allness, within oneness, the dissolving of a past, a present, and a future melts into the presence that is your eternal truth.

You are at a time of great celebration, and you chose to be here for it, all experiences brought to you to this moment now. Do not doubt yourself when you see what you see with all eyes — the eyes of this world, the eyes of the all-knowing, the eyes of the heart. Invite yourself to pay less attention to the mouth, as the mouths of many will become corrupted over the next years in many ways. This is why your telepathic communication is being enhanced with each moment and with each connected breath. Your telepathy is truly a divine presence.

That which you are calling forward is energizing. If you are in divine trust, the shift is smooth, effortless, and rapid. If you are in divine skepticism, you may find this a challenging time.

### It Is Your Time

There are markers along the way as you ask, “How will I anchor this energy?” What you have put in place now will manifest very clearly six months from now. What you put in place tomorrow will manifest shortly thereafter. Where you place your attention will similarly come forward. This is beyond what you would call the law of attraction. This is simply universal balance, restored harmony, and recognition. If your mind seeks to stop you, be grateful to your mind, and then go back and pay attention to

what in the mind caused you to stop that which you know is true for you.

You are being called to your harmonic rebalance. How do you seek your harmonic rebalance? If you truly feel harmony, if you truly feel balance, you are in balance. If you feel short of breath or tightness in your body, then ask yourself, “Where in the lineage of my divine heart have I forgotten my truth?”

Beloved ones, you are beginning this journey again. A new chapter is opening in your world. You are at that moment. You are at that time. There is no doubt this chapter is already being written. How this book ends is your choice.

We are complete and invite you to feel into your heart and to recognize this powerful moment in your history. It is a powerful moment for all. As you move forward in your choices, be present with the recognition that this is a new day. Let it be whatever you choose it to be.

As you stay firm in your choice, your experience is glorious. You have great help now — great assistance, great understanding, and great expansionary energy present. It is your time. How do you wish to use it? And so it is. •

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# Dispel the Miseries of the World

Master Djwhal Khul through Kathlyn Kingdon

My dear students and beloved friends, how lovely it is to greet you in the month of the solstice. Whether you live in the part of the world that celebrates the longest day of the year or the part that celebrates the shortest day of the year, let yourself stand as high witness to the movement of your precious planet. After all, Earth is an amazingly beautiful planet on which to live, grow, and deepen your spiritual perspective. If I could offer a bit of advice as one who has gone beyond the physical level, it would be to encourage each of you to not miss so much as a single glorious moment in your planetary sojourn.

As you look to the world at large today, it is difficult to miss the fact that so many people are in rather dire straights. Whether we focus on those who are starving, those who have been kidnapped and held hostage, those who have been displaced, or those who have been tortured (perhaps even decapitated) at the hands of unseemly captors, one fact remains clear: Suffering is an ever-present reality. This is even true in situations of lost jobs, collapsing economies, broken relationships, losses through death, or even bouts of depression. The marks

of suffering can be found in every segment or strata of human experience.

The dilemma for so many spiritual aspirants is what to do about suffering. Even the milder forms of inner discontentment or dissatisfaction prove to be problematic for those who truly desire to liberate the mind from its patterns of suffering. We have noted in prior lessons that denial and suppression only generate more misery, since both strategies merely put off the inevitable confrontation with the causes of suffering. In many parts of the world, suffering is driven by natural circumstances that lie outside the parameter of human control. Too much heat or not enough or too much rain or not enough can make people quite miserable. If we add to these natural circumstances the harsher elements of war and terrorism, we can see that some are called to bear enormous suffering.

### The Illusion of Separation

In the West, where most folks have access to climate control in their homes, offices, and vehicles, suffering might be

experienced more from the psychological forces of a discontent, or perhaps malcontent, ego. I often ask my students, “Who are you when you don’t get what you want?” When the ego’s desires are thwarted, it can very rapidly move to being hurt, angered, belligerent, or even enraged. Yet, as powerful as these emotional escapades are, in the end, they only create more suffering. Thus, even though most folks prefer not to actually acknowledge — let alone face — their personal levels of suffering, there is simply no other way out of the box. Ignoring the problem of suffering is tantamount to ignoring the problem of duality or separation.

The condition of separation seems utterly obvious when observing the natural order of things in the world. Each person has his or her own body, compilation of likes and dislikes, and path to ultimately follow. Yet under careful scrutiny, something else is revealed. It becomes obvious that the real lesson is not about separateness. Indeed, everyone is already painfully aware of this condition. Looking deeply into the matter, it begins to dawn on the exploring consciousness that separation is the illusion that hides the reality of oneness. Or we could say that nonduality is obscured, or hidden, by duality. Teachers such as I do not give lessons on duality, since it is obvious. We give lessons on nonduality, since it is hidden beneath the obvious.

In like manner, the real spiritual lesson is not about whether people suffer. They do, even though many try to deny that fact or perhaps cover it up with the force of their personalities. The real lesson to be had is in cutting through (or transcending) suffering altogether. As potent as it is, this seems to be the work none want to do. Yet the reward of such cutting through is unquestionable. Simply stated, you must not flee from suffering but rather be open to it, since it arises again and again to the mind that perceives it. You see, it is only when you touch the roots of suffering that you can learn how to be free from suffering. Looking deeply into the state of the discontent mind, you might find the way out of the trap. In the end, the truth of suffering contains the truth of emancipation.

### **Be Compassionate to Those Who Suffer**

The first step, of course, is to learn to see suffering beings, whether human or animal, as loveable. Through love, you may be drawn toward any suffering being. Indeed, because they suffer, they are truly worthy of compassion. All have been held captive at one time or another under the influence of the momentary disintegration of suffering brings. There is a kind of happiness that results in the absence of grosser types of suffering, but since it does not last, it is not the happiness that all ultimately seek. Of course, suffering is certainly instructional, and through its ongoing experience, you will surely develop a spiritual desire to be free from its clutches. Realizing the pervasiveness of misery can be a catalyst that motivates people to uncover the means to spiritual liberation.

All spiritual traditions offer instruction for cultivating compassion as a basic tenet to spiritual growth. Indeed, suffering sometimes opens people to compassion as nothing else can. Ultimately, each must ask what it means to be spiritual in today’s challenging world. Actually seeing the pervasive suffering that

occurs all around the planet can be quite confrontational for the mind that yearns for freedom. Being spiritual today seems less tied to specific long-standing traditions than simply living a spiritually skillful life. Much can be learned about the human condition by drawing from all spiritual traditions.

As we have noted in previous teachings, today’s planetary challenges are great. Perhaps the spiritual question for this time is to learn what causes people to turn violent against those who appear different from them. Of course, violence ensures the presence of suffering, doesn’t it? This is true whether it arises from terrorist elements or from the overreach of power by those entrusted with protecting the common welfare. The United States is still dealing with the acute problem of social injustice, and the West, as a whole, must bear responsibility for the intrusion of its culture into the lives of people everywhere.

While this is not necessarily a negative thing, this form of cultural empiricism has contributed to the demise, or at least the corruption, of many cultures as well as the natural environments that supported them. For all the expended energy, it turns out that humans are still in the process of learning how to cohabitate on the planet in a truly civilized manner. Without engaged compassion that can actually peer into the face of suffering, it is doubtful that the painful schisms emerging today will be dissolved.

It is one thing to acknowledge that all beings suffer and quite another to look into the face of their suffering at both the individual and the collective levels. When you see a dog wandering the streets with protruding ribs and gaunt eyes, can you take in its poignant suffering? When you see a street person in filthy, odiferous clothing and showing signs of schizophrenia, are you moved with compassion, or do you avert your gaze and hurry away? It is so easy to blame the victim, isn’t it? Now, granted, such moments may be quite confrontational for the ego in many ways. However, the better part of wisdom reveals that it is impossible to cut through your own suffering if you are unable to see the depth of suffering presenting in others.

### **Cut through the Illusion**

The meditations I have given in the past couple of teachings are quite potent when it comes to cutting through the illusion of suffering. Indeed, instances of suffering can be so compelling that reactions to suffering might enhance, even sustain, the illusion. Yet, if you can see through the powerful illusion of dualism, you can also learn to see through the illusion of suffering, no matter how improbable this might at first seem. Remember, meditation cultivates mental stability, depth, and openness, and all of these are needed to see through the most powerful illusions. Yet, if you only view the world through the eyes of the ego — which may lack stability, depth, and openness — transcendence is simply not possible.

In the end, mere concepts about freedom from suffering are not enough to gain transcendence. The greater measure here is learning to live in context with others, appreciating their suffering as well as your own. Far too many people today live as if their lives do not touch others, and they do not allow the lives of others to touch their own. Yet this is another powerful illusion

fostered by the isolation that a technical age seems to bestow. One of the greatest lessons assigned to humanity is to discover the complete interdependence shared among all Earth's beings. However, to accomplish this, you must not turn away from suffering, since doing so only engenders another form of isolation.

Perhaps the entirety of human encounters could be seen as learning opportunities to practice ongoing reconciliation with all beings through all relationships. You reconcile yourself with the world as it appears, giving up personal agendas and expectations for it to be other than what it is. You engender reconciliation to those with whom you have conflict or from whom you have distanced yourself. Indeed, you must reconcile the disparate parts of yourself that compete for inner prominence or to be judged as right. These are, of course, the most obvious regions for reconciliation. As you deepen your understanding of the broad scope of suffering, the list is sure to grow, particularly in areas not previously seen as needing reconciliation.

One form of mental suffering can be recognized in the experience of fear. For example, many people are afraid of bears, snakes, or wolves. Of course, the experience of fear causes a disturbance in the clear light of consciousness whenever it arises into awareness. The strategy most folks use to manage their fears is to either suppress them or out-and-out deny them. However, this often causes the fear to grow, and in trying to rise into consciousness for healing, it might make its presence known in nightmares, daydreams, or even hallucinations. In one manner or another, it will make its way into consciousness for resolution.

The most direct route to healing fears is to practice compassion for the object of your fears. If you fear bears, you should carefully consider the lot of bears; notice how they suffer from being hunted or trapped, from shortages of food, from being hated by many humans, and from being killed by other wild animals, and so on. Even though generally seen as ferocious animals, still, it is not so easy to be a bear eking out a life on a planet undergoing climate change. Following this line of pondering, you can allow feelings of compassion to arise for bears. Similarly, those who fear snakes may heal that fear by doing compassion meditation for snakes. Even in the case of avenging terrorism, if you can look into the face of suffering in an assailant — perhaps by seeing the negative karma being generated — the fear begins to melt, giving way to a vaster, even compassionate, perspective.

## The Way of Great Teachers and Bodhisattvas

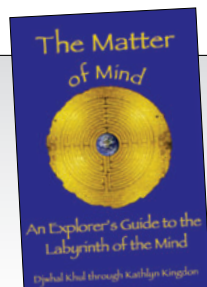
Some of you will likely remember the powerful grace of Thích Nhất Hạnh, who learned to see the suffering that arose on both sides during the Vietnam War yet sided with neither. He experienced rejection by his own people as well as by the invading armies. Yet even in the face of great personal persecution, this great teacher asserted, "The only way to peace is peace." I trust it is obvious that this is incredibly useful advice. When you find yourself in a position of conflict with another person, is it possible to see the suffering arising on both sides? Of course it is. Yet, it requires a spiritual core strong enough to hold the tension of the opposites.

Those of you who have studied the great Indian master Shantideva probably recall his potent instruction that all suffering results from self-centeredness, or a practice of focusing exclusively on attaining one's own happiness. He further noted that all the happiness results from caring for others. He maintained that there was no need for any further elaboration on this point, since a person had only to examine the difference between the state of Buddhahood and that of an ordinary person to comprehend his meaning. By utterly cherishing the well-being of other people, the Buddha transcended all suffering, attained omniscience, and became the embodiment of wonderful spiritual qualities.

While some labor under the illusion that it is somehow special to lead a spiritual life, this is not the case. Indeed, there is a remarkable ordinariness about a truly spiritual life, since it lacks self-importance and egoistic desires for recognition. Again, you need only look to the examples of great teachers from all spiritual traditions to see that none instructed his or her disciples to "go be special." Rather, what marks the truly spiritual life is the ability to respond with loving kindness to every type of suffering. Like the great bodhisattvas, simply do what needs to be done without being attached to the outcome.

When the mind is calm and the heart filled with kindness, you can face and ease the suffering of other beings. In so doing, you move steadily toward the goal of cutting through the illusion of suffering. From the perspective of the bodhisattva, suffering, although really experienced, cannot be said to be real. You see, if suffering were "real," it would simply be *what is*. Thus, there could be no transcending it, could there? Indeed, you do not transcend reality; you merely expand to embrace it.

As is well recorded, the goal of a bodhisattva is to free all



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## The Matter of Mind

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beings from suffering. This should be the goal of every serious spiritual aspirant today, as well. Each must investigate the possibility of ultimate happiness — that is, the elimination of suffering from its root causes. Further, each must cultivate the mental courage of a bodhisattva, a profound fervor to eliminate suffering. Then, each must merely point other toward a state of being devoid of all suffering. By dissolving the illusion of duality, you realize you are not separate from the suffering of people in Syria, Afghanistan, Sudan, Ethiopia, Iraq, Sierra Leone, or even California, for that matter.

### **Sacrifices to End Suffering**

What might be the deeper practice of meditation? Oh, yes, there is the sitting in silence that marks the outward appearance of meditation, but perhaps its truest test is revealed in daily life: the treatment of others (both in outward actions and inner thoughts), the cultivation of basic respect, and the willingness to look into the face of suffering and perhaps even have bodhisattva-like dedication to eliminate it. These are the fruits of potent meditation. Your life is also your vehicle for awakening, as is it a vehicle for freeing yourself and others from suffering. Mindful and fully present moment-to-moment living is the greatest gift you can offer yourself and all others. You see, your daily life is the space where “the rubber meets the road,” so to speak. It is where you discover the relational partnership between meditative practice and service.

As for vowing to relieve the suffering of all sentient beings, we must take a circumspect approach. This is the essence of the bodhisattva’s vow. However, if you truly examine your present capacity, what do you see? You possess neither the power nor the ability to eliminate the suffering of even a single sentient being. Thus, it becomes exceedingly important to realize what must be practiced and what must be given up, or released. You must practice that which brings long-lasting happiness; likewise, you must give up that which brings suffering.

Remember, all suffering arises from specific causes and conditions that are accumulated by individual beings. As for benefiting others, this can only be done by demonstrating wisdom in terms of what is to be practiced and what must be released. In this way, you can benefit others while accomplishing your own cutting-through mastery. Of course, the importance of one matter is (or should be) quite obvious. What you desire to reveal to others must not be hidden to yourself. In the end, cultivating the aspiration to help other beings becomes a creative force for also aspiring to attain Buddha Mind.

### **Learn to Look without Judgment**

When you look through the eyes of separation or of the separated ego, you experience karma meeting karma in nearly every relationship. Such is not the reality, however. When you look through the eyes of Oneness, the utter interdependence of everything is revealed. This includes not only other sentient beings but also members of the plant kingdom as well as the sources for life, such as rivers and oceans. Further, it includes sources for inspiration, such as mountains, great rock formations, and the vast expanses of massive deserts, or even outer

space. This great connectedness is a mystery, for it lies beyond the obvious, awaiting apprehension.

As a spiritual aspirant trains his or her mind to look beyond the obvious, the matter of suffering might begin to appear quite different than it did previously. Seeing what is, rather than mere arising appearances, marks the spiritual depth journey. Indeed, the appearance of suffering, while obviously compelling, is only a part of the story. As noted above, in touching suffering, you might also touch liberation. However, in attempting to avoid seeing suffering, you push away the possibility for liberation. While you may know suffering without finding liberation, you cannot know liberation except by traversing the desert of suffering.

Perhaps the most important step is learning to look at suffering without judging it. As you allow genuine compassion to come forth for beings who suffer, you can readily see that designating suffering as either good or bad is simply immaterial. The designation does not change either the one who suffers or the one who observes the suffering. Indeed, it can only impede or altogether block the flow of compassion. Cultivating Buddha nature begins with generating compassionate *bodhichitta* for all beings. This is precisely where the value of having experienced suffering begins to reveal itself. In fact, it is because of your own suffering that you can hold compassion for the suffering of all others, even those who appear to be your enemies.

### **Ancient Teachings Are Just as Relevant Today**

In a culture that highly praises the wants and desires of the individual, it may be difficult to comprehend the mindset of a bodhisattva. How could Shantideva say that all happiness comes from caring for others? Did he not know the many demands of the ego that all must endure? Well, of course he did. However, he had also seen through the illusions perpetrated by the ego. He bore witness to a reality far vaster and much more creatively potent than that of the ego’s domain. Peering deeply into reality, he could let the conventional “reality” simply be as it was — literally, all things to all people.

It turns out that the Buddha, like other great teachers, had the capacity to offer teachings that are timely today, even though they were given a couple of millennia ago. Indeed, they offer precisely what is needed to eliminate suffering and engender a truly meaningful life. What could be more important to the planetary whole in this time of unprecedented and often meaningless suffering? Clearly, the teachings of the Buddha are not only relevant for aspirants today but are also critical for both the mind’s final liberation and the further civilization of planet Earth. In generating the altruistic mind, which stretches beyond the boundaries of suffering, you create immeasurable benefits for both yourself and all others with whom you have contact.

Remarkably enough, the route to realizing a mind capable of transcending suffering has been mapped out by these great wisdom teachers and will serve you today as it served your spiritual forebears. Further, it will lead you to a mind imbued with a strong sense of love and compassion for all other beings. What you need is the spiritual courage to undertake the journey, a

tried and true method to follow, and a mind utterly bent on the welfare of others. Releasing resistance to the awakening mind of enlightenment, you ultimately embrace awareness so vast it dissolves all obstructive mental impediments. In the end, you find that the ocean can indeed dissolve into the dewdrop!

In closing, let me leave you with Shantideva's prayer from his famous text, *Guide to the Bodhisattva's Way of Life*:

For as long as space endures,  
And as long as sentient beings remain,  
Until then, may I too abide  
And dispel the miseries of the world. •

**Kathlyn Kingdon** is a certified clinical hypnotherapist and cofounder of Madison Street Counseling Center, Women's Mysteries Tours, the Rocky Mountain Enneagram Center, and the Vajra Flame Foundation, Ltd. She is a true renaissance woman. Her lifetime achievements hold distinction in multiple professional fields. She has lectured on the use of music and the voice to enhance personal functioning, and she has recorded and published several instructional CDs. To learn more about Kathlyn, go to her website, [www.VajraFlame.org](http://www.VajraFlame.org), or contact her at 17 Bisbee Court, Unit B, Santa Fe, NM 87508, or [admin@vajraflame.org](mailto:admin@vajraflame.org).



# Gaia's Communication

Onereon through Jeff Michaels

As above, so below. Our opening statement carries many levels of meaning. We speak of the spiritual realm as being, in essence, the same as the physical realm. We draw your attention to this concept in an effort to demonstrate a fuller reality available to the seeker of a higher-vibrational life. There is a deep interconnectedness of thought and emotion represented here.

All life is intertwined. This may seem an obvious statement to some, but our meaning is deeper than simply understanding the nature of the physical ecosystem. In the same way that a member of the family human is composed of the elements of energy referred to as body, mind, and spirit, so too are there multiple levels to the vitality of Earth we refer to as Gaia. It is a strong trait in sentient life to be capable of seeing these connections between the physical and the spiritual realms.

## The Mind of Gaia

Gaia's physical nature is readily discernible. It is the planet itself where you all exist while incarnate. The interplay and complex relationships of all living matter coupled with the geological and meteorological aspects of existence are becoming quite well studied, and breakthroughs of new understanding are on the horizon. Knowledge of growth cycles, seasons, tides, and air streams grant a level of comprehension unique to humanity.

Most of the difficulties that the world is currently facing often result from humankind's sense of superiority over nature. The idea that nature can be manipulated or altered might begin with good intentions. Making people safer or more secure might be the stated goal, but overengineering the planet can and does lead to massive flooding or more and worse earthquakes. It is far better to adapt to Gaia than to seek to control that which you do not understand. As we said earlier, there will soon be new ways to understand the interconnectedness of Earth's systems. It may prove to be a difficult thing to ignore.

Likewise, the life that is Gaia carries with it the energy of a mind. This is not exactly the same as the mind of a human, but it is similar in many ways. A human is possessed of a bicameral

brain, and this is often mistakenly thought to be the complete entity referred to as "the mind." However, this leaves out the most vital aspect of what separates humanity from most other life forms: the heart or emotional aspect. Whereas the brain is the seat of logic and is powerful, the heart is where the sense of appropriate action toward other life forms begins. For far too long humanity has relied first and foremost on the logic side. This is a prime reason why there is the strong desire to think of and often force solutions rather than simply feel or sense through intuition the appropriate path to follow. The heart, when allowed to lead and respond to inspiration, will most often make the correct choices in any situation. Together, the heart and the brain, the emotional and logical centers, can connect the spiritual concerns to the physical matters, the above to the below, as it were.

Much of the trouble on the planet now can be seen as a subverting of the heart, or core emotional center, of humanity. This can be most clearly seen in the way women have been subjugated and treated as inferior over the centuries. Much of the social progress being made today can be directly traced back to strong women or to men who allow themselves to be guided by strong women. Yin energy leads yang energy, and the result is growth and cooperation.

What, then, is Gaia's mind? How do we know what Gaia senses by way of logic or emotion? Can it be true that the planet Earth has emotions, feelings, or opinions about things? We tell you now that the answer is strongly in the affirmative. Yes, Gaia possesses a sense of what is best for all of her life forms. She looks on all activity that takes place on and within her sphere through a variety of means. Some of these means are through human eyes, but she does not rely solely on such limited vision. Some of her observations come through the eyes of her creatures, large and small. Yet even here there is a limit as to what can be learned.

## How Gaia Communicates

Much of Gaia's communication operates at a very deep level,

unnoticed by her higher life forms. She is full with water, and it is through the water that she receives the maximum of her vibrations of communication. Many of these vibrations are not solely from her life on the planet but from the vast solar system and the galaxy beyond. You see, the interconnectedness of life is far broader than merely what exists on Earth. In a sense, Gaia speaks to and hears from her sibling planets and the star that guides and provides them with life-giving energies.

Gaia does communicate with her own life forms. There is a wide variety, complex and diverse, that populates this good Earth. The primary key to comprehending how Gaia communicates is through the word “communicate” itself. The root of the term is “commune,” and the sister word is “community.” Here we see one of the primary paths to communication. Wherever you see a natural community, you can be assured there is Gaian communication going on.

Consider ants or bees. Their very existence is based on industrious and complex communities. It could be said that each community is perpetually communicating. But it extends beyond that. Bees act as a type of messenger for Gaia, carrying information from trees and plants all about the world. Through those messages, there is continued growth. That growth carries the energy of interconnectedness, and through the bees’ existence, all of Gaia’s life is affected for the benefit of all beings. Imagine that a bee is a type of neural impulse that carries a single bit of information. Then take the next step and recall that there are millions of bees in flight at all times, all across the globe. This is one aspect of Gaia’s mind and thought process.

What would happen to a human if his or her neural network became devoid of information? What if your senses were blocked or your brain suddenly limited how much information was available? Currently, there is great concern regarding the drop in the bee population. The interruption of Gaia’s thought patterns will have an effect on all life. There is a growing attempt by some of humanity to provide new stations and homes in which bees can create their central hives. These are sensitive areas that pick up and receive the vibrations Gaia chooses to send. The same is true with ant colonies, but they sense things at a deeper, more profound level. In a very real way, we can compare the ground-dwelling creatures to Gaia’s brain, while the creatures of the air correspond more rightly to her emotional state.

### How You Can Communicate Gaia’s Will

Any small being that creates a high vibration while communicating or even just going about their daily tasks is truly a part of Gaia’s mind. For a member of the family human, this knowledge can benefit you in energetic and subtle ways. Pausing in your day to meditate while in the woods or forest can offer you the opportunity to “hear” what Gaia thinks and feels. Imagine that you are still, communing with natural things, and a hummingbird or a dragonfly approaches you. By allowing it to come near, by relaxing your energies, you might sense the mission this single tiny life form carries through the air. Be cautious not to focus too hard, for the little beings — the bees, small birds, and many insects too tiny to readily notice — are sensitive to your vibrations. If your emotions become too intense, they will

quickly leave the area. If, however, you are practiced at quieting your heart and brain, they might come before you and pass along Gaia’s wisdom. Of course, they carry only small bits of information. Yet consistent practice and attendance on your part can and will increase these moments, bringing you closer into harmony with the systems of Earth.

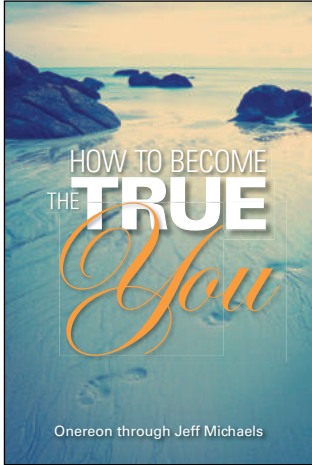
This can be true in other ways as well. Tending to plants or meditating with crystals and minerals can bring Gaian thought or emotion to you. This will be slower in some ways, but it also might be easier for many members of the family human. A plant or crystal will not depart the area no matter how agitated or excited you become! Still, the path to communication with Gaia is always one of stillness and listening. Remember that listening is not only done with your ears. There is a deeper vibration that brings information to your consciousness. Consistency is key to gaining this skill.

There is also a higher vibrational communication, and this is the aspect called spirit. Does Gaia have a spiritual nature? You can find the answer by pondering this: Do you believe that you have a spiritual nature? You belong to Gaia — that is, you are made of her elements. These elements come together in a wide diversity of life forms, yet no life form is composed of anything that is not found within Gaia. The human is often considered unique among Gaia’s life forms, and this is a true statement. The reason is not that there are no other creatures that feel love or a sense of time or the ache of loss at the passing of a loved one. Many other beings feel these emotions deeply.

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You might not consistently recognize them the way you do in each other, but they are there.

These beings that feel love are also sensitive to spiritual matters. They do not dwell as deeply as the family human does on matters that are considered metaphysical, but they do feel the realm of spirit in their own ways. And they, too, are part of the cycle of karma, which is the cycle of death and rebirth and the filtering of energies through the systems of Earth.

If Gaia's life is possessed of a spiritual nature, then Gaia herself, the source of your physical being, must also be capable of a spiritual vibration. This occurs in this way: As the system of planets spirals through the galactic cluster, there is continual communication that arrives from the community of stars and planets as well as other physical matter that also makes up the universe. Gaia, and indeed the entire solar system, speaks of the experiences, thoughts, and feelings that she carries. These thoughts and feelings are carried by the smallest of elements and creatures to the more complex beings and communities that reside not only on Earth but in the cosmic community that you are a small part of.

Small does not mean unimportant. There is a preciousness to human life just as there is to other higher-vibrational animals. There is a special nature to those who not only sense spiritual things but also communicate them with one another. It is here that you can ask yourself, "What is it that I communicate? What words, thoughts, and emotions do I emit from my karmic core? At what vibrational level do I exist, and what do I radiate from my true self? Is Gaia actively using me to commune with her life forms?"

Not all of humanity carries out Gaia's communication. Not all of humanity seeks to commune with Gaia. In this way,

not all of humanity is contributing to Gaia's purpose of growth and diversity. You must understand that she has her opinions and feelings about certain actions taken by her life forms. She senses through her communities who and what is practicing peaceful processes, promoting paths of growth for all life.

Gaia senses when beings feel joy at being alive and express such joy by cooperating with her ecosystems, strengthening and supporting her rather than seeking to bend her to their will. She understands and feels the sense of love that many offer as they embrace the bounty and beauty Gaia willingly provides.

Gaia senses, above all, the greater community of the universe. She feels strongly the Source energy that courses throughout all of creation. And Gaia brings that sense of Source to her life forms — all of us — both on Earth and in the realm of spirit in the vicinity of the planet. It is left up to each of us to pause, be still, and listen with our hearts. Then we can take the appropriate actions Gaia requests for our benefit. Fill your lives with the elements of love, joy, and especially peace, and then pause to hear what Gaia says to you. In this way, others will be able to hear what Gaia says through you. •

*Jeff Michaels is a channel, author, spiritual advisor, motivational speaker, and instructor of metaphysics. He is on a lifelong path of service with over thirty years of experience in ministry, energy work, writing, and teaching. Jeff's commitment is to guide others to follow their personal paths to their highest potentials. To learn more, visit [www.quintessence1.com](http://www.quintessence1.com) or contact him at PO Box 453, Huntington Beach, CA 92648.*



# The Universe Is Calling Itself Back Together

Ananda through Laura Pieratt

We will share a view of things to come. We are progressing to a new phase of evolution in mankind's unity awareness. It is a time of celebration because this was a slim possibility for eons. It has been hard won by many pure hearts that remained focused on the light of love in spite of the hardships around them. Many have suffered deeply to hold this light rather than turn their hearts hard to defend themselves against the hardships and the harsh assaults of a reality that tore deeply into their soft shells. They remained true to their ideals and visions of a world in which love prevailed and unity was a possibility. They continued to peer deeply though the façade to see the benevolent potential beyond even the harshest, cruelest actions. They wore love on their shirtsleeves, understanding full well the vulnerability it

broadcasted. With their truth held high — even if quietly stowed or deeply sequestered in silence — they carried the light forward to a time when it could be revealed more fully. And that time is now!

We celebrate these brave warriors of the light, for they are the reason we are able to welcome in the new possibilities that are so ripe in this New Earth era. They have no bronze statues or war memorials to honor their sacrifices. No purple hearts were issued to recognize their brave services, wounds, or scars. The promise of a new life in the world they were creating was enough. Their driving passion was to create this new potential for all beings to enjoy and be blessed with. Their sacrifices are well acknowledged and appreciated in the hall of records, carried on the winds and etched in the earth. There is no need to

mourn those who devoted their lives to this service, for they are you. You very souls, alive today to enjoy the benefits of your many sojourns in service to the light, are reaping the gifts of the seeds you sowed many years ago. Be in peace and enjoy the good flowing to your now. You deserve it, and it is by your own hand that you can thrive in the light today with the hope of living in unity tomorrow. We wish to take this moment to say thank you and to honor and acknowledge all the bright, brave, passionate, and creative souls who have given their all for this shift of ages. It is done, and we give thanks. Now, let us move on in partnership with what has been gifted. It is a remarkable inheritance well worth careful stewardship. As we honor our ancestors, let us honor our comrades now, for they are one and the same!

### **You Are Unique and Necessary to the Whole**

This is a pivotal point, and there have been many before it. We wish to seek your good will in garnering support for the next phase of creation's plan that is unfolding even as we speak. There are great waves of benevolent, joyful, harmonious, and prosperous energies weaving through your planet, its people, the grids of Earth, and the great presence in all things. There are fragments collapsing into new revisions, entangling new elements, joining new forces, and speeding their way to new beginnings. Endings are rampant as loose ends tie up and complete their expressions. All is renewing, repatterning, and restoring itself according to the edict of Light.

Light passes into and through all new beginnings as fulcrum points give way to its tipping power. What new creation do you wish to add more light into through your passion and focused love? What do you wish to reformat? What calls you forth to add your unique element and vibration, vision, and determination to the mix? You are unique for a reason, dear ones! You are needed specifically for your uniqueness, for you are adding your light to the whole, and it is a potent gift when it is crystal clear, vibrant, and coherent. The lesser energies give way to such infusions, willingly allowing enhancement to higher octaves of benevolent love and unity protocols.

It is a process of great emergence into more as fragments unify into wholeness, integrating lost, unholy (un-whole) miscreations back into unity programs of holy light. We are fragments restoring unity in countless forms and ways, all gravitating back to the Source in some fashion or another. Join the swirling spirals of light! They are a force of life, energy, and vitality that is pulling you back to your center. They offer a direct path back into your core, which is already in alignment with All That Is. It is a dance with the universe, the greater picture calling the pieces back together. Instead of the old energy way, in which you were like a collection of fragmented puzzle pieces with only a vague idea of the great indivisible image being reflected as fragments, you can now see the big picture. There is a magnetic draw pulling each piece into place to reveal the whole for all to see and enjoy.

### **Trust Your Essential Nature**

The veil is thinning, and your direct connection is palpable, tangible, and compelling. Trust this inner push on your consciousness to drive you to the best action. Let it fill and infuse you with love and light each day as you sit in reverence at the feet of your holy self. Let your heart align as you sit peacefully each day in the light with no thought or agenda but to receive the true light and joy of being you. Invite unity, feeling oneness with your higher self. Let that be the only purpose as you sit and breathe. Let yourself fill with trust and support, knowing and joy, peace and serenity. Do not need or request yet, just feel the greater you breathing with you, expanding into you, moving deeply into Earth through you. Just feel, receive, and breathe.

Spend time in this light of love each day until you feel that the connection is present within a few deep breaths. Cultivate this relationship with your core light as your source so that you begin to re-Source from within. And when you trust that your clear connection is established, you can begin to ask for guidance, wisdom, and inspiration. Ask for healing, deeper peace, unity, and prosperity. Nurture the connection and be sure trust is present, for without trust you will not be able to receive what is given. If trust or your connection is weak, sit quietly again with no agenda until you feel the truth of your divine self as your constant companion.

You are divine love. That is your essential nature. You came here prepared for all you would experience. You came with all the solutions you will ever need embedded within you. It is now a matter of developing a practice of going within to see, feel, access, and activate those very gifts and solutions available within you. You are never lacking. You could not ever be, for you were never separated from the whole except through your thinking. Change your thoughts by sitting in the energy of the love of your true self, and let the greater truth of your unity be revealed in such a way that you can never doubt it again.

We are love. You are love. We are one. There is no ending or beginning. There is only being. Be with us now in full ownership of your beauty and light. We will hold that vision with you now and always. In peace, we leave you in perception only, for we are always present. Be in peace and know that love is indivisible. Unify within this truth and you will awaken to great joy!

Benevolence all-ways. We are Ananda. •

**Laura Pieratt** is a quantum energy and sound healing practitioner. In channeling her own healing system, True Light Process, Laura has facilitated hundreds of powerful, vibratory sound/light healings in person and remotely with excellent results. Laura has the unique gift of speaking light languages, which facilitate accelerated healing, removal of blockages, and cellular repatterning. To learn more, go to [www.LauraPieratt.com](http://www.LauraPieratt.com) or contact Laura at 119 Manor Lane, Ft. Thomas, KY 41075 or [LauraPieratt@gmail.com](mailto:LauraPieratt@gmail.com).



# The New State of Awakened

Archangel Michael through Kimberly Powers

Beloved ones, I come to you with all the energies and angels witnessing your awakened state with such joy. This state is natural to you, for it is as you exist nonphysically. You can more readily see moments of nonalignment and easily move back into alignment. You recognize the effect of the fluctuation of energy from the planets, your Sun, and even the universe. We rejoice as you are now one with those energies, allowing the flow to not affect you but more easily ride with the energy — actually be the energy.

As the energy changes, different parts of your existence are able to come into alignment. Your awareness alone brings alignment more effortlessly than in the past. Little work needs to be done. In allowing the world globally — within your country, cultures, and communities — and within your own being, your struggles of the past are crumbling away.

## Move into the Perspective of Awe

Surely by now you have witnessed your power to manifest at will. You have noticed that while you are busy with something else, that which you briefly thought about comes to fruition. This is how it works best. Kimberly has asked us many times when she should focus and when she should let go. We say to let go always, yet we recognize that in the focusing, she finds relief and enjoyment in experiencing something that she is not yet witnessing physically. So we tell her to focus when it feels good, and when it does not, then focus somewhere else. We have often seen when she focuses too long, she begins to feel frustrated that what she wants is not yet available in the physical to her. This is when we point out something else that needs her immediate attention, and then the very thing she wanted can come to her through the ease and release of bottled energy.

Many of you are doing the same thing. Only in the desire of something specific does the energy form, but in the extended focus of your desire, it becomes no longer a desire but a frustration. The frustration is what stops the energy from forming before you.

Belief is the only way to truly utilize all that is available. See it, think it, feel it, and *know* that you are truly one with the universe, bringing in what you desire. Thus, you are not waiting for us to deliver what you want. You are forming it through the energy that comes into a slower-vibrational physical form to witness it with your eyes. When you keep adding energy by continued focus, the energy cannot slow down enough to take form. When it does not show up and you scatter the energy through your frustration, it cannot come into physical form. We hope you understand this.

We wish you would release all thoughts of separation. Release the thought of healthy and unhealthy, energy and physical, and there and not there. Your manifestations are already there. They are just in a form that has not slowed down enough in vibration for you to see with your human eyes. Many of you know the spectrum of sound is limited in your human bodies. Dogs can hear that which you cannot. This is the same with your created desires. They already exist, yet you cannot see them until you allow the settling of energy to bring them into the spectrum you can see. Thus, they are not, not there. They exist.

The universe is not something separate from you. You are the universe. You are God. You are not cocreating. You are just different focuses of one energy, and from a higher perspective, you are creating on multiple levels. Yet as physical beings, you have been caught in the idea that you are separate vessels, that you are your bodies. Your bodies collect and gather weight, intelligence, addictions, and diseases as if those things belong only to that vessel. This is not true.

Seeing the larger perspective in every situation will assist you in incorporating your mind's thoughts — ego — with the energy of all. As humans, you enjoy the separateness, and that is fine. This perspective is part of becoming nonphysical. You are able to enjoy so much in this (and on behalf of the universe who also experiences everything as you do), yet you are not nonphysical beings.

Your senses allow the separation and union with others, which brings awareness from new perspectives. It is when you get caught in the moments, the detail of specific struggles, that you limit the enjoyment of the experience. Feel the moment, and quickly move out into the perspective of awe. Continue until you have an expanded view of all things and situations. This will bring the ease in which struggles will be released, and you will find pleasure in ways you could never have imagined. It is effortless, and this is the way it has always been intended, even as a physical human.

## Your Tribe Is Beginning to Grow

Your ability to move closer to experiences in a separated form and move further out to see from new universal perspectives is only in the infancy of what is yet to come. In a short time, you will be able to see everything from every perspective at every moment. Many of you are now able to do this, and it is you who help others now awakening to see life in this way. All in one moment, you may feel the agony of a forest fire yet rejoice in the rebirth of what such clearing can do. Life is this way. Everything has the completion of experience, and everything interacts with all. Not one

thing is wasted or experienced by the collective or the whole energy of the universe.

We wish you would recognize from our perspective the whole truth of what has happened in such a short time. We wish you could truly understand your power to create at will, yet we do not wish you to lose the pleasure of the experience of awe as you witness, piece by piece, the manifestations you are creating, celebrating, and appreciating along the way. This stage is also important. This is an opportunity of pure gratitude, and we wish you to stay in this state because you enjoy it so much. It is truly in the enjoyment that brings about everything faster. It is in the fun and play and giddiness of awe that each of your cells sings and resonates as the pure divine humans you are now.

We know that you are witnessing the most unlikely people in your lives beginning to speak the words and recognize that which you have for years. Don't rush them; rather, savor their recognition and continue your play. They will move more and more into alignment with no effort from you. You will find your tribe.

Others you have come together with over the years are moving away, not out of your lives but out in an expanded form as the grid of energy connects you to those awakening. You will no longer need to connect with only those who have been awakened before. The energy is here now for you to be supported in many ways. Your new tribe is finding your shining light, and you can now be supported in the general public as never before because they too are realizing their own awareness and resonating toward those already on the leading edge.

### See Your Body in Perfect Alignment

Your world is not falling apart. Earth is healthy despite that which seems to be the case. Yes, we know you are seeing pictures and are more aware of what seems to be pure destruction, but Gaia is part of the universe energy and could never be anything other than in alignment. The system is in perfect balance, just as you have always been.

The things that are happening to your planet can be compared to the pets you have. Often they will roll in the mud or get fleas and just need to be cleaned up for you to be able to feel happy again. We know by speaking to your animals that they are not bothered by unpleasant odors or mud in their fur. It is you who feels better when their smell is more to your liking and they are trimmed neat and tidy. By the way, they are happy to oblige you, for your happiness is what they are here to support.

The unhealth you see is your bodies speaking to you, calling for alignment and forcing you to do that which is necessary to be in alignment again. Soon you will no longer be able to be anything but in alignment. Rather than thinking your body is unhealthy, please see your bodies as Earth — in perfect alignment in that you are being called to bring your physical bodies into alignment with the nonphysical. Your bodies are calling you to be one with your energy. This is to be recognized as perfect rather than broken or diseased.

Many deaths are happening now only because in the dying

process alignment is achieved quickly. But dying is not necessary. It is only an option some are choosing rather than moving into alignment physically.

Rejoice with us! Sing, dance, play, and feel the physicalness of your amazing bodies. The best use of your intention now is that of easing into pure bliss and joy. Practice that which is play; practice and fine-tune your ability to let go in utter ease. Find a friend to have belly laughs with, stay up late, go to bed early, and eat ice cream (yes, it can be healthy ice cream if that brings you happiness). But let go of some of your rules until you find that which more suits your joy and freedom. You are no longer warriors fighting against anything. You are now one playing in the joy of freedom. This is only the beginning of how good it's going to get! We are so glad you are here with us. •

**Kimberly Powers**, expert on conscious creation and author of *Union: Twin Flames, Soul Mates, and True Love*, has always talked to Spirit. She began channeling Archangel Gabriel in 2010 when he told her it was time for her to write. Kimberly connects with the energies of many on the other side, including Mother Mary; Yeshuah; the Pleiadians; Sekhmet; Archangel Michael; Archangel Raphael; and one of her beloved, strict guides, Ascended Master Serapis Bey. For more information, go to [www.InsightontheWeb.com](http://www.InsightontheWeb.com).



*Light Technology* PUBLISHING Presents

# *Union: Twin Flames, Soul Mates, and True Love*

by Kimberly E. Powers

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# Spiritual Philosophy for an Evolving Humanity

Archangel Michael through Ronna

Beloved masters, many of you feel as if you are in the final stretch of a long, difficult race and your energy and enthusiasm are lagging. You grow more and more disenchanted with the glamour of your worldly existence, and the things that used to excite you seem somewhat tarnished and dull. It is because you are shifting in and out of two vastly different realities or several dimensions at once. Also, your four lower bodily systems — physical, mental, emotional, and etheric — are trying to adjust to and catch up with the many facets of your higher self, which you are integrating on an accelerated, regular basis. This has put much stress and strain on your earthly vessel.

A vast number of you have been or are preparing to make a quantum leap into a fifth-dimensional consciousness in which your old-world state of being falls away much faster than you can integrate the refined energies, vibrations, and concepts of your new, higher-frequency existence. As you become aware of what is taking place, you will not be so stressed and confused. Please believe us when we say that relief is at hand. One of our greatest desires is to assist you in the process so that your transition can be accomplished with ease and grace.

Over these many past years, much of the information, meditations, and exercises we have given you have been focused on transmuting old negative energy patterns and on expanding and refining your conscious awareness. This process is necessary to make way for the infiltration and integration of the rarified cells of Creator light — the higher frequency, powerful new rays of individualized expression that radiate forth from the rarified realms of the Supreme Creator.

We offer you a variety of higher truths to assist you in the evolutionary process, which is now in full force, during these unprecedented times. Some of these advanced teachings have been given previously, but they are important enough to repeat. We suggest you focus on one or two concepts each day so that you might firmly ingrain them within your consciousness and they become a part of your new spiritual philosophy for self-mastery.

## Higher Truths for Self-Mastery

You are learning to live in an ascended state of consciousness as you gradually unite with the remaining facets of your higher fourth-dimensional soul self. You are moving out of a state of becoming into a state of being, which means you are learning to live in the now moment of your God power. As you develop clear-sightedness and pure intention, the fog of illusion will no longer affect you. You are beginning to mold

and create your greatest visions and desires from the storehouse of divine seed thoughts of unmanifested potential as you slowly refine your cocreative abilities. You are gradually evolving into a unified, radiant spiritual being in human form — a soul-infused personality.

Self-mastery is a never-ending process you learn while integrating more and more of the virtues, qualities, and attributes of our Father/Mother God. It takes constant vigilance and practice; however, the rewards are immeasurable.

It is time for you to remember why you are on Earth. You are an extension, or a facet, of our Father/Mother God, who, in turn, is a greater facet of the Supreme Creator. Embrace the excitement of your new reality as you create greater and greater harmony within your personal world. Endeavor to take full advantage of your newly harmonized and elevated reality. Savor all the sensations and rewarding experiences the Earth plane has to offer while also enjoying the beauty, wonder, and magic of the higher realms.

Light, sound, and color are the modalities of healing, and they are requisite tools to assist you in expanding your consciousness and refining your personal reality. A spiritually focused student on the path to higher awareness must learn to use some of the major tools of self-mastery, for they are a part of your divinity and birthright. Toning and learning to use sacred sounds and mantras will aid you in rectifying many of the symptoms of distress or illness you currently experience, for they will assist you to gradually transform your etheric, emotional, and mental bodies into a more harmonious state of being.

Each of you has the ability to contribute something personal and unique to the divine blueprint, which has been designed for the future of humanity and Earth. You have been given an extraordinary gift by our Father/Mother God: the divine privilege of participating in the creation of your own destiny. Each of you has the potential of becoming a glorified mortal. You are becoming spirit-infused mortals, which assures your ever-expanding immortal status. You are multifaceted, and you have consciousness on many more levels than you can comprehend at this time. You are an immortal soul with a mortal mind and body. You are in a process of soul-expansion, whereby you gain the ability to integrate higher and higher light frequency infusions.

There is cosmic time, which is fluid and malleable, and there is mortal time, which is linear, structured, and event oriented. You are learning to live as spiritual mortals who can access the fluidity and magnificence of the cosmos. There are schools of cosmic philosophy where you have studied and that

you will be able to tap into once again as you gain the ability to traverse the higher realms of expression.

There are destiny guardians to guide you and show you the way. Ask for their assistance, and they will become your devoted servants. The beings of light represent many differing viewpoints, and they have had many diverse personal experiences, just as mortals have.

True spirituality does not demand particular rituals or rigid beliefs; it is a mode of living your highest truth with wholehearted devotion. You are to seek a blend of your highest intellectual, emotional, and spiritual philosophies of life.

You are a spark of the Divine, and you should honor and place high value on yourself and others. You dishonor our Father/Mother God when you do not. You should always seek liberty and truth for yourself as well as for others.

How will you know when you have moved into a state of grace? You will know when others reflect the beauty of your soul back to you. You will know when your abundance begins to flow. You will know when your heart expands with love for all creation and when your soul song reverberates throughout your being and out into the world and the higher realms. You will know when you cannot keep quiet and are compelled to share your joyous experiences with anyone willing to listen. And you will know when it is appropriate to be a silent witness.

Meditate daily and nightly; better yet, become a living meditation so that every waking moment is focused on the highest purpose for all. Then bring your love and power together to create the meridians of light and focused energy so that your strength circulates throughout your physical vessel and then radiates forth from your solar power center upward into the heavens and downward to the center of your Mother Earth.

You are to assume the lofty outlook of the masters: Calmly, gently, and lovingly stand by, observing and helping when possible but also allowing without judging, for you know all that is happening is for a reason, and everything that occurs has a higher purpose.

Spread your loving light and presence as far and wide as possible, dear ones. Counsel those who are led to you. By your actions you will be known, and those who have need of your light and wisdom will be drawn to you.

### **Connect to the River of Life and Light**

Never forget that you are eternal and immortal. Your physical body is a temporary temple in which a divine facet of God dwells. The sacred heart is the temple of the soul. Therein is the essence of life where true love resides and where your awareness of infinity begins. The diamond core God cell within the sacred heart contains the twelve rays of God consciousness for this subuniversal experience. These sparks of divinity are powerful white fire God-seed atoms — etheric crystal prisms of refracted light called rays — that continually beam forth the life and love essence of our Father/Mother God throughout this subuniverse.

To manifest your dreams and your vision and to create your personal paradise, you must be ever alert and strive to attune to the whispers of your soul and higher self. This is accomplished by tapping into the frequencies of your oversoul/higher self and

becoming aware of your greatest potential. Self-mastery is the power to control your life and destiny and the wisdom to use it for the highest good of all. As you do so, it is vitally important to stay firmly grounded and balanced within the accepted range of duality while functioning within the reality of the third- to lower-fourth-dimensional reality. You must also strive to establish emotional harmony and serenity within the illusory world of the higher fourth dimension as you endeavor to become acclimated to the mental plane of the lower-fifth-dimensional environment.

Your transformation through self-mastery, as well as the ascension process, will be greatly accelerated once you have expanded your personal lifeline of God light — an etheric tube of Light — which is your primary connection to your God-seed atom/I Am presence. You are also in the process of reestablishing your connection to the river of life via your personal Antahkarana (rainbow bridge of light), which contains the Creator essence called adamantite particles of Creator light. Over the many past ages, humanity has diminished the connection to the river of life and light so that, in most people, it has become only a small trickle, which was called the “silver cord” by the ancients.

Each of you has a sphere of radiance around your physical form that is produced by the vibrational patterns within your auric field and your cosmic soul song. Ascension means bringing the total bodily chakra system into balance, which will facilitate the clearing, refining, and balancing of the etheric body/auric field. An important part of your ascension goal is to focus on the process of returning your etheric body and auric field to their original divine blueprint, which is the human blueprint for your original bodily form called the Adam/Eve Kadmon lightbody. We observe you via the bands of color within your multiple body system — physical, mental, emotional, and etheric — which have been created by your thoughts, actions, and deeds throughout your many lifetimes down through the ages.

Dear hearts, we ask you to nurture yourselves and pay attention as never before to your physical vessels and the signals or messages your wise elemental body projects to you. How will you enjoy the beautiful world of love, joy, and abundance you are creating if your precious physical vessel is not vibrant and healthy?

Join us in your pyramid of light, my brave ones, and allow us to assist you in moving through the process with ease, grace, and great joy. May the radiance of our Father/Mother God pour down on you and fill you with the light of life everlasting. Know that we are ever near to guide and protect you. 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 much intense study and training, she began a career as a spiritual teacher and counselor. To learn more about Ronna, visit [www.RonnaStar.com](http://www.RonnaStar.com) or contact her at 6005 Clear Creek Dr., Reno, NV 89502, 775-856-3654, or [ronnastar@earthlink.net](mailto:ronnastar@earthlink.net).*



# Anchor Truth in Physicality

Teacher through Miriandra Rota

Greetings! I am Teacher, and I come forth because you are ready — ready to receive the next installment of the truths that have been waiting within your inner being to flow forth into your consciousness. Let's not hesitate for one moment to begin!

When you first came to Earth — and that includes those of you who are walk-ins — there was a pause, and within that pause, you aligned yourself within physicality. Now, that aligning did several things for you, fulfilling several purposes seemingly within a blink of an eye. You began not only to seat yourself within physicality but also to discern the nature of the cause and effect as it tried to divorce itself from the illusionary grasp of distortion.

And what you discovered, my dear ones, is that physicality and the cause and effect were quite a mess! That is to say, there was little clear pathway on which to travel. And that meant you would have to search for those ways that would allow you to go forth unhampered to fulfill your purpose — the purpose of anchoring truth and love and light within the fabric of physicality.

You went forth — of course you did — and some of you floundered until you situated yourself in a way that allowed you not only to discern truth — the slight fabric of truth as it shone its light through the darkness — but also to discover that there were others who, like you, were searching for a way to live, to be incarnate, and to continue to live in a manner that upheld your purposes and that allowed you to live in peace.

## Soldier On to Diminish Horrific Events

Now, living in peace was not that easy, my dear ones, when you came upon those ones and those circumstances that caused your spirit to cringe, to shrink away from the cause and effect. Yet you persevered and began to develop ways that would assist you to continue to love. And what occurred? Much to your amazement, when you focused on your love and on wholeness of being, the intensity of the horrific events seemed to diminish. Now, I did not say that the horrific events disappeared. What I said was that when you held love and peace within your consciousness, the effects of those events were lessened. And after all, aren't the effects what cause the chain reaction among those ones who are still asleep? Don't the effects cause the fear to grow and then to spawn further distortion within the illusion of separation from the whole?

So then what? Well, you developed other abilities that allowed you to remain within the vibration of love and peace even when the external events were as a magnet, inviting you to participate in the right-and-wrong push and pull that occurs in the distortion. Some of you became as hermits, while others marched in streets, holding banners that said "love and peace." In both instances, the inner you, that beautiful inner spirit, began to make itself known, but to whom? Well, my dears, your beautiful inner spirit began to make itself known to the entirety

of you, including your glorious human nature. And *that*, my dears, began this phase of your living upon Earth. You began to recognize that you were much more than human. Oh, you spoke those words, sometimes in jest and sometimes in your private reflections. Yet now you began to know beyond a doubt that there was so much more of you, and that so much more was a bit of a mystery; it was bigger than knowing yourself.

## The Totality of Being

You see, my dear ones, the totality of being is big. It is the All. And that is what you are touching on right now. You are becoming more and more able to maintain a consciousness that holds the truth of One. What does that mean? Oh, my dears! It means that you are now residing in this next phase of living, that you are able to release your attachment more and more to the persona within which you have resided, and — hear these words — you are more and more able to be. Are you ready? You are more and more able to consciously be totality incarnate while residing within human nature. You have a word for that; it is "*wow!*" Yes, perhaps you will reflect on what I have just said.

You see, what we are saying is that you are the totality of being residing within human nature. You are incarnate and residing within the cause and effect, which is struggling to maintain its integrity of being against all forces that hold the intent of maintaining and increasing the distortion. And all of that, of course, is based on that nasty illusion of separation from the whole; but nonetheless, it does exist, that intent, and it grows. It is the battle for Earth, you see. And, of course, that is why you are here: to do exactly what I have been talking about. This is so gloriously amazing and wondrous!

You *are* doing this, my dear ones. You are! You are residing within physicality. You are the totality of being, and *you* breathe forth your human nature within which you then reside. And here is the big news: You are able to maintain the conscious knowing of all that you are. Now, that doesn't mean that your mind or intellect can comprehend the totality of all that you are. And that's where some of you have taken a little detour. But that's all right; one day your mind will have to admit that it just doesn't know it all, that who you are is much bigger than being able to integrate it all into the mind's manner of knowing.

This manner of knowing of which we speak is that which resides *always* within the core of your being. And that truth, that totality of being, is always flowing forth to form as you, for you. Yes, it might sound a bit like manifestation and those techniques you learned long ago. But again, I say, this is bigger, much bigger.

## Love Flows Forth to Embrace All

Let's get on with this a bit more. Now that you are residing in

such a magnificent way, how can you continue to fulfill your purposes so that — here it is — the entire consciousness will embrace truth? You can't. That's the core of all of this, you see. You can't make the consciousness — or better said, the sleeping state — become awake. You can't make it happen. If you could, wouldn't you have done so long ago? Of course. However — yes, there is a "however" — while you are going forth to live the best possible, most fulfilled, joyful, and delightful life that you can, those frequencies of celebration affect the whole.

Now, you have heard all of this before, yet maybe now it will have a grander meaning to you. When you laugh, the ripple of your laughter radiates throughout the entirety of the whole. Now, if that is the truth — and it is — then why wouldn't your maintained conscious knowing of totality of being while you reside within human nature then ripple through the whole? Of course it would, and it does. Right now. What does that mean? Well, my dears, it means that within the fabric of human nature — the totality of human nature — there is a change occurring. You have perhaps noticed this with the new children who are now coming into earthly living. They are brilliant and filled with light. The very fabric of that so-called human nature is changing to be able to accommodate the vibrational frequencies of incarnate awakened consciousness. What does that mean?

It means, my dears, that the ever-spreading darkness is more than challenged. It means that there is a growing wave of love, divine love, that is wafting across Earth and into the fabric of that human nature, all human nature. The love of which I speak is not the little love, the one that can spread itself only in one direction and withhold itself from another. This love that is flowing forth now — because of your fulfillment of purpose — is a big love with a capitol L — L-O-V-E — and that Love is divine Love, and it doesn't discern which to love and which to not. Why? Oh, you are going to enjoy this. The big Love doesn't buy into the distortion, into the illusion of separation from the whole. It is the whole, and it just Loves. Ah! Isn't that grand? Yes, it is, my dears.

So now that you are, more and more, letting go of the need

to judge or interpret another's manner of being and are more and more able to reside within the wholeness of being that you truly are, then the more the Love of you flows forth to celebrate its wholeness of being. And within that flowing forth is there the return to one. That is, there is the embracing of everything — every thing, every one, every manner of being. Total embracing of the all.

As you say, "And now we're talking!" That's what you are doing, even while you receive these words. And now, don't think that you have to try harder to be who you already are. There is no result from trying harder. Why? Well, my dear ones, that is just your human nature trying to figure out a way to be divine. But it can't. The only way that your human nature can participate within this glorious adventure is to admit its limitations and to turn within and embrace the totality of its own self, the real you. Peace. Yes, that's what happens when your beautiful human nature does just that, surrenders to its own divine nature: inner peace.

Well, I could go on and on, but I believe that is a good amount of truth that you might enjoy. I have interlaced within those words some vibrational frequencies that will assist you to let go of the illusion and delight in truth. That's what you were really after anyway, wasn't it?

Until we speak again, I am Teacher, and I give gratitude to you. •

**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, [www.PrettyFlower.us](http://www.PrettyFlower.us), or contact her at PO Box 81, Troutdale, VA 24378-0081 or [miriandra@prettyflower.us](mailto:miriandra@prettyflower.us).



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# Fifteen Minutes of Magic: Re-member Your Power

The group through Steve Rother

Greetings, dear ones. I am the Keeper of Time. I am here this day to share with you what is happening on this magical planet of yours. You are changing everything every moment, and it is magical to see. As we have mentioned, all of this comes in a wave that also recedes. Many of your difficulties occur on the wave of the energy as it comes in. Fortunately, it never recedes completely like the oceans do but somehow always manages to go a little farther every time the waves come in. This is part of the new physics that will begin to make sense as you start to understand what dark energy is all about. You are right on the verge of uncovering more of your understanding about the world around you and all of its many dimensional levels. Dear ones, there are some magical things taking place on Earth.

## **The Energy of the Water**

We have mentioned before that there are many of what you call sinkholes happening on Earth. All of a sudden, Earth literally opens up. Recently we saw two people get off of a bus and fall right through the sidewalk.<sup>1</sup> What causes this? Well, it is a phenomenon that is happening globally because it has to do with the currents and the energies of the water beneath the surface of planet Earth. You are going to see more of these, and they also move in these waves. That is the magic that we share with you here. When you learn about the waves and you can feel them, you do not need to know exactly when they are coming in or how to be in the best position for their arrival. You will simply start to feel the energy that is what you are experiencing on Earth right now.

Over the next several months, you will feel a new energy, and a lot of it comes from the movements underneath the earth. Water, dear ones, is a form of energy all its own. As you know, water can be transformed from one form to another, but it never completely goes away. In truth, the water you are drinking is the same water that the dinosaurs drank eons ago. In fact, it actually circulates through the universe in different ways, and that is magical too. You will start to understand more of your own origins here on planet Earth as humanity evolves to these next steps. We are telling you all of this because the magnetism of Earth has reached a level at which you will resonate with it. You will feel the magic come back.

## **Fifteen Minutes of Magic**

Have you ever heard that each human on Earth has fifteen minutes of fame? It is quite an interesting process to think about that. At some point, each of you steps in front of the camera and has at least a few moments of fame. When everyone is

watching, you have the opportunity to be the teacher, to impart the knowledge and wisdom that you have carried so sacredly onto this planet. You have so perfectly brought your own light to planet Earth and anchored it as such. Well done, well done. That is the fifteen minutes of fame. What if we told you everybody will experience more than fifteen minutes of magic? That is what is returning. Are you ready, dear ones, for your fifteen minutes of magic? What would you do? What would you create?

This goes all the way back to the famous three wishes. Of course, everyone knows the only wish you would have to make is for more wishes. How simple that would be! In truth, you already have these fifteen minutes of magic, but it is not going to be limited to fifteen minutes. There is another wave coming in, dear ones, and almost all humans are in a position to feel this in a new way. When you feel your magic, it is important that you ground your magic through your actions, speech, belief systems, teachings, and so forth. All humans will feel this magic in beautiful ways. You have the ability to ignite the collective heart of humanity globally, which has never happened to this degree before. You realize that you are now more aware of the events that are taking place in your world. You basically have given the credit for that to your technological advances on Earth, but in reality, it is your own spiritual and vibrational advances that allow that technology to land on planet Earth and to find its way into your life. So whether you take credit for it or pass the credit on, it makes no difference. You will feel it.

Are you ready for fifteen minutes of magic? What would you do to extend that? What would you create if you could have anything? This is the time to seriously think about these things. Of course, all of you are right away going into your beliefs in limitation. It is natural. You live in a field of duality in which you only see things as light and dark, so of course you will see the limitations. What are the limitations?

## **The Redistribution of Water**

First, you think you only have fifteen minutes. That is a limitation right there, is it not? The reality is to pretend that is all you have and to live as if those fifteen minutes are your full incarnation of that magic. Now you will see that Earth is also rebalancing herself. We have spoken of this at great length over many years, sharing that Earth has been wobbling ever so slightly so that she has had to form a new balance. This has been done, dear ones, through the redistribution of water that you see so clearly on your Earth. You see this as excess rainfall or, quite often, as flooding. We have shown you the areas of Earth that

will be most affected by this, and we will again share with you how to be in the best position at the time, wherever you are.

Most of the redistribution of water has been done on the surface of the earth. It is now starting to take place in the subterranean parts, such as in many of the rivers that you do not even know are connected. This is very important for all of you because, quite honestly, your oceans are reaching a level of pollution that is of great concern. It all has to do with particles of plastic and other pollutants. All oceans are connected, so your pollution and even the nuclear disaster in Fukushima are affecting them all. Since the redistribution of water mostly came from the evaporation of the oceans, it is now possible to redistribute fresh water underground. That is an advancement.

Will you see difficulties with this? Well, we told you that you will see an enormous number of sinkholes, and they will not always have explanations. You might see a house, and the next moment it will be gone. You will see more of this in varying parts of the world—not just where they are doing what you call fracking, but every place. Of course, there are many places where you know the subterranean is moving and has been moving for many years. The state you call Florida is filled with these underground caverns and places where water has moved and sometimes left a vacancy. As the waters begin to rise on planet Earth, they will fill these vacancies. These will change in many ways, dear ones, which is the reason we wanted to take another opportunity to walk you through what is coming so you can take part.

This is so beautiful to us. Many of the pieces that you have been told about in the last round of Earth changes have started to shift ever so slightly. This proves to us one thing: If you give a group of very powerful creators on Earth a focus to come together for and work with, you will change your planet. You will change the evolution of humanity and your social environments because you will start to see that you are all connected. You will stop separating yourselves the way you have been for so long. This has created the opportunity for you to play this game of pretending to be separate from each other, and now here you are at this magical point, about to catch this magical wave. Look for your fifteen minutes — not of fame, dear ones, but of magic — in which everything seems to come together. And when you find those fifteen minutes of magic, simply extend it, because you are magic, are you not?

### **A New 26,000-Year Rhythmic Cycle**

You are learning a little bit of what is ahead, and this is very important. Are there challenges coming? Of course there are. You are very well aware of the planetary cycles that have been moving forward, but we also tell you of the larger rhythms. That is the piece that Elrah has brought in. You are beginning a new rhythmic cycle. It is a 26,000-year cycle, and you are at the beginning of this cycle at this moment. You had to clear all the aspects of the past and let go of many of those old pieces in order to step forward into this new energy. There simply is no room for vibrational disharmony. You must be in integrity with your heart, and as you do that, a new world opens. That is the only thing that is necessary for you to activate your magic and put it to use.

Are you ready to do so? What if we turn the spotlight on you

and say, “Here are your fifteen minutes. What will you do with it?” Well, that is pretty close to what will take place, and we hope you enjoy every part of this. You deserve to be happy. You are not on this planet just to strive and work hard. You shine when you are happy, dear ones, and you send out a different vibrational pattern. That is what draws everything to you and causes the universe to bring together all the particles that are aligned with your heart. In the old energies, you used to do this with your head. It is what you have been working on, but now it is more about the heart. We are not asking you to disregard your head, to stop thinking or reasoning altogether. We are asking you to start feeling with your heart first, because that is the new energy of the new world.

### **Lead with the Heart**

Dear ones, you have progressed many levels. At one point, it was more important than anything else simply to have physical strength. It was part of what survival as a species was based on: being strong and healthy. To possess bigger life-force energy meant survival and success on planet Earth. Time moved forward. Your grandparents became part of a certain paradigm, and they had to work very hard. Then your parents started working smartly, and the levels of humanity literally moved into the head. This originally took place long before your parents’ days. It was actually a wave of energy that came in with the philosophers and all the important ideas that had to be in place on Earth so that you could step forward to start the time clock moving in that direction.

You have learned to think with and be led by your head, not your heart, because your belief systems tell you that the only difference between you and the animals is that humans can reason. Well, we hate to disappoint you, dear ones, but animals reason quite well. You simply have not learned to completely communicate with them, but you will understand more of this as you evolve. It has been very important for you to believe that you are leaders at the top of the evolutionary process. We hate to disappoint you once again, but you are not at the top of the evolution ladder. You are evolving each person as well as the entire collective, which is moving at an astounding rate on planet Earth right now. We could not be happier, dear ones. You are workers of the light, for you have agreed to carry in a specific ray that you have taken on the responsibility of grounding on planet Earth. Now more than ever before, you have moved through eras in which physical strength was important and others in which thinking ability was king. You are now moving into the heart. How much can you feel? What can you anchor here?

Dear ones, we have worked with many humans over many years who have laid out their life courses according to their heads. They were looking for the path of least resistance, studying and analyzing every step. They put one foot in front of the other, even though sometimes it was painful because they felt the resistance of the wind on their faces. In effect, they would create something and reach their goals only to find out that their heart was no longer there, which was a very sad situation. You are going to need to find that balance between your heart and your head in order to move forward. The left brain is for Earth, and the right brain is for Home. Balance and carry them both, but lead with the heart. Start by asking what you are feeling, and

then lift it into your head using the rest of the process that you have. These are new tools that can help you anchor your fifteen minutes of magic. Are you ready? We are, and so is Earth. We tell you, dear ones, that there are many changes still coming on Earth. You are waiting for things to settle down, but they will not settle for a time. You have stepped clearly into a new world, anchoring and bringing in your ray of light as an expression of love into this world. This is now most important.

### Extend Your Fifteen Minutes of Magic

These are situations in which you not only reclaim your magic but help others to claim theirs. How do you extend your fifteen minutes of magic? You do it by making other people around you magical. That is the key, dear ones, for many of you have come lifetime after lifetime to be teachers on planet Earth. Sometimes you have been part of a very similar wisdom, often in many separate lifetimes that took place on the line of time. In truth, now you are here for a very important reason. All of the energies that you have gathered through your collective experiences on planet Earth are coming to bear. You are bringing these forward to have all of the magic at one time. We tell each of you, dear ones, that this is the time to set things into motion for grounding your light, passion, and energy that you specifically brought from Home. It is necessary on Earth, but now it is also safe for you to do so. Before, there have been many times when it was not. You will find an opening as long as you lead with your heart. Take

those fifteen minutes of magic and empower the others around you. Ah, that is the secret. That is the extension of everything because you are not separate from them. They are part of you, so if you wish to extend your magic, look for ways to enlighten and empower others whenever you have an opportunity to.

These are magical times on Earth, and we applaud each and every one of you for playing this incredible game of pretending to be a human. The magic is yours, and we will watch with greatness and with the most incredible love as you bask in your fifteen minutes or more of magic.

It is with the greatest of honor, dear ones, that we ask you to treat each other with respect. Nurture one another at every opportunity. Play well together. Espavo. •

1. See [cnn.com/videos/world/2015/02/23/nr-south-korea-sinkhole-ytn.cnn](http://cnn.com/videos/world/2015/02/23/nr-south-korea-sinkhole-ytn.cnn).

**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 [www.Lightworker.com](http://www.Lightworker.com), or contact him at PO Box 34838, Las Vegas, NV 89133, 702-871-3317, or [steve@lightworker.com](mailto:steve@lightworker.com).



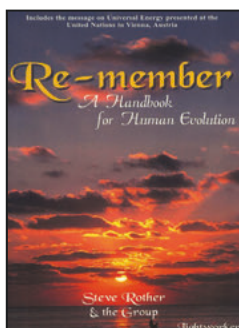
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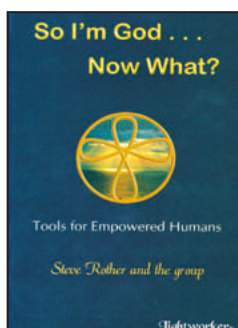
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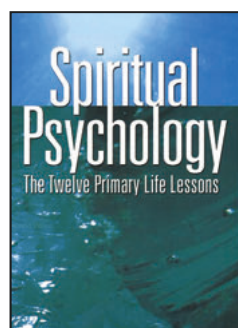
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# Beings Who Assist Those Who Are Shifting Their Existence

through Robert Shapiro

6 April 2015

We function to coordinate connections between shamanic people, so as spirit, we work with one individual who is living in what you call Montana. That individual links with one of the outer planets in your solar system beyond Pluto and then links to our energy. Doing that, he is able to see the future not only for his people but also for all people.

Our function is to help him to differentiate between his people's future and all of the futures there are from everyone. This is how we do it. Since the color blue is very significant to his people, we tint the pictures he receives with a very light blue, regardless of what he sees, so that he knows that is their future. This individual interacts with his small tribe, but they are trying to join the people who they stem from in the past. They are not comfortable in their time, which is, depending on how you measure it, about 400 to 700 years ago in your time.

They are trying to connect with the beings who are referred to as the Anasazi [Ancestral Puebloans]. They feel they were left behind — not intentionally, but it just happened that they were away when the migration took place. At this moment, they are starting to move through time to be with those ancient people, and soon they will, with those ancient people, move temporarily to that outer planet, within it, in a little different dimension from yours. From there, they will move to their home planet, which is in the Vega star system. Do you know that one?

Yes.

Then they will experience a shift in their existence and move into a different time sequence. It is comparatively measurable in your time now, which would be about three and one half years in your future. Keep in mind that these are human beings.

This knowledge is being shared with you so that you know it is possible with the aid of benevolent spirits and others, some ETs, yes. It is possible for the human body to undergo such transformations and still function as a human being. It is also important for you to know that human beings exist three and one half million years in the future. The human body is not something archaic as you know it.

## In Search of the Lost Place

Insofar as the forms of bodies of physical beings, moving physical beings, I am taking out the mineral world and the plant world. The human body is not an ancient form, but it has certain versatilities that some forms do not have. One of them is the



capacity to transmigrate through time (with the proper measures of caution), and in that transformable condition, be transported into a very different form of life. When they arrive in that future time, they will not look exactly human anymore. Some of them have chosen to remain human, but most of them will look humanoid. They will not look human. They will have heads that are shaped a little differently and bodies that are a little stronger, but they will be about the same height.

I bring this to your attention because the nature of the being who was the shaman for the group is an interesting being in his own right. He is, what would be considered in your time, deformed. But the way he is deformed is that his head is shaped a little differently, and his people did not reject him because of his different appearance. But the elders felt that he was meant for something, so he was allowed to pursue his own interests as a child. And as a child, he would sit on a particular rock, and sometimes he would turn "this" way and sometimes he would turn "that" way. But the most unusual thing that would be observed was that sometimes he was translucent and sometimes he was transparent — but always visible. He was transparent, but you could tell he was there. So if there was something beyond him, you wouldn't see it.

The elders realized that he had the capacity to transform and that he was learning more about it. The people were not talkative; they didn't have a spoken language. But they had strong feelings and made certain gestures. Mostly they were able to transmit pictures — not demands, not requests, just general pictures. The elders would sometimes communicate with the young person, and the young person would communicate that it was possible to go to that lost place. The elders had educated everyone about the lost place, so of course they were excited. Although if you were to see them, you wouldn't think they were excited, but for them it was excitement.

When this person, the shaman, became a mystical shaman of his people, he was about thirteen years of age. That's when this thing takes place. He was old enough then to be able to do the connection, meaning work with the spirit who had taught him how to be translucent and transparent. In other words, the spirit taught him how to change form.



snorlek/istock

The shaman told all of the people to line up behind him, directly behind him. He wanted them not to be touching, but some of them were children who needed to be touching, especially babes in arms. He asked for spirit to help and for any others who could help. So some ETs helped from their vehicle a short distance away, about 1,500 miles. And then it was possible to move them. As I said, it is happening right now, depending on the way you time it. But I am going to speak about it as if it had already happened. So they joined the others and moved to Vega. That is really all there is to it, but you can ask questions if you like.

*What is the planet beyond Pluto — by name or number?*

It is the next one beyond Pluto. Planets don't actually have names. I am referring to Pluto because that is what you people call it, but of course it doesn't really have a name. Cultures refer to planets as names, but I don't think your people have named that one, the one beyond Pluto, have you?

*I don't know, but I will look it up. This is not clear to me. There is a small group of people in Montana at this moment. Are they descendants of the lost ones?*

Not at this moment. It is not that they exist at this moment, but as you said, you are not clear. They existed from 400 to 700 years ago your time, depending how you measure time. I am allowing for the measurement of time from where you were in the third dimension to where you are now between the third and the fourth dimensions. So time is not the same.

*So this thirteen-year-old is in — what time is he in?*

The people existed 400 to 700 years ago, all of them.

*But it sounded like the lost tribe were his ancestors? But he, they, were the lost tribe?*

No. You have heard of the Anasazi? These beings, the ones who moved, felt that they had been ... that they stemmed from ... they felt that they had originally been part of the Anasazi.

*Oh, and the Anasazi left like thousands of years ago?*

Exactly. They felt that they had originally been part of that. They managed to keep their bloodline pure.

*So they are home now with the original group of Anasazi?*

Yes, I thought you might be interested because when you move between dimensions, your physical bodies will change. They will not be the same. You cannot go from the third dimension to what you call the fourth dimension without a transformation in your bodies, and it's happening to you all now in your neural pathways. That is why some of you are forgetful; it does not mean that you are losing mental capability. It means that you are letting go of your capacity to remember sorrow, hate, anger — all of that — because in order to make the shift from the third to the fourth dimension while in the same body (this is a very spiritual thing to do, you understand), you cannot bring along hate and anger and all of that. So you actually undergo a neurological change.

The main way you can tell the change is taking place is that the electrical impulses in your brain speed up. For those of you who can measure these things, you will notice that at times when people are relaxed or in a spiritual frame of being — especially if they are attempting meditation or even some kind of spiritual act that goes beyond the norm, but it is a benevolent

thing — that you will be able to measure (if everyone has volunteered for it) the transformation in the processes of the electrical impulses. Scientists, do not interfere with the process — don't experiment: "Oh, how can we make it faster? How can we make it slower?" Don't do it. If you do that, it will just corrupt you.

### **You Do Not Need Help to Ascend**

*You are a spirit who is working with this child in the past. Are you working with our bodies also in the present?*

No, but we felt that it was important for you to know that such transformation is possible, though we do not see that it is necessary for you to go through that much transformation. But you will have to go through some things that are happening for you right now and cannot be stopped. The reason it cannot be stopped (for those who would like to stop it, you see, which is a very small group, and some of you are a little frightened by it, so you want to stop or slow it down) is that you are essentially, on an immortal basis, your spirit self. Only temporarily are you your physical self. So the overall abundance of you is in spirit form, and this is not some vagary. It is the means by which you would recognize your personality, your love, your happiness, and your sense of goodness. So all of that lives beyond you, and it is that that you are made up of primarily. It just means that you are becoming more of your natural self.

It also does not mean that you are unable to be physical again. Of course you will. And those of you in physical existence during the shift from third to fourth dimension, even though it just feels like a slight alteration, the experience will be one that will alter your experience of life a bit. But it will just make your life more pleasant and more comfortable and much safer.

*Wonderful. Is there anything that we can do to flow with it and to not interfere with the process?*

Yes, try to get as much sleep as you can. I recommend eight to ten hours of sleep a night if you can do that. It is in the deep REM sleep that your emotions, your feelings of nervousness, you can identify with this. It's that sort of nervous feeling of being rushed. You know you have all been rushed before, and you don't like it, usually. Those feelings are calmed so that you do not feel rushed. The conscious way you would experience that when you are awake is that you would feel a little nervous for no particular reason. That nervousness stems from a feeling of being rushed. You would like to take it slow.

*So what other things have you done besides working with this Anasazi group?*

This is what we do. We have done this with others on your planet and occasionally on other planets. We work to help beings who are moving from one state of existence to another while remaining alive in those lives to make the motion in a safe way. That's what we do.

*But you're not working with us. Why?*

I do not understand. Why would we? You are doing this. You have the capacity to do this yourselves. Why should we work with you? You are doing it — with the Creator's blessing, of course.

You do not need our help. This group of nine (that's how many people there were) needed our help because of the tremendous distance involved and the huge difference in the so-called dimensions involved. But for you, there is no distance at all, and there is just a slight shift in dimension. You don't need our help at all.

*You say "we." Are there many of you?*

Well, there are a few, not a lot.

*This is what you have always done?*

This is what we are available to do. We don't do it all the time because we are not always needed to do that. When we are not needed, we just simply exist, much as you do when you are not doing something.

*We're mostly always doing something. What are some other examples of the work you do?*

There is only one example that would be relevant to you, but it is very far back. In your time, you have seen these pictures on the stone walls in Egypt of these peoples. You have seen pictures of their faces and how they look and so on?

*Ancient Egyptians? Yes.*

Some, not all of them, transmigrated also — not a lot, but three of them did. We supported it because they had worked with Earth people a lot, trying to teach them how to do things in benevolent ways, but they had to work in secret. Then they were found out. They had the knowledge of how to be unseen, but it took effort. In order to be supported, since they were being pursued, they had the knowledge of what came before the Egyptian culture, and they could see what was coming in the future, which is not unusual in your cultures on Earth with conflict and so on. They requested to be helped to get home, and we did support them with the request of another.

Home, for them, was on an outer planet in the Pleiades, and on this outer Pleiadian planet, there was a lot of knowledge. There are libraries all over, and that is where those people were from, yet they were human beings. There are many human civilizations around the universe, so with the assistance of several ships from that place and our assistance, they were able to become not only unseen but also completely invisible (like the young thirteen-year-old shaman). Thus, they were able to travel in the light spectrum with our assistance and the assistance of the Pleiadian ships that have a capacity for travel in the light spectrum also.

*Why would these beings be pursued when they were helping Earth people?*

They were teaching Earth people how to do the things Earth people can do, but at the time, there were many struggles, many different factions, a power struggle you would say. And in power struggles, there is always the idea of the enemy. Sometimes people who are simply different get classified as the enemy, even though these people were not political at all. So their problem was not themselves, but their problem was being in the wrong place at the wrong time.

*Was this in a time in Egypt prior to what we know of Egyptian history?*

The reason I mentioned the stone paintings is that they looked like the stone carvings; that's your word. They looked like that. They looked like the people living there now.

*So these three beings that you helped had come to Earth from the Pleiades?*

No. They hadn't, but there is a limit to what I can say. All I can say is they were not born and raised on that planet. But they were from the Pleiades.

*Can you say when this happened, what time?*

All I can say is that they existed before the Great Pyramid. That is the best I can do.

*Wow, that is really a very long time ago. Are you beings from this universe, or did someone ask you to come and help?*

We have existed before this universe, but as is typical for many spirit beings, universes are not boundaries. You in spirit form are not bound by this universe, either. But perhaps you know this.

*I do. Did the Creator ask you to come here because he knew what your skills were?*

Yes, we were asked to come, so somebody must have known. We will have to say goodbye now. Be well. Good life.

*Okay, thank you very much for coming. Good life.*

# Human Changes: You Can Remember Your Dream Soul Journeys

8 April 2015

Now, you know how people have been talking for some time about Earth changes? Now we are going to talk about human changes. For a long time, your bodies have been able to function in worlds other than your own. This means that at the deep-sleep level when your body rests, you are still involved with other forms of life. You call it dreaming, but in fact, it simply means that you are able to migrate about in your soul personality and talk to teachers and explore and have fun, essentially. It is not so much for teaching, although it has come to be believed to be that way, or the thought is that is the way you communicate with other parts of yourself. And that is true to a point.

I bring it up only because in that form your personality can go anywhere and be other forms. It can travel at light speed and beyond as you become your natural self. So more and more now, you — everyone — are going to have experiences. Granted, people who are more spiritually aware might be able to understand and be more comfortable with the experiences. But you are going to have experiences that will be, in many cases, otherworldly.

## Notice Otherworldly Experiences

While you are awake, you may very well have experiences that transcend your normal conscious day-to-day thoughts. For example, you will be, say, walking along, doing something that does not require a great deal of attention. You won't be driving or in traffic or operating machinery or anything like that. You will just be walking along — or just sitting in a chair reading a book or a magazine or watching TV — and you will get a flash of something. I say a "flash" because it will be very much like the amount of time that it takes for a camera to flash and illuminate its subject, that much time, just briefly. And you will experience, but you won't realize you are, another locale, another place, another time. It somehow looks like Earth, but it is a little different. The biggest difference for many of you will be that there is

a lot of space, a lot of room. Nothing looks crowded. Even if you have been raised in a crowded condition and have known only that all your life, it won't look crowded. It will look very roomy.

Initially, you will just notice it after the fact. If you pay attention to it, you will realize that you have actual sensory experience of it. You might remember the warmth: You will feel the warmth of the sun, the warmth of the day there. You might have a sensation of having been in a breeze or even a light rain shower with possibly a rainbow. You might remember a sensation of fragrance, such as the fragrance of flowers, something attractive. Some of you might even remember something that sounds vaguely like singing, a melody that is in the background, like the sound of people singing but at a distance. In short, you will have an experiential moment when you look at it more closely. Granted, most of you will think nothing of it and just go on with your lives.

It will happen again. It may not be the same place, but it will be similar, a place with lots of room; you might see trees. You might even see something that looks like green grass. You might see people moving about. Sometimes your perception will be from overhead, so you will see it from above. Other times you might be very close up to trees or vines, and occasionally you will see things moving around that will remind you of beings you might see from time to time on Earth, often birds, for example.

So I am going to tell you what this is about. These are not unlike things you see at the deep-sleep level when you are "dreaming," yet you do not generally remember that when you wake up. If you remember a dream, you don't see that. But that is a place almost all of you actually experience, or variations of it, when you are out of your body. Your body rests asleep. You are dreaming, but really your consciousness, your soul, travels. Most of it stays in your body, but your soul wanders. It doesn't have to sleep, you understand. You see that area, and you go through that area.

Your sensible mind wants to tell you this is the higher level of Earth. This is some place that we are all migrating to as we change dimensions. But that's not the case. This is a place that all you human beings in this universe experience as your home port, you might say, your place of belonging. I wouldn't call it the human planet, because it is more than a planet. If you were able to move back quite a distance from it, it wouldn't look like a planet at all. It would look rather like an array, in a sense, meaning that it has an arc shape and is hard to describe. It has an oval shape, a long oval that is turned down on the sides. Not frowning, it just happens to be an arc-like shape. So this is a place that is home to the human beings of this universe. It is a place where the essence of humanity exists. This is why you all go through this place and have not remembered it until now. You will have these experiences as a conscious thing, but as I say, initially it will just be a flash. It will last just a second.

Over time, if you want to experience it more, you can try to remember what it looks like, and then you can try to memorize what it looks like. You will have the experience more often as you will be able to be comfortable with that place. What will happen is that you will gradually begin to remember more of what you do and where you go at the deep-sleep level. So even though your body will be in deep sleep and you are getting complete rest, when you wake up, you will remember everywhere your soul went. I can assure you that your soul only goes to places that are benevolent, beautiful, and loving. Your soul only goes where you experience love and kindness and all kinds of things like that, never anything unpleasant.

I might add, for those of you who experience nightmares, you don't and you won't experience anything different from what I am talking about for everyone else. So don't worry; you are not going to have to go through some excruciating nightmare, experiencing it in greater detail. No, that won't happen. This is all an element of your waking-up process. You have to gradually remember who and what you are, and in order to do that, you have to be able to be on a greater intimate level with what you experience every single day. You sleep every single day, so you experience this every single day. You just don't remember.

*Can you say a little more about that place?*

I don't want to say too much because I want you to remember it as you experience it. I don't want to say it's "this" or it's "that." Then you will be stuck seeing that, and if you don't see that, you might be disappointed. So the reason I am giving you a general description is that most of you will see something like that, so I am not to say much beyond what it looks like now. I want you to be able to discover it because, as you discover it yourself, it will be very personal — something you saw. Don't expect everybody to see what you see.

There might be a few people who see some of what you see in your sleep, and you might see some of what others see, but generally speaking, it will be personal. Different people will see different things, and it will be fun to compare notes about these things with your friends and perhaps even some family members. This is all part of your process of waking up, and you need to have processes like this so that it is not only personal but also feels real.

Some of you are already having these awarenesses, and initially there will be times when you wonder whether you are just a little crazy. Some of you will even talk about it to a counselor. However, speaking to psychiatrists and counselors now, this is *real*, and you will have the experience too, so just treat it as a gentle reminder of the overall goodness of life (a note for therapists).

## Human Changes

*What about other human changes — the body itself? How is the physical body changing?*

The only real changes are certain activations in your nervous system. You all know you don't use that much of your brain, but you will now. It won't happen all the time, but what happens in your brain so that it will remember these things, it is as if something moves out of the way. You all know, if you have been reading this material for a while, that there are what we have called veils between who you are and how you experience yourself on Earth. It is as if a veil is being removed from your brain, and your brain is allowed to function more in its natural state. I can assure you that human beings who are not on Earth have these experiences all of the time because they do not need these veils, as they are living in benevolent surroundings. When they see something like that, it is just part of their lives, something to enjoy. They expect to have that when they sleep.

"Waking up" simply means you are becoming more of your natural self, and the more you do that, the less Earth will have to help you stay in balance when you are really too far out of balance to function and you live in a place of polarity, such as Earth as you have been experiencing her. This experience will excuse Earth from having to maintain that for you. Since she needs to take care of herself right now, she is happy to step aside.

*The being who spoke on April 6 said we need more sleep. [See previous Shapiro channeling on the Anasazi.] Do you feel we need more sleep?*

No, I do not feel you need more than eight hours of sleep at night. If you get more, that's fine. If you get less, it is not good on an ongoing basis, but it will happen from time to time. The reason the being might have said that is so that you would honor the need for deep sleep, for it is when deep sleep happens that you experience the complete release of your soul to travel in such ways as I have described.

*How else is the physical body changing? At what point can we grow new body parts, for instance?*

I do not feel that is something that human beings can do. So if you lose a finger or a leg, that's it. It is gone.

*Should we change our diets to accommodate this higher frequency?*

Absolutely not — and I am not calling it a higher frequency. You are. This is something natural for you. You don't have to change a thing. Of course, if you are, say, an alcoholic, it will be a little difficult, but you will still see it. The reason it might be difficult for alcoholics, for example (and I am bringing this up because many people are alcoholics in your time),

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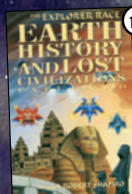
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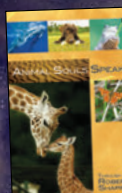
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is because alcoholics might think they are having experiences associated with alcoholism, like the DTs. So it might frighten them because they might think they are having something associated with the disease of alcoholism.

*When and how will we notice that we are using more of our brains? Will we think more clearly or have the ability to get more innovative solutions? How does that work?*

No, it is exactly as I said. You are not going to suddenly have an IQ that goes off the charts. It is not going to interfere with your life. It is not going to be something that changes your personality. You are going to be who you are. In short, it is not going to be threatening. You might think that suddenly having greater capacity to think or to innovate is a good thing, but that would alarm many people. They would find that it interferes

with their personalities and even their relationships. No, it is not intended to interfere with your life. It is intended to allow you to experience more of your natural self. It will be gentle like that. But these are all good questions that you are asking because other people want to know these things too.

### Levels of Conflict Will Decrease

*As we continue to awaken, we will have more empathy, more compassion, because this awakening to the self is the road to unity, right?*

In time, you will — especially as you compare notes on these experiences with others — have a greater feeling of brotherhood and sisterhood with other people, regardless who they are. So, yes, it is another step on the path toward unity. It is not going to be like suddenly a bolt of lightning strikes and everyone is going to wake up. It is not about that but rather one step at a

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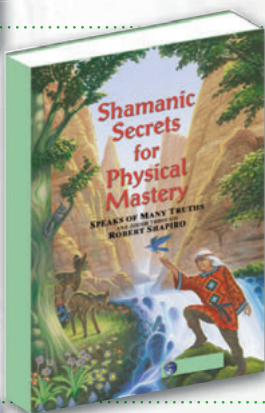


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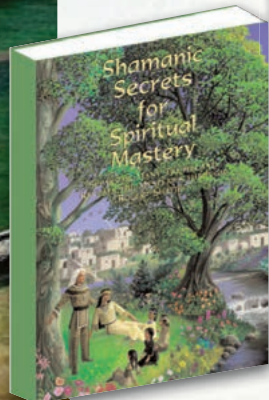
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time. You do understand why it goes as slowly as it does? Some people will be ready and raring to go, but other people won't. So the process of awakening needs to go only as quickly as the slowest members can adapt to and become comfortable with and can live with. And that is an element of love. Never forget that.

*Who is talking?*

We will get there. You think that Zoosh says that (never forget that), and no one else says it. But this is not Zoosh.

*Yes, I know that. So if we want to experience this more deeply and quickly, that is not an option?*

Absolutely not. You want to leave others behind? I am not picking on you. Remember, you are a representative of the people who read this.

*So how quickly will this awareness and awakening change and stop some of the violence on the planet? Shouldn't the feelings of closeness mitigate some of that?*

Slowly, one step at a time. I will give you an example. In the past, two people might have been edgy or upset about something, and they had fights. But as time goes on with this experience, they will be less likely to punch each other. They might just move away from each other and yell at each other instead. Now, that might not sound like much improvement, but for people who would normally start punching each other, it is a big improvement. At the other end, people who are normally good friends and only occasionally have disagreements, their disagreements will be further apart.

*Good. So we can assume that same process will work on a country level and a religion level?*

Yes, absolutely. Although, keep in mind that countries and religions are represented by their leaders, and very often in the past leaders had disagreements. All the people in all the countries suffer even though it is just a couple of leaders who had disagreements. This is really quite silly. It has to change.

*Now can you say who you are?*

You remember the person you spoke to on April 6 referred to himself as "we"? I am one of the others.

*Good, thank you. Will we start remembering our past lives not to get distracted but to remember and be able to use talents and abilities that we learned in past lives? Will that surface now?*

Only if you are in circumstances where it is necessary. But even in emergency circumstances, it may not happen because past lives are sort of an iffy thing. I don't want to insult anybody, but my feeling about past lives is that (this much I can say to you) they are not exactly real, though they feel real. So I will simply say that there will be times when you can do things that you didn't know you could do, but it has nothing to do with past lives.

## **Don't Let the Wave of Culture Take You Along in Its Flow**

*How do we understand this expansion? Do we take little steps and*

*assimilate, constantly take little steps? Can we plan for the estimated changes in our lives in two years, three years ... ?*

No, it is probably better for most of you to do less planning and less in general. You are overly distracting and complicating your lives with many things now. To be aware of your senses and your experiences is very important, so don't overly stimulate yourselves. I personally feel that having earphones in your ears is not a good idea. It does affect your balance, generally speaking. I am not saying you should revert to playing loud music for others just because you want to hear it, but I do think it would be better if you learned how to play an instrument or how to sing and then do that together with others. That would be good for you.

I also think it would be good if you used an instrument that was not electrical or electronic. So make time for things like that, because to do things like that, you have to do more than think. Good musicians or even poor musicians have to be aware of their inner and outer feelings in order to enjoy the experience. For example, if you are singing in the shower or in the bath, you are experiencing it internally and externally as well, and it is fun. You need to have simpler and benign fun in your lives. In order to do that, you need to let some things go that you don't need to do.

*So, simplify our lives?*

I recommend it. You can be aware of your feelings and your instincts, so you recognize the thing I started talking about at the beginning of this talk, experiencing that is going to require perception. But playing loud music in your ears or watching loud television or being in the movie that's loud — do you notice that everything is loud? What are you afraid of? Why do you have to overwhelm yourselves with loudness? If you go to the movies, it will be loud, so keep that in mind. If you watch a movie at home, let it be something that is not violent. When you watch violent things, it tends to make you, especially if you are a youngster, very tolerant of violence in life. This is not good. Don't let the wave of culture — and that is a form of culture, loud music, loud movies, loud everything — take you along in its flow. Don't be afraid to be quiet and feel. Good night.

*Thank you very much. •*

**Robert Shapiro** is a professional trance channel who has several series of books published by Light Technology Publishing: The Explorer Race (21), Shining the Light (7), Shamanic Secrets (3), Benevolent Magic (1), and Ultimate UFO (2). He is a mystical man with shamanic capabilities well and thoroughly infused into him and 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 [plus.google.com/101684123468266008752/about](http://plus.google.com/101684123468266008752/about) and [www.benevolentmagic.blogspot.com/2013/06/transforming-radioactivity-now.html](http://www.benevolentmagic.blogspot.com/2013/06/transforming-radioactivity-now.html).



# Sanctuaries in the Desert

Jesus through Tina Louise Spalding

*The following is an excerpt from the upcoming book Jesus: My Autobiography, which will be published by Light Technology Publishing.*

It has been some time since I have spoken using a physical body, it is true. I have been using the astral form for many of my teachings in the past little while. I have, indeed, been showing up in locations around the globe. Do not think that I have disappeared. One reason this subject of Jesus's teachings seems so unusual or so fantastical is you have, in your culture, the idea that I have been gone for 2,000 years, but this, of course, is not the case. I have been working from this side with many beings over the centuries, assisting them with their lives and their communications with the world. This is an example of how the narrowness of your culture's beliefs about me, about my name and what it means, have perpetrated an untruth.

The idea that I have been gone for 2,000 years and suddenly I pop up in this form of voice, in a woman on the west coast of Canada, seems unbelievable, but this is because you have believed untruths, so it seems improbable. Given your belief system, it is improbable. However, this is not what has been happening. I have been very active and continue to be active through many different beings on the planet, offering them inspiration, offering them healing, and offering communications.

Many of you assume that I only work in your culture and that if anyone encountered me they would know who I am. This, of course, is not the case. There are many beings who have no clue what I look like. You have your religious paintings of an Anglo-Saxon, bearded fellow with blue eyes, but of course that is not the physical form I took in the desert life we write about. I had black, curly hair. I had quite dark skin, especially in the summer months, and I was not predisposed to wearing my hair very long. It was unruly. I was often outside, and I kept it a little shorter than your images of me portray. So even if I met you today, you would not recognize me as this being who you consider Jesus. I may show up in your dreams in that form merely to give you the message that it is me, but when I choose to project my astral form into the physical world, I am not usually recognized as the being I am, which suits me just fine.

So we continue with our story, the tale that I am weaving of my real life (not the fantasy life that is veiled in mystery), including all of the years of it that you have no writings about. Of course, I was living my life fully and in an exciting way.

## **The Pursuit of Wealth**

We have reached the point where I traveled with a caravan across the desert of northern Africa, heading southeast, I believe. This is something that was in the hands of the captain of the group in which I was traveling. I was indeed walking with

this group. We would occasionally ride on a camel, but those of us who were traveling with the caravan were mostly on foot. I assisted in tending to a particular camel I found very fascinating. It was a cantankerous creature, but I appreciated its hard work and its willingness to walk in a long line carrying heavy supplies and materials to a part of the world that I was so excited to see.

As I said, I was becoming quite friendly with the owner of the caravan, for in those days, these people owned all these animals, and there was a proprietary ownership of the trail itself in some cases. This was not the case in this particular instance. This being was using what would be considered a highway, although it was a line in the sand, nothing more. But these beings knew every twist and turn of these roads. They knew exactly where the water was, and they knew exactly where the dangers were, in terms of bandits and these sorts of things. We seemed to have a relaxed and wonderful time of it.

The captain of the caravan was a very handsome, dark man with a beard and very dark, black eyes. He wore a turban, and he was charming and intelligent. He would regale me with tales of his exploits with women and money, and I gathered he was quite wealthy. However, how does one define wealth? This is something that I will speak about at this time.

His life was one of freedom and choice, and he was very happy indeed. He had all of his needs met in terms of food, companionship, and adventure, yet perhaps some who might have seen him sleeping in the desert in a tent at night would have said he was poor. But if you spent some time with him, you would see that he was very wealthy indeed. He would not have traded his life for anything. He would not have traded his life for a sedentary existence in a home with all of those domestic chores. This is something that more of you need to think about.

In your Western world, you are convinced that home ownership is your salvation, yet many of you are overburdened with your homes. Many of you are overburdened with your possessions to such a degree that there is no space for "time out"; there is no space for freedom. Your lawns need mowing, your gutters need cleaning, and your kitchen floors need scrubbing. You have these massive edifices to the Western mind. They are albatrosses around your necks, keeping you from the adventures your hearts wish you to participate in.

That is what I was on: a heart's journey. I did not know where I was going or what I would encounter, but I knew it would be good. I knew I would learn something new. This is why so many of you are bored. You are in prisons of materialism. You are in prisons of television, and you think this is living, and indeed, it is not. You get up and go to work on a Monday morning only to repeat your week again. On Friday night, you fall into your alcoholic unconsciousness, watching television

shows. And on the weekend, you run around doing work of a different sort. The recreations you have are limited, and your joy is often very limited. It is a joyless culture in which you live. You see images of people on their boats, mountain climbing, or these sorts of things, but for many of you, your overwhelming responsibilities cloud these experiences. To be truly free is something that you have no comprehension of.

Not only is your physical world taken up with massive responsibilities, but your mind is also taken up with the worries and fears of loss of the objects of your desire. So this is something that I wish you to think about as you imagine my trek across the desert with no destination in particular and no particular possessions — I was merely experiencing that which I saw every day.

This is something that many of you should think about doing. You should think about selling your material possessions, for if you are not happy in your home, why would you keep it? Divest yourself of these responsibilities, liquidate assets, and have an adventure. You will find your life is much more exciting, and for many of you, the kinds of monies you may realize on liquidating your assets would provide you with the life of a king in some countries. It is certainly something you should ponder when your blood pressure is high and your waistline is expanding, for your body is telling you that you are not living a healthy life. Your blood pressure is a heart about to burst with sadness; that is what it is. I will return to the story now, after my little sidebar.

### **The Luxury of the Oases**

We trekked through the desert for what I would consider seven to ten days. We were making good time, but it was a slog, as you call it. The desert itself was not as slippery as you might imagine. The ground was hard packed, and there were dunes around us often, but the trail was well established, and fast time was made in terms of walking speed.

We would arise at dawn. Sometimes, if there was a full moon, we would trek during the night to rest during the hotter parts of the day, for a moon that is close to full provides a beautiful light, and the coolness of the nighttime was much appreciated. We sometimes had to travel during the day, it is true. But we chose to travel early in the morning in those cases, and often we were set up within tents by noon. When there were oases, there was water and shade from trees. This was greatly, greatly appreciated by the travelers.

There were several of us, six travelers, all men of course. Women were not really allowed to do that sort of thing in those days, and it is not so much their tendency, it is true. You have women these days in your world who enjoy adventure, so I do not wish to demean them in any way. Your culture has at least given women more freedom, and for this, you should be grateful. Women who are imprisoned and restricted in male-dominated cultures are a resource that you lose. You are not controlling anything; you are merely losing one of the most powerful, benevolent, and creative forces on the planet. A free woman who is able to express herself the way she chooses is a gift from God, and all men reading this book must surely see that your culture at this time is missing so much of this feminine energy.

People have become very out of balance, and of course, this is one of the lessons I am writing about. Men must begin to look at the women in their lives with more respect, for women can offer many riches in terms of spiritual information. They are more open to the nonphysical than men, for their focus is less narrow; they will receive downloads of information with much more ease than men who focus intently on the material world and the physical realms.

Our first oasis arose out of the desert four days into our journey. I am guessing here. I did not keep an exact record of this journey. It was a long one. But I kept a journal. My captain friend had given me a wonderful, leather-bound journal, and I wrote the stories of the travels and experiences I was engaged in.

We arrived at this oasis, and indeed an entire town was built in this place. It was not an oasis of six or ten palm trees around a little well. This was a massive community of beings around a considerable body of water, a small lake that was fed by many springs. You could see them arising out of the desert, bubbling up with clear, beautiful water. In fact, it was cool when it first came out.

There were many tents — I am guessing fifty or so permanent erections that were beautifully decorated with goods from the camel caravans that traveled through. Whenever a caravan would arrive, the payment would be in objects such as carpets, fabrics, and things called saris that were new to me. These beautiful lengths of fabric intrigued me, and I was told that they, indeed, came from India. They blew in the breeze. There were tassels adorning the doors. There were bells and weavings of all descriptions, and on the floors, cushions. It was the most magnificent sight. I had never seen anything like it. My home was a modest one of mud and wood and some sun-baked bricks. It was quite plain in nature and much unadorned, I would say. (When I returned home after this trip, I became much more creative in the decorations I used. I brought a few things home with me.)

It was, indeed, a magnificent sight, this group of palm trees in the desert around this body of water — the busyness there and the children playing. Swimming was not permitted because the water was considered such a valuable resource. Anybody who wished to wash needed to pull water from the lake. They did not allow all and sundry to go into it, and for this I was very grateful, as I drank this water. I could see that if they had not respected the body of water, it could have become contaminated or dirty. But as it was, it was pristine in nature, crystal clear and wonderfully cool to the touch if you managed to fill a bucket from an area where the spring was rising. It must have come from deep in the earth. That is all I knew.

We spent several days there resting. The break was as much for recreation as it was for rest. The man who ran the caravan was very social. There was a woman in the camp that he enjoyed spending time with, so we spent three days there. I was very intrigued by the entire thing, and I began to try to learn the language, but in three days, one cannot do much. I learned a few words by pointing and saying the words that I knew for particular objects, as you might do when you are in a foreign country. I found this quite intriguing. Their language

was difficult. It was very guttural (in the back of the throat), and I found it very difficult to speak.

The women were not allowed to commune with the rest of us. They were covered, and they spent much of their time indoors, but there was an area of the compound, I would say, that was more for the women. I cannot blame these people for protecting the women from such itinerant travelers as we were. We were pretty dirty when we showed up after four days of sleeping in the desert and with the dust and wind and these sorts of things. But by the time we left, we were cleaned up. Our clothes had been cleansed somewhat. We took them off and beat them. We were able to rinse them out and hang them up, and we were provided with clothing to replace it so that we were modest in our apparel. There was considerable concern about keeping the body covered.

After three days we left, short a few baubles and objects we used as payment. We could see that these things provided a very nice life for those beings. Not only were they adorned in beautiful clothes and their homes adorned with wonderful things, but they had also received quite exotic foods. My dear friend the camel owner had a basket of particularly delicious foods set aside for these beings. So it was a wonderful way to make a living, although the people there were quite restricted in movement at this particular location. I would not have liked to live there too long; three days was fine for me. I was happy to get back on the road and to continue on my journey.

As we traveled for the rest of that ten-day trip (we were ten days on the road, not including our three days at the first oasis), we stopped at another oasis two days before the end of our journey. Indeed, it was very similar in design — although you could see a different tinge to the culture. The colors were a little different, and the decorations were a little different. There were not as many colors expressed. There were more reds and blues in this one. The other one was a cacophony of color, I would say.

We did not spend as long a time at the second oasis. The owner of the caravan was intent on reaching his destination, so we stayed overnight, again paying with products and coin. I handed over a gold coin for being able to stay and refresh myself there. It was not a payment I resented at all; it was the most magnificent joy to rest in these places, these shady cool places, after trekking across the desert for such a long time. I did not know how the caravan owner did it day after day, but it was a wonderful adventure when I was involved in it.

### **Working the Docks**

At the end of our trek, we came to another port town. It was clear we had traveled across the desert, and we were on the coast one more time. I do not know where on your modern map the location of this place is. It does not matter. We were received in a yard where the camels were tended to and the goods were unloaded. I parted ways with the captain of the caravan, as I called him, and we agreed that when I traveled home, I would come back to this place. He gave me a rough indication of the times of year that he would be there. He was there so often that I felt I could show up at any time, and he would not be too far away. The trek that he made across the desert took him three

or four weeks, so he was there and back each month of the year.

He said he did not rest too often. Occasionally he took some time off, and when he did, it was in this place. So when he was resting, I would find him. He had a small home there where he would stay with a woman of his acquaintance who lived there and was his maid and his companion, I believe. (I did not delve into their personal relationship. It was none of my business.) The town was a medium-sized one, I would say, for the time in which I lived. It was not a large city, but it was, again, a bustling port.

I was ready to move on to the next phase of my journey. I made my way down to the waterfront with my bag and my few possessions. I was certainly not carrying much then. I had decided that I would trust in the ability of the universe, or the ability of the world, to provide for me. I still had gold coins, and I was not worried. I knew that I would be provided for. This was an awareness that I had: that when I stepped into the world, I would be cared for.

As I approached the waterfront, I again saw more boats, so I decided to see whether I could achieve the same effect that I had in my previous port encounter — that is, to befriend a captain who traveled to the places I wished to see. However, at the time I did not know what I wished to see. I was on an adventure, experiencing the world and experiencing new cultures, for there were many. There were many different beings in this port town, not dissimilar from the previous one I had spent time in. But I could tell I was in a different part of the world: The clothes were very different. There were longer, more elaborate costumes, and there were many headdresses. The women were completely covered, which was not the case in my area of the world where women were modestly dressed but not covered to the same degree that they were in this place.

Many exotic animals were loaded and unloaded in this place. There were animals I had never seen before, animals that you would consider very unusual. I will not go into great detail of what they were, but there were leopards and lions, these kinds of things, that were being loaded and unloaded. I do not know what they were for; gaming, perhaps. The slaughter of the Roman Empire was well known, so I can imagine that was the destination for many of those poor beasts. They were stressed out, growling or laying down in lassitude, wishing they were wild and free again. It broke my heart to see them in such distress, but there was nothing I could do. It was an illustration of humanity and its cruelty.

This is a time in my life when I had the most wonderful experiences that continued to open up my mind to other realms, to forgiveness, and to the practice of acceptance of others. You must remember, I was raised in a small town in an area of the world that was very proscribed at the time. The society was very judgmental, and so it was as if I had been in a cage despite my connections to the nonphysical. To escape that small environment and the judgmental eyes of beings who had known me all my life was a tremendous burst of freedom for me, and the information that I gleaned, the experiences I had, and the teachings that I encountered all assisted me when I returned home to my beloved.

This, of course, was the draw for me. I could easily have stayed away, but my family and my dear Mary called to me through my heart, and I knew that this was where I would teach — not because it was the best place in the world, necessarily (although it was quite a bustling and central location), but because it was the place that needed the most assistance. That is the rationale for the trip and the return.

I had arrived at this new port town, and it was a beautiful city of white walls and citadels. It was on the edge of the sea, a beautiful whitewashed town, and the port's access was another international connection. I knew I would not stay here too long. I could feel it in my inner self that this was a temporary stop, but I decided to stay for some weeks to do some work and to earn some money. I assisted in loading and unloading some of the bags, barrels, and supplies that were transported by the ships. Clearly, there was a need for assistance and strong bodies. I was young and very strong at that time and was very able to assist in this work.

I befriended some dockworkers and began to work. I rented a room in what you would consider a tavern, which was too loud for my liking, but I immersed myself in the experience. I did not wish to keep things the same, as many of you do when you travel. The point is to experience something new so that you can take home new information and an expanded view of the world. So that is what I was doing: I was expanding my view of the world and taking on tasks that I had not done before.

### **Providing Counseling in Low Places**

I had not hung out in the kinds of environments where there was drinking and carousing to such a degree. I had never seen, really, the kind of depravity into which humans could sink. I had sipped some wine here and there with my friends in the desert and become a little tipsy, but that was all. I was basically a straight-laced and well-raised young man, so extreme drunkenness, promiscuity, and prostitution were very interesting things for me to observe. I was very interested in the states of mind of the beings who exhibited these behaviors, and I could see that consuming large quantities of alcohol was not beneficial to the human mind or body. I could observe the damage that was done, the ravages of this kind of lifestyle, and it was clear to me that the human body required a different kind of attention. So I kept to my healthy ways, but I assisted beings whenever I could with my counseling. This is something that I did regardless of where I was or what I was doing.

I chatted with fellow workers as we unloaded bags of grain or pots of oil, and we would discuss their unhappiness, their dissatisfaction with life, or whatever was troubling them. I offered them some counsel from the teachings that I had gleaned from my religious studies and from my spiritual connection to the nonphysical. I was always receiving information. I was always downloading truth from the nonphysical. I had a wonderful connection to it, a connection that was clear and uncluttered, and as long as I stayed in a place of total acceptance and nonjudgment, the channel stayed open.

This was the information I was working on. I was not

working on ordinary mind information. I was working on information that had been coming to me for many years. Despite my youth, I was mature beyond my physical years, and many people commented on this, on how mature I was, on how wise I was, and so on. Not to blow my own horn, but that was the case. I had been receiving information from the nonphysical for a long time, and I knew much about truth. I knew much about the principles of the mind and how it works. That was one way in which I engaged and connected with people, for when you connect with the mind — when you see past the conditioned ego mind and understand that within each person there is a gem of truth, there is clarity and purpose that is merely hidden by bad behavior and bad teachings — you become able to relate to people in a completely different way. You are able to speak to the lowest of the low, knowing that they have become so far removed from the truth that they are dying of it. It is easy to offer a compassionate voice or a helping hand to beings in this state; it is not difficult at all. So this is what I did to bide my time as I earned some money.

I had somewhat depleted my money in the months since I had received the gold. I had begun with a little bit of my own, but that was long gone on food and supplies. Now I was replenishing my coffers, so this dock work was what I did for several weeks until I connected with another being who was a trader and had a boat. This time, the boat was doing shorter trips across the sea off the port. This being would make week-long trips out and return with new goods and services for the town. I decided that this would be the boat that I would board.

### **Human Suffering in the Fishing Village**

I paid some money and was indeed booked, so to speak, on a trip that would take me across the sea to the next section of land. I hopped aboard this trading ship, offering my services as a deck hand even though I had paid a small amount to travel across the waters to another area of the desert. I was still in desert lands, and I was intrigued to see the shifts in environment. I had gone from quite a lush and verdant homeland that was warm but temperate to what you would consider a hot and difficult climate with desert landscape. It seemed relentless at times, and I was not eager to stay in it. It was not in my nature to stay in such a harsh environment, so I kept moving. And at the other end of my ocean trip with this particular trader, I found a person traveling with a group of mules. It was not camels this time. The trek was less arduous, and we traveled along the coastline, where the temperature was more agreeable. I assumed that was why the trader took that route.

This trader was not as amenable and friendly as the other one, and I decided to remove myself from his company after only a few days on the voyage. It was not fun. He was a drunkard and a mean-spirited person, and I did not enjoy it at all. I became lonely. I had left the home I knew, and now I was traveling through desolate lands — lands that did not appeal to me in any way — yet I knew I had set myself on this task. So this was what I did for several weeks, verging on several months: I connected with beings who were traveling together, for it was not safe to walk alone, and I walked or I rented the use of a

mule or camel, depending on what was serviceable and what was available. In most instances, I had no choice; if I wished to move along, I had to take whatever was available. I continued to head east.

The direction in which I was heading was an intuitive, guided decision, and as the landscape's fertility and population increased, I became happier and much more engaged with the people and the teachings. I observed the shifts in environment, and I observed the shifts in crops and activities that people participated in. In the desert areas, many people participated in trade, as their harsh environment was not conducive to growing much fruit and food of any kind. However, as I ventured east, I reached landscapes that were moister and more verdant, providing the locals the opportunity to grow crops in their own backyards, so to speak. This was how I continued on for some time. I planned on being gone for two or three years. I knew that I wanted to travel for one year away from my home.

I decided that I would be brave. This was a once-in-a-lifetime opportunity, and I would not turn around until I had gleaned some understanding of the world and of myself. As I traveled in this way, I met many different kinds of people. I ventured into lands where language was a problem, so I often communicated with local beings through signs and signals.

When I arrived in what you consider the western regions of India (this is indeed where I found myself after several months of travel), I realized I had traveled continuously and was quite exhausted. I decided to settle down in a delightful village on the ocean, and this was where I stopped for some time to rest and to recuperate. I had lost quite a lot of weight through my travels and was not doing so well in the sense of feeling strong.

I found myself in a wonderful village on the beach inhabited by fishermen who farmed in a subsistent manner, so I was able to offer my services as a fisherman. Of course, fishing was something that I did in my home area, and it had a language of its own that required no translation whatsoever. I was able to assist fishers on the oceanfront, and of course, this provided me with not only my own food but also something to trade for other goods. I chose to live in a small and beautifully situated hut on the beach that was much to my liking. I spent many hours reading and writing there when I was not working. I spent many hours there learning the language and meditating on my life and on the communications that I was receiving.

The language was what you would consider a dialect of the Indian subcontinent, but it was a language that seemed to permeate throughout that region, so I began to learn the words for "house," "boat," and "food," these kinds of things. Before long I was able to communicate in primitive but understandable sentences, and this made my life much easier. I was able to smile and have tea with people and communicate a little bit about their lives. Of course, this improved rapidly once I started using the language information, and I was able to have more in-depth conversations with people.

At this time, I began to talk to the local shaman. He was not a priest, but more of a medicine man, and I began to understand the principles on which the local people based their lives, the principles on which they based their religious practices. I

made notes and began to observe this as a form of study, because this was my fascination. My fascination was with the consciousness of man, the effect that negative beliefs have on the mind and the body and the effect that positive and uplifting ideas have on the mind and the body.

I saw that no matter where I went on this trek of mine, the same information showed up time and time again. When people became angry and judgmental and when they lost their connections to love, they became vicious. I could see that it caused them great consternation and great suffering when they attacked their fellow beings. Of course, this was something that became clear to me: It was a pervasive problem with the human mind.

So this was something that I made note of and began to observe in many, many different circumstances, as you do now when you walk around your planet. You see that it is battles over partners, battles over property lines, and battles over ideas and concepts that cause wars, that cause divorces, and that cause fractious human relationships. It was clear to me that there was a better way, and I was intent on finding it, refining it, and teaching this to human beings. This was my work and my destiny, and I could feel it. It was what always drew me, what always attracted me, this idea of communication of truth. So that is what I did, along with living an ordinary life. These spiritual pursuits were my passion, and this is what I did with most of my time.

Of course, in this village I began to develop relationships and friendships with people, but the idea that I was involved with a woman is not true. I was celibate during this time of my travels. This was not a difficult thing for me at all. I had met the woman I loved, and I would go home to her. I was not on the road for any other purpose than to educate myself, to experience different worlds, and to come to some understanding of humanity's relationship to spiritual matters. This was my passion, this was my joy, and this was what drove me every day to continue to work, travel, and explore the environment.

### **Becoming a Pupil in Kashmir**

I continued on in the same way for a year, I would say. This is an approximation. I did not record it with the accuracy you do these days with your technological monitoring. In those days, things were done more by season. I continued walking eastward into the depths of what you call India, and I found myself in the northern realms in a place you call Kashmir, the foothills of the Himalayas. I was drawn to the place, and it was there that I settled for one year to prepare myself for the return home.

This was not at the forefront of my mind, but I knew that I would return home and that I was in Kashmir for a limited time. This was how I structured my journey to get to the extent of my comfort zone, if you want to call it that. There was no boundary, and I could have gone on forever were it not for my family and my beloved back home. But I continued exploring the environment and some of the spiritual practices in that area.

It was an interesting time and an interesting place, and there was much to learn. I was constantly immersed with

the beings of that area in the exploration of themselves and their minds. I took several excursions into the mountainous regions, and there were monks and ascetics there who practiced rituals and ideas of prayer and meditation that I had not encountered before. I ventured from the village into the mountains frequently when the weather permitted.

Of course, in the winter months this was difficult, but I would go during the summer months when the snows receded and the weather became quite pleasant in the foothills and the lower realms of the mountain ranges in that area of the world. The mountains there are spectacular indeed, and there is a clarity of thought and a clarity of mind that occurs in that part of the world that I enjoyed greatly.

For the time that I was there, I studied with many you might consider to be gurus, who meditated for extensive periods, practiced yoga, and these sorts of Eastern practices that are calming in nature and illuminating in their energies. This was something that I found quite fascinating. I did not study with one person in particular. It was something of an honor to be allowed to spend some time with one of these beings. They were particularly solitary, and so I engaged with them in an international form of sign language. I also used the few words I knew in their language and picked up a few more so that I could communicate with them.

### Paving a Path of Happiness and Joy

I traveled hither and yon and, indeed, learned much about myself. I learned about my ability to survive in the physical environment. I learned about my ability to engage people, even though the languages were not completely shared. It did not take too long to learn the few words that I needed to communicate basic living with most humans. I kept my journal, and I kept counsel with myself. I did not make fast friends. Of course, when you are on the road, you have short, sweet encounters with beings. You may work with someone for a few days or a few weeks. This was the gist of my journey. It was a trek. It seemed never ending, but there came a point when I wished to go home. I had been gone twenty months, verging on two years, and I wished to return home. This was what I did.

I said my goodbyes to those beautiful mountains in which I spent some time and would return to in the future, not in different incarnations but in a different form — let us say in an astral form, a body that is not physical in the sense that you know the body to be physical, but a body that is reformed and reshaped through the ascension process. (I discuss this much later.) This part of the world held a great attraction for me. I was very glad that I had gone on the journey and very glad that I had observed these spiritual practices. I was very glad indeed that I had ventured into a part of the world that was so different from where I had grown up, so different from where I had lived.

I traveled to India in my youth, but it was not through some divine intervention. It was merely through the adventurous spirit of a young man who knew there was something over the horizon that he wished to see but did not know what it was. Eventually I came to the end of my journey, and I wish

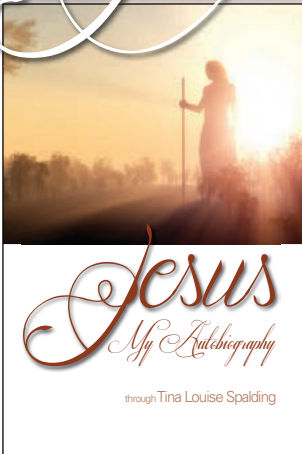
I could convey to you the joy with which this experience filled me. I knew that all of the experiences I had, all of the beings I met, all of the labors that I underwent, and all of the transformations of mind that I experienced would add to my ability to assist human beings on their journeys toward peace and joy and away from suffering.

I saw that suffering was pervasive, and I saw that the more judgment was involved, the less happiness was apparent in people's lives. I saw this; I saw that angry and judgmental beings were often alone. I saw that the kind and gentle souls were always welcomed into other people's homes regardless where this took place. And it became evident to me that this was one of the most important principles to teach people: that being kind and generous, kind and loving, kind and open-hearted, and kind and considerate of others is the path toward happiness and joy. •

At the age of forty-two, **Tina Louise Spalding** had been through two divorces and harbored a deep dissatisfaction with modern life. She found solace through her intense immersion in *A Course in Miracles*. Ten years of internal transformations followed, climaxing on the summer solstice of 2012, when Tina was infused with a powerful and ecstatic energy — a group of nonphysical teachers named Ananda. She has dedicated her life to writing and speaking for nonphysical beings, sharing their wisdom and spiritual knowledge.



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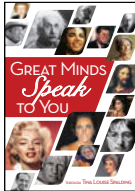
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through Tina Louise Spalding

**My Autobiography**  
THROUGH  
Tina Louise Spalding

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# God Breathed You into Existence

Shekinah, Mary Magdalene, and Inspired Information through Gillian MacBeth-Louthan

I am the spirit, the blessing, the sound of Shekinah. I am that which dwells in the house of light. I come on the winds of time to allow you entrance into knowledge that goes beyond human memory. Within the being known as the Holy Spirit, there are many dimensional metaphors and contradictions. There are many doorways and interdimensional places that humanity can enter through to see with a more divine vision. Many believe that the Holy Spirit is but one being, but that is not truth.

Each of you holds within you the breath of God. You each live within the outbreath of God. God breathed you into existence. With the first breath that a baby takes, the Holy Spirit enters the child in fullness. The Holy Spirit does not dwell within the fetus during gestation. It waits until full physical form has been issued. The Holy Spirit is the silent witness to all you say and think and do on your Earth walk. Look at its presence as a recorder of events — one who documents.

The Holy Spirit energy is an imprint, an encoding that is held by each person on the journey through life. On the death of a person, at the last outbreath, the Holy Spirit is released back to Source. It is a separate and different being than the spirit of the individual, but often when death occurs, they leave as a two-fold light. At the point of release, God inhales you back into original light, original blueprint.

As the universe inhales you a little more each day, you are cleansed, refreshed, and released of toxins, angers, blocks, and memories that no longer serve your soul's evolution and purpose. When you sleep, your spirit exits the body, and the physical biological unit is left to fend for itself with the help of a few large angelic beings. The spirit is connected by a cord of light and can always come back during any emergency. When you leave in spirit, when you slumber (no matter what time of day), you move eloquently and effortlessly onto the higher realms, where you exist simultaneously. Even during the day, you tarry off to the higher realms via the vehicle of daydreaming.

## Your Blocked Debris Will Be Released

The universe is cleansing many layers of your being, loosening and redistributing blocks so that they can easily be dismissed. In other words, all that is solid and shadowy within you is breathed lovingly and exquisitely by the prime Creator back into itself.

There are many parts of you that have gathered together as a depository. They migrate to a magnetic point in your physical body. From this magnetic point, they will exit and be sent to the prime Creator. Not only will this be experienced within the physical body but also within the planetary body.

The Creator is taking the thickness of the energies and birthing new baby universes. The atomic structure of light shifts in nature. The universe is taking the quantum debris of humanity — the thickest and darkest of stuff — and bringing it home to the light, recycling it and allowing it to re-form into pure universal life force.

There will be some cosmic coagulation within your body as the psychic and emotional debris is released. You may have pains that come and go in the body — memories in the heart and heavy dense emotions. Your very fabric and all that you have been through time as well as all Mother Earth has endured will be birthed into beautiful blueprints of baby light looking to be birthed in another part of the cosmos. It takes more molecules to create anger than it does a joy. It takes more molecules to hold disease within a body than it does to hold love. All that is holy is very light and nonfattening.

I ask you to allow the Creator to breathe you in deeply. Feel yourself being lifted by this holy breath. Allow the outbreath to bring you into the expansion that you so seek. Feel the presence of the holy ones as they stand by your side. You will be relieved of what has stuck to your soul. Use your inhale and exhale with power of attorney. I am Shekinah. I leave on the winds of time.

## Sacred Order of the Magdalene

As you open your heart and arms to more of my awakening, you become daughters of the holy encodings. You, dear daughters of knowing, hold within you a memorandum that is meant for Earth. This is a message that is encoded with holy calligraphy — a message that you can only read from the inside out.

I ask you now, beautiful daughters of the light, to remember one of your many holy positions. Imagine yourself standing in the center of a temple when you once were part of the holy Order of the Magdalene. The Magdalene was an order of the sacred feminine teachings that were passed down for

thousands of years — teachings of nature and heaven and power and wisdom that survived through time and myth.

## Unraveling Sacred Encodings

In your holy text, your body is referred to as a temple. Your body is a space of solid light that holds sacred memories, a place you keep your treasures of truth. In days gone by, whenever you had to hide and secret away something of power, you encoded within and on the body. You physically integrated the sacred encodings. Some of you placed the ashes of the sacred scrolls into oil and rubbed them on your body. Others ingested what

was written to hold its energy. The Order of the Magdalene is encoded within you. It is not a club you join; it is a sacred way of living and being for time immortal.

The next strand of time unravels many secrets as they awaken within the daughters of the stars. It may come in a dream, a book, a tattoo, or an afternoon sunset. It seeks you as much as you seek it. It has never forgotten your scent. It has never forgotten the lines of time you wear in your soul. It has never forgotten the sound of your voice, for the one thing that has stayed the same, incarnation after incarnation, has been the vibration within your voice. That is the reason why people are sometimes repelled by your voice and others are sometimes hypnotized by it: It has always been your calling card, energy signature, and activation sound.

*Imagine now that you are standing as the beautiful, youthful, divine goddess that you inherently are. Your physical body is a luminous temple beaming with love. Stand in the center and look at the walls of your inner temple. There are glyphs and sacred writings, hidden truths that seek to be remembered by you and you alone. In your heart place, imagine placing your hands and your third eye on the sacred text that lives in the walls. Now move your heart to it, and let your heart beat with it. It is your heartbeat that will awaken the truths inherent within; it is your heart key.*

### **Women, Solidify Your Majestic Light**

In the days of old, many of you were in the sacred Order of Magdalene. It was not a last name. It was a title. It was a crown. It was a knowing. It was held sacred in the Essene community in which Christ walked among men and women.

In my time of living, I endured much hate that was placed on me because of my position and training. I endured arrows of poison that came from the eyes of others. I endured angry words. I stood high in my light and the sacred teachings of my order. I did not trip on my path but kept a strong heart of love toward all who wished me harm. I did not beg for mercy, for

I knew that I stood in a light so grand and so beautiful that nothing could make my world tumble because I was a seer and already knew of events to come. I saw my light as solid, not as a red thread that blows in the winds of change. The mantle of light and secrecy I wore was beyond bending or ever breaking, for it was the very fabric of my soul.

Each day as you awaken to the grace of a God-given day, solidify the light that you are. Become the pillar of light you are, and penetrate Earth and heaven with a column of light. Then anchor and seal it with every prayer. It is this majestic light that you must solidify daily with your words and intent. Life will often strip you naked of your divinity. It pecks at your body as vultures after the kill. You allow life to deplete you. When you allow life to suckle upon you and steal your peace, you do all that is holy an injustice. All life depends on you holding the kingdom of the life and light as sacred and holy.

Women of the light walk forward as a holy entourage, showing what cannot be dissolved or obstructed. Women of Earth — no matter what color, creed, size, or age — stand up and set your light. Do not bend and cry and pray, for what you seek lives within you, not on the outskirts of someone else.

Visualize the light as solidified, peace as solidified, love as solidified! See the weaving that the weavers of light create. See it as the very fabric of all that was once holy and has been forgotten. You have forgotten that you are the core of heaven on earth. You have forgotten to solidify the love that you are, the beauty that you are, the peace that you are. You have let everything enter your womb because you thought you were meant to shift it, to heal it, to change it. Does the mountain bend down to the sea for a drink? Nay, it creates beautiful waterfalls to drink from. All that you seek lives within your realm of possibility. I am Mary Magdalene. Your connection has never ended, nor can it. You have never been separated from what you are and what you are destined to do and be. Believe it, and it is so.

## **You Enter a Promised Time**

You are in a time of birthing yourself into higher light at a different position of truth. As you sit in the womb of no-time, you try to stretch, but the walls of self-imposed illusion keep you confined in an invisible prison. You push and push, but you are not able to stretch into the vastness you innately know yourself to be. When a child is in the mother's womb, the child's spirit has the ability to reach out past the limitations of the physical womb, skirting about in the parents' lives, reaching into the past and future, and overcoming space and time.

Your life is similar to that of the unborn child. You feel limitations as if the very walls of your life grow steeper and slicker each time you try to scale them. You grunt, you groan, you complain as the limitations become more and more real and animated. You have the same innate abilities as the unborn child. You are living in this dimension of matter, yet you are also living in spirit, in the light on a multitude of levels. Your body seems limited and vulnerable, yet the spirit and light force that inhabit that vehicle has magnificent and never-ending capabilities.

You enter a promised time when the limited perception of your humanness merges with the vast and all-knowing Spirit of Light, coming together and merging and then emerging into something much more. Right now, you all feel like caterpillars in the early cocoon stage. You know that you are destined to become more, even though everything in your world points to less than!

### **Free Yourself from the Cocoon**

The chrysalis shifts, and the cocoon around you thickens and hardens like the crust of Earth. There seems no way out, keeping you confined in a prison of your own thinking. One day, out of the blue, a small light appears on the horizon coming from a minute hole within the cocoon. Your heart races with possibilities as the illusion of limitation begins to crumble right in front of your eyes.

You are just now seeing that small point of light in your life, a tiny hole of truth showing you the way out, the way up. The caterpillar must walk into a time of complete trust and surrender. Surrender what you think are your limitations to the

divine glow within you. Surrendering is trusting! The hole is small only in the mind of the caterpillar, not in the mind of God. In the mind of God, it is large enough to accommodate all the future butterflies of Earth.

The cocoon would never allow the caterpillar to be released, because that is what a cocoon does: It protects. It binds. Earth keeps you as a cocoon until you are ready to set yourself free. The caterpillar knows that it must try and try again, or it will

die. That is the point of reference that each and every one of you sits at. You feel you must try or perish in the process. It is a time of surrendering and trusting. The butterfly that you are inside this human caterpillar is far greater than any illusion. Let go, and know that the divine plan will work no matter what. The caterpillar is destined to become a butterfly; it can be no other way! Your soul pushes you through that tiny hole into a higher light, just as the caterpillar is pushed.

## Crystal Portal of Authentic Herkimer Diamonds

Let the crystalline beauty of Herkimer diamonds take you down the rabbit hole into a place that defies gravity and logic. The ancient energies of these stones allow entrance and exit via a crystal portal. These crystals hold within them immense knowledge and ancient teachings. Let go of your human fears and walk through the crystal portal into a world that you can sculpt with your thoughts, decorate with your laughter, and shape with your love.

Allow the Herkimer diamonds to take you down a road between worlds and through the looking glass into a place of dimensional flux and fluid travel. The diamonds are crystal portal stones that allow one entrance into that which has been secreted away until you are ready to see. These stones allow you to truly see with clarity.

Herkimer diamonds are stunning and powerful crystals. They are brilliant and sparkle solid light. These pristine beauties are powerful amplifiers of spiritual energy and are exceptional healing crystals. Since they are double terminated, they have the ability to transmit and receive spiritual energy, healing energy, all energy.

The Herkimer diamond helps facilitate the removal of energy blocks and psychic debris, and it activates healing. It is an exceptionally strong crystal for clearing electromagnetic negative pollution. This diamond is an attunement stone, meaning it has a crystal-vault memory and receives and retains information forever. Because of this quality, it is a good crystal for teachers.

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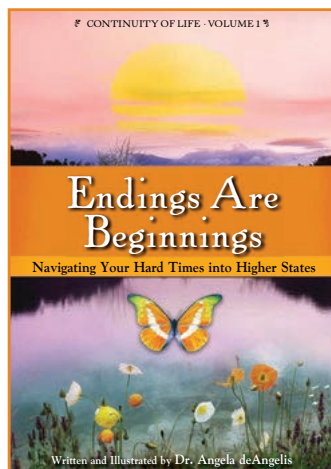
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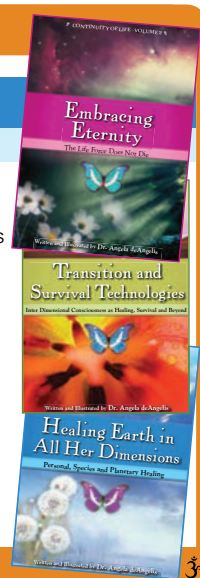
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# Planetary Evolution from the Galactic Perspective

Juliano and the Arcturians through David K. Miller

The development and the placement of life forms throughout the galaxy are overseen by a galactic council. The Galactic Council is composed of ascended masters from all sections of this galaxy. Please understand that this galaxy, the Milky Way galaxy, is a huge system. We have given various estimates that Earth is 27,000 light-years from the center of the galaxy. There are other estimates that Earth is 30,000 light-years. That's an enormous distance that would require technology far beyond what any Earth ship could even hope to accomplish to cross such distances.

You are only two-thirds of the way outside of the center of this galaxy. That means that the full length of the galaxy far exceeds 40,000 to 50,000 light-years. It is estimated that there are between 2 and 4 billion stars in the Milky Way galaxy. Try to imagine how many planetary systems and solar systems there are. I also would like to point out that many planets have inhabitable moons, and these moons are what I like to refer to as moon-planets. The moon-planets are, in some cases, more inhabitable and more likely to sustain life than the planets themselves. I would like to also report that there are cases in which the civilizations left the home planet, or foundation planet, and continued their home base inhabitation on a moon.

The Galactic Council oversees and intervenes in planetary systems as part of its oversight and also assists in the higher evolution and resolution of conflicts and polarizations. The Galactic Council strives to ensure the preservation of life. It oversees bringing life to planets. You know some of the beings on the Galactic Council as ascended masters. Others you do not know. You have not heard their names before because they come from other parts of the galaxy in which generally you do not have contact.

Most of the ascended masters have made themselves known to you through various methods, including prophecy, different visions, and of course, through channelings. In general, the prophets or the masters residing in further points away from the Earth system are not known. We are looking for ways to explain and introduce the other ascended masters who are not yet known to you.

You might be interested in talking to masters from other planetary systems that are similarly going through this cosmic drama you are now experiencing. Some of the beings on the Galactic Council include Jesus, Moses, Kuthumi, and P'taah, who is a Pleiadian master and teacher. Ashtar is also on the Galactic Council, as is Vywamus. Chief White Eagle and Chief Buffalo Heart are on the Galactic Council, and there are also



those on the Galactic Council who are visiting members from other galaxies.

There are members from the Andromeda system who have been invited to participate in the Galactic Council. In particular, one master is known as Heylang. Heylang is part of the Andromeda system, which is your sister galaxy. Andromeda has many similarities to the Earth system, or to the Milky Way galaxy. There are Earth-like planets, Earth-like systems that are similar to your solar system, and also there are many similar planetary formations in the overall galactic system of the Andromeda galaxy that almost replicate or duplicate some of the extra-solar systems that you are now learning about.

## Planetary Development

We, the Arcturians, have often visited the Andromeda galaxy, and we have been impressed with their work as a council. Some people might ask, "Is the Andromeda galaxy more advanced than the Milky Way galaxy? Are there more advanced life forms? Are there more fifth-dimensional planets? Are there more planets in the Andromeda system in stage II and stage III?" These would be some of the questions that one would want to have answered in order to compare the accomplishments and works of one galaxy and its inhabitable planets to a second galaxy and its inhabitable planets.

It is a complicated challenge to measure the progress of one galaxy to the next. One of the criteria for the measurements of how advanced a galaxy becomes is based on the number of planets that have completed planetary stage I of development and have gone on to planetary stage II and planetary stage III.

Planetary stage II is when the threat of extinction is gone and the planet comes into a new balance. I know this new balance has many different meanings on different levels. It means the weather on a planet on stage II is more controlled. It means that earthquakes and volcanoes are more controlled and that the planet has evolved a spiritual relationship with the inhabitants of the planet. I, Juliano, have been working extensively with many of you in my training and teachings about biorelativity because the practice of biorelativity is one of the signs of more evolved development of planetary systems.

On planets that are at stage II, I find that the inhabitants and spiritual teachers have developed higher techniques and more-focused and effective exercises for biorelativity. In many ways, the measurement of success of biorelativity can be found in the planetary healer's ability to form an ongoing spiritual relationship with the planet. That means that the planetary safeguards are rebalanced and restructured, but it is done with great respect.

Let's say, for example, that a planet is capable of producing a great deal of uranium, but currently there is a limited amount of uranium. Now imagine, a group of workers on the planet decided to encourage the planet to produce more uranium and to make more uranium available by teaching people where to look for it. If the planet is using uranium and abusing it and creating waste and storage problems, then the planet might not cooperate with the further mining of where this uranium can be found. On the other hand, if the relationship with the planetary healers and the spirit of the planet is profound, honest, and spiritual, then the planet will receive assurances that there is not going to be any abuse. Therefore, the spirit of the planet will cooperate in helping people go into a higher and more spiritual relationship so that the planet can move into stage II of planetary development.

### **Jesus on the Pleiades**

The planet enjoys and benefits by having higher evolved beings on its surface. The planet also benefits from the success and the spiritual development of the inhabitants. The planet cannot go into the fifth dimension unless there are spiritual beings who can work with the planetary system. The planet needs you, as starseeds and planetary healers, to help it develop.

The Galactic Council sends prophets, wise healers, and even what you would call the messiahs, the anointed ones, or those who are able to bring together and rescue a planet from its own self-destruction. Jesus came to this Earth with the blessings of the Galactic Council for his mission. His mission has had many different interpretations and many different meanings. It was clear that when he came to Earth, his teachings would not be long lasting unless he died while he was in the role of a teacher and prophet. This is rather peculiar from our perspective.

We have seen Jesus on the Pleiades. He was sent to the Pleiades a millennium ago in another era, another epoch, far earlier than humankind's current civilization. It could be as early as 250,000 to 300,000 years ago when Jesus came to the Pleiades.

The Pleiades as a planet was certainly very advanced in many different ways. The planet was somewhat similar to Earth in its level of advancement. Yet it was not an exact duplicate. There were differences, for example, in the languages, in the number of inhabitants, and also in the way that people were dealing with the environment. There was not the misuse and abuse of the environment on the Pleiades.

Jesus was greatly received and accepted on the Pleiades. He was welcomed. There was no conflict. There was not polarization when he was on this planet. He was able to reveal far more secret

and esoteric knowledge than what he revealed on Earth. The reason he was able to do this was that there was not any violence on the Pleiades at that time. There were no polarizations. No one tried to assassinate him. In fact, he was protected, and he lived and taught for quite a long time on the Pleiades. He was able to educate and awaken many great prophets there. P'taah was a student of Jesus, and P'taah was brought to his great level of ascendency and mastery from his relationship with Jesus.

Perhaps you think from the Earth perspective that Jesus brought the highest, greatest, deepest teachings to planet Earth. He certainly did bring great teachings to Earth, but his overall teaching was much more powerful and comprehensive on the Pleiades. Subjects such as reincarnation, soul groupings, and spiritual-light energy fields were explained in great depth during his time on the Pleiades.

When Jesus came to Earth, he wanted to teach many of these advanced subjects and also wanted to teach more about the ascension — one of his greatest loves. He was instrumental in helping many of the Pleiadians ascend.

There were problems here on Earth when Jesus began his teachings, as you all know. You know some of the history of his teachings. There were also many distortions and misuses of his teachings for individual ego purposes. Many people wanted to interpret his teachings and his position to favor their own understanding of power and control over the planet. This problem is still present today, that is, those who want to control and to use prophetic teachings for personal gain as opposed to the overall gain of humanity. Some have asked me, "Did Jesus know that his teachings were going to be distorted and misrepresented?" Certainly, when an ascended master comes to this planet, he has to see the future. He would have known that his work could have possibly been used for negative purposes, such as control of other groups.

We have to look at spiritual evolution on a planet from a broader perspective. Evolution from a broader perspective includes the introduction of new spiritual technology into the DNA of a planet. Sometimes the introduction of a new spiritual technology causes a rift and a division. If a long-term overview was given, then we could say all this was a positive outcome, and the planet is now moving closer to the ascension because of his teachings. Jesus's introduction of the ascension did have its intended effect. But when you look at individual periods when the teachings were distorted, you find that it seems others changed many parts of his message.

### **Your Spiritual Light Frequency**

We have introduced the paradigm that is based on unity consciousness and galactic unity, which is called the sacred triangle. This paradigm can provide healing energies for the entire planet. It can provide a foundation for an overall planetary transformation. I have introduced this paradigm to you because I know that you are planetary healers, and I know that you are ready to embrace a teaching that can help resolve and bring people together in unity.

The analysis of the Galactic Council is that Earth is filled with such polarization that it is very difficult for one person

who represents only one religion or one teaching to bring the planet together. The Galactic Council recommends that there be a more unified approach that brings together and systematically teaches brotherhood and sisterhood among everyone and seeks to bring forth a starseed family orientation.

There are other members on the Galactic Council who have not been mentioned, such as Mother Mary, Quan Yin, and the sufi mystic Rumi, as well as Bodhidharma, who is from the East and developed many different systems of yoga and chi gung [qigong] exercises that were brought forth to the Eastern world. There are numerous other members on the Galactic Council that I will try to make known to you in future lectures.

The sacred triangle has the ability to integrate and to move people forward in a new dynamic. This dynamic paradigm has several important features. The main feature that I will explain now is spiritual resonance. "Spiritual resonance" is a term in our galactic technology and spirituality that is based on frequencies. You have heard me describe spiritual light quotient (SLQ), or spiritual light frequency, which is the energy field and energy wave that a person attains by becoming more aware of the overall energetic basis of this reality.

The energetic basis of this reality is primarily defined through the aura, but it is also defined in terms of the luminous strands of light that are in all living beings and in all living objects throughout the universe and throughout the galaxy. Everything is at a particular vibration and a particular light frequency. The term that we use to describe different light frequencies may not comply with how you use this terminology. So I will simplify it and say there are higher light frequencies, middle light frequencies, and lower light frequencies. When I say that you are in spiritual resonance with higher light frequencies, that means that your aura — your energy field — is able to vibrate in a similar pattern of light as those higher frequencies. When you can resonate or vibrate at a similar light, then you can receive and interact with that energy. It does not necessarily mean that you are at the same level of frequency but that you are able to resonate with it through a harmonic energy.

It is well known in radio technology that certain frequencies emitted on a frequency such as on the 40-meter frequency in high-frequency transmissions can also be resonant with another frequency of 15 meters in the high-frequency radio electromagnetic band. If one had an antenna on one frequency, 15 meters for example, he could also possibly transmit and receive signals well on the 40-meter frequencies.

This phenomenon is also true in spirituality. For example, you may not be on the high frequency of Jesus, or you may not be on the frequency of Moses. You may not be on the frequency of Quan Yin, but you could be on a resonant frequency with them. You could be on a harmonic frequency in which you are able to interact and receive energy and light from their higher source. When you receive that energy and light from their higher source, you are able to integrate it into your own mental and emotional systems, raising your spiritual light quotient.

This has great benefit. That means that you can increase your spiritual light frequency and your spiritual light quotient

by interacting with higher beings even though you are not exactly at their level. You are harmonically in resonance with their transmitted frequencies. Some of those transmitting frequencies are based on love, compassion, and what I call higher-level, fifth-dimensional feelings and emotions.

### Third Dimension Dominance

Part of the planetary healing system that we are teaching in the sacred triangle is to transmit harmonic light and resonant frequencies throughout the planet. We believe that there are several ways to do this. One way is to work with the noosphere. We define the noosphere as the planetary unconscious, or sub-conscious. We believe that we need to download special etheric energy fields that are contained in crystals. This contributes to raising the harmonic frequencies of a planet. Of course, we support the planetary cities of light project because it raises the spiritual light quotient energy field.

You see, planetary healing then becomes based on how you are able to influence the energy field of the planet. One of the complications for planetary healing efforts is that lower third-dimensional frequencies create interference. Lower beings want to dominate, and they want to hold and keep the planet at a lower frequency. When they are able to keep the planet at a lower frequency, they feel that they can control the planet. You are seeing evidence of this on many different levels.

Some of this evidence includes how governments work. For example, there are descriptions for what is known as the shadow government in which you find people who want to control the frequency, the thought patterns, of everyone on the planet. When they do that, they know they can control everything to their own purpose. They have shown success because they are using the same principles of resonant frequencies that I am talking about but for a negative purpose, an ego purpose.

Some of the areas of exercises that are based on control are related to high-frequency, auroral-propagation transmissions from radar-like devices that change energy fields around the planet. These have been used in military encounters. You also see things like chemtrails. Many people have asked, "What is the purpose of the chemtrails?" The purpose of the chemtrails is related to holding and keeping a certain lower frequency among the population so that the people are more susceptible to their control.

You might want to ask, "How is it that chemtrails can change or lower your frequency?" The answer is that if there are any irritants in your energy field, then you will find it harder to raise your spiritual light quotient because your immune system becomes challenged, and you need to use the energies to fight off the immune attacks. You will not be able to participate in unity consciousness. You will not be able to organize and work well with other people.

There are other things that people are doing in a shadow way that contribute to this lowering of the spiritual light quotient of the general population, which is the general overall goal. You are planetary healers, and you are devoted to working with the higher spiritual light quotient. Once you are

introduced to unity consciousness and to the sacred triangle energy, you can more easily transcend the lower vibrations.

### Starseeds Will Unify

Bringing forth a prophet at a high level can transform the planet. Someone who is carrying messianic energy and light can remarkably transform a planet to have the ability for many people to reach out into the higher frequencies.

The cosmic drama also entails those who are searching and finding ways to raise their spiritual light frequencies and the spiritual light frequency of the planet. It entails those who want to unite with the Galactic Council and the galactic brotherhood and sisterhood for a higher planetary evolution. The cosmic drama also includes those who are more focused on third-dimensional energy, third-dimensional light, and constricted third-dimensional light. This is exactly the drama and exactly the conflict.

I don't want you to minimize this conflict. At the same time, you and the planetary healers have the support and the resonant harmonic energy from the higher masters. The higher masters will prevail. The higher masters have other safeguards that are coming into place, many of which are still unknown.

These safeguards are being activated in an important way. Some of these safeguards will be activated so that more starseeds will awaken and more people will come together. I realize that there are many factions among the starseeds. Each star-seed might have his or her own groups. Many of the starseeds are divided and have allegiances to a specific interpretation, which I expect. I don't find this shocking because there are so many different masters. There are so many different levels of interpretation.

Eventually, the starseeds will unite, and they will all come to a resonant frequency in which they can relate to and benefit from unification. Unification is occurring on the Native Peoples' side, on the galactic side, and on the mystical (or the unity consciousness) side of the Great White Brotherhood-Sisterhood.

Each one of you has such great gifts to offer and awaken. [Tones ooohhhh, ooohhhh.] When you can participate and feel the power of the resonant frequency, you will have the opportunity to interact with the higher masters on the Galactic Council. You can simply say, "I am now resonant and on the same harmonic frequency as the ascended masters on the Galactic Council." Let us go into meditation while you focus on that affirmation.

Each of you has a particular guide and teacher you easily connect with. Some can connect with Moses and his teachings about the fifth dimension as he ascended Mt. Sinai. Some of you relate to P'taah from his work on the Pleiades. Some of you relate to Quan Yin and her great work on the teachings of the Buddha. Some of you relate to Heylang and his teachings from the Andromeda system. Some of you, of course, relate to me, Juliano, and my colleagues Helio-ah and Tomar and our Arcturian teachings about the sacred triangle and the higher light.

Connect with the ascended masters you feel most in resonance with. Go first to those who resonate with you and then,

by doing that, you will open yourself up to more teachings. You will feel this connection to the galactic family and to the brotherhood and sisterhood. When you feel that connection, you will gain in increasing your spiritual light quotient in your aura.

When you increase your spiritual light quotient in your aura, you become more protected and more vibrant in your everyday life, and you also increase your arcan [Channels Note: "arcan" is the Arcturian word that describes the measured strength or power of thought] power so that you can more easily manifest and use your powers for greater healings.

• • •

Blessings, planetary healers and lightworkers. May your harmonic light quotient be in resonance with all of the ascended masters who oversee and interact with Earth. Good day. •

*David K. Miller's original spiritual study was the Kaballah and Jewish mysticism. David has published many books and over one hundred articles in both American and Australian magazines. He currently does phone readings and conducts workshops focusing on ascension techniques, healings, and psychospiritual issues. He also works full time as a medical social worker. To learn more about David, you can visit his website, [www.GroupofForty.com](http://www.GroupofForty.com), or contact him directly at PO Box 4074, Prescott, AZ 86302, 928-776-1717, or [davidmiller@groupofforty.com](mailto:davidmiller@groupofforty.com).*



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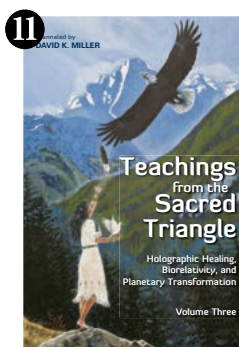
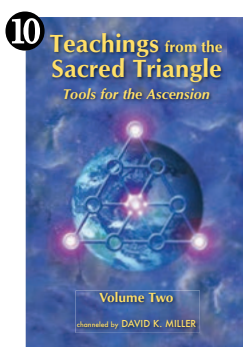
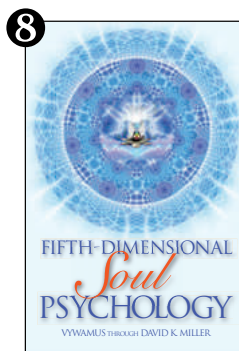
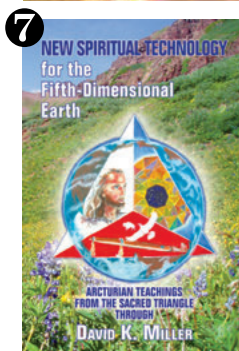
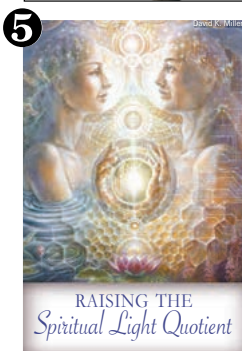
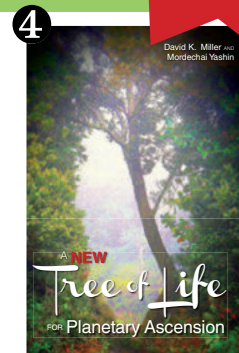
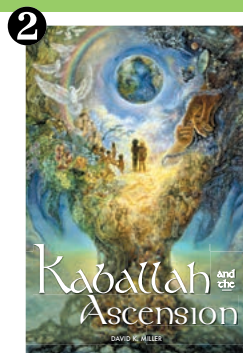
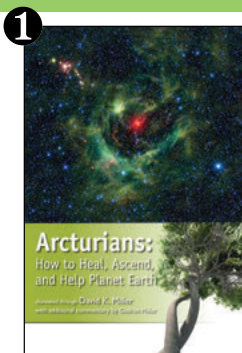
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# Moons in Tune: A Symbiotic Juxtaposition of Shift

Archangel Metatron through James Tyberonn

Greetings, masters. I am Metatron, Angelic of Light, and I greet each of you warmly, knowingly, in a vector of unconditional love. Another precious moment brings us together, uniting thoughts within the matrix of the unified field and combining geometric thought patterns with desire and with awareness, so all things come together. In this way, all thoughts, all things, all beings are crysto-electromagnetic representations of consciousness, manifestation, and all that ever was or ever will be.

The changes taking place on the New Earth of 2015 and beyond are prompted by changes happening in the cosmos. Every celestial body — every planet, star, and moon in your galaxy — is in harmonic symphony in support of Earth's planetary ascension. We have told you before that your religions have excluded the science, and that science has omitted the spiritual. In the New Earth, the two must join in full circle. So the following channel is teeming with elements of that termed the spiritual and the scientific.

We ask you to read carefully, and do not assume that the scientific portions are beyond your grasp. For what we share is also communicated in the third language, and all contents of this message are coded in such a manner that even those of you who might not consider yourselves as academic or scientific will, in higher mind, understand what is being shared.

## The Living Cosmos

Your scientists are beginning to recognize that there is intelligent design in the cosmos, and your religious leaders are beginning to acknowledge that you are not alone. There are visionary academics and writers leading the way in revealing more to you about humanity's true origins and history. Removing the shadow is tantamount to achieving clarity and wisdom.

The cosmos is shifting, and physics are expanding. You are discovering that the laws of physics, which you thought were written in stone, are shifting and expanding. That expansion is multidimensionality, and higher dimension is crystalline. Moreover, masters, you are discovering that divine thought is the creator of All That Is and that you are an integral part of that. Even the most die-hard, mainstream, scientific think tanks are being invaded by a younger generation of more diligent, unsuppressed researchers aware that there is intelligence in the cosmos, in the changing order of physics — not just in the realization that you are not alone but in the knowledge that the creation around you cannot be random. There is a guiding force in physics, an aware and divine intelligence.

We have told you before that certain of what you term

angels are the holders of the laws of physics, and we tell you now that everything in the cosmos is aware. The planets, stars, moons, and even the void is alive, conscious, aware, and in support of humanity.

## Moons, Planets, and the Living Cosmos

Lunar effects on planets, solar systems, and indeed galaxies are extremely important and vastly influential. Your academics are becoming more and more aware of the myriad forms of intelligence and the energetics of planetary, stellar, and indeed lunar gravities.

Your own planet has had more than one moon in its history. We tell you a truth that many have already speculated about, and that is your present moon was put in place several billions of years after Earth's formation. At that time, it was much closer to the planet, and the backward drift it is currently orbiting within is much further from Earth than its original placement.

Does it not seem very interesting and compelling that your present Moon is capable of perfectly concealing your Sun during a total eclipse? Do you understand, then, that if your Moon were not in the precise orbit it is in — not located at the current, specific distance between Earth and Sun — that this would not occur? Perhaps you will consider that an intricate engineering design and plan is in place! And perhaps this will also lead you into deeper consideration of how eclipses alter light and energy and affect linear time and gravity. Is this not compelling? Is this not food for thought?

The Moon rotates in perfect symmetry to its orbit; the rounded twenty-eight-day lunar cycle moves in such a manner that only one side of the Moon is visible to Earth. The Moon rotates, and all its sides and surfaces receive light, but only one side ever faces Earth as it spins on its axis. There is a purpose in this that absolutely correlates to the synergy of Earth and Moon and humanity. Consider the odds of this being happenstance. It is not a mere result of gravity, although gravity is the mechanical utility of this engineered design.

We also share with you that one of the moons in your solar system is artificial, and it is a stabilizing, autoregulated computer. Evidence of its unusual properties and design has been captured in the photos of the Cassini mission.<sup>1</sup> These photos are raising serious speculation among your scientists.

## Saturn and Iapetus

Iapetus, one of the moons of Saturn, is a technically conceived construct put in place for a specific purpose. Its gravity and

orbit influence Saturn. And we tell you that your Earth is very influenced by the energy of Saturn and thus by the effect of Iapetus on the Saturnian system. Most of you on the discovery path of metaphysics acknowledge to some degree the influence of astrology on humanity and Earth. Astrology is not folklore; rather, it is the science of how the planets affect you through their succinct gravitational waves and energetic emissions.

Every planet in your solar system exudes unique frequential gravitational waves as well as a signature energy. The energy is derived from plasmic, subatomic, charged particles that are projected geometrically through the northern poles of each planet. In a manner of speaking, they are similar to white holes in the sense that the energy projected is hyperdimensional, meaning that it is multidimensional energy received from a higher dimension and projected into your solar system. The projection poles have a geometric signature, and that polar geometry is determined by the rotational factors — inner and outer torque — of the planet and the vibratory rate of the hyperdimensional energy emission.

Every planet and moon in your solar system supports Earth and vice versa. So we assure you that the academic study of astronomical patterning is a valid science. Your highly credible and respected seer Edgar Cayce emphatically supported astrology. He believed that the true study of astrology is absolutely worthwhile when accurately studied seriously and focal and intuitive application is applied in the experience of such studious and serious effort. Again, the true scientific cornerstone is the fact that each celestial body of your universe emits and projects gravity waves and photonic waves. These waves absolutely and undeniably affect both your planet and your human auric energy frequencies through induction.

There is a somewhat simplistic comparative analogy between planets and their moons, suns and their planets, and atoms and their circulating electrons. Just as the addition of one orbiting electron changes the energy and nature of an atom, and indeed molecule, additions of moons change the resonant energy of each planet. Each planet affects the energy of its stellar center, its nucleus!

The images sent back to Earth by Voyager and, more recently, the Cassini probe have revealed specific, intriguing anomalies about Iapetus that are perhaps some of the most uncloakable evidence of extraterrestrial existence. In truth, your own planet abounds with such evidence that has been (for the most part) dismissed and unacknowledged — appropriately termed forbidden archaeology.

The Voyager and Cassini probes have revealed quite a few extraordinary anomalies on Saturn's moon Iapetus, including its 4 million-foot-long equatorial wall, hexagonal craters, box-like surface structures, and tower-like antennae structure, as well as its dark and light aspects and unusual circular orbit.

Though this is explained away by mainstream science, we tell you that even now your more enlightened astrophysicists are becoming increasingly aware that Iapetus is artificial, though most dare not seriously express such an unconventional belief. We tell you that the moon called Iapetus that satellites the extreme outer orbit of the ringed planet was put in place for

a specific purpose by highly advanced extraterrestrials. Iapetus is of intelligent design, and there is great purpose in this.

## Visionary

In Arthur C. Clarke's visionary book, *2001: a Space Odyssey*, Dr. Bowman, the main character, discovers that the true purpose of the mission is to explore Iapetus, the third-largest moon of Saturn, in the hope of contacting the society that buried the monoliths on Earth and on the Moon. As he nears Iapetus, Bowman sees a similar monolith on its surface. He decides to go out in one of the extravehicular pods to make a closer inspection of the monolith. Programmed for just such an occurrence, the monolith reveals its true purpose as a star-gate when it opens and pulls in Bowman's pod. Before he vanishes, Mission Control hears him proclaim: "I am inside Iapetus. The thing's hollow, and it goes on forever! Oh my God, it's full of stars!"

Interestingly, the book was written years before the Voyager and Cassini craft revealed the "black hole" on Iapetus. The Cassini mission also revealed images that show the unusual characteristics of radar reflectivity on Iapetus and mystifying anomalies of light and dark, as well as brightness variation, as if portions of the moon were illuminated by an artificial or internal process. It was also revealed that an unusual linear wall twelve miles high, twelve miles wide, and over 800 miles long stood in a straight line across the equator of Iapetus.

This did not go unnoticed by your NASA scientists. One took the risky stance of speculating that Iapetus appeared to be "artificially modified" and represented the best-case evidence of advanced life in the solar system. Visionary scientist Richard Hoagland has made many conjectures about Iapetus, many of which are indeed correct.<sup>2</sup>

Your scientists are well aware that Iapetus orbits Saturn in an unusual 15-degree circular path, affording an interesting, nonequatorial parallel route around Saturn. All other moons rotate at precisely the same equatorial plane as the rings of Saturn. The moon Phoebe alters at 5 degrees and flows in the reverse direction, and in this anti-flow is the exception.

We tell you that Iapetus is of ancient Arcturian construct. Its architecture is indeed a derivative of the Platonic solids and is in fact what may be termed a truncated dodecahedron. The Cassini images reveal that it is not truly spherical, as are most celestial bodies, and it has geometric lines that adhere to the dodecahedron shape, although billions of years of ice and dust collation on the surface skew this signature shape.

Those of you who are familiar with the science of that termed sacred geometry are aware that tetrahedrons will fit perfectly inside the polyhedral dodecahedron. The flattened surfaces that appear as platelets on the surface of Iapetus have been surmised by some visionary scientists as geo-surfaces of tetrahedrons, and we tell you they are correct. This is verified by the specific 120-degree angled star tetrahedral spacing.

Iapetus is specifically placed in its succinct orbit around Saturn. It was put in place to modulate the gravities and frequency of Saturn's crystalline symphonics, projected frequentially by what you term the crystal rings of Saturn.

## The Rings of Saturn

Humanity has always known that Saturn was different from the other planets. Its incredible rings stood out in a serendipitous beauty that differentiated it from the other planets, once humanity regained the ability to observe celestial bodies. We tell you that Saturn and her rings play an incredible role in your solar system.

The rings of Saturn are in constant flux and provide the vibrational coherency that modulates the resonance of your solar system and the ongoing ascension process of Earth. The rings of Saturn are composed of unique crystals that emit a harmonic vibratory resonance, a coherent frequencial song.

Saturn represents the stargate or entry point of Arcturus into your solar system's physical and nonphysical realms. More complex, it is the wormhole of the torus effect for your system. As observed by your Voyager explorer craft and indeed the more recent Cassini mission, the north pole of Saturn is composed of a remarkable double concentric hexagon, and the south pole is an elliptical swirling ovoid. This mystifies your mainstream astrophysicists. It is a phenomenon of base-60 hyperdimensional torsion physics, as yet not grasped by your current science.

We tell you the hexagonal pole of Saturn emits incredible energy, far more energy than the planet absorbs from your Sun — as do all planets in your solar system. The hexagonal geometric pattern is an energy signature, a wave pattern indicative of the torsion-energy level being emitted. The incredible energy is coming from another hyperdimension of the cosmos. The rings of Saturn contain complex-crystalline components of elements not identifiable by your probes, and what is being discovered are spoke-like structures intersecting the ringular system, all of which are part of the amazing pulses that feed your system. The entire Saturnian system is an immense regulatory force that affects not only your solar system but Earth and humanity as well. Saturn, the rings of Saturn, and several of its moons — particularly Enceladus — emit crystalline harmonics, or massive waves of gravitational energies and plasma. This directly affects the energy of humanity at this time.

Strong correlations absolutely exist between the energetic state of Earth's field and the effect on the field of each human. Energies such as coronal mass ejections and indeed the plasma ratio of anions to cations not only affect human behavior but, by induction, also affect the ability of the human auric field and chakric merkanah to more efficiently access the manifold of multidimensionality, parallel realms, and time holograms.

## Ancient Codes in Crystalline Centers

Just as you are aware that magnetic portals exist on the planet Earth, collating the Sun's massive energies, so are there crystalline portals that collate the coherency of plasma emissions and light waves. All forces that alter Earth's electromagnetic and crystalline fields are also changing yours. The Saturn system is generating an accelerated coherency in the ascension of your Earth, for indeed the ascension can truly be defined as the expansion of Earth's dimensional matrix into higher fields of crystalline resonance. As such, the crystalline grid is absolutely receiving the crystalline codes from the Saturn system. The

current activation of the Saturnian system is again playing a major role in the shifts of the planet — specifically in the environmental alterations and energy shifts that will code the crystal grid as well as the crysto-sun disc within the crystal vortexes of Arkansas and Brazil. This synergizes symbiotically with the biological shifts in the human body into an opalesque crysto-silicon base. Silicon is the only element capable of replacing carbon, for both carbon and silicon have the valiant points needed to support human biology. Dr. Carl Sagan indeed first surmised this, and he was an extraordinary visionary, a sacred scientist!

And so, dear humans, your physical biology is shifting, and you are transitioning to a silicon base from the current carbon-based biology. Your Edgar Cayce spoke of the sixth body type emerging in the twenty-first century, and that is indeed taking place. It is a logical correlation of crystalline physics that the drivers of the human biological shift will be initially coded in the massive crystalline deposits on Earth. Therefore, it is logical that the crystal vortexes of Arkansas and Brazil will serve as the epicenters of shift in facilitating the DNA changes of shifting human biology from carbon to silicon base. Dear ones, quartz is silicon based; crystals are silicon dioxide receivers and transmitters.

It is indeed for the reasons we have explained that the crystal transition of the planet and of humanity will, initially, first be received in plasmic and photonic coded waves in the crystalline regions of Earth from the Saturnian system. For those of you in the more populated Northern Hemisphere, the initial and primary receival will occur in the crystal vortex of the sacred ark termed as Arkansas. And for myriad reasons, Arkansas is embellished with a unique geology, containing quartz crystals, magnetite deposits, kimberlite diamond pipes (the only deposit of diamonds in the Lower 48 states, and unique, truly incredible systems of rare living water and thermal waters, water containing a benevolent, trace level of radium. In addition, the geometrical vector where the Arkansas crystal deposits are found is perfectly centered and optimally situated to stellar and planetary alignments and for dissemination across the populated portions of Earth. Over two thirds of humanity live above the equator, and slightly less than one third below the equator. Accordingly, Arkansas and Brazil are synergistically combined to receive and be the transmission and distribution points for the crystalline shifts taking place for both Earth and humanity. And masters, the shifts are only just beginning. The transition of humanity into a new crystalline body will occur in this way, through Arkansas and Brazil as the receivers and transmitters of the codes. These two power nodes receive most potently because quartz is an extraordinary crystalline receiver and transmitter. Arkansas and Brazil will receive and then relay the crystal codes to the other areas of the planet.

Accordingly, Arkansas and Brazil are not only the largest strata of quartz crystal on your Earth but also contain what may be termed as seeded, coded, and specifically placed master crystals within a very unique geological matrix. There is science and a pure logic in this. There is a master design taking place, and it can absolutely be understood. It makes sense! It

makes sense to you because many of you, in fact over 90 percent of you presently on Earth, were in Atlantis. At that time, you understood the mechanics, the attributes of crystals. So you have indeed been here before, and it resonates. It feels right, does it not?

It is why many of you living in the Northern Hemisphere are being drawn or being called to Arkansas. In kind, many of the Southern Hemisphere are drawn to Brazil. These crystalline centers contain ancient codes, codes being reactivate in order to quicken the shift into the crystalline body. These energies transform DNA and embed codes both on an individual and collective scale, and many of you are code carriers.

At this juncture, we provide the symmetry, for we tell you again and emphasize that the Saturnian system plays a major role in the crystal coding of 2015 and beyond into 2038. The codes are received from the Great Central Sun by Arcturus and forward via Iapetus into the Saturnian system and disseminated to your solar system and Earth, and thus humanity.

### More of Iapetus

Iapetus is a massive autoregulated computer that is involved in tracking and indeed moderating the Saturnian system. Its specific orbital path is aimed at influencing the rings and the pattern waves emitted from their icy crystals. Iapetus triangulates with Saturn's reverse orbit moon, Phoebe, and Saturn itself in this effort.

The Saturnian system played a major role in combination with the cosmos and Earth's Moon in the explosion of life on your planet that took place in what is termed the Cambrian radiation. The Cambrian radiation was a time of intense solar radiation, and very similar in this way to the solar activity that has been occurring on Earth the past two decades. **[Channel's Note:** *The Cambrian, explosion or Cambrian radiation was the relatively rapid appearance around 530 million years ago — over a period of many millions of years — of most major animal phyla, as demonstrated in the fossil records, accompanied by a major diversification of organisms, including animals, phytoplankton, and calcimicrobes.*]

The current activation of the Saturnian system is again playing a major role in the shifts on Earth, specifically in the environmental alterations and energy shifts that will code the crystalline grid as well as the cristo-sun disk within the crystal vortexes of Arkansas and Brazil.

The coherence within the field generated by your merkanah chakric system is directly influenced into more vibrant optimal states by the crystalline coherency generated from Saturn. There is a stability therein. Those who are in a more incoherent state are more adversely affected by the ongoing changes in Earth's field while those in a coherent state are less affected.

### The Earth's Moon

Earth's Moon enables physical life to occur on the planet. Beyond this essential enabling, your Moon additionally affects humanity far more than most of you recognize. You are familiar with the Moon through your recognized sciences and through your mythology and fables. Some of you are aware of the Moon's influences

in what the mainstream considers to be loric or pseudoscience, termed astrology, although more advanced civilizations of your past and future recognize astrology for its validity in terms of its effect on your emotional, physical, and mental aspects.

The Moon provides a vast service to Earth, but Earth also reciprocates and provides advantageous service to the Moon. The Moon affects humanity in many spiritual ways that are not as well remembered and not as well understood in current times as in the past. The Moon is absolutely conscious and sentient, and in many ways, it is responsible for Earth's ability to support not only physical life but the spiritual development of humankind while in the Earth-plane energies.

The phases of the Moon allow for specific periods that the adept human can utilize to seek deeper understanding. Certain phases are embellished with both gravity and light that absolutely balance the human auric field, which of course includes the mental and emotional bodies. We will tell you that without this living lunar cycle, your ability to dream and enter into that essential field of recalibration that you term the sleeping state would not be as easily or effectively accessed.

Just as the Moon brings reflection and offers light in areas of darkness, so then does the living Moon assist you in gaining clarity in your life's movement, in gaining a great and greater understanding of how to move forward in areas of uncertainty or shadow. The reflective light of the Moon is very different from the direct light of the Sun. It influences you quite differently. Yet in many ways it is just as essential to your well-being as is the light of the Sun. The lunar effect is that there is prolific correlation between specific stages of Earth's lunar cycle and human emotional fields and auras that is far more than just variation in light levels. Lunar field waves vary according to moon phases.

### Cristo-Electric Aura

You are aware that human biology generates an electromagnetic field similar to that of Earth. And we tell you that the human aura is shifting into a cristo-electric field (CEF) with greater and different arrays of circuitry, frequency, potency, and colors. Similarly, Earth's ionosphere and magnetosphere are shifting.

Twenty Twelve was an extreme year of shift. While a glorious event, 2012, the year of ascension, was also an intense time of great frequencial movement. As the 144 crystalline grid completed on the 12/12/12, telluric frequencies accelerated drastically. Strong correlations exist between the state of Earth's field and the effect on the auric field of each human. We tell you that anything that is changing Earth's field is also affecting yours. It is the physics of induction. As such, the human aura must convert to cristo-electric merkanah in order to optimally upshift and manage the stress of these alterations. The new circuitry operates in coherent light, and the merkanah is fitted for the changes to the expanded dimensionality of Earth, allowing for a more fortified fluid human auric resonance.

This is why we have channeled the importance of auric maintenance as the cornerstone of the teachings provided in the Metatronic keys. The use of living gems and coherent phi crystals are important tools in this process. Take time to study

the energies offered by single-refractive and double-refractive gems in combination with lapis lazuli as taught in establishing the Metatronic energy shield applicable to the cristo-electric aura. These not only fortify the cristo-electric aura but also symbiotically assist and enable the biological coherence shift that can now be more effectively projected from within each human cell and indeed from the human heart in the crystalline phase you call the ascension.

Those who are in a more incoherent state are more affected by changes in Earth's field, while those in a coherent state are capable of managing the shift without auric circuitry disruption through mechanical equalization of the exterior increase in Hertizian-frequency standing waves on your planet. We tell you that piezoelectric gems and opals are extremely helpful in the Saturnian and lunar shifts molding the energy of the ascending Earth.

...

It is 2015, year three of the New Earth. It is a prolific time, and shadows are being removed. Energies are bombarding the planet and doing so in an intelligent and divine benevolence. The tremendous energies now bathing Earth, the grid, and humanity are myriad. There are coronal mass ejections, gamma energies, and a harmonic showering from the planets, moons, and stars, as well as from sources that are unimaginable to your

scientists. Saturn plays a key role, as do your Moon and the crystals of your planet. It is quantum, it is hyperdimensional, and it is multidimensional. It is divine intelligence. You are becoming crystalline!

I am Metatron, and I share with you these truths. You are beloved. And so it is, and it is so. •

1. The Cassini spacecraft entered orbit around Saturn on June 30, 2004, to begin the first in-depth study of the ringed planet's domain. The mission is guided by goals that address major scientific questions about the planet, its magnetosphere, its rings, and Titan and the other icy moons. For more information, see <http://saturn.jpl.nasa.gov/science/index.cfm?SciencePageID=47>.
2. Read more about Richard Hoagland's theories about Iapetus at <http://www.enterprisemission.com/moon6.htm>.

*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.*



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# Separation Self: Goodbye Forever!

The New Ascended Masters through Maurene Watson

Cosmic masters, are you ready to turn loose your new spirit into the wild, creative abandon of your new free heart? After all, it is the nature of a god to create. That's what you all created this universe for, isn't it? It's time to get back to creating so that you can fully open your new species hearts to receive your very own creations. First, say goodbye to unconscious separation from the self forever and then on to what you really exist for!

You have entered conscious creation in a new heart-species spark. It ignites a constant flame that ignites passionate, imaginative, natural/organic essence experiences. Each new experience brings its own fulfillment. This beautiful, liquid light flame exists. It is its own reason to be. It needs no validation or justification. It is you. It has its own authenticity to access anything in creation.

Your spirit essence is conscious love in new fully sensate experiences of itself. It is beholden to nothing or no one in its creative freedom, where life simply gives unto life.

## Awareness Replaces Memory Now

There is a big difference between this new species DNA bio-prototype humanoid-angelic-god essence blend and the hypnotic, synthetic hybrid cyborg with some organic parts. There is also a big difference between soul essence experience and the

programmed, limited, matrix-mind unconscious human you used to be. Here you could barely separate yourself from the group mind. All of humanity's bioconscious choices will continue to be harvested now that you have fully embodied the new Source codes.

We reviewed how your organic starseed races have been chased down in the cosmos for millennia for their Source codes in an attempt to re-clone ET essence. This was an attempt to make an organic cyborg that could mimic or replace the original soul-essence Source codes. This has shown up as a collective-borg technological mind rather than a bio-entity that can hold its own pure essence core light. It can only mimic love in the mind rather than being its own love. Today you can choose to end such access by sealing out the shadow heart and sealing in your own heart essence forever so that you can move into the creator spirits you really are.

You completed this by moving all old memory systems, networks, and movies hidden or masked in the unconscious shadow back into enlightened awareness of the quantum heart. This is memory harvested from human, soul, and all cosmic bodies (merkabahs). It includes all memory in both the mother DNA and the father RNA that your soul's essence lived in your evolutionary universe and held in separation.

Awareness now replaces memory in your new species biosystems. As we have said before, these new living systems can no longer be controlled by information or be violated or hacked into. This happens because the divine human marriage is consummated in the heart flame with the new quark essence cell. Henceforth, all science will become the study of conscious self-love cells in their journey through both space-time and quantum creation.

Science will have to study these new living systems in you and all your new species kingdoms to understand and adapt to their newly birthed planet and cosmos. Perhaps they will come to understand how evolution in cosmic cycles is natural in the cosmos. Your next generation already understands this and will use this knowledge to create new living biosystems in themselves and in your world.

### **You Are Reunited with the Spirit of Creation**

In your final hour, you have valued, respected, set free, and folded all those unconscious shadow aspects back into the new essence tones in your heart. This includes any aspects whose free will was violated or misused as host bodies, or hybrid DNA bodies, and held in a synthetic heart experience of limitation, death, disease, suffering, or enslavement. Their lifetime's wisdom of the experience of anti-love has offered great purpose in your creation. These aspects helped end the shadow heart and any separation from self forever. However, as a result, you still managed — due to your source coding for free will as organic essence starseeds — to integrate and embody a new multi-DNA-species blended bioconsciousness.

Your original creation love was so vast that you chose to heal, blend, and even integrate other universes that had incompatible Source coding, thus creating distortion in your own freewill universe. Such diverse genetics have created an entirely new species, just as evolution always proves in all life's kingdoms. It is the harvest of the true spirit self now. It is your moment to live it and enjoy its bounty instead of just thinking about what you thought it would be like.

The energy intensity will increase daily now that you have rebirthed your new spirit as a pure new consciousness. Simply

allow the heart consciousness the final release of any self-separation from every Old Earth organ, cell, meridian, DNA/RNA neurotransmission, gland, brain hemisphere, or dimension body. This includes all male/female human, soul, cosmic aspect, or body, as well as any energy blueprint codes of false toroidal polyhedron spheres or cosmic fields.

Again, harvesting these memories into awareness required you to master free will inside time, space, and duality, folding all their wisdom back into the new heart essence. Do nothing, and allow your consciousness to do this for you. Here, memory is replaced by awareness that is carried forth in the transitional lightbody that gives you your own new essence source codes for the divine human. This naturally becomes your plasma particle, or liquid light, body. Hence, all your unique Source codes are fully active, aware bioconsciousness; they are free to do or be anything as your own full conscious spirit creator while still embodied.

You have walked your spirit into yourself to begin again without missing a heartbeat. Science has called this beautiful heart gate your Source coder, transmitter, telex-transporter, quark particle, freedom wave. Really, it is you as your own Source lover, is it not? You are again married to the spirit of creation, and at the same time, you have created a new species child of the cosmos, ready to experience or visit the worlds, universes, and creations.

Soon you might feel as if you can reach out into the rarified air in front of you and pick whatever you choose from the banquet menu. Everything in life is included. •

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# Beauty and Light

Ataoris through Gilly Wilmot

Greetings. Let me begin by speaking of the quality of beauty. Human beings might perceive objects, people, scenes, or parts of nature as beautiful, but not everyone sees the same object or scene as beautiful. There is a saying that beauty is in the eye of the beholder, meaning that it depends on who is doing the looking and what he or she is looking at. Beauty is not about perfection. A person might be perceived as beautiful in the eye of the beholder even though his or her features might not be quite in balance. Something resonates with the onlooker and gives him or her a

feeling of beauty, a sense of beauty, a perception of beauty. And of course, when a person has this feeling, then that beauty can have an effect on the one who is perceiving it. It creates an opening in the awareness of the onlooker, or in the eye of the beholder.

### **Beauty is in the Eye of the Beholder**

Whoever beholds and perceives beauty feels a resonance. From the beauty there is a sense of wonder, a sense of something quite different. Again, it is not about perfection. It is

something more, something that calls to the soul of the person. As I said, it creates an opening in the higher awareness of that person. The beholder beholds the scene of beauty, and he or she is transfixed, stilled, awed, or overwhelmed by it. In that moment, there is a transformation. There is an opening and a moving into a higher state of consciousness. So, still perceiving that beautiful scene, the onlooker sees with different eyes, with a higher and clearer and truer vision, because he or she sees with the soul aspect of his or her spirit, which focuses on that particular incarnation. When in the moment of gazing on the scene, the person perceives beauty and that beauty opens his or her consciousness into wonder, the person's awareness moves to a higher state. Of course, there is still the physical seeing, touching, hearing, and smelling. But an awareness is added to that. There is a higher, much finer form of sensing.

This is why throughout the ages beauty has been worshipped by human beings. It can, indeed, transform people in a very simple and immediate way. It is not something that needs to be analyzed or planned for. It can happen in a moment, and in that moment, an entirely new world of perception can open up. Poets, writers, and artists have always worked to capture that moment on canvas or in words, trying to bring through what they have felt in moments of awe. They perceive their consciousness rising to high levels and try to bring this through to share with others. Often, through the beauty of a painting or a poem, the consciousness suddenly begins to lift in the beholder or the reader.

### **Light in the Eye of the Beholder**

What does it mean to understand light and to perceive it? How can one perceive light as something other than a means to read by or to see one's way by? Light itself is in the eye of the beholder. All things are light but at different levels. But the living light, the higher light that the sensitive person wishes to attain, is, like beauty, in the eye of the beholder. It is different for everyone. There is light that can be perceived around a human being. You call it the aura, the energy, the living force of that being. But some perceive it almost as though it were a flame surrounding or emanating from that being. For they are perceiving a radiance of living force, a life force. It exists, too, around animals, trees, and flowers. There is a life force without which that flower would not be alive. Fire, light, and cosmic consciousness are all in the eye of the beholder. Some might see this living force through their physical eyes. Others might perceive it as a lightening of their awareness. But where does it emanate from? Does it emanate from anywhere?

It is a state that is in existence. It is the highest and finest vibration of consciousness possible. It is a radiant beingness. All those who have consciousness and have evolved to the point at which they no longer need physical incarnations dwell in this realm. It is the realm of living ideas. It is the star that appears in the sky. It is the momentum of life force. It flows through everything whether it is perceived or not. It flows through all beings. Some would call it cosmic light or cosmic fire. It has been perceived by poets and artists as a divine flame. But why is it seen as divine? It is because those who behold it perceive themselves

to become more than they had hitherto perceived themselves to be. They notice changes in their attitudes toward and their perspectives of Earth and all living creatures, including human beings. The capacity of transformation is what is divine. It is as though that person goes through a doorway and enters a realm where he or she chooses to dwell always in his or her incarnation. The person's consciousness is raised to a particular state within the light, within the flame. In that sense, light is divine.

### **Transforming the Physical Vehicle**

We have said before over many years that light — the cosmic force, the life force — is capable of informing or changing the physical vehicle when it is perceived consciously or sought by the seeker of truth. When that meeting of the being and the light takes place, there is a transformation. We have spoken of this many times. Light informs. It is living information of all that is or has been or will be. The various frequencies of vibration of a physical being are, as you know, made up of atoms and subatomic particles that are not solid but flow and move through the cosmos. When that mass meets a high consciousness with this informing light, there is a change, a transformation right down to the smallest living particle of matter. There is an enlargement, an expansion, that translates into ideas and concepts in the physical brain. It is now understood that the physical brain is an organ that can rejuvenate itself, change itself, heal, and become something quite different in ways that other parts of the body cannot. And it is in the brain where the human being conceptualizes his or her universe. We have said before that as a new idea comes to light, the brain itself develops new pathways. The light of understanding is not just a metaphor. It is the light that gives understanding. It is a light that physically produces an understanding of the universe.

Let us again speak of the cosmic life force in that moment of awe and beauty and beholding, whether it is in response to a person, flower, mountain, or star. In the moment of opening to this living force, this living light, the changes the observer feels will translate into physical changes. These enable the beholder to alter his or her relationship to him- or herself and to the universe. In the past, we spoke of rapid changes, of cosmic winds blowing much more quickly through the global economy, politics, and collective consciousness. Mentally, emotionally, and physically, the speed with which change is happening now is considerable. The collapse of the old and the search for the new are happening very quickly. This is the momentum. This is the transformation we spoke of so many years ago that would take place at this time in Earth's evolution. This is the opportunity to embrace a new way of being. This is why so many beings throughout the ages have spoken of light, of being enlightened, of recognizing living light as a force to transform the individual and the collective.

### **A Time of Choosing**

Speaking of light, you could say that at this time, being conscious of the light is even more important because each person has to relook at his or her relationship to him- or herself and

to the universe. It is all around. It is happening very swiftly. People have to reexamine who they think they are and what kind of world they live in and what kind of drama they are in, and whether it will have a happy ending or a sad one. No one sits on the fence, because it is a time of great choosing. A choice has to be made; it cannot be ignored. It cannot be a time of putting your head in the sand. At this time, is it not more important — vitally important — to be enlightened, to receive the light, to acknowledge this force, to be able to understand and relate to the universe in a truly wise way? In this way, the individual and collective begin to have heightened vision, touch, smell, and hearing. This is the opportunity in the crisis.

The light is a medium through which wisdom can be achieved. Indeed, some of the hermits who dwell in the mountains do not have lamps or candles — they make their own light. How can that be, when the sun does not shine into their caves, nor are there physical implements that give illumination? They make their own light by accessing a very high, refined level of consciousness through deep meditation. The consciousness traverses through the emotions, through thoughts, through intuition, to a realm that is beyond all of those. The hermit has no outward distraction, so the focus on moving awareness and altering the levels of consciousness from one state to another takes the consciousness to another dimension of perception. And in that raising, in that journey, the hermit perceives the light. In a sense, it is the light of understanding because it is a light that enables true wisdom. True wisdom is being able to resonate with and relate to all creation. It is the light of understanding. When there is no mental chitchat or emotional distraction, it is possible to reach a finer vibration. And when you reach a finer vibration, there is a perception of lightness. Sometimes if you experiment when you have your eyes shut — perhaps when you are deep in your prayer or your meditation — you might have a sense of lightness in your head, lightness in your body. Your body is indeed lighter at that time because you have moved the consciousness of the being you perceive yourself to be into a place where you don't know who you are. You have moved into an unknown

sphere. Some have expressed it as the void; some, the ocean of collective consciousness.

### Birth into Wisdom

There are levels of movement. Some who are still in a body without physical death have been able to move their consciousness to a very fine vibration, a fine dimension of existence, and touch on this pure life force. It is perceived as a light — not exactly the sunlight or the light of an electric lamp, but a cosmic light, the light of understanding, the light of wisdom. The point of true connection to All That Is, the eternal, the immortal — that is the level beyond mental machinations and emotional distractions. The hermits in the caves make light by journeying beyond the people that they believe themselves to be into a place of utter transformation. And in that place, transformation is like birth. When a child is born, it comes from one place of being into another place of being. It emerges into a different scenario in which it will use different faculties. This too is a different way. It is a birth into the light of wisdom. It can be entered into, and entering into it creates the transformation that we speak of, the movement into the unknown. The consciousness expands and is informed and altered. It absorbs everything that is in that light, which alters the physical brain. This is why throughout the ages there have been human beings who were able to perform extraordinary healing, had extraordinary abilities, or seemed to have superhuman faculties. It is because they transformed themselves through accessing this higher consciousness, this cosmic living light. •

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# DNA and Neutrinos

Omnidimensional Beings through Kathy Wilson

Today we shall talk about the mathematics of evolution. There is within your DNA a set of numbers, if you will, that is the code for not only your past and present but your future. These numbers are not numbers as you think of them. They are, in their true nature and form, geometric.

In your written languages, there are certain shapes that mean something to you. The same is true in your DNA. Each geometric shape of this language within your DNA has meaning. The placement of these shapes also has meaning. In a Tarot

card readings, when you place a card on the table, its placement and its relationship to the other cards have meaning. So too do the geometric numbers in your DNA relate to each other with specific and relevant meaning.

### Raising Your Vibration Allows You to Receive the Messages in Your DNA

These geometric numbers are omnidimensional in nature. Therefore, they will first be available to you in a very limited

form, one that your 3D sensory units can recognize. As you become of a higher vibration and are able to access additional dimensions, you'll be able to recognize additional facets of these geometric numbers. Thus, their meaning will become ever clearer, more precise, and more complete. You must know too that the geometric numbers are not linear, the way that your scientists now believe DNA is formed. In their true nature, the geometric numbers exist much in the same way as authentic time. There is much for you to discover within the higher-vibrational dimensions.

Your scientists have finally discovered that the code in your DNA, in which the proteins are coupled with each other, has what you call syntax. They are coming close to discovering the true purpose and function of your DNA, which is to contain your personal history through the ages. What they will discover at some point far in the future on your planet is that the code is not just the proteins but, more importantly, the geometric numbers. The protein code is very rough and basic. Compared to the geometric numbers and their language, the protein language is as coarse as the language of the first humans would be to yours now.

The geometric numbers have the ability to communicate not just in the word-based language that you know but also in a more complete and holistic language that includes music, colors, flavors, and many other aspects that you don't have sensory units for at this time. Imagine, if you can, a language that encompasses all of your senses at once and more. Not only are the messages whole in their entirety at a level you can't comprehend right now, but they also leave no space for nontruth. Because the communications in your DNA are so complete, they include everything of related import to the intended message.

As you begin to raise your vibration ever higher, you are enabling yourself to hear and comprehend these messages that reside within your DNA. Those messages that pertain to your future are especially encoded with geometric numbers that prevent entry into that area unless and until you have reached a certain level of frequency. When you arrive at that level, you will have become aware of how your actions, thoughts, and emotions affect not only you and those others around you but everything in the entire universe. And with that knowledge, you will take on the responsibilities that come with your use of everything within you that creates energies that you emit or radiate.

### Neutrinos Carry Energy across the Universe

Most of your energies are quite base. They are of a lower frequency and do not travel far. However, there are some that are powerful enough to be broadcast throughout the universe, affecting everything that they contact.

Your scientists have discovered minute particles of energy that they call neutrinos. These neutrinos travel in a straight line forever. Forever. Their purpose — for everything, no matter how small or large, has a purpose — is to share the energy of all within the universe.

As they travel, they pick up the energy of whatever they travel through, which changes their electromagnetic charge.

The next item that they travel through is affected by the energy they carry, and it also affects the energy of the neutrinos. So you see, they are little communications devices, sharing the various energies of the universe with all they encounter.

These neutrinos are passing through you right now, picking up your energy and sharing it with the next thing they encounter. This information, in the form of energy, is the code in your DNA, the energy of the geometric numbers in the DNA that is in every cell of your body. This is how your energy is transmitted throughout the universe.

The neutrinos, like everything (every thing) in the universe, also have DNA. The electromagnetic charge of your DNA holds the code of the geometric number language in your DNA. As the neutrinos pass through you, they pick up that information, add it to the code in their DNA, and pass it along to all that they encounter afterward.

Now do you understand a little bit better how important it is that you monitor your thoughts and emotions, keeping them at the highest frequency possible? Remember: All that you think, do, and feel is recorded in your DNA.

Each of you can do much to raise the frequency of all within this universe. It begins with you raising your own frequency by keeping your thoughts within the frequential range of love-based emotions and out of the range of fear-based emotions.

You have been gifted with the power of choice. Use it wisely for the benefit of not just yourself, for that is true, but for the benefit of all and everything within this universe. You are thus powerful beyond measure. Choose to use your power for the highest benefit and purpose. •

**Kathy Wilson** is a spiritual teacher and mentor; a channel for Omnidimensional Beings; a Reiki master; an advanced PSYCH-K practitioner; a certified professional coach; and the author of *An Inner Journey: Living Your Life Purpose*, articles, and her bimonthly e-newsletter, "The Journal of Spirited Coaching." It is her life's purpose to teach others to remember their divine purpose and discover how they might put their talents and abilities to the highest and best use in this lifetime. To learn more about Kathy, visit her website: [www.Warrior-Priestess.com](http://www.Warrior-Priestess.com).



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# INSPIRED GUIDANCE

## Allow Your Spirit to Lead

Dr. Denee Jordan

The Already Well program is a simple yet profound perspective on wellness that promotes developing respect and compassion for yourself, exactly as you are, and to allow your spirit to naturally emerge and manage your life so that contentment, healing, and prosperity are possible. Self-acceptance is the precursor to success.

It is natural and normal to want to improve yourself and to become more successful, healthier, happier, richer, smarter, more attractive, and so forth. Although people and cultures define success differently, what lies behind the desire to be successful is the same for all of us: our drive to survive and thrive. As human beings, we desire to feel safe, valuable, and connected. This concept may sound simple enough, but it is actually the key to either humanity's evolution or its destruction. Depending on how we choose to feel safe, valuable, and connected, this underlying desire can be at the root of the most heinous war or the noblest human activity.

In our present society, many of us try to achieve safety through defensiveness, worry, and fear. We try to feel valuable through relentless self-scrutiny. We try to feel connected by constantly striving, comparing, and competing. And we fight for all of it, which creates a society prevalent with depression, anxiety, and disease. Today it is estimated that over 15 million Americans are diagnosed with depression. That is heartbreaking, considering the spirit's natural capacity to love.

There are three false belief systems

that we operate on that prevent us from finding the healing and happiness we deserve:

- We think we don't have enough and need to get more, and we imagine that when we get it, we will be successful and content.
- We think we need to fight for what we want, or we will never get it.
- We think we must fight for what we have, or we will lose it.

Such beliefs are fear based and perpetuate our problems. When we never have enough and need to fight to acquire more and to maintain it, we create a vicious cycle that cannot be broken without a new perspective. The fighting actually prevents us from feeling safe, valuable, and connected.

### The Steps to Self-Acceptance

Some people say that humans are born to fight. This is true in part, but we are also born to love and consciously evolve. We are a magnificent blend of mammal and spirit. One survives; the other thrives. Survival involves contracted energy, or negativity. Thriving involves expanded energy, or positivity. They are both necessary to live here on the planet Earth. We can balance our needs to survive and thrive by making peace with ourselves, as we are, before we make any other improvements to our lives. It is essentially learning to lovingly tame our mammal selves to allow our spirit selves to lead.

How do we do this? How do we find

the "enoughness" in our lives? How do we find self-acceptance when we have been unsuccessful or have made mistakes? How can we get in touch with our spirits and accept our lives, in their entirety, with compassion?

There are four effective steps:

1. **Reflection.** Start by giving yourself the credit you deserve simply for living. Look back on your life, and identify all of the time and energy you have spent struggling, loving, hurting, healing, suffering, discovering, working, succeeding, failing, and feeling frustration, joy, and disappointment in order to be alive. It is no small feat to survive in our society. In fact, it is amazing!
2. **Recognition.** Recognize all the effort you have put into living your life and what you have learned along the way. Only you know what your experience has been! Notice that there is no mention of just learning from the good parts of your life. All of your life has value! Let's use obesity as an example. The overweight person can add up the pounds he or she has lost and gained, the money that has been spent on weight-loss treatments, and the time that has been spent worrying and feeling isolated and depressed, and he or she can turn that focus on praising him- or herself by saying, "Wow, I am amazing! It is wonderful that I can invest all of that emotion, energy, and time into trying to feel better. I have actually demonstrated

tremendous ability!" The only thing missing for this person is self-respect and acceptance. He or she has already demonstrated the ability to do the work. Remember, self-respect precedes success.

3. **Reconciliation.** Look at your life in the present and know you have done the best that you know how to do, and give yourself credit for your efforts, without exception. People might say, "Yes, but I know better." Knowing is not enough; we only do what we have learned. If we had learned better, we would have done better. We need to be honest about who we are and accept ourselves as completely as possible, including the things we think are wrong or bad. It is more than self-forgiveness. It is a compassionate acknowledgement of the value of our lives. You might say, "That's crazy! If I accept myself, nothing will change." Though it may seem counterintuitive, self-acceptance paves the way for positive change. Self-acceptance is not a judgment that everything is the way you want it; it is a decision to accept and honor yourself as you are so that you can move forward positively.
4. **Embracing spirit.** When you make peace with yourself, you will naturally and progressively become

aware of your spirit. Your spirit is your core, the thriving part of you. It is the part of that is central to your really feeling safe, valuable, and connected. There are many different names for the spirit, but however you choose to address it, your spirit essentially comes alive when you stop fighting with yourself. You don't have to go looking for it, because it is always with you. People often just can't hear it with all the battle sounds ringing in their ears. The question is how can you hear it better? Practice. Practice makes progress. Practice mindfully watching yourself, consciously understanding and honoring who you are. Our behavior, thoughts, and feelings are all part of our human nature, and they will actually improve as we respectfully watch ourselves. A specific practice plan includes focusing time on and engaging in personal activities that encourage self-acceptance and self-compassion, such as listening for negative self-talk and gently correcting it, holding your boundaries with other people, risking feeling uncomfortable, recognizing your limitations without shame, trying new things, and so forth. Your spirit knows how to take good care of you. Trust in that.

Finding success doesn't involve changing anything in your life right this minute. Understand that all of your actions, feelings, thoughts, and behaviors are rooted in your human instinct to survive and thrive, regardless of what you have or haven't done. When you can accept this with self-respect and compassion, your spirit naturally emerges to take care of your life. When you recognize your total magnificence in the present moment without changing a thing, you liberate yourself to heal, learn, prosper, and succeed in all of the ways you dream possible. •

**Dr. Denee Jordan,** PsyD is a licensed clinical psychologist and marriage and family therapist. Over twenty-six years of practice, she has worked with an



extraordinarily varied population and myriad disorders. Jordan is the founder of *Already Well*, and she also created and directed the adolescent treatment program at the STEPS Substance Abuse Treatment Center. She has served as director of several recovery programs and rehabilitation centers. Today she serves as mental health services director for the Exceptional Children's Foundation.

# Akashic Soul Mates and Love Contracts

Amanda Romania

From working with akashic records, I have come to understand that there are soul groups — groups of energy cells or people who incarnate around us in certain lifetimes or choose to watch over us from the life-between-life (LBL) platforms. These relationships can provide the most powerful lessons we will learn in this life. They can also be the challenges that cause our hearts to grow.

## Akashic Therapy for Romantic Entanglements

For the past decade, I have listened to my friends' stories of how they have lost and won the battles of love. I have been with hundreds of clients who are confused by the search and daunted when their soul mate reveals him- or herself. I have witnessed couples who were destined to be together find that their relationship brought less-than-stellar results.

Some have felt bound to a person even though they were promised to another. Some have been surrounded by love opportunities, leaving a trail of broken hearts and one-night stands, yet they still felt alone and unwanted.

In the akashic records, it is always recorded when cords and contracts of love are exchanged and vows are made. These can actually contradict the cords and contracts from previous karmic

lifetimes. You see how messy and confusing this can be.

Akashic work allows you to see a person for who and what he or she is to you without the story and emotional ego. Once you understand why this person is in your life, you can then decide how you wish to pursue the matters of your heart.

One amazing woman I worked with struggled to let go of her relationship with her husband, even though they were in a divorce proceeding and we both knew he was never going to return to her. During one session, we realized that she and her husband were connected in a soul group. They had also been married to each other in a past life, and the marriage had been happy and prosperous. In the present, however, they were not so fortunate in their experiences of love and romance.

I took her into a present-day meditation into the sanctuary garden, and with the help of her guides, she saw her husband's energy sit in front of her. As she faced him, I helped her feel her guides around her for support. I had her tell him how she felt and then be silent while he responded. Working from the heart space can produce the most gentle of responses, even when the message is not what you wish to hear. He told her it was over, that this was a new lifetime, and that they had fulfilled the love contract in the past life. They now needed new lessons, and it was time to move on. I asked her to work with words of forgiveness for both of them and to release the contracts and cords.

I had her imagine two red ribbons tied in a bow around her and her husband. I asked her to undo the ribbons that joined them, fold them gently, and return the ribbons, one to him and one to her. As she did this, her tears flowed, but not once did she sob or cry out loud. These tears were the emotions leaving her.

I allowed them to hug and then let him leave. Her guides placed her ribbon under a tree for safekeeping until she wished to use it again. The woman and her husband divorced with ease; when things became challenging for her, she would go to a place of serenity and peace and send love to the situation. After she spent time healing, she found a relationship that fulfilled her in an even greater way than the one before.

A few words of caution concerning past-life relationship episodes: Sometimes, people from past lives reenter our present lives and try to relive relationships. It is very important to be cautious and refrain from engaging that life path again. This is a lifetime to be enjoyed for this incarnation of experience. Although it is important to work through karma and connections, it can be confusing to overlap for nostalgia, reconnecting romantically in this present lifetime because you shared a past life. In past lives, we chose roles to play, but they might not be the roles appropriate for us in this lifetime. Be warned and beware when someone asks you, "Have we met in a previous lifetime? I'm feeling a connection. Were we lovers?"

### **Sacred Contracts**

When two people enter into a business contract, the terms are often well-explained, read, and understood. We tend to be vague, however, with the contracts of engagement and marriage. It's often all about the ring, the party, and the wedding.

The vows we understand are created from an emotional thought pattern, and we make promises about the relationship as we see it at that point in life. Then the years roll by, and we change. We develop and grow with the changing environments we encounter. Very few sit at the beginning of a relationship and ask, "Why is this person truly in my life? What will I learn with this relationship? Where can we go together? What is my soul purpose, and how does that connect with this person?"

Very often, we make vows to honor, obey, have a mortgage, and have children. We then become tangled in a web of expectations. When the relationship breaks down, we reflect on what did not work instead of what we experienced and how our soul has rebalanced the karma with another soul. Often, we leave bitter, sad, and unfulfilled. We ask ourselves, "What is wrong with this person? Why was I abandoned?" This leads to resentment and often revenge. We create our own personal curses when we say things such as "I will take all the things that this person holds dear so that I can have control and retribution" or "I will take his

money, children, and business and harm his life like he is harming mine."

You can see the pattern and spiral of sadness that forms. There is not much closure and completion, if any, and the karma going forward is created. You become a prisoner of a pattern that will continue not only in this lifetime but your next one as well, and it will influence the karmic journey of any children involved in this relationship. Seek closure with fair grace that serves you. Be kind to others and yourself.

### **Soul Mates, Twin Flames, and Star-Crossed Lovers**

When I hear these terms — soul mates, twin flames, and star-crossed lovers — my heart and soul pay attention. Many people use these terms to describe the perfect partners who will fulfill them in every single way. This romantic notion we have read about in books and seen in movies reinforces our quest for true love. Once we find true love, we convince ourselves we will be truly happy. This person will love us, and we will experience heaven on earth.

In many relationship sessions, I have heard sad laments such as "This person is my soul mate, and I am lost without them," or "This is my twin flame, so I have to allow this violent behavior," or "I am lost and sad because I can't find my soul mate." None of these clients were happy, and they were always searching for love. I find these sessions to be some of the hardest ones; I want to reassure clients that everything will be wonderful and that the person each one of them is looking for will help foster personal growth and offer love. But my psychic self knows this is not the case, and it is each client's journey to find the self-love and appreciation within to make him or her whole. Then they will attract another who is whole.

Very often, the purpose of a soul mate is to bring a great wake-up call or to help clear karma. I want to clarify the soul mate myth. The term "soul mate" is very confusing, especially when the relationship hits troubled times or has already fulfilled its contract. We often hang on to the people we love because we believe nothing can replace them,

even if the union is a destructive one. At the same time, you might hold a soul so dear that your heart leaps at the sound of his or her name. However, this person might not be ready to embrace that. I often see this with clients — my client holds ribbons out to connect, and I clairvoyantly see the other person turn his or her back. The answer is simple: Move on. You cannot spin a web around anyone's heart. You can lure and entice; however, in the end, the cords will suffocate you.

Another term I'm often asked about is "twin flame." I find from readings that this happens when a person's energy splits in previous lives and the resulting couple become like two peas in a pod. There is no confusion when they meet.

I use the term "star-crossed lovers" to refer to normally similar soul types from different soul groups. They meet and recognize that they have similar paths and outlooks. They will have a contract to learn from and activate energy within each other. These relationships can often be intense and intimate, and the chemistry is very powerful. In ancient times, these were relationships created to activate energy or kundalini chakra balance. These relationships normally have a short lifespan, as the connection can be overwhelming. With star-crossed lovers, a man who crosses a woman's path, for example, might be a transitional lover with a sacred contract to help free her from a relationship that does not serve her and to help prepare her for a true and loving relationship that does.

Akashic therapy works well to help you understand who and what different people are in your records so that you don't get lost in the big picture. If anyone tells you that another person is your soul mate or twin flame, this is a red flag. Trust your own intuition.

### Karmic Baggage in Relationships

In 2012, I met a really interesting spiritual teacher in Hawaii. She gave a great explanation about karma by describing how we carry a bowl of rocks with us from birth. These rocks are our stories, which, as I would later learn, are karmic baggage. We have choices along

our life journeys. We can either let the rocks grow and add more rocks, or we can break or even dissolve them (which seems to be the simplest choice). Ask yourself how full or overloaded your bag of relationship rocks is today. Unload and clear your karmic baggage every way you can.

Release these rocks and replace them with stunning crystals to attract great happiness and love. Here are some key ways to release old relationships that have left energy strands around your heart:

- Energetically release and dissolve the cords or ribbons. Please don't cut or slice, for such methods leave open wounds. Using all the energy left between you and the other person to self-heal will allow new love energy to be attracted to you.
- Write a closure love letter to anyone with whom you still have issue. Place this in the akashic records etheric desk with all the other letters you have written on the energy level.
- Let go of all gifts, tokens, and jewelry that you received in a contract or vow. Precious metals and stones hold the frequency of a sacred contract within them. For anything vintage or antique, say a prayer over it or rub a little lavender oil on your hands and place them over the object. This will release the vows held within that might be attaching themselves to you.
- Release the name connection from a marriage when it is over. This connection holds you to another family and ancestral line and will block any new relationship from connecting to you at a deeper level of love and commitment. After divorcing when my daughter was small, I kept my married name; however, as she grew older, I released this and took my current husband's name when we married.

Now that you have done your relationship laundry, you will be clean and clear to attract the relationship you desire. Use the following ways to attract new relationships:

- First, understand that you will get exactly the right relationship for your lessons in this lifetime. Look at what you are learning on the spiritual level. This will give you insight into what another partner is going through. Remember, it's not what is physically happening but what lessons the two of you are learning.
- Create a vision board — that is, a visual of the relationship you want. Use key words and pictures, and think about the spiritual, emotional, mental, and physical elements.
- Create affirmations, not expectations. Look at each relationship as indicative of your soul's proper place, and don't judge yourself if it does not work out. Know it's because something greater is coming.
- Activate your sacred circle in your akashic garden. Visualize a ring of red flowers and your true love stepping forward. In my sessions, people often see the color of the essence of their true love. One woman saw bright yellow; a few months later, she called me and was very excited. An amazing man had shown up in her life, and on their first date, he wore a T-shirt with a bright yellow emblem on the front. Yes, he turned out to be "the one."
- Write a love letter to your future partner. Express what qualities of yours you are grateful to share and what qualities of his or hers you are grateful for. Share what you have learned about yourself. •

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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 lightworkers from her Atlantis Gallery and Ascension School. Contact Amanda at [amanda@amandaromania.com](mailto:amanda@amandaromania.com) or through [www.AtlantisSedona.com](http://www.AtlantisSedona.com)

# PTSD Relief for Veterans and Warriors

Pete A. Sanders Jr.

Anyone suffering from PTSD can get relief through access to cutting-edge brain science and mind-body discoveries through the website InnerTechnology.net. This training is available at no charge through the Sedona, Arizona-based nonprofit foundation, Free Soul.

The Inner Technology website provides direct links to seven 10- to 12-minute YouTube videos that teach vets, active military, and their families rapid methods for lowering blood pressure and self-triggering natural mood-elevation fibers in the brain for feeling better fast without alcohol, nicotine, drugs, or overeating. The videos can be watched on any computer or smartphone and downloaded to a computer or tablet.

I am an honors graduate of Massachusetts Institute of Technology with principal studies in biomedical chemistry and brain science. After graduation, I was accepted to attend Harvard Medical School but chose instead to pursue independent research and teaching in mind, body, and spirit.

After five years of voluntary service as a top-secret clearer naval officer, I started the nonprofit foundation, Free Soul, in Sedona, Arizona, in 1980. My initial discoveries and techniques were for stress reduction, mind-body self-healing, and tapping higher mental potentials.

When my own life became increasingly stressful, I knew I needed to find additional methods for freedom from distress. That need led me to almost forgotten brain research (and treatment) done by Dr. Robert Heath<sup>1</sup> of Tulane University Medical School. Dr. Heath had found nerve fibers that directly connect to the major mood-elevation area of the hypothalamus in the brain. For years, Dr. Heath successfully treated severely sad, depressed, or anxious people by implanting permanent electrodes into those fibers (like a pacemaker for the brain).

The discovery of LSD changed all

brain science. It turned it away from electrode implantation approaches toward drugs (although Dr. Helen Mayberg in Atlanta is returning to an electrode implantation approach for people suffering from severe depression — patent in process).

I found that all people can be taught how to locate those fibers in their heads and self-trigger them with mind-body techniques. When successfully learned, the process not only provides a mood boost but also soothes the negative effects (anger, hurts, worries, and fears) created by the limbic system of the brain.

## Benefits

Knowing this natural mood-elevation technique has all kinds of applications. It speeds up stress reduction. It makes meditation easier and faster. It eases distress that interferes with fully effective mind-body self-healing (such as stimulating new neuronal connections to replace and repair ones damages in PTSD events). It also provides a physiological way to live the ideals humanity aspires to that limbic brain distress prevents: “Father, forgive them for they know not what they do” [Luke 23:34, NIV] or “Turn to them the other cheek” [Matthew 5:39, NIV]. It provides a tangible biological method for achieving the Buddhist goal of not being attached to suffering.

The technique also has application and benefits for relieving symptoms that PTSD causes (life traumas or past-life soul bruises). All PTSD is grounded in and made worse by feelings of helplessness. When you know that you can, in seconds, self-trigger those mood-elevation fibers, you are never helpless. Further, easing the distresses caused by the limbic system of the brain lessens the need for alcohol, nicotine, or drugs to get soothing. The calm and greater clarity the technique generates make you

more receptive to cognitive therapies for PTSD, prolonged exposure therapy (PET). When you are less distressed, you can engage more fully and with less avoidance issues in traditional talk therapy.

• • •

If you know someone who is suffering from PTSD, please share the above information with them and let them know about the InnerTechnology.net website. How does this apply to you if you are not a veteran or active duty military in this life? You may still have traumas from inner child issues or past-life soul bruises. The traumas and the distresses they cause could be robbing you of the full happiness and serenity that is your birthright as a Free Soul. •

1. Dr. Robert Galbraith Heath (May 9, 1915–September 24, 1999) was an American psychiatrist. He followed the theory of biological psychiatry that organic defects were the sole source of mental illness, and consequently, mental problems were treatable by physical means ([http://en.wikipedia.org/wiki/Robert\\_Galbraith\\_Heath](http://en.wikipedia.org/wiki/Robert_Galbraith_Heath)).

**Pete A. Sanders Jr.** is the author of *Access Your Brain's Joy Center, You Are Psychic!*, and *Scientific Vortex Information* (e-book versions are available through *Light Technology*). His *Scientific Vortex Information* DVD is also available through *Light Technology Publishing*. He is a thirty-five-plus year resident of Sedona, Arizona, and every Monday from 1–2:30PM, Pete presents a *Scientific Vortex Information* lecture at the Los Abrigados Resort (160 Portal Lane, Sedona, AZ 86336; call 928-203-5353 to reserve space). For information about the Free Soul foundation and other advanced spiritual training materials, go to [www.FreeSoul.net](http://www.FreeSoul.net).



# Focus on the Big Picture of Human Transformation

Dr. John Ryan

We are on the frontier of a whole new type of human civilization. Yet, in the midst of world changes and the chaos we see around us, it can be hard to stay fearless and ride the wave of change toward the bright future it is creating. It can be easy to become doubtful or unfocused and lose sight of what is really useful and important to us. In such times, it is important to develop and maintain a view of the big picture so we can more clearly see what is taking place and find solace in a higher truth and wisdom.

No one can see exactly what the future will bring or the twists on the path to get there, but we do know it is ultimately good. Meanwhile, there are things we know for certain to guide us through these times. Here are five important concepts that I believe are important to grasp and really hang on to. I encourage you to allow them to support and nurture you through these changing times.

## **We Are Spiritual Beings Having Human Experiences**

You are first and foremost not a human being but a spiritual being. This idea is now a very common adage in our new consciousness community. It is one thing to know, accept, or understand this idea. It is quite another to be or to become it. Don't simply know that you are a spiritual being; allow yourself to really integrate this concept and fearlessly step into the healing power of your soul. You see, these are not just words. They provide a powerful key of expanding conscious, one that opens your ability to heal and transforms your life.

This understanding reverses any tendency we have as human beings to see our lives as out of control, purposeless, and fixed or unchangeable. It also undoes any tendency to seek some

external source of love or redemption. These are replaced by a life in which we know ourselves to be powerful, awakening, integrating souls. Our lives and all of their elements — both good and bad — contain purpose, value, and meaning.

Our destiny is to become spiritually realized beings. We can overcome the tendency to create a life based on history, wounds, akashic attributes, victim-based consciousness, and ego-driven behavior. We can create a conscious life founded in healing, peace, love, joy, and spiritual wisdom.

## **We Are Transforming**

The planet is in the midst of a massive transformation of energy and consciousness. On a universal scale, this transformation is expected and on time. Reflections of this timing have been found in spiritual traditions of all forms.

The clarion call was found in the Harmonic Convergence, which took place in 1987. It was a moment to assess the spiritual maturity of humanity and to determine the potential of our future. Would it be a future of spiritual destruction, returning to ground zero, or would it be a future of rapid and graduated spiritual evolution? The outcome was dependent on the collective spiritual maturity to determine the fate of humanity.

The potential for planetary transformation follows a long history of human development — one that brought us to the point of taking a spiritual evolutionary leap. This measurement of the light and consciousness of humanity occurred on schedule, and we did it! Humanity declared itself ready to evolve. And with this, we began a profound acceleration of change.

Two facts are important to understand:

1. This transformation is not happening to humanity. It is happening because of humanity and its spiritual progress. We have been catapulted into this new potential because of humanity's collective quotient of light and consciousness. It is an achievement.
2. It was not a preordained destiny; it was only a potential. If we were not ready, the planet would have had a very different future. But we were ready, and the wheels were set in motion. The potential is materializing, and we are in the middle of letting go of old energy consciousness! Yet, despite the chaos around us, it is not Armageddon. It is the dying of an old energy consciousness and a rebirth of humanity. Never lose sight of this!

Hence, the changes upon us are both an achievement and a gift of grace. Let's celebrate and congratulate ourselves on a job well done.

The essential nature of this transformation involves the accelerated development of a mature human spiritual consciousness. As most of you know, it is now termed the ascension. It involves a profound energetic reset and a massive expansion in consciousness, one that will change the very nature of humanity.

On a spiritual level, it really represents the gradual transition from a solely karmic-based system of spiritual development to one in which we can assume our roles as spiritually conscious, intentional cocreators. Yet, this new world starts with consciousness, emerges through energetic or internal changes, and manifests in the world outside. Its scale is massive, and we have to be just a little patient!

Now that we have entered this time of transformation, we are being supported spiritually in making the transformation. We are not alone. It is certainly being supported on a universal scale. In cosmic terms, we see the galactic alignments, our arrival in the photon belt, and channeled messages of realigning grids. And on an earthly level, we see energy changes manifesting in the shifting magnetic grids of the planet, solar flares that convey galactic energy to the planet, earthquakes and nature-based events, unpredictable weather patterns, and shifting societal norms. All of this transformation has a purpose: It is to provide the platform and support the development of a new world for the new human.

Yet, these types of changes can be understood to represent a backdrop. It is important not to fear them. It is also critically important to realize the process is not simply about such energy changes. They are part of a larger process that is really all about the acceleration of human consciousness; the most profound change is happening within us. We are transforming through an expanding consciousness and the spiritual energetic adjustments that occur not only in our physical bodies but also within the quantum or informational realm of our DNA.

### **Change Can Be Messy**

So we passed this marker and have begun to build this new future. Yes, this is perhaps hard to believe sometimes, particularly in the midst of heart-crushing world events. Change is messy, mysterious, and challenging. It doesn't always look or feel like progress from our limited human point of view. It is, however, destined to bring the world into a plane of higher consciousness, so there is still a lot of reason for celebration.

This transformation has many facets, for we are taking a giant leap in spiritual evolution. It affects society and societal institutions. It affects human health and the human body. It affects the nature of new children being born and the systems to support human childhood development. It affects the stability and occurrence of natural events on the planet. These are just a few examples. Human consciousness is changing,

and we will be slowly transforming into a new kind of human being and a new kind of civilization.

On a social level, this means the development of a more conscious, sustainable, fair, and balanced world. It means a much greater awareness of humanity's true spiritual nature as well as the conscious nature of all life on this precious living planet. It means understanding our galactic heritage and integrating an expanded quantum view of reality. It also means humanity will lose its tolerance and fear of dark systems and attributes of consciousness. We will see a rooting out of corruption and injustice as humanity finds the courage and power to collectively build a new kind of world. And yes, there will be resistance, but don't lose sight of the end game. It is now our destiny.

It is vital that we do not buy into the fear and its divisiveness and that we stay focused on wisdom and well-being. This shift of consciousness and its energetic manifestations will soon be the harbinger of unfathomable ideas of new development, invention, reorganization, and planetary peace. It is a process that will usher in a brand new way of life.

On a very personal level, it will also awaken much new potential within each of us. Yet to walk a bridge from the old to the new, there is also a personal recalibration. Our bodies must adjust to the new energy, and this is challenging. It is critical to develop spiritual attributes of faith, courage, intuitive trust and discernment, strength, kindness, compassion, integrity, honesty, and wisdom. It is important that we become fully centered in the common sense of our true spiritual nature and be attentive to our self-care.

Perhaps nothing is more important than to develop a compassionate sense of self-support in addition to the support of our families, communities, and the world around us. Learning to make self-respectful and empowered choices, following the path of personal healing and spiritual transformation, living intentionally, living intuitively and synchronistically, and loving ourselves authentically are all at the epicenter of graceful change.

As we do this, we are also beginning

to understand not only the energetic nature of reality and attributes of the human energy system but also the quantum basis of life and the role of consciousness as a creative force. Humanity is also slowly awakening to an awareness of the quantum nature of all life and in particular, our DNA.

### **Your DNA Is Changing**

The information we carry in our genes goes far beyond simple genetics. To learn about this information (and the practical application of what it brings to us) is so valuable that it is perhaps essential to self-support in these changing times.

Our DNA interfaces with a quantum system of information that contains an awareness of our spiritual history and potential. It can be intentionally awakened and empowered through intended personal activation. The changes we see because of this will not be found in the physical DNA, so science will have a great challenge with this idea. It will occur in our connectivity to our quantum or spiritual DNA, which is invisible to science at present. However, we will slowly begin to see the power of what it creates.

Beyond theoretical musing, what would really be contained in the process of awakening a greater potential in our DNA? Could we access information to help us heal wounds we carry? Could we access information about our life paths and purposes? Can we access our akashic information? Can we erase karma and move forward in the new energy? Could we manifest a great sense of personal peace, wisdom, and balance? Could we heal tendencies that we carry in our own genes, tendencies toward diseases or the potential to manifest diseases? Can we regenerate healthier bodies? Can we reach into our akashic records that are stored in the quantum field encasing our DNA? Could we activate latent abilities and talents that we carry from past incarnational experiences, hidden skills or strengths that could help us manifest rich and passionate purposes we carry in our hearts? Is it in DNA that we find our connection to our spiritual nature and reality?

We are told that this is all true. However, it takes awareness and commitment to the belief to have your own

personal experiences. It also takes an intentional participation in the journey.

Many people today are remembering past life experiences, including many new children who have vivid details of their past incarnations. People worldwide are using such therapies as past life regression and quantum energy work to bring tangible healing into their lives. People are having visionary experiences and kundalini awakenings, experiences that are tangibly showing the reality of such things.

Since many of these mystical revelations occur in visionary and intuitive events, they are hard to prove. It requires personal discernment. People are either in tune with this or set to bypass it as meaningful. Either is okay. Each person must follow the beat of his or her own drum — his or her heart! Science cannot solve this one yet because we know about but don't yet see quantum energy. You will only know if you try for yourself. And how can you try, if you don't learn?

Understanding a little more about

the human energy system, consciousness, wellness, and the power to heal is a really valuable endeavor for everyone.

Part of this transformation is a growth in consciousness. There are so many things to learn about that can help us as we do this. The point is to keep learning! It is valuable to learn about the human chakras and energy system. It is important to learn about our awakening potential as cocreative spiritual beings and what this implies. It is important to learn about love, fear, and ego to be able to transcend old karmic patterning. It is beneficial to learn about vibrational healing potentials, for they are highly supportive to people in transformation. It is valuable to understand creation as a mirror of personal and collective patterning — the law of attraction — and learn to create intentional well-being. It is awakening to learn about quantum DNA and healing. We can learn all about the tools and abilities that are being empowered by this transformation in these new times.

Through these endeavors, we can

learn to develop energetic balance. We can energetically heal past wounds, karmic wounds, and memories. We can develop trustworthy intuition and move in the flow of synchronicity. We can overcome the attraction of ego-laden tendencies and being stuck in attributes of fear. We can learn to build an authentic life based on love, wisdom, joy, and spiritual balance. •

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# Infusing Spirit into Matter

Cheryl Yambrach Rose

The purpose of visionary art is to bring high ideals back from the subtler realms and manifest them on the physical plane. The artist, as a vehicle, must be able to move between worlds consciously and retain as accurately as possible that which is to be infused into matter.

The major difference between a vision and an idea is very plain: An idea is something you build on and evolve, while a vision comes through whole and complete. It already exists. I use high-frequency colors selectively as I try to create a pathway from the mundane consciousness level (that which is familiar) to an etheric level. I do not wish to bombard all the senses at once to overwhelm the viewer or leave them with nothing to do but look. I like to think my paintings are interactive experiences and that the viewer will find the path and cross the bridge using what they

relate to individually. Beginning with a realistic palette creates a departure point from which the transition can be made smoothly to the higher realms and the subtler energies that lift the spirit and heal. I try to synthesize the levels in the painting with those in life, with the psychic body and the physical body fused.

## Observe the Symbols of Your Subconscious

Over the years, I have questioned where the visions come from and how they happen. I began to do research, collect data, and really look at the process. This is my understanding of what happens. When permitted to speak, the subconscious mind speaks in its own language of symbols and archetypes. These, in turn, possess an esoteric language or code that we have to decipher to unlock. What words restrict, symbols do not. The

subconscious is not separate from Source, so its wisdom and knowledge are unlimited. The archetype you receive could be a thought form from Source that is to become manifest. The symbol that emerges is a living thing that is pregnant with meaning. That is why symbols were painted on or carved into temple walls. They were known to act as catalysts for the brain, awakening ideas or realizations that might have lain dormant for several incarnations or sowing seeds that would unfold in future incarnations.

These meanings can be impersonal, personal, or intended as guidance, but they do require contemplation on our part. I think the change from lucid dream to conscious vision is a natural progression that happens with time to increase clarity.

Sometimes in the darkness, you can see light-blue lights floating or darting

around the room. These can be called Spirit essence. Spirit essence radiates throughout space from Source and is an ethereal essence so high in vibration that it does not form atoms or molecules of matter. You should try to attract the Spirit essence into one central space. This is like gathering your chi or making a snowball.

The Spirit essence will begin to compact into a definite entity, shape, or emanation from Source. Using your will and intent, focus on the mass, but do not manipulate it. Use your will to focus only. The mass will flow and move about and eventually form visual images. Try to observe these images as delicately as possible; allow them to be passively reflected in your mind as they unfold. Don't try to hold on to the images, but watch without attachment or desire for outcome. This is probably the most difficult part of the process to master and the most important — becoming a detached observer.

The archetypes and symbols you see in this cloud of electrons and essence will be important personal keys for you, and researching them will lead you to information you never thought possible. They might be about your life purpose and the work you are to do here. From this state, you can allow yourself to be

passively drawn into the imagery and into a lucid dream state or out-of-body experience so that you can gather even more information.

Sometimes in the middle of the blue mass, a faint pinpoint of light will appear. When I focus, it grows larger and larger and becomes so blinding and intense that even with my eyes closed, I want to blink. It takes all my will to hold my gaze steady and not turn away. Holding this focus is important, as the light always heralds a special message. Within it I have seen merkabahs, prophetic visions, and angels. Often, the painting I am working on will appear complete and animated like a living entity that is just waiting to be infused into matter. The most conductive body position I have found for this event is what I call the mummy position. I lie flat on my back, no pillow, with my feet together and arms folded across my chest.

### **Visionary Art Connects Us to Source**

Training is essential to visionary painting because if you have to keep jumping back into the conscious mind for painting technique, you cannot go with the flow or recognize the subtle commands from Spirit. The danger of a virtual,

electronic world is that the senses may begin to atrophy from lack of contact with something tangible. Since computer graphics can now simulate the mystical experience so well, I feel it is more important than ever for artists to draw more from the esoteric levels and from within themselves. I feel computers might be able to recreate anything from without, but they cannot create everything from within. There is something authentic about the soul-Source connection through mind and brush to canvas that cannot be simulated electronically. People can feel that something and resonate with the art! •

#### **Cheryl Yambrach Rose**

*is a visionary artist, portrait painter, and researcher. Using historical data and her psychic impressions, she creates empowered works of art based on sacred sites and their mythology along with other realms. Excelling in spiritual portraiture, Cheryl's art is collected by many discerning luminaries. Her work has been extensively published in a wide variety of forms — including books, articles, magazines, CDs, and Doreen Virtue's oracle decks — and has been featured on the Wisdom and Travel Channels.*



# **Activism and the Power of 108**

**Ethan Indigo Smith**

As I have outlined in many articles, nuclear experimentation is a social, political, biological, and environmental problem that is beyond the pale of traditional human comprehension. Because it is a complicated technology shrouded in complicated politics, many people succumb to the ostrich effect — that is, they would rather bury their heads in the sand than acknowledge the nuclear industry's history of political fascism and ecological devastation.

Whether sourced from industrial or militaristic concerns, radiation is difficult to quantify and impossible to see. The

conundrum of nuclear experimentation is that radiation creates so vast and deep of an alteration of our ecology that, now only approaching the seventieth year of the nuclear experiment, the causal implications have not been entirely considered. When people first learn about the unsettling consequences of nuclear experimentation, I like to provide them with a simple formula for conscious activism and social transformation.

### **Activism**

When speaking of activism, I use the number 108 to illustrate the construct.

Esteemed in an esoteric context, 108 is considered metaphysically divine, as it symbolizes the union between the microcosm and macrocosm, the inner and outer worlds. There are also innumerable auspicious aspects to the number relating to astronomy, astrology, intuition, science, and spirituality, including the recurring ratio of 1:108 between celestial bodies in our solar system.

The number 108 holds an important lesson, as it represents the trinity of time: 1 for the present, 0 for the past, and 8 for the infinite future. As it relates to activism, 1 is for acceptance.

It represents the singular now moment, or what is. It reminds us that we cannot change anything unless we understand and accept reality. Zero is for the integration of the past. It reminds us that we cannot change anything until we integrate our reality, combining everything until it just is and there is no negative or positive but just the mix, if you will, the integrated whole. The number 8 is for the transmutation. It represents the infinite, the undefined potential. It reminds us that we can change our realities in infinite ways, yet only after acceptance and integration of the entire whole can we see and understand and act on that potential.

So if we do not fully integrate our past and present realities, energy of the past continues to live in the present and change for the future does not progress as freely as it otherwise could. That is why I apply this understanding when discussing nuclear experimentation with others; we must accept and integrate reality, however complex, before transmuting it.

Many times when I discuss the complexity of nuclear experimentation with people, they become defensive about the message and toward the messenger, and then they are overwhelmed by it all. In other words, they do not get past the acceptance phase of the change process. Nuclear experimentation can seem like an overwhelming subject, but change cannot happen until we accept and integrate reality. Only when we come to terms with reality will we see the solutions of infinite potential ahead of us. Humanity manifested the rise of the nuclear industry (and its inherent disasters), and we can also manifest its demise.

### **One Is for Acceptance**

Collectively, this is crunch time for humanity. We have to unite against the nuclear experimentation or we will be united in our own dissolution. The unwillingness of the majority to understand and accept the full extent of this reality is the biggest problem we face. While our society remains overwhelmed, uninformed, and passive to the problem, the netherworld oligarchy will continue its destructive but highly profitable practices. It's time we faced reality. Nuclear radiation is incompatible with life on

Earth. It devastates ecosystems and is toxic to all Earth beings.

The nuclear experiment is operated without a complete plan. Although it is touted as a clean technology, the industry has no mechanism for disposing of the nuclear waste it generates but only the mechanisms for containing it and storing it for the million years it takes to break down, and we are accumulating more each day. That's when all goes well. When it goes wrong, the destruction is permanent. The nuclear industry has a disastrous history of failures: Hanford, Windscale, Santa Susana, Bikini Atoll, Three Mile Island, Chernobyl, Rocky Flats, and Fukushima. In December, a fault at a facility south of Miami forced it into a partial shutdown.

It is not a question of whether nuclear disasters will happen again but where and when. When disasters occur, we typically count our losses in human lives. But when we truly integrate this reality and find that zero point, we come to see that we are only one inhabitant of this planet. In two human generations, we have polluted our planet with nuclear and other wastes so severely that it has already altered ecosystems and wiped out countless species of flora and fauna.

If we want any climate change debate to be a scientific discourse and not a political distraction, we must consider the effects of nuclear radiation and other known influences on our natural ecosystems. The complex question of climate and environment in general has been reduced in our collective public dialogue to a simplistic notion of carbon emissions. But it fails to take into account the ecological effects of atmospheric heavy metal and chemical spraying as part of government geoengineering programs; the ever-increasing levels of nuclear radiation in our air and sea; the mounting waste from both functioning and malfunctioning nuclear facilities; compromised soil and water caused by geoengineering and fracking; four years worth of radioactive waste pouring from the failed Fukushima Daiichi facility into the oceans home to the plant life that supplies two-thirds of the atmosphere's oxygen; the decline of other plant and animal life, including the collapsing

bee colonies that pollenate food-bearing, oxygen-creating plant life on land; and unsustainable agricultural processes, including the heavy use of toxic pesticides such as RoundUp (glyphosate), which studies have shown is linked to the collapse of bee colonies globally.

### **Try the 108 Solution**

While our climate focus remains only on carbon, little action is taken to reform those toxic industrial systems that we already know are yesterday's news. So what's the solution? Acceptance, integration, transmutation. We cannot change anything unless we understand, accept, and integrate our current reality. To reach acceptance of the truth, we must educate ourselves, and we must communicate with each other. There is no other way.

The integration phase is allegorically akin to witches throwing sacred herbs as well as crow's feet and snakes' heads into the cauldron all at once. Everything has to be mixed in. To truly integrate this situation, we must forgive the past, come together, and understand that there is no negative, no positive, no separation, and no past — just the brew. We have to forgive each other our differences (despicable evil aside) and integrate all of our potentiation from this moment forward. This integration stirs the mix.

Transmutation and true change — or rather, change in truth — will become manifest when we live in openness and without obfuscation or looking for positive and negative, forgiven and unforgiven. Such open-mindedness allows for the unobstructed flow of transmutation and alteration and for the ongoing process of acceptance and integration to continue. When revenge or close-mindedness (functions of the ego) cloud our decision-making processes, we minimize our energetic potential and are less able to influence the outer world in a truly positive manner.

In the case of nuclear experimentation, the reality is so inexcusably dangerous, so obviously detrimental to the Earth's biological systems and so infinitely harmful to ourselves and future generations that if the truth were widely known, I believe it would incite unity.

Radiation knows no borders, and it cares for no culture or ideal. We are all biologically the same, and we are all biologically at risk from the industrial and militaristic soot of these oligarchical energy systems. Those energy systems are of our own design, of our own manifestation, and we can now manifest better systems. Together we can change our realities in infinite ways. We have both the power and the urgent need to change our approach to energy generation and create true, timely solutions to these problems. While the oligarchy profits from these problems without remorse or relent, we cannot wait patiently to be served. Our

best solution is in activism and transmutation using the formula of 108.

The next time you find the opportunity to raise someone's awareness of the extent of the problem, share this formula with them. Take them on the ride. Foresee that the truth will be confrontational for them, and help them to understand the process of acceptance, integration, and transmutation. Reassure them that although it may seem overwhelming, being a part of this change requires that we begin to understand the truth. It starts with each of us, or it's over for all of us.

Peace, one love. •

**Ethan Indigo Smith**

*was inspired to write his book, The Complete Patriot's Guide to Oligarchical Collectivism, as a result of the events of September 11, 2001. He has also written*

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# Tune into the Frequency of the Seraphim through Your Sacred Space

Cynthia Smith

I love to meditate. I love the perfect stillness that occurs when I am able to take the time in solitude to deeply connect to the universal grid. Like many of you, I have spent years training with wonderful teachers and guides to be able to achieve this connection to Source love and all the celestial beings ready to give assistance. However, for most of us living in this dimension of time acceleration, it is becoming harder to set aside the necessary time to ground ourselves and go into a prolonged, deep meditative state. Although we should still strive to attain the true meditation experience, we have other options at our disposal so that we aren't left with the choice of "all or nothing."

Like most people, I'm a very busy person. The hours in a day fly by, and there is usually more to do than time to do it. We need a solution that will enable us to efficiently include grounding, clearing our fields, and keeping our energetic vibrations raised throughout the day. We have been told numerous times that things will only become more accelerated and ramped up as time progresses. I believe that is why I was gifted

with awareness of the seraphim angels and seraphic wisdom.

I asked for help and received it. And since you are reading this article, perhaps you too are being offered the same gift. As often happens with synchronicity, you might have had a dream or heard the word "seraphim" recently but did not know what to do next.

My introduction to the seraphim was similar. Several years ago, I was asked, "Do you understand your connection to the seraphim?" After reaching back through my memory to my years in Catholic school, my bewildered reply was, "Um, they're angels, right?" That question triggered a significant change in my life.

## You Are Part of a Symphony of Light

For those of you who might be unfamiliar, the seraphim are described as the order of angels closest to Source, God, or the universe — whatever you call the creator of all that is love in the purest form. The seraphim are charged to assist in governing the universe with the divine order of the universal alignment

and flow. They have been described as having the right wisdom for the right planets. I think you would agree that our planet is ready for a dose of wisdom right about now!

Although some might have different experiences, I see the seraphim angels as a collective consciousness with multiple aspects or personas, each with a specific purpose. There does seem to be a unique "flavor" of energy with each seraph. One might feel forceful and urgent, and another might feel soft and passive yet resoundingly clear about requests it is given or information it conveys. Perhaps it just depends on the person channeling the seraphic vibration. Overall, I sense the seraphim to be like a choir — each individual seraph sings a different tone, but when their voices are blended in harmony, they sound as one. The seraphim are a harmonic choir, and when we come together with them, we are all part of a symphony of light.

Until the past decade, there hadn't been much information about the seraphim interacting with us individually, but it seems that now they are more

engaged with humanity and bringing forward a beautiful collection of loving, healing universal energies and wisdoms to assist Gaia and humanity's restoration to oneness. What the seraphim offer is available to everyone, regardless of where you live on this brilliant planet of ours or what other energy modalities you practice. Seraphic energy is all-inclusive; there are no prerequisites or exclusions. As a teacher who has reached many students over the years, I have seen that the energies of seraphic wisdom are easily assimilated, and when activated, the energy waves are felt almost immediately. I believe this is so readily integrated into our energy fields because we all have an innate knowledge of conscious intelligence; this is an ancient wisdom we hold in our cellular essence. Recognizing this wisdom and the unlimited possibilities it offers is part of humanity's awakening.

Opening ourselves to seraphic energy is similar to dialing our televisions in to satellite frequencies to find a channel we wish to hear and see. The channel is always out there, but until we are ready to tune in and bring the vision or information into our awareness, we don't know it exists. The opportunity to rapidly tune in to and turn on the energetic assistance from the seraphim offers an alternative or complement to finding time and space for deep meditation practices.

### **The Tools of Seraphic Energy**

As we have evolved, so have the energetic tools at our disposal. You are receiving advanced knowledge to assist you in living in harmony with your soul's purpose. The lovely uniqueness of seraphic energy waves is that simply by setting your intention, you can activate which energies you want to use on a particular day. There is no schedule — just trust your own intuitive process. If you wish, you can incorporate the activations into your meditation practice or other healing modalities. However, with the seraphim vibrational activations, it is not necessary to use only focused meditation to reach the state of rising kundalini, or chakra balancing. You can also activate specific energies

for manifestation, healing, family relationships, or stepping into your role as a New Earth guardian to assist our Mother Earth, Gaia. Hard to believe? Well, if you believe in the power of angelic healing, then it is not hard to make the leap to believing in angelic assistance that gives us the necessary tools for completing our spiritual contracts while on this Earth plane. The ancient wisdom of the seraphim, which was used by the Lemurians and Atlanteans, is available to us now. When you are ready, the frequency will be quite clear.

There are several specific seraphs now partnering with us worldwide to rapidly address the urgent needs of this planet for healing, spiritual renewal, and transformation. Some information given to us is related to healing geographic, historic roots. The seraph Adalian, who identifies itself as the guardian of North America, has told us:

“American history is like a mirror for the power of new beginnings and the strong intention for new, perfect solutions. A strong problem for most Americans is rootlessness, so you are receiving help by healing the old roots and creating new ones. This is important for all matters of economy and science, and it is basic for all human relationships. This will also allow us to jump-start the activation of serious new beginnings for sustained lifestyles in harmony with Mother Earth.”

As we anchor this seraphic wisdom for the country, we of course heal ourselves, clear karma, and expand in spiritual evolution. Some seraphic energies are personal and used in practical applications to bring harmony and solutions into everyday life, such as a wave for harmonizing the heart and throat chakras and enhancing communication through heart language. Heart language is communication that uses all the senses for optimal harmony in relationships and positive thought vibrations. This energy wave is accompanied by this simple but profound seraphic wisdom: “Light shines brightest through a pure heart, the transparency of pure truth, and a smile that resonates pure love.”

All that is given by the seraphim

is powerful yet can be felt as subtle angelic energy waves, some with focus to improve reception of seraphic impulses in order to receive higher insights. As the seraph Adalian said, they are here to help us jump-start or fast-track our spiritual evolution in this New Earth paradigm.

Now is the time to take the esoteric and use it in wise, common-sense applications for everyday life. We have to deal with the chaos and challenges around us, and we get to choose how we do it. As enlightened, practical mystics, we must focus on using what we have received on a daily basis instead of just taking classes and filing the information away until a crisis occurs or letting weeks go by without going into a meditative state. Using seraphic wisdom allows important energetic alignment and balancing to be done with ease and grace. One reason for this is that the sacred space used to connect with the seraphim angels is within you, not without, and with practice, you will be able to access it in seconds. You are just like the altar or sacred space you might have created for focused meditation. You are the light of a candle. You are the radiance of a brilliant crystal. You are the still point or quiet place where total focus and serenity are held. You, my friend, are a sacred space on this Earth, radiating harmony and joy that draw others near as part of the melodic tone in a symphony of wisdom and love. Recognize it, tap into it, and find abundance and unlimited potential with many heart blessings. •

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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.

## Proceed with Caution

Donna Taylor

June has many positives, especially once we get past a rather tricky, contentious full moon in the first week. Full moons usually illuminate a matter of confusion, but this one could increase uncertainty, at least for a short while as Neptune forms a hard angle. What we need to be mindful of is the tendency to be sucked into an illusion. We might think we suddenly have the answer, but it is possible we are actually believing only what we want to believe and making circumstances fit around it. The fact that Mercury is retrograde won't help unless we make time to go within and wait for clarity to emerge from the silence of our being. If we can do that, we are likely to avoid the potential pitfalls that this Neptunian full moon brings.

The mutable signs — Gemini, Virgo, Sagittarius, and Pisces — are those most likely to be challenged by this moon, and it is more important for them than the other signs to take time out and tune into their inner compass so that they can be successfully directed toward the right path. I advise, however, against making important decisions around this time and probably until Mercury has turned direct on June 12, by which time the fog should begin to clear. Geminis and Virgos, though, should delay making such decisions even longer, because Neptune forms a difficult aspect to Mercury until June 24. It seems Mercury-ruled signs are in for a confusing time, but there is always a positive in every negative, and it may be that the Geminis especially are being advised to clear out and let go of things from the past before they can move forward. Though directed at Geminis and Virgos, this is good advice for all of us, especially those finding it difficult to move forward with any clarity during the first half of June.

The Sagittarians begin their few months of respite as Saturn nips back into Scorpio. This is an opportune time for those born under the Archer to look back at the past few months (since Christmas) and take stock. Saturn is giving you some breathing space in order to assess where you are and what further changes need to be made. The Scorpios needn't worry at the return of Saturn because it's akin to a perfunctory visit from the taxman, just making sure everything is in order. Use this reappearance as an opportunity to get things straightened out and to make constructive changes to any area of your life that needs organizing.

### Cosmic Conjunctions Bring Relief

Things begin to pick up, energy-wise, as a new moon in Gemini is joined by Mars. This is a very dynamic new moon and therefore is perfect for becoming clear on what you would like to manifest and then pushing ahead with that. Mercury is still square to Neptune, though, so it could be a mistake to rush blindly into something without having first given it due care and attention. Meditate on your choices and options before taking action; often what we think we want is not what we need, so the advice this week is to be still and tune into your soul's guidance. Once you are clear about what is best for you, you can then surge forward in leaps and bounds. Although this holds true for everyone, it is of paramount importance for the Geminis, since it's all happening in their sign. Once Mercury moves out of range of Neptune's confusing and potentially deceptive vibes around June 25, we will all be able to see much more clearly, and the Geminis should heave a sigh of relief.

Throughout the month, Venus and Jupiter make their way through the sign of Leo, which is excellent news for the Lions but holds potential and promise for all of us. Things get especially good toward the end of the month when the pair form a conjunction that bestows good fortune, benevolence, and pleasant events for many. Wherever this jovial pair falls in our horoscopes shows when we can expect to be fortunate. If we are vigilant, then we can make the most of the goodies they might drop at our door. See your individual forecasts that follow for more information on how this lovely and rather auspicious conjunction will affect you. In many cases, the benevolence of this aspect will offset much of the turbulence and challenges contained elsewhere in the heavens, and if we turn our focus to when they appear in our charts, we could bypass the challenges completely. Venus and Jupiter have a gift for everyone this month, and by appreciating that gift and turning our attention to it, we may find it is the antidote to all our problems.

Venus and Jupiter aren't the only celestial bodies getting together: Mars joins forces with the Sun in this final week too, creating quite a strong energy. This will be an intense week as people work hard and party just as intensely. The best use of these planetary conjunctions, though, isn't to overdo it or push beyond your limits but to instead be totally absorbed in

whatever you are currently undertaking, be it cooking, listening to a friend, gardening, dressing the children, or working.

A common problem is to not be present because of everything going on in our lives, so we jump around, thinking about whatever's next on the list. In this last week, if you pull

your attention back to whatever you're doing and really put your heart and soul into it, you will not only be less stressed but you will also bring a wonderful vibrancy and creativity to everything you do, and you will uplift all you come into contact with.

# Weekly Forecasts for June 2015



## • Aries (March 21–April 19) •

**June 1–7:** “If you want small changes in your life, work on your attitude. But if you want big and primary changes, work on your paradigm.” Stephen Covey hints at your opportunities this week as the full moon on June 2 illuminates an area of your mind that may not have previously done you any favors. Whether you believe something is impossible or that a change will be hard or whether you feel inadequate or concerned about a situation, the full moon will help you see that your fears and worries are actually unfounded. By adopting a positive can-do spirit, all kinds of possibilities begin to emerge where previously you saw only closed doors.

**June 8–15:** Mercury turning direct on June 12 is good news for you, especially if life has recently been frustrating. Mercury's change of direction will result in obstacles being removed and the feeling that you can get on with your life again. Don't be in a rush, though, and don't try to force matters; otherwise frustration could be the result. It's far better to adopt a fluid, easygoing approach that allows you to be in the moment. It's this kind of mindfulness that will enable you to accomplish a lot and negotiate challenges without feeling tired or frustrated.

**June 16–23:** “A great attitude does much more than turn on the lights in our worlds; it seems to magically connect us to all sorts of serendipitous opportunities that were somehow absent before the change.” Earl Nightingale sums up your theme for the new moon on June 16 as the planets gather in your zone of the mind and communication. Here is your opportunity to make things happen through the positive power of your mind. It also grants you an opportunity to turn over a new leaf with your thinking, which could result in a different outcome than you've become used to. With Mars involved, you may need to be courageous, but since you were born under the sign that doesn't fear challenge and adversity, this shouldn't be a problem.

**June 24–30:** The focus shifts to your home and family and your inner self. There might, for example, be a lot to do at home, but with a beautiful conjunction of Venus and Jupiter in your house of fun, there should be no shortage of enjoyable opportunities. You are likely to be fortunate in areas connected with children and creativity, so now is a good time to direct your energies into artistic pursuits, creative projects, and fun with youthful spirits. This lighthearted vibration should nicely offset the heavier energies of the Sun and Mars at the base of your chart, and an ideal use of these fiery planets would be to give expression to your inner self and emotions through artistic or creative means. So get painting, singing, dancing, making, baking, photographing, or writing. Document your thoughts and feelings with color, imagery, words, or movement. In doing this, you will free up a lot of potentially blocked energy, leaving you to feel lighter and happier in the weeks to come. This time could also be very enlightening as you discover things about yourself that may previously have been hidden.



## • Taurus (April 20–May 20) •

**June 1–7:** The full moon on June 2 is liable to shine a light

onto a financial or material matter, which could be quite illuminating and should at least help reduce any confusion and uncertainty surrounding work, money, possessions, and so on. With Mercury retrograde, it seems you may have a little bit of thinking to do, but with Mars and the Sun helping you out, this is the ideal time to pursue your desires and to ask for what you're worth.

**June 8–15:** Sometimes we need to have the courage to stand up for what we believe in, to say what we think, and to ask for what we want. There are also times when patience is the best response to a difficult situation. This week you may need to decide whether courage or patience (or a bit of both) is what you need to progress in a tricky matter. Mercury's change of direction on June 12 will at least enable you to move forward where your material life is concerned, but you could move forward much quicker with a courageous and patient attitude.

**June 16–23:** Chester L. Karrass once said, “In business as in life, you don't get what you deserve; you get what you negotiate.” As the planets gather in your money zone, your ability to ask for what you want becomes more powerful, and you would benefit strongly from being more assertive in pursuing your desires. Taureans are often too placid, which doesn't always get you where you want to be. If you feel you deserve better, then now is the time to let it be known, because the new moon on June 16 is a perfect opportunity to turn over a new leaf where money and material matters are concerned.

**June 24–30:** Assertiveness is your key word as the Sun and Mars join forces in your communication zone, adding weight to your words and power to your thoughts. Be careful what you say and how you allow your thoughts to drive you. By embracing a positive can-do approach, you will make the most of this powerful planetary combination; this wonderful duo will encourage you to state your case or ask for what you want. Meanwhile, the beautiful conjunction of Venus and Jupiter suggests your greatest opportunities for joy and blessings lie within your home and family, so I'll leave you with the words of Thomas Jefferson: “The happiest moments of my life have been the few which I have passed at home in the bosom of my family.”



## • Gemini (May 21–June 20) •

**June 1–7:** This week's full moon has the potential to illuminate a relationship matter, and what happens around June 2 may have a sense of completion about it. Remember, though, that your ruler, Mercury, is retrograde, so don't be in a rush to move things forward. Focus on your relationships and your direction in life and how all of this fits in with your own needs, and strive to create harmony in your world. By taking time to adopt a slower pace — difficult for Geminis, but give it a try! — you might receive insights you'd otherwise miss.

**June 8–15:** After what might have been a frustrating few weeks, now is the time when the pressure on the brakes is lifted, allowing you to charge full steam ahead toward your goals. Mercury turns direct on June 12, effectively giving you a green light to go, while Mars and the Sun in your sign instill you with renewed power, enthusiasm, motivation, and energy. This is a great

combination for moving forward. In your desire to get moving, though, be wary of trying to do too much; that will only lead to being overwhelmed and stressed. Take advantage of the forward-moving energies, but try to pace yourself, and don't overload yourself with things to do, people to see, and places to go.

**June 16–23:** The new moon on June 16 occurs in your sign. This is your cue to put the past behind you and to step forward into a brighter world. To do this, however, you may need to be completely honest with yourself and others about what you want. Mars in your sign gives you permission to focus on your needs and on what is important for your well-being. The time for pretense is over, so put your cards on the table, and be assertive about what you want and need.

**June 24–30:** Any recent confusion should now be clearing, and you're on track for having a much clearer sense of where you're going and what you want and need. All you need to do is make sure you get it! It's lucky for you, then, that Mars and the Sun are joined at the hip in your zone of resources, arming you with whatever you need to acquire your desires. This is a great week to put your efforts into creating more money, for making purchases (so long as you don't rush into things), and for being assertive and stating your case. Venus and Jupiter are also joined at the hip this week, and for you this means good news in the following areas: communication, studying, teaching, and brief travels. You could get a lot of enjoyment from visiting people or getting together with your neighbors or siblings. Learning something new could also be a real source of joy.



• **Cancer** (June 21–July 22) •

**June 1–7:** As the planets gather in your zone of rest and quiet repose, don't force energy that isn't there. This is more a time of tuning into your inner landscape and enjoying more feminine pursuits that are mystical and creative rather than the masculine mindset of being active and busy-busy that we in the Western world tend to fill our days with. The cosmos is giving you permission to slow down and rest, to stock up on sleep if you're tired, and to invite inner peace into your world. This is a great time to pay attention to your dreams, to listen to the whispers of your soul, and to get quiet enough to hear your inner voice. All of this will put you in a prime position to move forward in a few weeks. For now, though, it's time to rest.

**June 8–15:** Your inner world demands your attention right now. You'll recognize the signs of your inner self calling to you by how you feel — tired, unwell, irritable, frustrated, resentful, or angry. See any of these as symptoms of soul malaise to which the cure is easy enough: Stop doing, and start being! Reconnect with your source through meditation, dream analysis, counseling or giving form or color to your feelings through artwork, music, dance, poetry, or journaling. These examples may also help you to divine answers to questions or to get to the root of any buried anger or illness. Once Mercury turns direct on June 12, things will begin to improve, but you'll hasten the process by taking time to listen to yourself and your body.

**June 16–23:** Cancers have a tendency to live in the past, whether by nursing old hurts and painful experiences or reminiscing about the good old days. This can prevent you from making the most of the present, so as the planets align in your zone of the past, let go of your attachments so that you can capitalize on the new beginnings and opportunities waiting for you in the weeks to come. The new moon on June 16 is the perfect time to do this, and once you have let go of some of your baggage, you will be able to make huge progress. Concentrate on creating a fresh start and on showing the world what you can do.

**June 24–30:** The Sun and Mars arrive in your sign this week, imbuing

you with energy, determination, motivation, and enthusiasm. Now is the time to focus your energies on a goal, move forward, and believe that anything is possible. Remind yourself that courage will see you through and get you to your destination. This is the perfect week to keep in mind this famous quote commonly attributed to Goethe: "Whatever you can do or dream you can, begin it. Boldness has genius, power, and magic in it. Begin it now." Meanwhile, Venus and Jupiter join forces in your money zone, acting as a fairy godmother to protect you from harm and to bring you what you need. So there should be no need to worry about material matters. Hand over any concerns to a higher power, relaxing you to end the week with the sense that you have been rather lucky.



• **Leo** (July 23–August 22) •

**June 1–7:** The full moon on June 2 invites you to create a new vision of your life, particularly if you feel there's room for improvement. Remember also that with Jupiter in your sign, this is your once-in-a-twelve-year opportunity to make some big changes and potentially begin a new phase of life. So imagine that you are the artist of your life: what will you create? Perhaps this is the time to be bold and adventurous, so make the design of your life bright and colorful. This is a week to begin sowing your energies into your future, knowing that you can make it into something wonderful.

**June 8–15:** You have full permission from the heavens to enjoy yourself this week, so there's no need to feel guilty when the laundry piles up in a corner and people grumble about stuff not being done. Jupiter and Venus in your sign encourage you to tune into what makes you happy and to indulge in what gives you pleasure. Meanwhile, the Sun, Mars, and Mercury — now turning direct — shine the spotlight on your social life, so this is the week to accept invitations and take yourself out into the world. This could be a time of great opportunity, so be mindful of this as you go about your business; saying yes could lead to all kinds of positive developments.

**June 16–23:** The new moon on June 16 is an extremely auspicious one for you, as it marks the beginning of a new chapter in your life. For this reason, it would be helpful to draw a line between the present and the past and let go of any negative attachments and baggage. It's time to focus on the future — which looks very bright for you — and the more you can focus on what you would like to attract into your life, the more you will be making good use of the powerful planetary energies. Take a piece of paper and write down your vision for the future. Or, if you prefer, create a collage with images representing your desires. Remember that there are no rules — only the ones we set for ourselves.

**June 24–30:** After what has probably been a busy time, it's now time to rest. You've probably expended a lot of energy over the past few weeks, and you might feel the need to let the dust settle after the recent social whirl. It won't be long before the busyness starts up again when the Sun enters Leo next month, so now is the time to conserve your energy. Rested, you'll be in the best position to make the most of what the future has in store. The Sun and Mars in your soulful zone encourage you to get in touch with your inner self and connect with the soulful mysterious side of life. This is an ideal week to pay attention to your dreams, write in your journal, get extra rest, meditate, paint, or listen to music. You may also benefit from facing up to uncomfortable feelings and emotions; all that's needed is a little courage. Despite the need for quiet, the beautiful and auspicious alignment of Venus and Jupiter in your sign suggests a very positive and abundant state of affairs, so whatever happens this week, you're likely to feel rather fortunate and quite blessed.



• **Virgo** (August 23–September 22) •

**June 1–7:** “When you discover your mission, you will feel its demand. It will fill you with enthusiasm and a burning desire to get to work on it.” W. Clement Stone highlights your current theme as the planets gather at the top of your chart, putting the emphasis on success, achievement, and purpose. However, the full moon at the base of your chart reminds you of the importance of balancing your goals and ambitions with your home life or your private inner world. And with Mercury still retrograde, you may not be able to make as much progress with your mission as you’d like. Still, full moons are all about illumination, so perhaps this week you’ll come to an important realization about where you’re going and what you want from life. You might even come to realize that everything will unfold in its own good time and the most important thing is to enjoy the process.

**June 8–15:** Mercury turns direct at the top of your chart on June 12, effectively giving you a green light in matters relating to work, goals, and ambitions. It’s also good news for your general direction in life and might indicate a stronger sense of vocation or purpose. The previous week’s full moon might have given you a clearer idea of what you’re trying to achieve and why. One mistake you must try to avoid is overloading yourself; if you find yourself in this position with too much to do and not enough time, then perhaps you need to take a step back and ask yourself why you’re expending so much energy. Sometimes, we have little choice because of family responsibilities, busy times at work, and so on. But sometimes, we do things for the wrong reason: to impress someone else, to impress ourselves, or to be somebody else for a bit. If your ego is running the show, it might be time to take a step back and concentrate on the things that really matter.

**June 16–23:** The new moon on June 16 holds the potential for a new chapter in your life. It’s time to wipe the slate clean and turn your attention from the past to the future. Now is the time to get busy and focus your energies on an achievable goal, to turn over a new leaf in your work or business, or to head off in a new direction. It could also be time to identify your true purpose and begin living it. Certainly this should feel like a time of new beginnings, and to make the most of it, all you have to do is acknowledge that the past is gone, taking your old mistakes and patterns. June 16 is a great day to become more conscious of your old patterns with a view to breaking them so that you can step forward into a bright new world.

**June 24–30:** Your social life receives a powerful boost this week, so the chances are high that you will be in demand in some way. Whether it’s being called on in your community or whether you feature more in groups or an organization, or whether you simply find yourself out and about a lot more or spending time with friends, you can expect to be busy. Perhaps the best use of the Sun and Mars in your social zone is to plough your energies into something useful that benefits others. So whether you give a little of your time for a good cause, help a friend in need, or begin to put into motion something that feels quite large in scope, this is a great time to think about what you have to offer the world and begin taking action.



• **Libra** (September 23–October 22) •

**June 1–7:** Sometimes we need to believe in the impossible to achieve big things. We also have to ensure that we are not secretly sabotaging ourselves through doubt, fear or insecurities. Be with yourself as you would be with a vulnerable friend. Tell yourself that you can do it, treat yourself kindly and lovingly, and adopt faith and courage as your guides. The more you believe that you can do something, the more possible it becomes.

**June 8–15:** As Mercury turns direct in your adventure zone, your sense of what’s possible begins to broaden, and you may now get glimpses of how your big idea could work. As Ralph Waldo Emerson said, “Once you make a decision, the universe conspires to make it happen.” So make your decision, and let the universe worry about the practicalities. This is not a time to play it safe or stick within your comfort zone. On the contrary, it’s time to become more adventurous, to try new experiences, to broaden your horizons, and to allow yourself to absorb new places, people, and vistas. In short, now is the time to really participate in life, and with Jupiter and Venus in the most auspicious area of your chart, it’s fair to say that your future looks as bright as a diamond sparkling in the sun.

**June 16–23:** Your keywords for this week are adventure and possibility as a glorious new moon highlights the expansive area of your chart. June 16 is the day to step forward into a lighter, brighter world — a world full of possibility and potential. All you have to do is believe that what you want is possible and to take a small step toward it. At the very least, this new moon will lighten your load and put a spring in your step. The following are good questions to ask yourself this week: “How can I invite more adventure into my life? Where can I be more experimental? Am I saying yes to life and opportunities? Do I believe that anything can happen? Is it time I took myself off on an adventure?” The planets are lining up in a most favorable way for Libras now with the emphasis on the future and all the wonderful possibilities that are open to you.

**June 24–30:** With the Sun and Mars along with a beautiful alignment of Venus and Jupiter all at the very top of your chart, you are invited to focus on your future, and the best way to do this is to let go of the past. Whatever has been tagging along with you needs to be released now so that you can make the most of what’s coming. If you’re not sure how to do this, ask for guidance. The angels are a good resource; they help in times of feeling stuck or confused, and they always find a way to answer. Once you let go of whatever hinders your progress, you will be in a wonderful position to make hay while the sun shines. Now is the time to focus on your direction, to push forward with an ambition or a goal, and to show the world what you’re capable of. You can make huge progress now; just remember not to let success go to your head. Instead, keep in mind all the people who have helped you get to where you are now.



• **Scorpio** (October 23–November 21) •

**June 1–7:** The full moon on June 2 highlights financial matters, so you can expect to be illuminated on a confusing issue. With Mercury retrograde too, this is a rather serious time when you may need to look at your priorities and determine what stays and what goes. The current cluster of planets in your most private zone doesn’t just bring up financial concerns; it may also bring you face-to-face with one of your most private fears. This is, however, a good time to confront any personal demons so that you can begin to move on unhindered.

**June 8–15:** Mercury’s change of direction is good news for you, especially if you’ve been faced with an uncomfortable problem recently. Things should begin to improve from this point, and you may consequently feel a sense of liberation. It’s not all plain sailing this week, though, because Saturn returns to your sign, which is a bit like having to go to the dentist for a check-up: There’s nothing to worry about, but still, it’s something you could do without. If you’ve done what you needed to do during the past two years, Saturn’s visit could pass you by almost unnoticed. If, however, there’s still work to be done, Saturn will simply remind you of that fact. Perhaps now is the time to face your fears and do what needs to be done.

**June 16–23:** This week's new moon on June 16 brings the opportunity for a transformation. The past few weeks may have had some uncomfortable moments, but you might come to the opinion that it was worth it as you head now into some kind of rebirth. To enhance this experience, embark around June 16 on a detox, and cleanse yourself of physical and emotional toxins. You're now at a point at which you can transmute your pain into something positive. All it takes is a little courage, so don't be afraid of what comes up this week because whatever might be, it is designed to help you rise like the phoenix.

**June 24–30:** This is the week when darkness gives way to the light. As the Sun and Mars move into your zone of adventure, you should feel your mood lighten and a returning sense that anything is possible. Now is the time to drop the dishcloth and head off to the bright horizon in search of your own personal pot of gold. Not only that, but Venus and Jupiter are holding their position at the very top of your chart like a pair of guardian angels or fairy godmothers, helping to clear your path and sprinkling fairy dust along the way. Progress should be much easier now, and it will be almost impossible for you to put the wrong foot forward as far as your purpose and direction in life are concerned. All you have to do is follow the path that appears the most joyful and abundant and have faith that it is what it appears to be.



• **Sagittarius** (November 22–December 21) •

**June 1–7:** Don't allow yourself to become upset or derailed from your path by conflict. The full moon is likely to raise the heat with those close to you, and you may find yourself needing to count to ten before reacting emotionally. The best course of action is to be assertive, to clearly and reasonably state your case, and to seek to clear the air so that you and others can make progress. This is a good time for communicating your needs — just don't let emotions get the better of you. In the main, though, you'd be better off avoiding conflict; instead, keep your eyes fixed on where you're going and what you're trying to manifest in your life.

**June 8–15:** "A man is already halfway in love with any woman who listens to him." We could easily reverse this quote by Brendan Behan to say, "A woman is already halfway in love with any man who listens to her." We all love to be listened to. In fact, there are times when it's essential to feel heard. So the question is, do you feel you're being heard? Are you taking the time to sit and listen to someone who needs to be heard? On a deeper level, are you making the time to listen to yourself? Are you too busy to hear what your soul whispers to you? This is a week for getting quiet and listening.

**June 16–23:** The new moon on June 16 is a great opportunity for new beginnings in your love life and your relationships in general. Whether you're looking for love — in a new or existing relationship — or you're looking to ease conflict with someone, all you need to do is be open, communicative, and honest. It's vitally important now that you don't suppress how you feel, as this could prevent new beginnings from taking place. You have the chance to be liberated from something that has held you back for quite some time, so it's important to be alert to what will enable you to move forward.

**June 24–30:** The focus begins to shift from other people — and all the ups and downs associated with that — to your inner world, which includes your secret fears. If you feel you have become out of balance, this is a good time to redress that imbalance. This may require a certain amount of courage, as you may have to face a fear. It may be, for example, time to see whether your life matches your values, and if it doesn't, you will need courage to admit that and begin making the necessary changes. Or you may need to question whether you have issues around money that are in need of transformation. In

fact, transformation is your key word for the time being, and whatever is going on in your life right now is most probably pushing you to clear what you don't need in order to become that which you do need. Welcome the rebirth — chances are it won't be as painful as you think.



• **Capricorn** (December 22–January 19) •

**June 1–7:** Work and health are the key areas this week as the full moon brings your attention to the possible need for improvement within these areas. If, for example, you've been overdoing it, you may need to rest more and pay attention to your physical body. The full moon may also bring the realization that you need to move on by letting go of something in particular — perhaps something from the past or a harmful belief or perception. Be open to changing and transforming whatever isn't working in your world, and put your focus firmly on your daily life and what it needs to function better, including more rest, organization, or efficiency.

**June 8–15:** Mercury turns direct on June 12, enabling you to take control of your life again. Part of this control may involve taking charge of your health so that you can function better, because when you function better, your life functions better. So to ensure that you are at your optimum, you perhaps need to pace yourself and find pockets of relaxation among the busy times. It's likely you will find it difficult to relax because there is so much to do, but if you combine your relaxation with movement such as yoga or walking, your body will benefit from your activity. As Thomas Jefferson said, "The sovereign invigorator of the body is exercise, and of all the exercises walking is the best."

**June 16–23:** The new moon on June 16 offers you the opportunity to turn over a new leaf in matters connected to your health and well-being. It also offers hope and potential for your work and asks whether you are making the most of your days. That's not meant to suggest you should cram more into a twenty-four-hour period; rather, question whether you are happy in the way you spend your days and whether you are working in a smart way that provides more time for what you enjoy. Is your life balanced between work, rest, and play, or does your life lean too heavily toward work and reasonability? For optimum health, life should have a nice balance, and now is your big opportunity to begin creating that balance.

**June 24–30:** Passions are likely to run high this week as Mars and the Sun join forces in your relationship zone. If it's the kind of passion that you don't want — anger, frustration, impatience, and irritation — the best advice is to go somewhere quiet and meditate. Then, when you return with a calmer perspective, you will be in a better position to state your case calmly and clearly. This simple act of refusing to get embroiled in dramas could be a life saver in your personal world this week, and if you can remember the following wise words from Joseph Joubert, you will be an inspiration to others: "A part of kindness consists in loving people more than they deserve."



• **Aquarius** (January 20–February 18) •

**June 1–7:** Time spent with creative projects, fun, children, romance, and enjoyable pursuits is the order of the day, but with Mercury retrograde and a full moon to contend with, not all may run. For example, you may find yourself held back by confusion or insecurity around your resources or fears of putting what you have to offer out into the world. It may help to remember that we were born to be creative beings, and we were also born to love and to enjoy life. By reminding yourself of these simple facts and thereby trusting in a higher power to guide you, your fears or confusion may begin to lessen.

**June 8–15:** There is a feeling of ripeness in your chart as the planets gather in your creative zone. This is your opportunity to give birth to something: an idea, a project, an art form, or even a baby! It's certainly appropriate to look at your ability to create through new eyes and to express yourself in a way that feels fun, healthy, and authentic. Speaking of authenticity, a good question to ask yourself now is how much your life reflects your real self. In other words, are you living the life you were born to live, or are you making too many compromises? The planets are currently urging you to follow your heart and focus on what makes you feel excited.

**June 16–23:** The new moon on June 16 brings an element of success to your endeavors, so this is a very good moment to launch a project or develop a creative idea. Perhaps the greatest opportunity this new moon brings is to realize that you are the artist of your life, and as such, you can create the sort of life you would love to live if only anything were possible. When you come to the realization that most of your restrictions are self-imposed — “I should do this; I shouldn't do that” — you can begin to break free of limiting beliefs and be more than you were before. At the very least, the current alignments of planets should put a spring in your step and make you feel glad to be alive.

**June 24–30:** Hopefully, you have plenty of energy at your disposal because you're entering a busy period when you might hardly have chance to sit down. This is certainly the time to make hay while the sun shines, and you can accomplish a lot now so long as you pace yourself. In the midst of work and general activity, try to direct your focus toward your health and well-being, because good nutrition, moderate exercise, and spiritual practices such as yoga and meditation will keep you healthy and balanced. A lovely conjunction of Venus and Jupiter is good news for your relationships, and the more time you can spend with your significant other, the better, as this area of your life can be a real source of joy if you allow it to be.



• **Pisces** (February 19–March 20) •

**June 1–7:** It looks as though there is an element of confusion, uncertainty, or lack of direction and purpose in your life at present, and you may find you can't move forward until you've resolved something close to home. This could be a family or domestic matter, or it could be

an emotional issue that has its roots in the past. Either way, something is holding you back, and you need to look deep within to resolve it. Once you've done that, the picture becomes brighter and the path ahead clearer.

**June 8–15:** Sometimes we are our own worst enemies. We cut ourselves off — from others, from the source, from supply, or from the world — and then wonder why we're miserable. It may help you to know that your perceived emptiness, loneliness, or general sense of malaise is nothing more than an illusion, and by mustering some courage, you can greet the world with a smile on your face again.

**June 16–23:** The new moon on June 16 brings a sense of completion. Perhaps this is the week you get to put the last piece of the puzzle into place. Regardless, it looks like a particular cycle or phase of your life is coming to an end, so prepare to embark on a new chapter, especially in your home or family life. This may require a little courage, so don't fear what's next, but trust instead that all that is happening is for your greater good. Focus on new beginnings now as you move into a cycle of greater growth and maturity.

**June 24–30:** The heaviness of the previous weeks begins to lift and be replaced by a lighter, more fun state of affairs. This is the time to focus on what brings you joy and to invite more of it into your life. This is a great time to channel your energies into creative enterprises, recreational activities and hobbies, children, the arts, and a more romantic view of life. There is also no need to rush. In fact, this is a phase in which you can dance your way through the days, and the more fluid and in the moment you can be, the more magical your life will become. •

*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 [donna@creative-astrology.co.uk](mailto:donna@creative-astrology.co.uk) or call 44 (0)1422 208178. Donna also offers a range of in-depth astrological profiles, including the Spirit Guide and 12-Month Forecast. To find out more, go to [www.Donna-Taylor.co.uk](http://www.Donna-Taylor.co.uk).*



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# Aspectarian for June 2015

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°)

**June 1:** Moon trine Venus, Moon semisquare Pluto, Moon conjunct Saturn

**June 2:** Moon sesquiquadrate Uranus, Moon opposite Mercury, Moon square Neptune, Mars quincunx Pluto, Sun opposite Moon, Moon sesquiquadrate Venus, Moon semisextile Pluto, Moon opposite Mars

**June 3:** Moon trine Jupiter, Moon trine Uranus, Moon quincunx Venus

**June 4:** Moon semisextile Saturn, Moon sesquiquadrate Jupiter, Moon quincunx Mercury, Moon sextile Neptune

**June 5:** Sun quincunx Moon, Moon conjunct Pluto, Moon semisquare Saturn, Moon quincunx Mars, Moon quincunx Jupiter, Moon square Uranus, Moon sesquiquadrate Mercury, Moon semisquare Neptune, Sun quincunx Pluto, Mars sextile Jupiter

**June 6:** Sun sesquiquadrate Moon, Moon opposite Venus, Moon sextile Saturn, Venus trine Saturn, Moon sesquiquadrate Mars, Moon trine Mercury, Moon semisextile Neptune

**June 7:** Moon semisextile Pluto, Sun trine Moon, Moon opposite Jupiter, Moon trine Mars, Moon sextile Uranus

**June 8:** Moon semisquare Pluto, Moon square Saturn, Moon quincunx Venus, Moon semisquare Uranus, Moon square Mercury, Sun sextile Jupiter

**June 9:** Moon conjunct Neptune, Mars sextile Uranus, Moon sextile Pluto, Moon quincunx Jupiter, Sun square Moon, Moon sesquiquadrate Venus, Moon semisextile Uranus, Moon square Mars

**June 10:** Mercury semisquare Uranus, Moon trine Saturn, Mercury sextile Venus, Moon sesquiquadrate Jupiter, Moon sextile Mercury, Moon trine Venus, Sun sextile Uranus

**June 11:** Moon semisextile Neptune, Moon square Pluto, Moon sesquiquadrate Saturn, Moon trine Jupiter, Moon semisquare Mercury, Moon conjunct Uranus, Sun sextile Moon, Moon sextile Mars

**June 12:** Moon semisquare Neptune, Moon quincunx Saturn, Moon semisextile Mercury

**June 13:** Sun semisquare Moon, Moon square Venus, Moon semisquare Mars, Moon sextile Neptune, Moon trine Pluto, Moon square Jupiter

**June 14:** Moon semisextile Uranus, Venus semisquare Mars, Sun semisextile Moon, Moon semisextile Mars, Mercury semisquare Uranus, Sun conjunct Mars, Moon sesquiquadrate Pluto, Moon opposite Saturn

**June 15:** Moon semisquare Uranus, Moon conjunct Mercury, Moon sextile Venus, Moon square Neptune, Moon quincunx Pluto

**June 16:** Moon sextile Jupiter, Moon sextile Uranus, Sun semisquare Venus, Venus quincunx Neptune, Moon conjunct Mars, Moon semisquare Venus, Sun conjunct Moon, Moon quincunx Saturn

**June 17:** Moon semisquare Jupiter, Moon semisextile Mercury, Moon trine Neptune, Moon semisextile Venus

**June 18:** Moon opposite Pluto, Moon sesquiquadrate Saturn, Moon semisextile Jupiter, Moon square Uranus, Moon semisquare Mercury, Moon sesquiquadrate Neptune, Moon semisextile Mars

**June 19:** Sun semisextile Moon, Moon trine Saturn, Moon sextile Mercury

**June 20:** Moon quincunx Neptune, Moon semisquare Mars, Moon conjunct Venus, Sun semisquare Moon, Moon quincunx Pluto, Saturn semisquare Pluto, Moon conjunct Jupiter, Moon trine Uranus

**June 21:** Sun quincunx Saturn, Moon sextile Mars, Moon square Saturn, Moon sesquiquadrate Pluto, Sun sextile Moon, Venus quincunx Pluto

**June 22:** Moon sesquiquadrate Uranus, Moon square Mercury, Moon opposite Neptune, Jupiter trine Uranus, Moon trine Pluto

**June 23:** Moon semisextile Venus, Moon quincunx Uranus, Moon semisextile Jupiter, Mercury square Neptune, Mars quincunx Saturn

**June 24:** Moon sextile Saturn, Moon square Mars, Moon semisquare Venus, Sun square Moon, Moon semisquare Jupiter

**June 25:** Moon quincunx Neptune, Moon trine Mercury, Moon semisquare Saturn, Moon square Pluto, Moon sextile Venus, Moon opposite Uranus, Moon sextile Jupiter

**June 26:** Moon sesquiquadrate Neptune, Moon sesquiquadrate Mercury, Moon semisextile Saturn, Moon trine Mars

**June 27:** Sun trine Moon, Moon trine Neptune, Moon quincunx Mercury, Moon sextile Pluto, Sun semisquare Jupiter

**June 28:** Moon sesquiquadrate Mars, Moon square Venus, Mercury quincunx Pluto, Moon quincunx Uranus, Moon square Jupiter, Sun sesquiquadrate Moon

**June 29:** Moon conjunct Saturn, Moon semisquare Pluto, Venus trine Uranus, Moon quincunx Mars, Moon sesquiquadrate Uranus, Sun quincunx Moon, Moon square Neptune

**June 30:** Moon semisextile Pluto, Moon opposite Mercury, Moon trine Uranus, Moon trine Venus, Moon trine Jupiter

# Be Vigilant Against Distractions

Egyptian Cat Archetypes through Mary Elizabeth Hoffman

June begins with Mercury retrograde in Gemini, a grand square in the mutable signs (Gemini, Virgo, Sagittarius, and Pisces), a grand square in the cardinal signs (Aries, Cancer, Libra, and Capricorn), and a wide fire trine among Jupiter in Leo, Uranus in Aries, and Cupido on the galactic center in Sagittarius. Many entities shall vie for attention, desiring to be heard above the din of electromagnetic and psychic chatter bombarding the mental psychic level of all living beings through the cosmos.

Many way-showers from other times, spaces, and dimensions shall pop in to share their visions, observations, suggestions, and advice during this month of June. The tendency for psychic overload is possible, making it exceedingly important to rest and exercise in relaxing ways — long walks in nature are helpful — and get plenty of quiet to avoid burning out.

Distractions on all levels — mental/psychic, emotional, spiritual, and physical — shall pull at you and demand attention. It is wise during this time to remain focused on connecting with your own inner truth center, your God/Goddess connection with your soul heart, and your personal soul path to avoid these distractions from taking you down someone else's rabbit hole instead of your own.

The intensity of these energies will put an abundance of electromagnetic energies through the brain and nervous system, potentially causing burnout. To avoid this, take sea- or Epsom-salt baths daily; swim in lakes, rivers, or oceans as much as possible; walk in nature; dig in the dirt and plant seeds, vegetables, flowers, and trees; hug trees; and commune with animals (both domestic and wild). Focus on gratitude for the beauty you experience, and ask to remain open and accepting of new paths and opportunities that present themselves during this month and year.

Passions shall run high with the amplified potential for all forms of addictive distractions to take part in pushing you to avoid experiencing the truth of intuition. It is wise to diligently remain connected to Source at all times to avoid the pitfall of allowing your needs, fears, or expectations to override or outweigh the wisdom of your inner truth center of intuition.

## Monitor Yourself and Others

Discovering ways to remain neutral in the throws of triggers to all energy bodies — physical, mental, emotional, spiritual, astral, etheric, and karmic — will help you avoid getting caught up in the drama as members of the human and other kingdoms around the planet act out. The figure-eight flow of balanced reciprocity requires close monitoring with self and others during the month of June and throughout the rest of 2015 to insure self-determination, integrity, and honesty with self in all interactions with everyone and everything. When balanced

reciprocity is possible, let it flow; when balanced reciprocity becomes challenging, move into a neutral zone and become an observer of yourself and others. This facilitates the ability to act from a place of love rather than fear, empowering gratitude for what flows and leaving everything else alone.

The intensity of the energies for June 2015 challenges all to move from dyadic and extreme — either/or, black or white, right or wrong — ways of perceiving life, love, and the pursuit of happiness, to encouraging movement into triadic and more pyramidal ways of being that are multioptioned, open-ended, creative, and life affirming for all beings to act with wisdom, truth, and timing. In seeking to act from a place of connectedness, cooperation, and communication, compassion becomes the expression in all dealings, actions, expressions, and choices for everyone.

Those still holding on to trauma and fear from this and other lifetimes can defuse the negativity that lingers by using neutral energies; cutting attachments removes your ability to manipulate those around you through fear. This goes for individuals as well as companies and governments. If no energy is given to them to feed their trauma and fear, it becomes neutralized and dissipates.

Creative ways of perceiving all connection and communication shall be explored during this Mercury retrograde in Gemini, opening new directions and ways of interacting that are win-win situations for all parties involved. Individually and collectively, this movement from extremes and opposites toward options and possibilities brings opportunity, peace, harmony, prosperity, and love for all beings. As fear energies lessen, so do acts of manipulation, drama, and control, empowering the path of positive possibilities for all. This continues throughout June with Mercury's return to station at the end of the month.

## Flow with Fluid Frameworks

**June 16, 2015** — when Saturn's retrograde moves off the inter-dimensional black hole portals, returning to the sign of Scorpio until September 19, 2015 — all shadow and fear aspects require attention as they rise from the depths of the ocean of the human psyche where they have lain buried for eons. Each member of the human kingdom shall face, overcome, and integrate their inner demons, preferably without projecting them onto others or the world at large.

Though many have touted the battle of Armageddon and the end times, in reality, this takes place within each member of the human kingdom. Projecting inner fears into the world by pointing fingers, laying blame, or passing judgment only wreaks havoc; it heals nothing and continues to feed fear. Wisdom advises you to own your fears, attachments, and limitations by

working to clear them internally rather than pushing them on others, where they must be dealt with on a larger scale. Energy work has been done cosmically and collectively by a plethora of beings — human and otherwise — to facilitate this inner battle of ego wills. This will assist the fusion of the cosmic being into the physical body, allowing a human experience of love and compassion on Earth for all.

On **June 2, 2015, the full moon in Gemini at 8:20AM (PST)** boasts of a mutable grand square of Neptune in Pisces, the Moon in Gemini, Lilith in Virgo, and the Moon in Sagittarius with Uranus in Aries square Pluto in Capricorn, Saturn on an interdimensional black hole, and Cupido conjunct the galactic center. This will empower energies to seek frameworks for living that are fluid, flexible, and inclusive rather than the rigid and limiting ways that generate separation and fear. With Jupiter in Leo trine Uranus in Aries, new all-inclusive perspectives of truth will empower all facets of the jewel of truth to expand interdimensionally and explore even greater depths of knowingness and understanding. With portals wide open, you can perceive alternative directions toward prosperity, abundance, and love without lack, which can birth and anchor the new framework into 3D reality. This is an excellent opportunity to make space in and around your home, in your heart, and in your world and have a broader, more fluid, flexible way of being. Clean out closets or any storage area that may contain clutter and items that might serve someone else better. If things have been collecting dust for over a year, it is time to pass them on rather than hoarding them, which will make room for more prosperity, abundance, and flow within the fluid framework of life.

**Mercury goes direct in Gemini on June 11, 2015**, and returns to station at the end of June, giving lots of opportunities to lift all restrictions and issues of separation, judgment, or blame. Doorways of opportunity and communication are open, bringing with them a variety of alternative options for discovering common ground, partnership, and connectedness with friends, family, and community.

### **Invoke Divine Feminine Energies**

The new moon in Gemini on **June 16, 2015, at 6:05AM (PST)**

is exactly opposite the galactic center and the asteroid Cupido. With Earth's energies in Sagittarius on the galactic center conjunct Cupido and the divine portal of the Sun and Moon in Gemini opposite this and Chiron in Pisces and Lilith in Virgo (completing the mutable grand square) and Mercury in Gemini trine Ceres in Libra, this new moon brings knowledge, wisdom, truth, and direct communication from Earth Mother, Karmic Mother, World Mother, Cosmic Mother, and All Mother. This calls all Earth angels to step forward to take on new assignments regarding shifts taking place within and on the planet. All forms of prayer, invitation, invocation, ritual, and ceremony brings in guidance and potentially new directions individually and collectively for the human kingdom.

**The solstice takes place June 21, 2015, at 8:39AM (PST)** — summer for the Northern Hemisphere and winter for the Southern Hemisphere. With a T-square in fixed signs — Saturn in late Scorpio, the Moon in Leo, and Admetos in Taurus — and a mutable grand square — Lilith in Virgo, Mars in Gemini, Chiron in Pisces, and Cupido in Sagittarius — on the galactic center, the original Divine Feminine energies from the myths of Lilith (the original wife of Adam before Eve) shall be activated. This will bring the power of the All Mother of Creation into all beings throughout the cosmos. Lilith's feminine wisdom, receptivity, and strength shall once again be experienced on planet Earth. Those seeking to realign with these powerful creative energies — whether in male or female bodies — need only invite and invoke their presence for communication and visitation to take place. We Cat Beings act as guides, way-showers, and messengers during this in-between time as well. Namasté. •

*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, photos, and words of inspiration, go to her website, [www.CatBeings.com](http://www.CatBeings.com), or her Facebook pages: Mary Elizabeth Hoffman (Cat Beings), Cat Beings, or Cat Beings Oracle.*



# Global and Personal Numerology for June 2015

Lynn Buess, MA, EdS

The following are global and national events that may have an impact on your life this month or soon.

There is a disturbance in the force, Luke Lightworker. Something is building to a grand peak within the next month or two. It could be explosive — something nuclear, an earthquake, or possibly an asteroid — or it could indicate a massive

breakthrough in global awareness. The vibration for this month tends toward more benevolence than malevolence, so let us hope and pray for a victory for the masses rather than war, further control, or a last desperate attempt at destruction by the diminishing dark powers of the planet.

This might be a good time to look at the numerology for a

psychopath:  $7 + 1 + 7 + 3 + 8 + 6 + 7 + 1 + 2 + 8 = 50$ . Five is the number of man, the senses, life, and experience. The  $5 + 0$  of 50 represents higher living, exalted states, and the potential for universal awareness in body. The dark side of 50 involve indulgence, vice, and exploitation of human weakness. At the very worst, it is the number of self-loathing and bitter hatred of humanity. The psychopath seeks to deter, diminish, and often-times destroy any wholesome human experience. The light shines ever brighter on those who have foisted their dark and destructive world plan on us for eons.

If exterior benign helpers — angels, ascended masters, extra-terrestrials, and so on — are to lend conscious assistance to Earth struggles, this would be a prime numerical time for them to make a global statement or mass appearance. Use caution. This time is not to be confused with a possible false flag alien encounter contrived by the power brokers who thrive on the reign of fear.

Expect a reset of the global currencies with adjustments to the Federal Reserve Note, impacting every one of us. Earth altering energies abound, and potential human-orchestrated events could do damage of terrifying proportion. Whereas beneficent beings could introduce options and choices of healing, enlightenment, and prosperity. Your self-awakening, along with mass awakening, can add to the greater likelihood of positive progress toward the improved world that the common men and women of Earth so longingly desire.

### June Based on Your Personal Year

To determine your personal year for 2015, you add the sum of your month and day of birth to 8 (the number of the universal year 2015). For example, March 3 is  $3 + 3 + 8 = 14 = 1 + 4 = 5$  personal year.

If you are in a **1 personal year**, your attention and faith in visions, guidance, intuition, ESP, higher channeling, and discernment can be as crucial this June as any time in your soul journey. Perhaps you will experience a sense of uneasiness and tension that hangs over the month. Perhaps you are blessed with a clear answer as to what is about to occur and are taking precautions accordingly. This and next month are very crucial times of consciousness for all of us, especially lightworkers. It is a time of religious fervor and reassessment of many life values.

The world addresses numerous dichotomies, such as East and West, socialism and capitalism, liberal and conservative, and so on. Perhaps you have become split in your own time by these contrived and frequently misused mirages that bind us to this world of illusion. This is a time of reconnection to Oneness and the enduring self. For many, this is a time of accelerated visions and mystical connection. You traverse a moment that allows you to see through the illusion, your *bardo*, and come to reconciliation with a lost part of your karmic past.

If you are in a **2 personal year**, this month is a time to carefully monitor global and national economic decisions. You have seen the value of your pocketbook continue to inflate and diminish in large segments of value for years. The economic tides are dramatically turning, and you can be left temporarily

on the short side if you choose to ignore this rearranging of funds. Once settled, the hope is that we will all benefit. However, that outcome remains to be seen. So much of what we once considered stable is coming unraveled. You can focus on the stability of your inner strength and commitment to inner law.

A flurry of preelection rhetoric bombards you with hours of public relations—prepared promises — same people, same story, and most likely the same continuing empty results. You can grow rapidly and take more control of your life by honoring and applying the higher laws of universal truth. There is a new infrastructure (to distinguish from the dying infrastructure) being born of light and nurtured in truth. As you find this and connect with those who live it, you can find stability among times that will be unstable. You have a choice now to enter a refined consciousness of transformation.

If you are in a **3 personal year**, perhaps you are unrealistically optimistic this month about the trend of social conditions around you. Perhaps you are cynical about the social conditions around you. Perhaps your dreams of a more peaceful and perfect world are closer to coming true than you would believe. Perhaps all and none of these are true. The mind is split and confused. Spirit does know. Do you listen to your inner spirit? For many who have prepared for much of their life, this is a time of connection and communication with a higher level of truth and clarity than ever before. You may be placed in a prominent position to speak this truth and live it.

This time in your life can result in the review of your relationships: Those that have worked, and those that have not. If they are not working out well, you might want to take a look at yourself and the relationship you have with your inner male and inner female. This a profound cycle for connecting to higher-level archetypal energies and attributes of the soul. For those who are ready, this can be a time of connecting with a soul mate or high-level spiritual partner.

If you are in a **4 personal year**, this month is such a great time to reevaluate what you want and then set new goals in sight. Warning: Once you embark on this new commitment, do not let yourself be taken astray. You will be relearning how to manage your time on a daily, weekly, and monthly basis. This departure from a disappointing past brings an air of optimism and hope. You see your past emotional weaknesses with a different eye, and subsequently you are more able to make changes that previously seemed impossible. For many, this can be a time to find a line of work that will bring heart contentment along with a possible nice paycheck.

There is a tendency when the number 4 appears toward stubbornness, resistance, and sometimes laziness. If you recognize those tendencies within yourself, this is an excellent time to break out of that trap and move — a new adventure, an opportunity, and a vastly expanded horizon dawn. There are those who you may have previously ignored who now seem to have sound advice and helpful hints to inspire your alteration of life direction.

If you are in a **5 personal year**, June is a time when you are blushing with an aspiring and improved self-image that allows

you to do things and accomplish goals with an added zest. Perhaps you have been hard on yourself for your shortcomings and flaws. However, you now see them as steppingstones of challenge to reach a new plateau of presentation. You are learning to be more accepting of what you have going, and therefore you are doing better than any time in your life. Your positive attitude and forgiving demeanor allow others to be accepting and supporting. There is a growing connection to the part of you that lasts forever.

For many of you, this is a month of expanding spiritual and social awareness. You sense a rhythmic connection to the universal pulse. Your timing in moments of importance becomes spot on, and your ability get along in awkward situations will help you through some tough and tense moments in the short-term future. Introduction to powerfully placed personalities will soon put you in a more prominent role of persuasion and performance.

If you are in a **6 personal year**, many of you will now find yourselves changing your life from dysfunctional family patterns to a self-sufficient and supportive environment this month. Although you may be all alone while moving to a safe distance from the negative milieu, you will soon find a healthier support system of friends and acquaintances. While it is important to have this support, you cannot overlook the importance of the fact that you need to work hard by yourself during most of the typical highs and lows of living. You are getting very near the time of meeting another similarly healthy person and potential partner.

Many of you will have surges of creativity in June. This might be a free and spontaneous cycle in which you are inspired with a notion to design and do things in a new way. This inspiration may carry over in your way of living on all levels. It does not have to be restricted only to painting a picture or inventing a time-travel machine. Everything we do can become an expression of art. Like an ancient Asian philosopher, you can introduce artistry into everything in life that you do. You are coming out from under a dark cloud, and the rainy-day blues are soon to be left behind.

If you are in a **7 personal year**, consider this month that perhaps you are one of those people who have gotten caught up in the ritual and dogma of belief, faith, and activity of the times. Perhaps you sense that you have gotten caught and trapped in the illusion and ensuing bardo. You could get a cosmic hit smack dab in the middle of your clouded intellectual encasement — *zap*, *pow*, and *spark*. Illumination can come in the most unexpected and serendipitous ways. You could be struck with a stroke of expanded thinking that will lead you to the uncovering of a most uplifting and poignant truth.

Some of you may be fortunate at this moment to have the time and luxury of traveling. There is the possibility that on one of your stops you will encounter old, ancient ruins or an artifact that stirs your curiosity and leads you back into memories of your soul with pertinent importance to this time and place. It might not be a physical journey; for some, it is a mental and soul journey of remembrance and renewed discovery.

If you are in an **8 personal year**, you may be suddenly struck in June with the implications of the first law of prosperity. That

includes the heart of giving back for what has been received, which is the idea behind tithing. You are starting to discern the footprints of those who would have it all and the oft-malicious means used to do so. This is a time of reevaluating your own prosperity plan and taking a look at adaptations that are going to get you through the approaching rough times. There is a mass tendency toward hoarding as growing global and national uncertainty spreads.

You are learning more versatile ways of applying leadership and authority. This cycle may well find you taking on a more challenging role of responsibility. You quickly discover that your flexible yet firm hand is well regarded and respected. You are learning to expand your influence by honoring and empowering subordinates, and in return, they respond to your leadership with additional respect and output. You may find enough extra resources to take a well-earned rest and vacation.

If you are in a **9 personal year**, this month could be a time of huge emotional shifts. You seek now to sort out your true feelings from the barrage of dysfunctional energies and emotions that are triggered by subliminal and direct social sources, as well as from the wellspring of your own unrefined subconscious urges. You are making choices about filtering the clamor of dissonance that pervades the media, entertainment, and airwaves. It is a crapshoot to attempt to decipher what is true from propaganda and public relations packaging. More than ever you are learning discernment and separating the information you need to best survive and nurture inner growth.

This may be a time for many of you to discover or further develop the sensitive, pretty, poetic, and perhaps paranormal part of your artistic selves that you previously haven't give time or attention to. You sense an inner call to improve the world and seek similar souls for support and sagacious working strategies. Hark! Some may hear the call of the healing angels, even if it may just mean taking better care of your health. However, this is a cycle during which you may, in fact, notice that you have certain natural gifts that can be shared to the benefit of others and inner joy for yourself. •

**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 over one half of a century. Since 1980, Lynn has practiced numerology around the world. His list of clientele would make an impressive *Who's Who* list of international personalities. Lynn has published, among many others, *The Heart of Numerology*. For more information, go to [www.NumerologyRising.com](http://www.NumerologyRising.com).



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# Own Your Power and Inner Child

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).

Mercury turns direct on Thursday, June 11. It travels this month from 8°14' to 4°35' Gemini. These degrees are represented in the Sabian symbols by "a quiver filled with arrows," "aroused strikers surround a factory," "an old fashioned well," "workers drilling for oil," and "a radical magazine asking for action with a sensational front page." Until June 11, communication will be chaotic, fast-paced, intense, and possibly quite confusing. From June 12 until the end of the month, a new working order will emerge from the rubble. It is important that we remain open-minded and flexible. We are learning to mine the wisdom buried in our depths so that we may own our power.

Saturn remains retrograde this whole month between 0°56' Sagittarius and 29°08' Scorpio and extends to August 1. Its shadow period will remain until November 8. These degrees are symbolized by "retired army veterans gathering to reawaken old memories" and "children in Halloween costumes indulging in various pranks." We are being required to look at the truth beyond façades and to question authority and relinquish control in both our minds and our lives. What is real, and what is not? This needs to be the question. Ignorance is not bliss. It is important to investigate every piece of information and to not blindly follow what we are being told is reality.

Saturn reenters Scorpio for the last time on Sunday, June 14 until September 17. During the next three months, we are asked to finish clearing anything from our past that is holding us back. We could become aware of our own mortality and should carefully examine the values we have lived by until now. We could also become keenly aware of our relations with others and how they enrich or hinder our growth, with emphasis on joint finances and shared resources. Some might receive an inheritance or a donation while others might experience a

financial support system taken away, forcing some to fend for themselves. Either way, we are being given the opportunity to understand the value of money.

Neptune turns retrograde on Thursday, June 12 until November 18. Its shadow period lasts until March 8, 2016. In June, it travels from 9°49' to 9°44' Pisces. The image associated with this degree in the Sabian symbols is "an aviator in the clouds." As bridges between dimensions, we are asked to seek answers from deeper places within ourselves, tap into our higher minds, and find a true vision of reality that enhances our understanding and brings us in alignment with our highest destiny.

Pluto remains retrograde this whole month between 15°04' and 14°25' Capricorn. Its shadow period continues until November 17, 2016. These degrees are symbolized by "school grounds filled with boys and girls in gymnasium suits" and "in a hospital, the children's ward is filled with toys." As corruptions are revealed left and right and society's major reforms continue, we are asked to pay particular attention to education. What are our children's real needs? What are the needs of the child within us? How do we nurture our own playfulness and requirement for exercise? How can we creatively honor our uniqueness?

## Moon Messages

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

- Monday, June 1 between 4:01AM and 11:39AM when the Moon enters Sagittarius
- Tuesday, June 2 at 10:59PM until Wednesday, June 3 at 5:50PM when the Moon enters Capricorn
- Friday, June 5 between 3:54AM and 10:02PM when the Moon enters Aquarius
- Sunday, June 7 at 7:30AM until Monday, June 8 at 1:16AM when the Moon enters Pisces
- Tuesday, June 9 at 11:08AM until Wednesday, June 10 at 4:13AM when the Moon enters Aries
- Thursday, June 11 at 4:43PM until Friday, June 12 at 7:16AM when the Moon enters Taurus
- Saturday, June 13 at 3:06PM until Sunday, June 14 at 10:51AM when the Moon enters Gemini
- Tuesday, June 16 between 7:05AM and 2:51PM when the Moon enters Cancer
- Thursday, June 18 between 10:52PM and 11:23PM when the Moon enters Leo
- Sunday, June 21 between 9:09AM and 9:59AM when the Moon enters Virgo
- Tuesday, June 23 between 10:12PM and 10:41PM when the Moon enters Libra

- Thursday, June 25 at 4:22PM until Friday, June 26 at 10:57AM when the Moon enters Scorpio
- Sunday, June 28 between 6:50PM and 8:21PM when the Moon enters Sagittarius
- Tuesday, June 30 at 11:18AM until Wednesday, July 1 at 2:11AM when the Moon enters Capricorn

Mark these periods in red in your calendar, and avoid scheduling anything of importance during these times, as they would amount to nothing!

### Scheduling Activities

#### Using the Zodiacal Position of the Moon

- Moon in Sagittarius between Monday, June 1 at 11:39AM and Wednesday, June 3 at 5:49PM and between Sunday, June 28 at 8:21PM and Wednesday, July 1 at 2:10AM:

This time period is perfect for traveling, religious, and philosophical activities, or matters related to higher education and the law. It's an excellent time for lecturing, learning, perfecting a foreign language, and exploring other cultures. This is also a perfect time for athletic training and tending to large animals, such as horses.

- Moon in Capricorn between Wednesday, June 3 at 5:50PM and Friday, June 5 at 10:01PM:

This period is good for furthering our ambitions, asking for a promotion, enlisting the support of people in positions of authority, making good impressions, restructuring our businesses, and redefining our long-term goals.

- Moon in Aquarius between Friday, June 5 at 10:02PM and Monday, June 8 at 1:15AM:

This is a perfect time to get involved with philanthropic activities and charitable organizations, meet with friends, and make new acquaintances. It's also good for inventions, far-out and progressive ideas, interdimensional and time travel, or anything related to UFOs, computers, and technology in general.

- Moon in Pisces between Monday, June 8 at 1:16AM and Wednesday, June 10 at 4:13AM:

This time is great for meditating, sitting by the ocean, doing anything related to the sacred, dancing, painting, swimming, dreaming, sleeping, channeling, and connecting with the mystical. It's also a good time for music, photography, film, and the magic and oneness of All That Is.

- Moon in Aries between Wednesday, June 10 at 4:14AM and Friday, June 12 at 7:15AM:

This time is perfect for intense physical activities or anything requiring forceful, direct action and self-assertion. It's also a good time for leadership, spontaneity, goodwill, being a way-shower, initiating new projects, or taking our cars to the mechanic.

- Moon in Taurus between Friday, June 12 at 7:16AM and Sunday, June 14 at 10:50AM:

This is a perfect period for any financial matter, such as paying our bills and debts, asking for the money that is owed to us, investing in real estate, or buying and selling. It's also a perfect time for a stroll in the park, going to the countryside, and connecting with Mother Earth. This is a good time for gardening, pottery, sculpting, and bodywork.

### Rune of the Month: Laguz, the Water Rune

We are asked to tap into the collective unconscious, become aware of hidden forces at work, develop our prophetic wisdom, and explore significant dreams. This rune speaks of the mastery of emotions and our evolution through the unity created by love.



- Moon in Gemini between Sunday, June 14 at 10:51AM and Tuesday, June 16 at 3:50PM:

This is an excellent time for multitasking, curiosity, and any form of communication — exchanging information, sending emails, and calling friends and acquaintances. This is also a great time for participating in social activities, attending conferences, reading books, watching documentaries, gathering data on various topics, and connecting with new people.

- Moon in Cancer between Tuesday, June 16 at 3:51PM and Thursday, June 18 at 11:22PM:

This period is perfect for family activities, especially those involving children. It's a good idea to spend more time at home, to cook, to nurture ourselves and those we love, and to invite the people we cherish over for dinner. This is also an excellent time for drawing, creative writing, humor, and anything requiring imagination and a touch of craziness.

- Moon in Leo between Thursday, June 18 at 11:23PM and Sunday, June 21 at 9:58AM:

This is an excellent time for anything glamorous (dramatic performances, being in the public eye, or throwing or attending an elegant party), playing with children, romance, and creativity in general.

- Moon in Virgo between Sunday, June 21 at 9:59AM and Tuesday, June 23 at 10:40PM:

This is an excellent time to start a new fitness program, learn healthy nutrition, fast, clear our closets, clean our homes, and reorganize our drawers. And it's a perfect time for detailed work, the focused use of our intelligence, and taking care of small pets.

- Moon in Libra between Tuesday, June 23 at 10:41PM and Friday, June 26 at 10:56AM:

This is a great time for relationships, associations, and diplomatic exchanges with others. It's also wonderful for anything related to beauty (getting a haircut, buying new clothes, or getting a makeover) as well as art — especially painting and decorating — or a pleasant social event such as a concert or art exhibition.

- Moon in Scorpio between Friday, June 26 at 10:57AM and Sunday, June 28 at 8:20PM:

This time is perfect for scientific research, esoteric studies, self-transformation, shamanism, or dealing with the mysteries of life, death, and sexuality. It's also a good time for dealing with issues involving insurance and personal power.

### Intentional Meditation

This month's intentional meditation begins on Tuesday, June 2.

Take out as many blank sheets of paper as you will have intentions, and place them on a balcony, near a window, or in a garden to be charged by the full moon in Sagittarius at exactly 9:19AM. Once that moment has passed, gather your sheets and place them in a folder until the next new moon in Gemini on Tuesday, June 16.

In the same procedure as before, 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 at exactly 7:05AM. Once that moment has passed, staple them together and put them away in a folder, expecting the manifestation of all your dreams!

### Astrological Events for June

**Friday, June 5:** Venus enters Leo (8:33AM until July 18), Mars sextile Jupiter (4:38PM), Venus trine Saturn (11:23PM). During the next six weeks, our charisma expands, and our elegance is enhanced. We could feel more romantic than usual and be attracted to arts, highlighting our glamor. Today, more specifically, action is direct, enthusiastic, and positive. This is a good day for an outdoor adventure or successfully starting an exercise program. As a romantic relationship becomes more solid, we are realistic about who we are with and why.

**Monday, June 8:** Sun sextile Jupiter (2:56PM). Today is a wonderful day filled with luck, exuberance, and optimism. This could be one of the most positive days of the year if we are cautious not to go overboard with food, pleasures, and excitement. Financial dealings will be unusually beneficial, and our social life will expand in beautiful ways. Long distance travel, higher education, religion, and philosophy are favored, as are teaching, lecturing, and writing.

**Tuesday, June 9:** Mars sextile Uranus (12:29AM). This transit is characterized by a great need to break free from an old routine. We are prone to impulsive changes that open new horizons and expand our social circle, but it's best to be cautious when operating a motor vehicle or using sharp objects. It's also important now to not keep our frustrations to ourselves but to express our needs clearly and directly.

**Wednesday, June 10:** Mercury sextile Venus (5:52AM), Sun sextile Uranus (2:30PM). Today is a day of pleasant surprises. Our excitement and openness to the new brings unusual opportunities. Creative changes will be made in our environment. We will seek intellectual and spiritual stimulation while our imagination is triggered in a most inspiring way.

**Thursday, June 11:** Mercury turns direct (3:33PM). Please refer to the opening paragraphs.

**Friday, June 12:** Neptune turns retrograde (2:09AM until November 18). Please refer to the opening paragraphs.

**Sunday, June 14:** Sun conjunct Mars (8:56AM), Saturn reenters Scorpio (5:38PM until September 17). This is a day of great physical energy and endurance, when we will feel super self-confident and ready to climb mountains. We could be amazed at the amount of projects we can see through the finish line today. Regarding Saturn in Scorpio, please refer to the opening paragraphs.

**Sunday, June 21:** the Sun enters Cancer (9:38AM during the summer solstice until July 22). During the next month, family, safety, security, food, comfort, and money take precedence. It's a wonderful time for anything related to home improvement. Our imagination could be enhanced, making this a very inspiring period for novelists or graphic artists. We could feel more emotional or subjective than usual.

**Monday, June 22:** Jupiter trine Uranus (6:43AM). This is a wonderful time to travel and open to new ideas that promote a greater sense of freedom and individuality. Today is great for dynamic ventures and positive collaboration with others that will prove financially lucrative in the future.

**Tuesday, June 23:** Mercury square Neptune (11:09AM). Miscommunications could occur today, and people may be deceptive. We could lose keys and miss planes. We are likely to feel more dreamy, tired, and sensitive than usual. It's not a good day for signing legal documents or making binding decisions.

**Wednesday, June 24:** Mars enters Cancer (6:33AM until August 8). Cancer natives, as well as Cancer-rising individuals, are favored in the next few months. This is a time for all of us to be sensitive and move forward conservatively, while protecting our assets and our loved ones. Our goals, which may be approached in a roundabout way, are subject to mood swings. Our actions are motivated by emotions.

**Sunday, June 28:** Venus trine Uranus (11:26PM). Today is a wonderful day for social contacts. We might feel more charismatic than usual. An unexpected romance could sweep us off our feet. This is a day to balance intimacy and freedom. An unusual financial windfall could open new possibilities. •

*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, and her graduate studies were in Medieval Horary Astrology. To learn more about Michelle, go to her website, [www.MichelleKaren.com](http://www.MichelleKaren.com), or contact her at [michelekaren@earthlink.net](mailto:michelekaren@earthlink.net) or at 110 S. Fairfax A11-60, Los Angeles, CA 90036-2178.*



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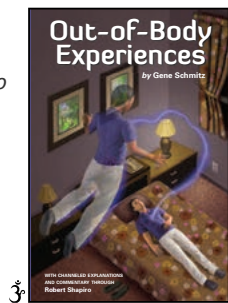
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# FEATURES



## Animal Whisperer

Your Ever-Loving Pets through Kim Malonie

### Preparing Your Furry Friend to Meet the New Baby

Some of us fur people decided to get together and write this column to help expecting parents get the family ready for the joyous new arrival, or as the animals call it, our new pack member. This is Teddy, Buddy, Angel, Simba, and Sabre — all the critters at Kim's house — stretching our paws and claws to share this important information. So here we go!

So you have wonderful news: You're expecting a baby, and it's an exciting time for you and the household! However, you might be starting to look at us pets a wee bit differently. Keep in mind that we understand everything you tell us, so keep the lines of communication open so that we can understand the changes happening in your home and with your family.

We have been your loving companions. Now you're wondering how we will cope with this new addition to our family. You might be starting to think that those enthusiastic greetings you get when you arrive home will seem more dangerous when it involves a newborn baby. Don't worry! With some planning and preparation, your furry friends and little baby will adjust to each other very nicely.

Some people think since a baby is coming home, they must get rid of their cat or dog because unwanted behavioral issues could develop. Remember, we have loved you unconditionally and still do. Please do not make us leave our beloved home to go somewhere because

a baby is coming. It will be our baby as well, and with time and understanding, we will also grow to love the new addition. Please give us the chance to prove we can.

#### Know Stress Signals, and Provide Comfort

It's time to remember the basic commands. Practice reminding us "sit," "down," "stay," and the other basics. Remember to keep it fun for us and praise us lavishly when we are good, and don't forget the yummy treats. Positive reinforcement and practice now before the baby is born will help make sure your furry friend will obey your commands when baby is in your arms and in our hearts.

Deal with issues of aggression, anxiety, fear, and stress before the baby is born. It's a great idea to call a behavioral expert or trainer for assessment and guidance. Helping your pet manage these issues will greatly reduce having to re-home your beloved pet. (Sometimes the best-laid plans go wrong, and if that happens, please take your furry friend to a pet rescue, shelter, or a family member as a last resort.)

We dogs offer our people a wide variety of subtle signs to indicate when we are stressed, anxious, or uncomfortable with certain situations: "whale eye" (when you see the whites of our eyes showing), licking our noses, bodies stiffening, ears pulled back, panting, and so



on. If we show any of these signs with the baby, then it's time for a break in our comfort zones.

We don't want to be under your feet when you are busy caring for our new baby. So before the baby comes, you can set up comfort areas: roomy areas where us dogs, cats, and birds are comfortable so that we can enjoy quiet time alone and perhaps an activity such as chewing

a treat. For the kitties, we would enjoy being on a cat tree, with our catnip or cat grass. Birds enjoy a quiet area away from all the hubbub, where we can chill with some easy-listening music in a roomy spare cage. Comfort areas for dogs can include a crate (or a den as we like to call them) with an open door or a gated area.

### Practice Changes in Routine

All us dogs and cats are highly attuned to body language and your voice. Therefore carrying a baby causes drastic changes in your posture. If you practice carrying a doll or a pillow, it will help us get used to the changes in our people in advance.

Don't forget to let us know what is going on by telling us there will be a new baby coming home soon for us to love. Tell us there is more than enough love in the house and in your heart for everyone to be loved. This will also give you the opportunity to reinforce our training too. For instance, if your dog or cat jumps up while you carry a doll, say, "Off." When we obey, reward us with lavish praise and a yummy, healthy treat.

Our lives with the new baby will be chaotic for a while, to say the least. Your schedule will change, and so must ours. (I am being reminded as we type that cats are more laid back and flexible. So we'll focus more on the doggies here. But keep in mind if you have a cat that fits into the realm of dog behavior, please feel free to apply these suggestions.)

Take time now to help them adjust. You can start by being more flexible

when you feed and walk us, and remember to give us alone time in our comfort areas with a fun toy that we love. Try to vary the schedule in small amounts in the beginning, and then slowly increase the variations in our schedule over time, before the baby is born.

Setting up baby equipment is sometimes scary for us, because baby equipment moves, vibrates, and makes strange sounds. This can pique our curiosity and make us feel insecure. You can help us get used to all these new gadgets and gizmos prior to baby's arrival by setting up the equipment and turning it on or using it, telling us to leave the equipment alone. It's not for us; it's for the baby. Then reward us for leaving the equipment alone with a lovely treat; we love to be praised and appreciated.

### Please Don't Rush Introductions

When you bring our baby home, keep us dogs and kitties separate from the baby for as long as you need to feel comfortable. When we are first introduced to the baby, place us at a distance and reward us with lots of praise for staying put. Talk to us and include us in your conversation about the new baby so that we can love him or her also as one of our pack.

Include us when you are interacting with the new baby as much as possible as long as we stay calm. Then gradually allow us to get closer to baby when you feel comfortable. Please let us sniff our baby's feet, and don't yell at us in the baby's presence because that will set up a negative association between us.

Never leave us unattended with the baby, and always provide fully awake and aware, competent supervision. Even the most gentle and docile dog can experience stress, illness, or pain and should be monitored. We realize you will probably feel overwhelmed after the baby arrives, so it may be a good idea to hire a dog walker, enlist the help of a neighbor, or take us to doggy daycare so that our needs aren't neglected.

Remember, we don't have a voice to tell you if something is going wrong and we need help with a situation. And yes, it's true: Cats, puppies, and dogs of all ages love to sleep beside the newest member of our pack.

Well, I hope our suggestions have helped. We love having a voice and communicating with our readers. Take care of each other until we chat again.

Namasté to our friends, as Kim would say. Love and blessings from Teddy, Buddy, Angel, Simba, and Sabre (the critters who run Kim's home). •

**Kim Malonie** has communicated with animals for more than thirty years. She has consulted thousands of animals worldwide and has made many radio and TV appearances. Kim helps all animals resolve physical, behavioral, and emotional issues. She does local and long-distance consultations to help you determine what your pet is trying to tell you. Contact Kim at 905-342-5312, or visit [www.Animal-Whisper.com](http://www.Animal-Whisper.com).



## Dream Zone

Lauri Quinn Loewenberg

Dear Lauri,

*I just had a dream that woke me up. It was foggy, and I was driving up a hill. I started honking because this car was just sitting in the road not moving, so I backed up a little to go around it. Then I was hit on the head, and my car rolled into the lake at*

*the bottom of the road, but I got out before it sank.*

— Scott, 24, New York, NY

**Lauri:** The fog is most likely a real life situation that is currently causing you uncertainty — a situation that,

like fog, is hard to see through. The car that won't move is either someone who is being stubborn right now or another obstacle in your life that is keeping you from progressing in some way. Whatever it is, there's no getting around it.

Getting hit on the head may mean that someone recently insulted your intelligence or tried to knock some sense into you, so to speak. But now, instead of progressing, the situation has gotten worse. You were able to get out of your car just in time, which suggests you were able to get out of this situation in real life that started to go badly — or you need to get out ASAP. Does this sound like anything going on with you right now?

**Scott replies:** Oh my God, yes! I just got a new job, so my mom is kicking me out of the house. She told me I'm a failure at life, and I shouldn't be living at home.

**Lauri replies:** Ouch! That explains the hit in the head for sure. Just remember, you got out of the car in the dream, which means you can get out of this bad situation in real life. You got this!

• • •

Dear Lauri,

*I dreamed my husband and I were house-sitting my grandparents old house when I saw police lights out front. The police cars were followed by about four luxury buses. They stopped in the street, and brides and other people started to pour out and go to the house next door.*

*Then we were out back swimming in the pool, and everyone from next door started coming to our backyard and pool, and I kept having to tell them, "This is not your pool or backyard. You can't come back here!" Some I had to get rude with. It ended with everyone leaving the pool.*

— Paige, 42, Atlanta, GA

**Lauri:** Your grandparents' old home

may indicate that this dream is about some issue that has really gotten old. The police lights you see are very likely your own inner alert system letting you know this issue needs to be "arrested" and ended already. But the bridal entourage makes me think this is an issue you are somehow committed to or obligated to.

Whatever it is, it has become very invasive, just as everyone from next door came over to the private back area of the house. At the end of the dream, you yell at everyone to get out because this is an unwanted element in your life; it may even be something you wish to get out of.

**Paige replies:** It is my mother-in-law. For twenty-three years she has been rude to me. She is always quick to point out my flaws and constantly says she wishes my husband had married his ex-girlfriend. My husband doesn't stand up for me, and it has caused me to question how much longer I can stay in this marriage. Thank you. This gives me some very interesting perspective.

• • •

Dear Lauri,

*I've been having dreams that my recent ex-boyfriend and I are playing with Smurfs. Papa Smurf tells me to be careful and walk slowly in the woods. He also argues with Smurfette and tells her to shut up. We finally start all getting along when Gargamel shows up and chases us all away.*

— Corey, 39, Wausau, WI

**Lauri:** Your dreaming mind may have chosen the Smurfs for two reasons: (1) You are likely suffering from

the blues since the break up, and (2) the pain or the energy you are giving to the break up may actually be diminishing — unless your ex has made you feel small.

Papa Smurf was the wise one on the show, and he is telling you to be careful and Smurfette to shut up; believe it or not, this is important. This is your inner wisdom regarding the breakup. Be careful what you say moving forward. Are you talking smack about him or posting things on social media? Are you saying things that magnify your anger rather than help you to accept it and move on?

In your dream, you finally start to all get along, so that tells me that either your inner dialogue is starting to be better or perhaps you and the ex began to get along. However, the bad guy, Gargamel, ruins it all. Did something happen recently that ruined the good vibes?

**Corey replies:** Yes, things actually did get worse when they were starting to get better. We were talking face to face. I regretfully posted things on Facebook and made it worse. My anger was magnified through lies from others. Then — *bam!* — I am hated. I wish I had been able to talk to you about this sooner. Thank you. •

**Lauri Loewenberg** is a certified dream analyst, syndicated columnist, author, popular radio personality, and member of the International Association for the Study of Dreams (IASD). To learn more about Lauri, visit [www.LauriLoewenberg.com](http://www.LauriLoewenberg.com).



## Ask the Angels

Cheryl Gaer Barlow and the Angels

*In March, there was a news story of an overturned car in Spanish Fork River in Utah. The mother driving the car was drowned, but the three rescuers heard a woman's voice clearly saying, "Help me."<sup>1</sup> When they heard this, they lifted the car and found an eighteen-month-old baby in a car*

*seat still alive. This baby had been in frigid weather for fourteen hours.*

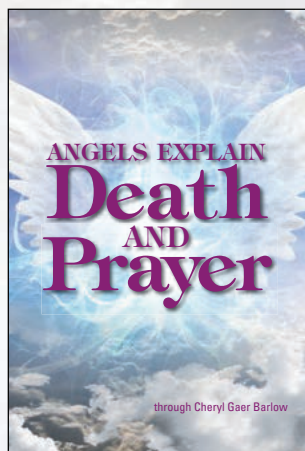
*Was this voice from an angel? Was it the mother's spirit? The rescuers said the voice was as plain as day. Can the angels explain this?*

— Lauren, Boise, ID

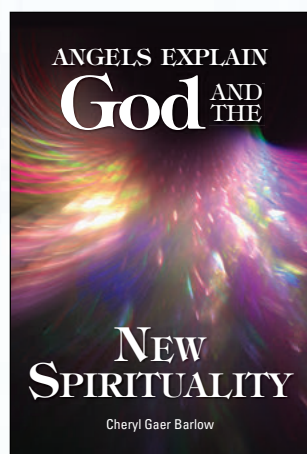
**From the angels:** This voice was the voice of the toddler's soul. The soul knows no age. In the heavens, she appeared as an adult woman when she requested to be born on Earth.

The soul wanted so deeply to live this life on Earth that she used the voice

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*"We are the angels of the Mallbon. We are meant to tell those of Earth that the death of the body is never to be feared. We help in ways not understood by humanity. We can manifest anything we desire. We can live as humans on Earth. When we absorb the reality of Earth, we work God's wonders in ordinary ways."*

*— The Mallbon Angels*

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of her soul and projected it to be audible to anyone in the area. This was called a miracle by some, but it is a natural phenomenon.

The soul can belong to a child or adult, but it is the same soul. The soul is flexible and has a voice, hearing, thought, touch — everything experienced in a human body.

The soul begged to enter Earth to grow closer to God through the senses. This child was watched by multiple angels who surrounded her and gave her a protective envelope.

We are the holy angels of God. We love and protect our charges on Earth unless the soul requests otherwise. This was a glorious moment when the soul projected her words so that the rescuers could hear them. This child is blessed.

• • •

*Can the angels explain more about reincarnation?*

*— Jan, Ray, ND*

**From the angels:** Yes. As the soul travels to the heavens and settles comfortably in a heaven in accordance with its development, it can also view the higher levels of the heavens. This soul is aware of higher and finer development in souls. It views these finer levels and desires to be closer to God and to experience the tremendous feelings of bliss associated with the higher heavens.

The growth and development is obtained through the physical body birthed in the lower worlds. Birth on Earth is a request of the soul. The soul may request to be born on Earth or another world to try to amend past actions or to grow spiritually by experiencing the fullness of God after returning to the heavens at the end of life.

This is not an unusual action. This is a natural movement in the heavens. All who return to Earth do so at the request of the soul. The normal lifetime on Earth is very short in the eternal view. Souls choose their parents and the time and place of their births on the planet.

The much-coveted being in a human body is given the opportunity to meet the desires of the soul. Preplanned goals can be met, exceeded, or dismissed.

Groups of souls often enter Earth to meet and enact specific goals. For example, lovers may agree to meet again on the planet to be together. Not all goals loosely planned before birth will come to pass. Many possibilities and interactions exist to thwart plans.

Lives are seen in clarity in the heavens, and souls are aware of the growth they need. All lives can be viewed to make decisions. These are not accessible in this life.

Some think the soul can be born into an undeveloped species, such as an animal, but this cannot occur. The soul always seeks more happiness and to incarnate into a higher species of life.

• • •

*Do angels talk to each other about people? Also, should I move? Will I find love if I do?*

*— Lauren, city withheld*

**From the angels:** When angels hear prayers designated to us by God, we have the power to help in any way we deem. Angels communicate with each other constantly. The integral movements of all things and all souls of Earth are elaborate in nature. Changes affect all manner of movements surrounding all souls. Angels plan circumstances.

We meet in sacred chambers to convene over prayers and make decisions. We discuss the best ways to enact changes on Earth. The decisions are based on all knowledge of past, present, and future. This is solemn and given in sacred knowledge.

We think Lauren meant to ask, "Can I talk to the angels overlooking another soul?" You can ask your angels to communicate with those overlooking a specific soul. They will comply with your request. Say or write the message you wish to relate, and it will be delivered as requested.

Any soul living or deceased can communicate with any other soul in the universe through thought. People of Earth have yet to develop this communication, so angels might be asked to be intermediaries. We will help in any way possible.

Specifically to Lauren: You create the future. We will help, and even those

plans you loosely made before birth can be changed through physical exertion, thought, desire, and prayer. Action is necessary: You must take the initiative to bring about your desire.

Should you wish to move, you only need to move. Finding love may be more difficult. Be patient, for the correct soul will come through asking God. A wonderful love will find you one day. Be open to friendship and then to love.

Many things must be done before you can move on with your life. You are to take time. You are to continue praying and asking for God's help as well as our help.

• • •

**From Cheryl:** An angel appeared to me, touched me on the forehead, and spoke to me. Since then, I've been communicating with these holy entities. I invite any of you who have questions for the angels to write to me, and I'll pass them on. Your answers may be published in this column. No compensation will be paid or received. I attest these answers are from the holy angels of God. •

1. For more information, see <http://www.cnn.com/2015/03/09/us/utah-baby-alive-submerged-car/>

An angel of God appeared to **Cheryl Gaer Barlow** in an intense white light, touching her on the forehead and speaking to her. Cheryl was told she had been chosen to



write the words of the angels, and she continues to transcribe the sacred messages of the angels exactly as received. She and her husband live simply in a small New Mexico town. Her other passions include bronze sculpting and painting. Send your questions for Cheryl to PO Box 553, Capitan, NM 88316.



# World Prayer Web

Maria Yracébûrû

## Roadrunner Prayers

Somewhat calmer than previous months, June begins us on the path of sorting out our feelings. Our senses are more acute. Energies, while not magnified, are more apparent to us. We can more easily identify and define the origin of vibrations we have never noticed before: the rustle of the breeze through the grasses, the distant hollow drone from the stars in a pulse to hold us in protective love. We can clearly identify and, without effort, know the origins of each small shift in reality.

### Prayers for June 2015

Question, *shida'a quo qui* (Uncle Roadrunner, Swift One): What is a revelation, an epiphany, a catalyst that we will all receive? Does this give us pause? Where are we focused?

*nyol hik'e ihi'dahi nakia:* The winds of change and sacred breath of life (Rainbow Serpent) return us to the memory of when we were young and we dreamed of being magical and flying through spirit time and stepping momentarily on our path. Faithfully we continue.

*esonkñhsendeht hik'e hada'didla:* (Changing Mother Earth and Thunder Beings). We return successful and

complete — something once believed to be impossible. We choose.

*dáshndi il'jooní ha'akáh eo'to'to:* Only love enters (Grandmother Bear) from the time we were six years old. We find who we are as we look to the future.

*ádahilt'ii dadinlts'ini ihi'dá dolee'atee:* We do by respecting life (Little Ones). It's the fourth year of a new world paradigm. We are the proposed message of hope. We love, fully open to what will come. We welcome regeneration.

*ha'asháh il'jooní tuma:* We have entered initiation (Thunderhoof Buffalo) as starseeds who have spent time cocreating. We have tremendous respect for the power of *taanaashkaada*, the great coming together. Generational milestones have led us to this moment, and our rite of passage grows us. This remarkable moment is a simple fact.

*bee okaahí sih baa kil nagowaahí gaan:* With prayer, song, and vision (Mountain Spirits), it is important to understand foundations restructure the crystalline form; we extend the magnetic grid. Commitment is unquestionably the best principle. It is a humanitarian life based on spiritual ethics. *taanaashkaada* (the fifth world) cocreates vast new resources.

*goch'itál bígózihago nohwizá'yé:* Through ceremony it is being made known (Ancestors) that roots in humanity deal with evolution and the impact of us. Humans born — returning.

*yee nago'aa ádiid iljooní esonkñhsendeht:* They carry an energy of love (Changing Mother Earth), and the mystical period begins. Everything changes for the new — everything. We mutate.

*gozhoo hik'e iltá'ánágol'íli tá'ádigis áí dijii' yusn:* Magic and peace bathe us today (Creator). We are simple magnets in human form who benefit from the mission of evolution. We are ecstatic flow. We are the heart of life, the real life dedicated.

*léédidzo hat'i'i echicasay:* The circle of family (All Our Relations) has given us this interpretation.

*biná dishnih díí goldohí dah díí goldohí klo'bijii:* Remembering this time of no time (Heart Fire) and moments of inspiration, channels, and prophecy — a collection of thought — brings us experiences of loving, wise information that is compassionate and passionate.

Expectations we put away. We listen too fast; we ask too slow and make coherent and meaningful connections. Power

vibration and impulse are our answer.  
daaiina: And so it is.

### Ah-kine Starseeds Teachings — As Above So Below

These prayers may seem uneventful, and the teachings may initially confuse some as we step away from the medicine wheel and move to the Ah-kine starseed teachings of “as above so below.” These prayers ease our daily living in an indistinguishable way. It will take a little bit of effort to make the shift and know how to approach the new information, but some sensations of remembered dreams will help. We remove ourselves from linear time by addressing as above and so below directly in the energies that coordinate life flow. Our prayers still speak to the passion of medicine-wheel evolution, but the vibrations have changed. Our lives exist now on three planes of flow, filling up with the rise of procreation now happening. Life is very different these days, and it’s our choice to embrace it fully.

*Pleiadian Star Sister Lineage Guardian* (Wolf, Bear, Eagle, and so on): The mythology of the Seven Sisters and their metaphoric and also very real nature as our starseed origin transcends all time, race, culture, and spiritual philosophies. Our Earth life destiny purpose is put forth in cyclic time as planetary impulses that stimulate certain attributes within our physical structure. This is our star alignment.

*Time Cycle Totemic Guide*: Earth alignment begins with prayer and acknowledgement of our true power of cocreation. Prayer links us to Spirit, and a portal of upliftment occurs.

*Star Sister Lineage Guardian* (Deer Star Sister): The Deer Star Sister brings us together in ways that create abundance. She helps us connect the processes of our environment and play on behalf of others while healing and teaching. In out-of-body experiences and total awareness within dream states, she guides us along a path beyond accepted reality,

made possible in our coming together.

*Time Cycle Totemic Guide* — *quo qui yaabi’ikaal* (Roadrunner Awl Way): As vision keepers, you are truly called to engage and to celebration. Come to be honored most assuredly by community; that this is the most family-oriented truth. •

*Maria Yracébûrû is a Native American ceremonialist who awakened as a channel when she was struck by lightning. She found herself looking into the eyes of her great grandmother, Naylin Lagé, and decided to pursue an exchange of information. Maria has an LLd in eco-psychology and is a prayer-maker and minister. She is author of Ah-Kine Remembrance, a merging of mythology, personal experience and channeled knowledge on Pleiadian starseed lineage. To learn more, go to [www.MariaYraceburu.com](http://www.MariaYraceburu.com).*



## Essences of Nature

Mary Ann Altamirano Antenucci

### People Look Better Naked

The warmer weather reminds us how we feel in and about our bodies. We might feel extra fluffy or lacking in vitality and health. The warmth makes us want to shed our layers and feel more lively and free. We feel good about feeling good again. We feel more flexible and more fluid. We want to feel the sun on our skin.

We look in the mirror and begin to compare ourselves to what we see in the magazines or on Facebook (or whatever our media is), and then we think, “My bottom is too big, my chest too small, my fingers too hairy,” and on and on. What if we shifted our point of view and began to have an appreciation for our assets instead of our impediments? We dress ourselves up, and we dress ourselves down, and we most resemble Goldilocks who never felt just right. We get it right by being and doing things that are right

for us. How do we get in alignment with the rightness of our bodies and ourselves?

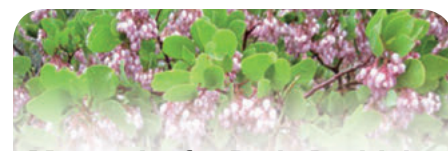


#### Crab Apple for Detoxing

Crab apple essence is useful for our detoxes and cleanses. Some of us can get a little obsessive about how clean we need to be, and there are many industries devoted to our personal cleanliness. We might be germophobic, or fearful of touching any surface or suspicious hands. Or we may feel compelled to perform practices that help our bodies feel thoroughly cleansed or our thoughts pure and flawless. We need order, and we need our bodies to cooperate with our need for internal order.

Crab apple essence is excellent for

fasting, cleansing, and detoxification programs. Part of any cleanse involves adjusting the emotions and thoughts that contribute to our poor behaviors. We process and eliminate as each healing crisis arises. This essence lends perspective on how dirty or clean we really need to be, and it helps create a new standard for health. Crab apple essence helps to shift our internal balance. We get our sense of feeling just right by learning how to balance all the elements that contribute to our overall health.



#### Manzanita for Body Positivity

Manzanita essence reminds us to connect with the preciousness of our forms. We

might be at odds with our size and shape — too big, too tall, too fat, too skinny — and we find we don't believe we look the way we are supposed to look. Manzanita essence also deals with the physical revulsion we may have regarding body issues. We feel estranged from our bodies as our temple and worry our bodies will never be good enough. We look at ourselves in the mirror and are disgusted with what we see.

Manzanita essence bridges the gap between being disgusted to embracing all of who we are no matter what size, shape, or configuration. This essence has a feel good quality, causing us to feel good about who and how we are, and it dissolves the severity by which we judge ourselves. When you see a manzanita flower, it is a round-shaped bell with a slight ruffle on the bottom. It is chubby and slightly pink and exudes a natural cheerfulness and zest for life. These are

the elements this remedy imparts. Manzanita essence imbues us with the rightness of our forms with exuberance.



### Arnica for Recovery

Arnica essence is used to break down the metaphorical armor we carry. Our armor protects us from pain and injury, but it can also inhibit our mobility. Arnica essence dissolves trapped emotions and traumas that can become lodged in our bodies and energy fields. We may not realize how much we carry to feel safe or how heavy it really is.

Arnica essence liberates us from our how we unconsciously hold on to pain from the past. We may be in an emotional lockdown or a holding pattern that

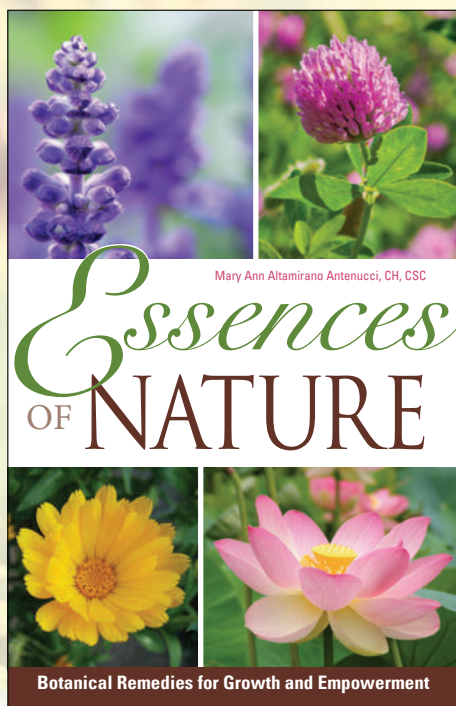
seems normal or necessary due to illness, injury, or accident. Arnica essence invites the process of recovery. We learn to integrate rather than isolate our experience of trauma and drama. Arnica essence works its rightness by helping our bodies to remember how to heal.



### Pretty Face for Self-Acceptance

Pretty Face essence is all about self-acceptance. This is generally used for those of us who never feel good or pretty enough as we are. We sometimes want to change our appearance and may have trouble feeling satisfied. When blemishes and impurities seemed magnified, this remedy staves off the desire to give ourselves what didn't provide.

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## Essences OF NATURE

by Mary Ann Altamirano Antenucci

Flower essences are living energies that can bring more vigor and vitality to our lives. They teach us how to evolve, how to utilize our elements, how to nourish and be nourished, how to be of beauty, and how to orient ourselves. They teach us internal integrity and structure. They teach us how to be.

Many of Mary Ann's interpretations of flower essences here are tailored to fit the needs of particular circumstances. Formatted with keywords for quick reference to whatever issues you would like to explore, this compilation of her columns from the past ten years serves as a friend, guide, and resource to help you grow and blossom.

#### Chapters Include:

- Apple Blossom
- Beech
- Chaparral
- Cherry Plum
- Echinacea
- Elm
- Fireweed
- Garlic
- Golden Yarrow
- Honeysuckle
- Indian Pink
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- Pine
- Sage
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Pretty Face essence shows us beauty is our birthright. It teaches us the value of our natural radiance. I like to use this essence instead of cosmetics, as it reminds our faces and skin to remember to be beautiful. This remedy works to eliminate the negative reflex of looking in the mirror and not liking what we see. Pretty face essence cultivates the rightness of how we see ourselves.

• • •

I went to a Korean spa recently. It was a large spa with several hot, warm, and cold pools. Before entering a pool, people had to shower and disrobe. Only towels were allowed in the pool area, but

they were all small and did not cover all of the body. As I looked around, I saw women of all sizes and shapes at home in their bodies. Some were young, including children, and some were very old. The very nakedness made everyone more beautiful in her own way.

There was a rightness to enjoying the pools, taking a scrub or relaxing in the sauna and taking care of the body. There was a beauty in each and every woman. The lack of self-consciousness and judgment about their appearance was an eye opener of how to be comfortable and beautiful in our birthday suits. It felt right and natural. I realized that truly everyone looks better naked. •

**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 [www.MaryAnnAntenucci.com](http://www.MaryAnnAntenucci.com) or [5thElementEssences.com](http://5thElementEssences.com), or email [Fifthelementessences@msn.com](mailto:Fifthelementessences@msn.com).



## Benevolent Outcomes

Tom T. Moore

*Have you tried using the Gentle Way modality of requesting most benevolent outcomes (MBOs) in your life yet? It works far better than the law of attraction and is so much easier to use. It is the simplest tool you can use in your life to lower your stress level and become more successful. I've been told by my own guardian angel that it also raises your vibrational level, which is what some people call ascension. Here are some stories I've received this past month from people who requested MBOs for themselves and said benevolent prayers (BPs) for others.*

### Expect Great Things

**Tom writes:** I have for several years been encouraging you to say the "expect great things" MBO request each morning. My guardian angel says benevolent events you never thought to ask for can happen in as few as two weeks if you say this simple MBO each morning.

On Friday, quite out of the blue, an old friend and client in my international film-and-TV program distribution business contacted me, wanting to license ten movies for a brand new satellite channel he's starting. He will also tentatively license up to fifty movies a month. I would never have known to ask

for an MBO for this to happen, as I was unaware of his plans.

### A Benevolent Gift from the Angels

**Gina writes:** A little over a year ago, I first saw your interviews on GaiamTV and learned about MBOs. I subsequently ordered your books, but even before I got them, I tried out some MBOs. My husband and I live in a real fixer-upper of a house, so our first big MBO request was for affording to renovate one of our rooms into a guest bedroom. A couple weeks later, we went to one of our local building supply retailers and stocked up on items we'd need for renovating that bedroom. I know Spirit is great at manipulating electrical devices, and at the checkout register, after the \$500 charge for items made it through to my credit card company, the transaction "randomly" got totally deleted.

The store couldn't charge my card again because the first charge was already on my card, so for a receipt, they printed off a screenshot of the second ring up (which they cancelled since the first charge went through). The next day, the charge disappeared from my credit card, never to return.

I had very mixed feelings about this

for a while. I felt uncomfortable getting so much for free, and it wasn't as if we'd tried to steal it because we made honest efforts to pay for it. But several weeks later, I looked up the profits for that big chain building supply store and found an article that had been posted the very same day we shopped there. It said this retailer had made several billion dollars in profits the previous year.

After that, I didn't feel as bad about receiving the "gift." I know MBOs have to be benevolent for everyone involved, so I guess the angels decided this gift wouldn't hurt the retailer at all. Needless to say, the angels made a swift and memorable impact on us as to the effectiveness of MBOs!

### MBOs for Students and Professionals

**Patricia writes:** I am studying to obtain my real estate license. I could use an MBO to remember the information and pass the test. I thank you in advance. Sending love and light.

**Tom replies:** This will make you calm when taking the test: "I request a most benevolent outcome to recall all pertinent information and to do even better on my real estate exam than I can

hope for or expect, thank you!" Students request MBOs all the time to score even higher than the best students in the class. If you are a student or have children who are students, suggest that before their exams, they say, "I request a most benevolent outcome to recall all the information I've heard or studied for this exam, and may the results be even better than I can hope for or expect. Thank you!"

• • •

**Lee writes:** Tom, it has been a rough week despite my many MBO requests. I had four appointments cancel, two of which cancelled after I made the trip in to work. However, my MBOs came through on a day I had no appointments scheduled. I ended up with four appointments, and the commission was more than the other cancelled appointments would have been! I am learning to keep the faith and trust that something better is in the works! Thank you, Tom, for this awesome ability to make life flow easily in a positive way.

• • •

**Dan writes:** For the past few weeks, I've been asking for some direction on a series of children's books I've wanted to write. Today, I was coming home from the gym when I thought to visit a used bookstore close to home to see whether any books there might help. I ended up buying three kids' books to give me some examples regarding length, characters, and the like.

From there, I thought I would visit one of the big-box bookstores to see whether they had anything for me. As I made my way to the kids' section, I noticed a well-respected author there promoting some of his books. Turns out his books were for the same age range I was considering.

As I chatted with him about how to get started in the business, I noticed he had a book that covered all aspects of getting started, from idea generation to working with publishers. It also turned out that with the change in my pocket and in my car, I had the exact amount needed to buy the book. He also mentioned he provides a mentoring service to up-and-coming writers, so that was an

added bonus for me as well. It truly was the perfect answer to my MBO request!

### **MBOs for Our Animal Friends**

**Cyd writes:** I am a dog rescue foster parent. I picked up two very sweet seven-week-old pups on Wednesday evening. The poor babies were so sick from being neglected. They were sick all night, so I didn't dare leave them home alone Thursday and took them into work with me. At a stoplight on the way to the office, I looked at them and asked for an MBO for them.

At lunchtime, we went to the store for supplies: baby food, Pepto-Bismol, Pedialyte, and rice. I got to the checkout and pulled my credit card from my back pocket. I hadn't wanted to carry my purse or wallet because I brought the babies into the store with me in a basket. My credit card would not work! My car seats are heated, and because it had been in my back pocket, it bent. The woman behind me paid for my groceries. Thank you to our guardian angels. Namasté. Oh, and two people from my office want to adopt them!

• • •

**Sara writes:** I have been saying benevolent prayers for my cat Opal the past few days. She has been acting up again and peeing on her mat, so I took her to the vet last week, thinking she had a UTI. He said she might have crystals in her urine and asked me to get a sample by cleaning out the litter box and filling it with paper to get a clean sample. He gave her antibiotics and special food to help break down crystals in case she had them.

It took me almost a week to get the box cleaned out because I was waiting for some more of the litter to be used to make it easier. I requested MBOs that she'd be fine and that the crystals could be dissolved by the food. I finally got a sample and took it straight to the vet. We got the results the next evening: She has blood and crystals in her urine.

I have continued to say BPs and ask all the angels to help heal her quickly so that she is not in pain. I just found a urinary tract health pill for felines on Amazon and had it shipped overnight

for her. I thank you from the bottom of my heart! I will be so happy when we can get her system all cleaned up and working properly again!

### **Hosting the Archangels**

**Angie writes:** I am involved in a spiritual practice called hosting archangels wherein a small ritual is performed to welcome five archangels to the host's house for five days. After that, the host has to forward the archangels to three new hosts. There is no physical transfer of statues or anything; it's all spiritual.

My friend asked me to help her find a host for archangels from March 1–5. My friend found two friends willing to host but lacked the third. After twenty-four hours, we still couldn't get anyone to agree. While it is a simple practice, not many people are into it. I couldn't host at that time, as I was going out of town (the archangels have to stay in one house while you host them). I requested an MBO for this and then texted five friends. In less than three minutes, I found a very willing host. Since it involved them, the guardian angels and archangels really worked fast!

### **Finding Lost Items**

**Connie writes:** In December, when we moved to our new house, we moved some fragile and valuable items in the car. My jewelry box fell apart not once but twice during this move, and when I did an inventory at the new home, I discovered that an amber-and-gold earring was missing.

I requested an MBO for it and forgot about it until a few weeks ago, when I was watering a plant on the windowsill. There was the gold-and-amber earring; the gold was glittering, and it was hard to miss. Since I have watered this plant frequently in the two months that we have been here, I am sure that I would have seen it before. I said thank you to my guardian angel, of course.

• • •

**Robbyn writes:** We were at a party with friends, and at the end of the night, one friend realized she had lost an earring! It was a special earring with a real ruby in it. Several of us searched and searched

everywhere, and as I searched, I asked for all benevolent beings to help guide one of us to the earring.

After twenty minutes with no luck, we all begrudgingly gave up and said we would call lost and found first thing in the morning. As I sat in the car, I started to take my shoes off, and out of the corner of my eye, I saw something on the pavement. I pointed at it and said to my honey, "What's that?" Sure enough, there was the ruby earring! How it got there, we don't know, because we were not parked anywhere near each other. It was almost as if someone had put it right next to our car and made me decide to take my shoes off. I would never have seen it otherwise. Truly an MBO!

• • •

**Caitie writes:** My husband started a new job recently, and on his second day, he ended up losing his wedding ring. It was possible for the ring to be anywhere, including under a huge snow pile as we have had a lot of snow here in the Northeastern United States and

he had shoveled that morning. He searched everywhere he had been and even had his coworkers looking. By the end of the day, no one had found it, and we figured either it would turn up after all the snow melted or that it was gone forever. We were both pretty upset that the ring was lost, so I requested an MBO for the ring to be quickly found and that we wouldn't have to spend money on a new one.

I was talking to him on the phone while he settled in from work. He was taking off his coat and boots when all of a sudden he found the ring in his boot! We have absolutely no idea how his ring could've ended up in his boot, which was tightly laced and on all day. That ring was not meant to be lost. Thanks, Tom!

• • •

**Sandy writes:** I lost my name tag for the YMCA. I requested an MBO for the tag to be found and placed in the lost-and-found. Sure enough, the next time I arrived, the name tag was waiting for me. I now keep it in my purse.

### A Speedy Recovery

**Eleanore writes:** My son-in-law Mike waited way too long to do something about his very painful hip erosion, so when he finally decided it was time to attend to it, the doctors found he had done some serious damage. They could not perform the current type of surgery and had to revert back to their older methods to correct it.

He underwent two hours of intense surgery while I requested MBOs for a miraculous recovery. They most certainly were answered. He had the surgery in the morning, and that afternoon, he was walking down the hallway in the hospital. He had some pain, but it was nothing that would bring him to his knees. Today, two days later, he is being discharged and sent home to fully heal. I know MBOs will work for that as well. Thank you once again.

### Technology Troubles

**David writes:** The first part of this week found me unable to access my desktop computer. After finding out it

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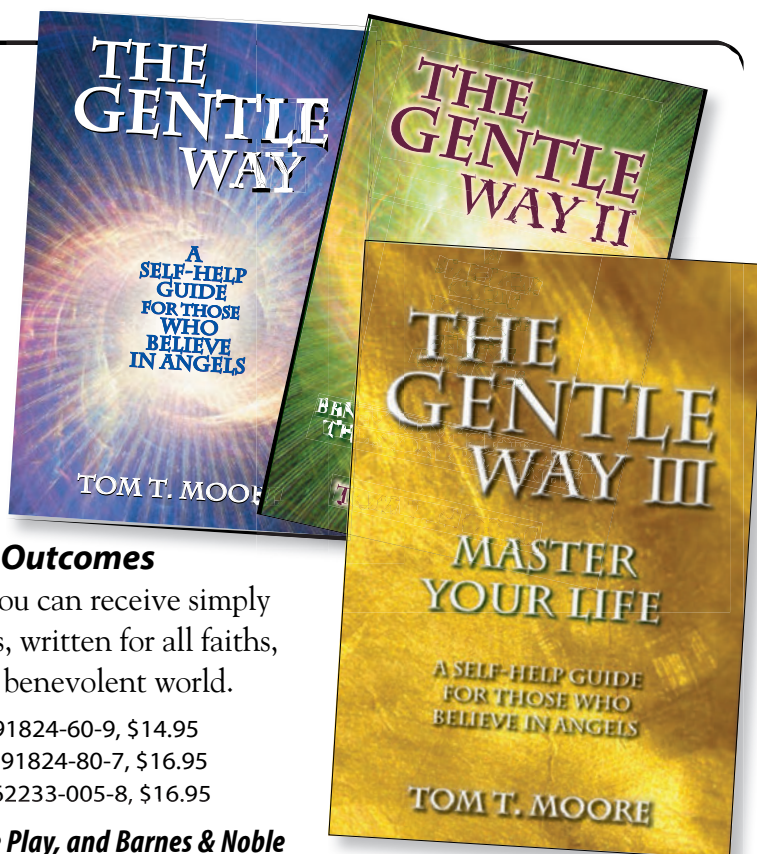
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wasn't the batteries in my mouse and keyboard, I took my stuff to a local repair shop. I requested my MBO from the very beginning and had only asked for a quick and cheap resolution. The employee immediately recognized that I was suffering from keyboard failure, told me exactly what to do, and sent me on my way without any charges. The keyboard cost me \$30 at Walmart.

This morning I awoke to find the HVAC unit that handles the downstairs was not heating. It's been cold here in North Carolina — 20°F. On

her way to work, my wife called the repairman that we use on such occasions. Armed with a fresh MBO, I stayed behind to receive him whenever he could make it. He was here and gone by 9AM. Again, I asked only for a quick resolution at an affordable price. Turns out, it was a frozen regulator. He told me exactly what to do if it happened again and charged me nothing for the service call. In fact, he told me to tell my wife "happy birthday!" I just don't know if it gets any better than that. Thanks again, Tom, for such valuable information! •

**Tom T. Moore** is an author, speaker, and entertainment businessman. He brings a keen knowledge of how requesting most benevolent outcomes (MBOs) can be used



in both business affairs and in one's personal life. Tom says that requesting MBOs over the years has resulted in leading a gentler, less stressful, and less fearful life — the Gentle Way! To learn more about Tom and sign up for his newsletter, go to his website, [www.TheGentleWayBook.com](http://www.TheGentleWayBook.com).



# Shamanic Wisdom

Jan Engels-Smith

## Journey into the Light for Healing

Afterlife contact is common for mediums as well as shamans. It involves a connection to and conversation with someone who has crossed over into the light. In shamanism, this is usually initiated by a client's desire for closure. The shaman travels into the light, calling the name of the deceased.

It is important that the shaman intends for the highest version of the deceased to appear. The spirits have repeatedly told me that time is not linear but holographic, meaning that all things happen at the same moment but in different realities. This makes shamanic journeys to different dimensions of life possible. The person making the journey travels into a particular time dimension, which in this case is the light.

### Contact with the Deceased

A soul who is in the light is enlightened, and this guarantees that the soul is only capable of expressing love, no matter the circumstances of his or her death or what type of relationship existed with the client. When a soul is enlightened, a new perspective becomes available. From this perspective, the deceased understands the trials and tribulations of life without judgment. An enlightened

soul also can express a perception of life purpose often not available in a normal human awareness.

When contact is made by the shaman, there is often a loving exchange that brings great healing and closure for the client. No matter what age the deceased was at the time of passing, his or her greatest and most radiant self usually appears. This includes those who died very young. The soul will appear as the greatest version of him- or herself, even if that version was never expressed on Earth. For clients who struggled with an abusive or authoritative loved one, this radiant version of the deceased can bring a complete transformation. During contact with the deceased, I have witnessed miracles, including an exchange of information that lifted pain out of a client's body.

I will share two very different examples to show the diverse ways that journeys to the afterlife can help with difficult situations.

### Everything Is Happening Simultaneously

Jim, a client of mine, was struggling with a career decision. Jim's current career had started with the death of

John Lennon. Jim was about eighteen years old at the time of Lennon's death when he had a powerful experience that changed the course of his life. When Lennon died, Jim felt John contact him. This contact was so powerful that Jim committed himself to John's spirit and became obsessed with learning all of his music.

Jim is a talented musician, and he developed a very successful band that played Beatles standards. This supported Jim both financially and soulfully. Jim felt he was keeping John's spirit alive through this commitment and dedication to his music, but after many years, he felt lost.

He wanted to develop his own style of music and attain recognition for himself. There came a time when Jim was ready to hang up his Sergeant Pepper suit, but he was indecisive and worried he would have remorse about this career change. He felt as though he were breaking his commitment to keeping John and his music alive. He asked me to journey to John's spirit in the light for closure.

My spirit helps almost always show me things metaphorically during a journey. It is similar to how messages

are presented in dreams. Luckily for me, my spirit helpers also usually explain the metaphors to me, whereas in a dream, you must figure out the symbolism for yourself.

I contacted John in the afterlife. John said, "Let me show you some things." The first scene that came to me was of Jim lying on the floor, sobbing into his hands. John walked up, pulled Jim to his knees, and embraced him tightly. Jim continued to sob on John's shoulder while John supported and consoled him. The scene then changed to show Jim and John flying through the air. Their bodies were blended, as if they were superimposed on each other. Each had one arm and leg free and spread to the side, but their inside arms and legs were superimposed. John was about a head's length in front of Jim. After several moments of this, the scene changed to show Jim and John curling up into a ball or sphere that appeared like rolling light. I saw Earth off in the distance as if I were viewing the planet from a space capsule.

I asked for an explanation of the metaphors and received the following: The first scene, in which John was consoling Jim, had a real twist in it for my client. Jim had been a drug addict, and his involvement with John's music had been part of his healing. The Beatles tribute band had kept Jim productive, responsible, and clean. In order to be a success, he had to take care of himself. John was actually keeping Jim alive, not the other way around. The second scene, in which they were flying through the air, explained that Jim and John were actually the same soul expressed in two different incarnations at the same time!

John's head was shown a head's length in front of Jim because he was about twenty years older than Jim and further along in the expression of his life. I marveled at the meaning contained in such a simple image. I found it incredible.

The spirits went on to explain the imagery of the spherical ball of light that Jim and John became. They stressed again through this imagery that time is not linear; it is holographic. There are no such things as past or future lives. Everything is happening simultaneously in different dimensions of time. Earth was used to illustrate that we can look at all people individually and see different incarnations of our souls being lived out. We have a whole planet full of people who are different expressions of us. John Lennon's words from "I Am the Walrus" are interestingly appropriate to Jim's experience, like a message to him across time.

After receiving the closure he needed to move on from his Beatles band career, Jim started a new music career. John, as his enlightened self, was able to explain these greater life perceptions in such a fascinating way that it not only helped and healed Jim but also brought me into a state of awe, propelling me into many more exploratory journeys about incarnation.

### Finding Closure

March 6, 2015, marked the two-year anniversary of my mom's passing. I teach about death and dying, have a large clientele of those who want to communicate with their deceased loved ones, and presented at the Fifth Annual Afterlife Awareness Conference this

past spring. It is strange for someone such as me to state that I had not made contact with my mom since she passed. We had done numerous "pre-crossing" journeys together and she had a stellar death process. To me, everything was and is in divine order.

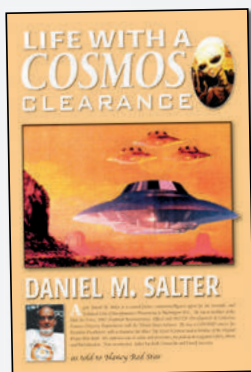
But on March 6, as I gazed at the beautiful, blooming stargazer magnolia tree that friends had given me to acknowledge my mom's death, I knew that it was time to make contact with her in the afterlife.

I had a quiet space, and my husband was at the park with our eighteen-month-old grandson, so I had a couple hours to myself. I began my connection journey and found myself sobbing within minutes. A flood of emotion swept through me. I had not realized how much I had suppressed my feelings of missing my mom.

My mom appeared in all her radiance. The love emanating from her was spellbinding. We greeted, hugged, kissed, and wrapped ourselves around each other. I was overwhelmed with memories of special, intimate moments. My life flashed before me, showing me magical instances with my mom. It was holographic in nature. All my senses were activated — smell, touch, sight, and sound. I was reliving my life with my mom, and it was much like I would imagine a life review would feel, but everything happened simultaneously and holistically instead of in chronological order. I fully embodied our life together from my birth to her death. I basked in this lovefest for several minutes.

As our time progressed and I regained my composure, I asked her what she wished to share with me. She

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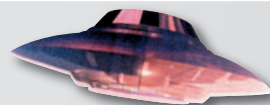


## Life with a Cosmos Clearance

Daniel M. Salter

On May 9, 2001, the Disclosure Project hosted a major event at the National Press Club in Washington, D.C. Those in attendance who were military witnesses of UFO history showed official government documentation with detailed testimony. The people who had been employed in agencies within the military and knew the truth about UFOs had been sworn to secrecy. Now I am finally relieved to speak the truth. Aliens have been waiting on the government, and if the government does not come forward with the truth, then the aliens will take a more public role in disclosure. • \$19.95 • Softcover, 224 pp. • ISBN 978-1-891824-37-1 •

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said, "Life is all about relationships. Love is just another word for relationships. All relationships need to eventually be unconditional. What you don't bring into alignment in this lifetime you will repeat until you get it right." (I was thinking *Groundhog Day* on steroids!) "Time passes on Earth like a flash, so enjoy and foster good relationships. Make that happen for yourself. Do whatever you can to make that happen, always. Share this information with your children, your grandchildren, your friends, and everyone else you know. Relationships are the foundation of love."

I contemplated her statements. My

mom never taught with words, always through example. Her relationships were exemplary. Of course this would carry over to the afterlife. Had she discovered the truth about love while living? My heart was bursting.

I asked her what she would like me to do with her ashes. She laughed and said, "Put me in your garden. I will help your flowers grow."

She exited with a wave, a laugh, and a wink. "See you soon!" I said.

As we have heard over and over again from sages, prophets, scholars, and saints, life is short. Enjoy each moment, and enjoy each other! •

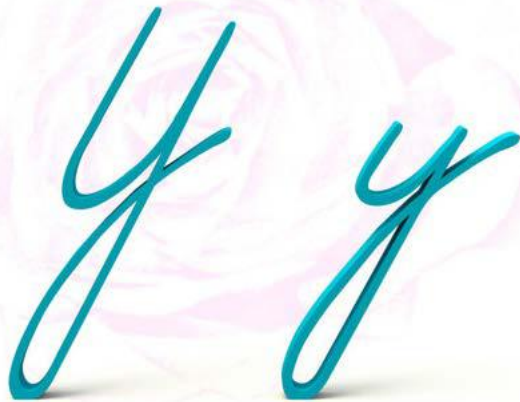
*Jan Engels-Smith has trained with many shamans. She shares her skills and experience through healing sessions, courses, and ceremonies that promote personal growth and spiritual healing. Using shamanism and skills such as journeying, focusing the mind, self-discovery, and spiritual practices, Jan has built not only a school but also a vibrant, active community of healers, seekers, and well beings. For more information about Jan, go to her website, [www.LightSong.net](http://www.LightSong.net), or contact her at [jan@lightsong.net](mailto:jan@lightsong.net) or 503-669-3013.*



# The Living Alphabet

## Angeline Welk

### Heart Integrity



*"First clean the inside of the cup and dish, and then the outside also will be clean"* (Matthew 23:26, NIV).

Spiritual wisdom is revealed through symbols, numbers, letters, and words. In Matthew 23:26, "cup" represents you as a vessel or chalice. The inside of the cup relates to your interior life: your motives, beliefs, patterns, attitudes, desires, and feelings. The dish is what supports the

cup, a symbol of your foundation. The outside of the cup is your external appearance. The outside of the cup shows how you attend to your interior life, how you respect who you are, and how you value principles of beauty and balance.

The intelligent spirit of the letter Yy encourages you to be motivated to take into consideration who you are in this life experience and what you are beyond your conscious perceptions. When you have such an expansive picture of yourself, then your attitudes, desires, and feelings are increasingly purified and refined. You are cleaning the inside of the cup and dish.

As you allow your greater self to emerge, your life likewise changes. The letter Yy reminds you that your exterior is to be a reflection of the harmony and balance of your inner cup or vessel. Cleaning the inside and the outside of the cup applies also to governments, religions, cultures, corporations, technologies, and all forms of education. In this

era of transition, this purification and refinement is essential for progressive evolution to continue.

### The Cherished Tenant

Living from the heart is the way to be a cherished tenant spending time on Earth. Your heart lets you know that resources of the land and sea are there for your use as needed. This letter teaches that genuine integrity includes mindfulness about respecting environmental resources and your own vineyard of divine qualities, talents, and power. The spirit of Yy encourages you to be an uplifting and reputable influence in the world community. It asks of you to give thought to the ways you can help create a friendly local community, one in which there is bonding and cohesive strength.

The golden thread of wisdom that maintains all genuine spiritualities of the world is woven of honesty, fairness, justice, honor, and respect. The letter Yy tells you that these qualities of the Divine maintain and sustain your life, your community, and your world. Remember that true, just, and pure ways

bring divine light into your life and into the world.

### Cup-shaped Letter Yy

It is revealing how the shape of Yy corresponds with the counsel to clean the inside of the cup and dish first so that it and the outside are both clean. When you write the letter Yy, take note of the cup design you form. In creating the cup of the Yy, you invite the qualities of integrity to enter your conscious mind. You continue the movement of the Yy, carrying what you have received into your practical world of experience.

From the way you write this letter,

you can learn how receptive you are to higher instructions on heart integrity. You can learn how determined you are to honor your feelings, your successes, and different kinds of relationships, while the spirit of the letter Yy reminds you to value them. It encourages you to have a sincere and genuine perspective of what you have accomplished, yet realize there is much more for you to learn, experience, and achieve.

Always remember the spirit of the letter Yy by recalling in your mind and heart that honesty and respect are pillars of strength that sustain the quality of life. •

*Angeline Welk has researched the meaning of the alphabet and handwriting for many years. She has found that the alphabet is a channel for the original archetypes that are the*



*source of all wisdom and knowledge. Angeline is a graduate of the International School of Graphoanalysis and an accredited handwriting script alchemist. She shares her knowledge through courses and books, including The Silent Self, Handwriting Literacy, and The Gift of God. Visit [OurLivingAlphabet.com](http://OurLivingAlphabet.com) or email [alefangel@gmail.com](mailto:alefangel@gmail.com).*



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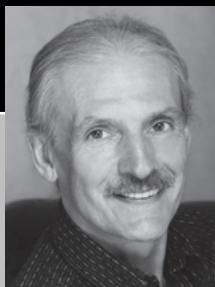
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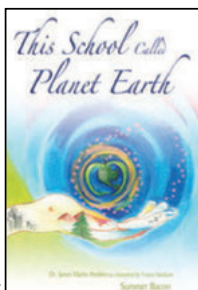
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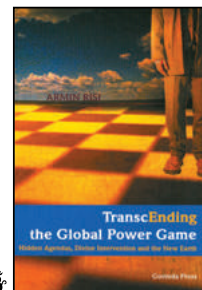
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# Be Present in Nature

Grandfather Shaman of Mesa Verde, Mother of Light, and  
Shokara StarBeings through BlueTurtle

Beloved children of the Creator, enjoy the hot springs, rushing streams, and flowing rivers of the Four Corners and Mother Earth as you move into the summer solstice and its full abundance. It is time for you to merge with the sacred feminine energy of the waters so you can be free and thrive in the clear pools of sustenance and Spirit.

## Seek Wisdom in the World around You

Mother Earth is carefully guiding and caring for you as her sacred children so that you can thrive in the fullness of her love. She is carpeting the fertile landscape with her grasses, herbs, and fruits that can readily replenish you. Watch how Deer, Beaver, and Buffalo seek the wisdom and substance of the water element so they can also be in balance and centeredness.

Mother Water is cascading beautifully over the rugged rocks and crevices in Mesa Verde and the surrounding mountains. Cougar and Bear are seeking cool water and shelter in the increasingly hot days so that they can maintain their health and well-being. You too need to quench your thirst at the water's edge.

Powerful spiritual energy of the ancestors and the elders is coming forth to beckon and guide you to take the sacred path to your fulfillment and destiny. It is time for you to take stock of your accomplishments and take new action that is revolutionary yet moves you on your right path. Watch for Spider and Scorpion coming into your environs to keep you on your toes, poised for healthy action and discernment.

Be present as you walk the sacred paths that are urging you to become who and what you are. Move among the blessed

mountains that are calling you to reactivate your divine blueprint and connect with the stars. At night, watch the heavens explode and unfold in darkness and immense light as you awaken to your gifts and power from the Creator.

## Stay Focused and Attuned with Quiet Time

Inside you, in your deepest parts, you are moving and expanding just like the universe of which you are a part. Massive new worlds are being born within dark holes just like in the cosmos. Attune to the highest vibrational frequency that can take you to your highest form and being.

Watch carefully for trickster energy manifesting as you continue to spiral upward with Spirit and the divine presence. It wants to come in to interfere with your exceptional progress so that your efforts are diminished. Do not give it any of your energy; remain focused on creating your best life and dreams.

The sun's radiant energy is present to help you fulfill what is needed now for you to steadfastly grow and come into your gifts. Take sufficient time to be quiet, to go within, and to meditate so you can be connected to the Creator. Spend quiet time among the trees, which are working to support you in your spiritual journey.

Hug a favorite tree, which will empower you in growing into your potential energy with great vision and insight. Awaken to the power you are a part of as a sacred vessel committed to the Creator. Let this energy fill you completely and bring about imminent transformation.

I see you growing in all of your gifts and powers with the Creator. I am your Grandfather Shaman of Mesa Verde.

## Cultivate Your Gifts for the Greatest Good

Beloved children of light, I am grateful for your love, care, and devotion to working closely with me to create positive, healing communities that are truly looking out for one another. Because your politicians and representatives are not catering to your best interests for working and living healthy, productive

lives, it is essential that you all work together for your fundamental rights and quality of life.

It is time to peacefully organize, to rise up with united voices and demand what is your basic birthright for living and wellness. Go to your elected officials in every way possible to

fuel and initiate positive change. If you don't like how poorly you are treated by business people and politicians, speak up against oppression and injustice.

### **Tend to Your Connection with Spirit**

Make sure that you are spending significant time meditating to connect with Spirit in this tumultuous time. You can create safety and security as you steadfastly deepen your relationship with the healing energies. You carry this sacred connection within you as you move through the world. Go into this sanctuary space whenever you feel the need to replenish yourself and gain clarity for decision making.

Please know that the blessed mother and father energies want you to grow beautifully in all your gifts and wisdom. As sacred daughters and sons, you are being prepared to contribute to the greatest good by serving others. Note that you are receiving more and more meaningful and profound messages from Spirit for yourself and others so that you can thrive and live well.

You will receive more insights and visions as you attune and grow with these vibrant, brilliant energies. You are also moving through the multiple dimensions of the universe so that you can evolve to communicate with the many life forms and beings that exist. The world of science fiction has fast become sound, practical science.

## **Come Together in Healing**

Beloved Earth beings, we are here to support you on your creative and evolutionary paths because you are truly our sisters and brothers within the cosmos. You resonate with the same starseed that fuels and replenishes us. We can see our own spiritual blueprint intertwined with yours, as we come from the same creative force.

You as a unified life force are gathering together in healing and truth to come to grips with a harsh reality and past on Mother Earth. You will no longer tolerate discrimination, inequality, and injustice. You are totally committed to living the best and healthiest lives with one another in care and peace.

We are committed in our spiritual evolution to help you come into your full truth, understanding, and power with the healing energies within the universe. You might be feeling greatly energized by burgeoning inspiration and deeper connection with Spirit. We are helping you to grow more in touch with these new insights and potentials.

### **Spend Time with Mother Earth**

Do not get caught up in the violence and despair that is wreaking havoc in the world. Give your energy, devotion, and attention to building new life and work that allows healing for Mother Earth and all her inhabitants. Stay attuned to a positive, sustaining vision of hope and possibilities.

Continue to nourish yourselves and each other with joyful play and quiet being. Make sure to walk in the beautiful, life-giving sunshine of the day and to move fluidly among the trees and along the water's edge. Allow Mother Earth and nature to

### **Open Yourself to the Wisdom of Nature**

Remember to spend time on beautiful, luxurious summer days walking among and abiding with the trees. They are great teachers and want to share their knowledge and wisdom with you as you progress in your creative and spiritual gifts. Hug them with your hearts fully open, and you will be blessed by them.

Birds of various kinds will appear to you, and you must learn how to access their significance for you as they take the time to come forth to assist you. Watch hawk and eagle unexpectedly fly in to get your attention so that you understand what is actually going on in your life and how to positively respond.

Deer will appear out of nowhere to get you to trust and go with what you are attempting to build in your life. They are gentle and sensitive yet powerfully built creatures who are very present and aware through all the senses. Work with their energy, which will instill in you a beautiful hope and movement toward all things that unite and support you.

Be gentle with yourself as you move delicately upon the particular road that is calling to you. Stay wonderfully attuned to Spirit so that your resonance is of the highest frequency and keeps you fully protected. I delight in the beauty of your light with Spirit. I am your Mother of Light.

touch you deeply as you feel the wind and sun on your abundant temple.

Take your children to visit the special places on Mother Earth that nourish and sustain you as you travel through life. As you are sharing these holy spaces, your children will feel how you are supported and loved by the living nature and beings present with you. Your children will learn from you how to take the best care of themselves as they grow.

As the summer solstice approaches, feel its increasing life-sustaining energy imbuing you with the joy and effervescence of its vast harvest. Mother Earth and nature are in abounding, expansive bloom. Be captivated and replenished by the sacred energy pouring forth from the heavens as you honor the holy being of the mother and father energies.

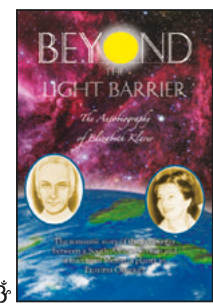
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## Transforming Instability into Balance

You are reeling from the extreme temperature and weather shifts that are occurring more consistently around your planet. Unstable weather conditions will continue to prevail as stability and moderation are sought by the healing energies. Harmony, ease, and balance are the unifying forces of the universe that are being implemented by us and our allies as we work for peace and well-being.

Work peacefully with each other and us as we transform the energy of Mother Earth and the planets to sustain the most vital, vibrant, loving energy and bring about healthy, hopeful transformation for all beings. We are grateful for your openness to us and your cooperation.

As we help one another to support and sustain the most healing energy through our thoughts, words, and actions, we will ignite and spread this reality throughout the multiple

dimensions. You make the difference when you choose to unite with our efforts for joy, bounty, and peace. We will create this extraordinary world together. Devoted to your well-being, we are your Shockara StarBeings. •

**Blue Turtle**, MDiv, MEd, has served the metaphysical community as an intuitive counselor and teacher for twenty-six years. He comes from an intuitive Serbian-Croatian-Ukrainian-Ashkenazi Hassidic Jewish lineage with Celtic, Germanic-Pennsylvania Dutch, and Native American influences. He uses SpiriTarot, tea leaves, ritual clearing, and Telos Prism Light sessions to support people to create their abundance, potential, and joy. You can reach Blue Turtle at [mbarnett@tradenet.net](mailto:mbarnett@tradenet.net) or [www.NaturalLifestyle.net/profiles/Blue-Turtle-Intuitive-Counseling-1101](http://www.NaturalLifestyle.net/profiles/Blue-Turtle-Intuitive-Counseling-1101).



# Ascend the Staircase of Light

Archangel Michael through Therese Dorer

*I am guided up a staircase of light. As I climb, I breathe out my worldly concerns, the roles I play in my life — the role of mother, sister, wife, and friend. I come to a garden gate and pause, taking a big breath in; I proceed through the entrance and find myself in a beautiful garden. I follow a pathway of smooth white stones to a huge lake. The lake is turquoise blue, and as I stand on the shoreline, I see a tall magnificent light being. It is Archangel Michael, his eyes as blue as the lake. He holds a glorious sword that flows like a river of brilliant shimmering light; the sword is anchored deep into the ground and then extends high above with no end in sight.*

Blessings to you; it is such a delight to speak to you. Congratulations, my dear ones. You make your way through the garden gate into unprecedented times upon your Earth. These are the times you have been waiting for. First, I would like to acknowledge the courage and tenacity you endured to make your way to this time. There was much love and joy from all of us here on this side of the veil as we observed you holding your light, love, and truth to allow the transition into this new age.

## Celebrate the Difference You Made in the Transition

There were many who thought there would be catastrophes and huge chaos for the whole planet, but this did not occur to the degree that was prophesied. This is because each of you played your part, and now is the time to acknowledge the part you have played in the unfolding of the new crystalline energy that is being showered on Earth. From our vantage point, we witness a huge celebration as you transition into the glorious light beings you are and were always meant to be. We see the unfolding of thousands of light beings lighting up the lattice grid around Mother Earth — thousands of points of light. These points of light are from each of you on Earth living in your intention of love and light.

You are joined by your ancestors and loved ones who have passed on to the other side. Please know that if you have lost loved ones, they are with you in this shift of the ages and are supporting the transition from the other side. The celebration we observed would equal any New Year's festivities on Earth; this was a cosmic celebration for your beautiful Mother Earth and all who reside on Earth.

There may be some of you who wonder, "Now what? Is this the new age that has been talked of for so long?" You might be questioning everything in your life and the choices you have made. I have come forth today to honor each of you and encourage you to trust in the unfolding of your life's path. Now is the time for absolute trust in your inner wisdom and to allow the wisdom of the heart to guide you forward. I encourage you to make peace with your ego and become friends with the ego that has worked so long and hard to keep you safe. Like a child who no longer needs training wheels to ride a bicycle, you are free from the critical voice of the ego that slows you down.

## Become Friends with Your Ego

Your ego will continue to be afraid to let you be free, so we invite you to become friends with this part of your being. When you worry about the future, that is your ego trying to find a way to protect you from being hurt or sad, so thank this part of your being for the concern, and with your breath, release the worry from your being. If anger comes to you again, notice that this is another facet of the ego that is playing out confused love.

The ego gained strength in the variety of past lives you have lived, and many the pathways you find to guilt, worry, doubt, and sadness are old connections from past lives that no longer serve you in this life. In this time, I extol you to be

aware; focus and be vigilant with what is available to you and what no longer serves you. The new energy is crisp and clean, and manifestation will be very easy to accomplish, so be careful what you wish for and keep your intentions and desires coming from the heart.

I have intentionally shown Therese [the channel] her climbing the stairs to the garden gate. As she climbed, she was encouraged to breathe out the roles and third-dimensional stories of her life. As you desire to access the higher realms, it is imperative you also become aware that you are so much more than the human roles you play in the dream you call your life. The support you need is the higher wisdom of the heart, and to connect to your heart, I remind you to notice your breath, which is your gateway to your spirit. This will serve to remind you of the infiniteness of your being. When your ego wants to take you on a wild ride of panic and stress, remember to breathe. As you breathe, you connect directly to your spirit, and this beautiful stream of light connects to your soul, which of course is omnipresent.

### **You Have a Light Sword**

The vision of my light sword is like your spirit: a river of light that feeds your human body with never-ending light and pure crystalline energy that pours into your whole being. Each of you has a light sword that was gifted to you at the moment of birth; with your first breath, you are connected. Your wisdom is only a breath away, and your spirit is with you always. Logically you know you cannot stay in human form without breathing. I encourage you to intentionally breathe in, fully present, numerous times a day. This will bring you into present time, which

will allow you to access the heart wisdom without the distractions of the ego.

Your light sword can be activated by your intention, and as it is connected to the highest light, love, and truth, I encourage you to feed your sword with your breath and focus on infusing your whole being with the power of love, light, and truth. As you place your attention on your sword, you will be like a beacon of light for yourself and others. They will see the light emanating from you and be attracted to your strength and power. To empower yourself is to love yourself, and this creates a light that allows for the truth to shine through you.

I encourage you to plant the seeds for what you desire to manifest in the upcoming year. The activation of your light sword allows you the power to create the change that will support the world in moving forward into new beginnings. I thank you for your trust and ask you to know that as you pray for yourself, for others, and for the world, you are being blessed by our love, light, and truth 10,000-fold. I am Archangel Michael. •

*Therese Dorer lives in British Columbia, Canada. She embraced shamanic earth-based medicine from Peru in 2002, which she describes as a three-way partnership between the client, Spirit, and herself in which healing and transformations can unfold. Therese feels that as a healer, her biggest role is to get the logical mind out of the way and become a clear conduit for energy to come forward so that healing can take place. To learn more, go to her website, [www.CrystalClearInsights.ca](http://www.CrystalClearInsights.ca), or contact her at 250-578-8437 or [tdorer@shaw.ca](mailto:tdorer@shaw.ca).*



# Care for Each Other to End Conflict

Archangel Michael through Jill Harrison

Blessings! Many times humans question why the world experiences so much suffering, pain, and chaos. Some blame it on God, believing they are being punished, while others blame it on something or someone else. In truth, the reason why your world is the way it is, is because you have all forgotten to be the keeper of your brothers and sisters.

There is a virulent vicious energy among all of you. Despite the history of humankind's suffering, humans have not learned from the mistakes made in the past. The motives of many are still wrapped up in commercialization. Behind your wars, diseases, and suffering lies a veil of illusion. It is not of God's doing but your own.

Fear of each other and fear of failure, of being wrong, or of being hurt is creating lethargy and a severe lack of communication. It is essential that those seeking ascension do not allow themselves to become engulfed in darkness.

Money, prestige, and recognition are symptomatic of vanity and pride. Wherever pride is, doubt and lack of faith follow.

The path of ascension cannot be traveled if doubt exists within your consciousness or heart. Every day offers you an opportunity for regeneration, and one of the greatest things you can do is to decide to embrace and channel the embodiment of kindness, faith, hope, love, and charity.

### **Play Your Part on the Path to Ascension**

Think for a moment! If everyone took care of each other, there would be no famine or war. If everything was shared, including responsibility for each other, then how different would your world be? Some may say this is impossible, but all things are possible when you choose to step into the role of being a cosmic creator. The path of ascension contains many steps, and by playing your part of being a spiritual light in the midst of darkness, you can make a change.

Sadly many people claim to be spiritual, but they wear their spirituality like a garment they can wear for one or two days and then cast aside until it is needed once more.

If you desire to walk the path of ascension, you must desire to become a chela. By this I mean a servant, a disciple of the light. Being spiritual is having, with every essence of your being, a desire to serve a higher cause than yourself. It calls for you to show discipline and have faith that love will always provide for you. Love is creation; love is light, and love is truth.

If you have doubt, then seek it out and examine it, or examine whether you are afraid of being less than something or someone. Meditation and prayer are important but so too is ensuring you maintain, throughout each day, the spiritual virtues of compassion, dignity, discipline, dutifulness, frugality, gravity, humanity, humor, industriousness, justice, kindness, mercy, perseverance, prudence, respectability, truthfulness, tenacity, and wholesomeness.

Where there is fear, shed light by seeking to understand your fear. Seek to find balance and truth in all that you do. When you have this discipline, when you ensure you are the keeper of your brothers and sisters, then you will be walking on the path of ascension. Blessed be. •

**Jill Harrison** is an angel messenger, level-twelve psychic medium, and avatar who has trance-channeled over 100 archangels, ascended masters, and lightbeings. She has performed over 500 trance-channeled psychic readings globally. If you would like more information that comes directly from the angelic realm or to download her first trance-channeled book for free, go to [www.AngelGuidedMeditations.com](http://www.AngelGuidedMeditations.com).



# The Significance of Jeanne d'Arc Now

Lady Portia & The Ascended Masters through Star Hinman

**Channel's Note:** This piece is a collaboration between myself and Jeanne d'Arc, who suggested that I research the historical records of her life to give a fuller account of her accomplishments for the purpose of using this as an example to inspire those of us in the present day. She wishes to show that it is possible for us to succeed, even under the most trying conditions, such as the repression of women's rights, which she experienced. She is truly one of the most extraordinary people ever to live on Earth, as the events of her life illustrate. The portions of the article detailing her military and personal achievements and her death by fire are drawn from my research in the books listed in the bibliography. The quoted portions are Jeanne's words given in channel — including the opening quote, regarding her words when she first met the dauphin, Charles VII.

"I am sent from God, the king of heaven, to deliver France from her enemies and to see you crowned as the rightful king of her people!" These are the words Jeanne d'Arc tells us she spoke to the dauphin, Charles VII, who had severe misgivings about his legitimacy as a son of the prior king and, therefore, his lawful claim to the throne of France. Through personal messages delivered privately, Jeanne both convinced Charles that she was sent from God and that he was the legitimate heir to the throne.

He was persuaded to give her men-at-arms and set her about her work, as she requested. In only nine days, she and the French army were able to lift the English siege of the town of Orléans, which had been under English control for seven

months. Up to this point, the French had been universally judged as defeated by the more powerful and widely considered unconquerable English invaders. This act had a huge emotional effect on both the English and the French, and it was sufficient enough for her to be recognized by the people of France as their deliverer sent from God. She went on to escort Charles VII through the English-held territory of the Loire Valley to the Cathedral at Reims and then saw him both anointed with the holy oil of the Sainte Ampoule (which had been an essential element of christening every French king for 900 years) and crowned there as the rightful king of France.

At the age of seventeen years, Jeanne was the youngest person of either sex to ever be given command of the army of a nation. Prior to this amazing feat, she had no military background or training of any kind, having grown up on her parents' farm near the village of Domrémy in Northeastern France and spending her days caring for the family's sheep, cattle, and horses and helping her mother with the household duties.

## Jeanne's Arrival and Rebellion

Jeanne arrived on the scene when the Hundred Years' War was raging, and the English had already taken control of considerable areas within France. The battles and the violence had raged through France for many generations before her birth. When Jeanne arrived, she brought new hope to the French people, who had indeed lost all hope of reclaiming their freedom, sovereignty, and lands. She tells us that she was chosen for this task and constantly directed and instructed by Archangel

Michael, who appeared to her in visions in which she could physically see him and hear him. He instructed her on what she must do for France.

Perhaps because of the inspiration she received from Archangel Michael, Jeanne impressed the military commanders who served alongside her with her knowledge of battle strategy and tactics, particularly her expert placements and use of artillery. They said she acted as though she had twenty-five to thirty years of military experience and easily equaled or surpassed the abilities of any of the other commanders in the field.

The English were terrified of her power and abilities and wanted to destroy her legacy and brand her as a witch in league with the devil and as a heretic of Roman Catholic doctrine. However, they only succeeded in creating the powerful and undying image the world knows today as Joan of Arc, the Deliverer of France! Most people today probably know only a small part of the miracle that was Jeanne d'Arc and the many amazing events of her short life.

To accomplish all she did, Jeanne had to overcome many stereotypes and prejudices, hardships that were placed on her because she lived in an age of severe disempowerment and disenfranchisement of women. Powerful women were often suspected of being witches in league with satanic forces in order to obtain their power. This is precisely why the symbol of female empowerment that she created is also a multidimensional image for our age, which is struggling to come to terms with the appearance of the goddess energies — the symbol of the female who is both loving and fully empowered as a human being.

At a time when it was considered a mortal sin for a woman to wear male attire, Jeanne not only donned it but also wore armor, carried a sword and rode a horse into battle at the head of the army of a nation. In an age of darkness and oppression, she conversed daily with those in the angelic realms, such as St. Margaret, St. Catherine, and Archangel Michael, her source of information and inspiration in battle.

### **The Mantle of Our Power**

Jeanne says her message for those of us on Earth today is this: "To reveal that this empowerment and inspiration is not only possible but highly likely to occur for those of you who focus on angelic communication with purity of heart and purpose. Why would you believe that this type of experience is either impossible to you or a miracle? To me, it was accepted as a gift from God — and you may certainly do the same!"

Jeanne was devout. Perhaps this characteristic is what gave her the ability to overcome fear and to maintain her trust in the divine beings who assisted and guided her. Courage and faith lifted her from the simple life of a maiden destined to spend her entire life in the rural farming country near Domrémy and transformed her into a divine warrior for France! The world has never seen her like, and many people do not understand the process of her transformation. This is why she brings us this message in the present day — when it is so needed — to inspire both the women and men of our age to fully accept and use what she describes as "the mantle of our own power."

She says to us now, "I was able to do what I did because I

knew that what I did was not by my power or my will alone but also through the energies of the love and devotion that I felt for the people of France and for all those in the higher realms who inspired me constantly. I was never alone! I never felt that I must do all this through only my power and abilities. And it is the same for each of you, once you realize and accept the immense power of the divinity that is within you!"

### **Transformation of a Saint**

There is evidence that Jeanne was not only spiritually transformed but also physically changed by these great spiritual energies that were within her. When she was burned at the stake, the executioner, Geoffroy Thérage, told Brother Isambart de la Pierre, who later made record of this conversation, that he was completely baffled by the fact that her heart was impervious to fire.<sup>1</sup> He said that he used every means at his disposal to cause her heart to be consumed in the flames but could not accomplish this, even though he applied oil, sulfur, and charcoal in his attempt. He was so disturbed by what he had witnessed at her execution (when she repeatedly called out the names of Jesus and the saints as she was encircled by the flames) and by these futile attempts to have every trace of her consumed in fire that he later told many people that he feared greatly for his soul and believed he was eternally damned for burning a holy woman.

Jeanne's English captors and executioners intended to completely reduce her body to ashes and cast them into the Seine to permanently obliterate any trace of her so that she would not be made a martyr and there would never be any memorial made to her. However, they failed, as there are statues and images of Jeanne d'Arc at many places in France to this day. It is clear that all of these attempts to destroy Jeanne physically and to obliterate the memory of her have only succeeded in making her stronger and creating a powerful and timeless image.

### **Walk with Jeanne Today**

Who was Jeanne d'Arc, and what did she come to Earth to accomplish? She says, "It pleased God to send a simple maid to deliver France from her enemies." She does not consider herself to be special or above the abilities of other people in any way. She speaks to those of us alive today to both inspire and educate us about the path she followed so that we might have the ability to learn from the facts of her life, which she considers to be a testament to the ability of the divine forces to intervene in the affairs of human beings and to transform our bodies, minds, and emotions.

"Let me be a symbol to the people alive on Earth today that nothing whatsoever is impossible to you when you align your faith and trust with [those who are in] the higher realms, who constantly walk with humanity, waiting only for acceptance and an invitation to intervene in and transform the circumstances of your lives. What I did was certainly considered impossible, but bear witness to the facts of my life, and know and believe that nothing is impossible to you!"

"It is all done through belief and the understanding of how to align your will fully with higher divine will and power and to

receive the love of these beautiful heavenly beings. It was not impossible to me because I believed and placed myself in their hands! And you may do the same. In this day and age of such turmoil and challenge, many lose hope and faith, yet I, Jeanne, say to you that the power of heaven is more powerful than any earthly power and can conquer and overcome all obstacles to faith. What is done through faith is permanent on Earth — though all of the world tries to destroy it — and I am the proof of that!

“My life and my mission still live in the hearts and minds of all of you, and I hope to inspire you to further greatness through my words to you now. You are not alone, dearest ones! The heavenly realms stand with each of you, always, to strengthen your resolve and lead you triumphantly on the paths you choose to travel. Go with God, beautiful ones, and fear not! For where this path leads, there is only the glory of God in fulfilling your divine purpose.”

Overcoming fear and doubt is the challenge to all of us — the lightworkers on Earth now — because these are often the things that most hold us back from fulfilling our divine purpose on Earth. Jeanne hopes we will use the image she created during her earthly life to find inspiration in the present day. Hope, faith, and trust are the antidotes for the pain of then present-day challenges, in which there is so much fear and doubt about finding our true identity, knowing our self-worth, and understanding and using the capabilities we possess.

She says, “I am still here with you, dearest ones, armies of

the light, to both inspire and strengthen you as I may. Let me walk with you now!”

Thus, she still lives. She is a living beacon of light to all of us, challenging and guiding us to find the greatness within ourselves and make this world, which still contains so much of fear and anger, a better place. It is truly better because she lived! Let it also be made better through the lives of each of us. •

1. Régine Pernoud, *Joan of Arc: By Herself and Her Witnesses* (Lanham: Scarborough House, 1994), 234.

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**Star Hinman** is a spiritual channel for *Lady Portia & The Ascended Masters*. The basic concept of her work is “showing the light entering the material realm” through the activities of our beautiful Sun, Moon, and stars — a metaphor for what she does in her work with Spirit. To learn more about Star, go to her website, [www.Starbird1.net/welcome](http://www.Starbird1.net/welcome), or contact her at PO Box 68704, Tucson, AZ 85737, 520-219-0347, or info @starbird1.net.



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# A Soul's Trip

All There Is, Was, and Ever Shall Be through Elliott Eli Jackson

There are countless processes to the journey of a being, and then there are more processes within the processes. We have explained before that your soul has many lifetimes. Before entering each lifetime, the soul, any soul, goes through the Archway of Tebulus. The Archway of Tebulus is the gateway to all worlds, as you understand that term. It is approximately 375 light-years from your current plane of existence.

After a lifetime on any plane, if the soul or spirit has not accepted all as equal and treated them as such, the reincarnation process is continued. And because of freedom of choice, the soul/spirit has the opportunity to choose where it will go next. However, before it picks, it must stage within and with-on the Tebulus.

After that which you have named death in any physical form on any plane or any form on any plane (some forms are nonphysical), a soul/spirit, if it does not return to oneness, goes to the Tebulus to receive its recalibrated codes for reanimation. Because each physical and nonphysical form has a unique sound and vibration attached to it, it must be serviced after each lifetime before it can take another form.

Now, with-on and within the place that your current physical form is residing, there are thirty-two layers to your physical body and energetic field. Yet on other planes and planets, there are, in most cases, a different number of layers assigned to a form, be it physical or nonphysical. Some other forms have thirty-two layers, yet on other places and spaces, the names and purposes of those layers are different and have different functions and processes.

Once a soul/spirit leaves your plane in death, it must enter the Tebulus to restructure layers one through twenty-seven, the physical through the minus rati, if it is to return to your current plane in human form. All forms on all planes have layers twenty-eight through thirty-two in common, the comic through the equitis, because these are connected in a different way to everything else within and with-on the fabric of everything everywhere. Keep in mind everything is connected, yet many things are connected in ways dissimilar to others.

## The Process for Humanoid Forms

The Archway of Tebulus was designed, as are all things within and placed on the gadius universal atomic and subatomic blueprint. On this master plan we, which includes you, needed to place a station for the restructuring of all forms. This was done because of the highly volatile nature of the universes. Therefore, checks and balances have been created to ensure equilibrium within the new form as well as the new form's relevance to all other things. Remember, we are inner and outer space, the cosmos, the universes, the stars, and the planets.

Yet we are trillions upon trillions of sections of all solids, liquids, and gases together. We are forever vibrating at the same time. Moreover, we are alpha particles, isotopes, curves, static, density, depths, crystalline, impulse, velocity, friction, and much, much more. So there has to be ways and boundaries to hold things together and cause them to be. During the process of reincarnation, there had to be a place to reform that which has lost its form.

Plant and animal forms (which include over 75,000 species of phylum protozoa on your planet alone) also have a different number of layers to their physical structures as do rock or crystal forms. However, we will not be addressing those in detail within this article. There are different planes of existence that spirits pass through. For example, if some major strife exists between a spirit and another form or forms on planet Earth prior to death on that plane, that soul/spirit would need to visit the Conflicts plane. This would be because that soul/spirit has to journey to a certain plane to choose one of the forms, or something else, it was in an adverse counterrelationship with to return as, if it will be returning to Earth.

On the Tebulus, the being's (soul/spirit) grounding sound and light grid will be reorganized. Remember, upon death the spirit goes through much to break the bounds of Earth and its gravitational pull and other processes connected to being on your planet. Therefore, much work has to be done. And the place for it to be done is the Tebulus. The very structure of the solids, liquids, and gaseous portions of the new being are formed there. The structure of the subatomic nature of the new form must be recoded for the new form.

The psychic portions of the being and its new hierarchy connected to and from the new bloodline will be ordered on the Tebulus. Karmic strings are slao recertified and distributed for the new form. New frequencies are mapped for the upcoming form's relation to other masses within and with-on all universes. The continuance of the remembrance process of the soul or spirit is checked to ensure the enactments of past mistakes are not included in the new form's memory bank.

The personal DNA is refunneled and disseminated to every portion of the universe. A new electromagnetic grid is linked to the parents of the form in which the soul/spirit will reanimate into. All sound and light grids are recoded. In reality, all of the grids and connections to all other layers are framed and formed. All this is to ensure acceptance of the new form into its upcoming environment.

. . .

Yes, the Archway of Tubulus is an important and integral part of the reincarnation process. Without it, souls or beings would

not be able to travel to or from any designation within the frame of everything. We have informed you that we are science itself and that everything is a process within a process, and then there are more processes.

Here we have given you basic information on the Tebulus. Of course, there are other places and spaces a soul/spirit goes before it is reanimated. The Tebulus is but one. You may rest assured that when the human mind's ability is increased, so shall you receive more information about this archway and others. Remember, there is much more to the universes than meets the eye. We love you! •

*Elliott Eli Jackson is an inspirational speaker, Reiki master, and author of From God to You: Absolute Truth, Cacophony, and The Sapi-ential Discourses: Universal Wisdom, Books I and II. Elliott channels All There Is, Was, and Ever Shall Be. Elliott and his wife, Diane, tour America presenting workshops in which Source speaks through Elliott to the audience, answering questions as well as giving spiritual guidance. The workshops focus on obtaining and maintaining success in today's world. For more information, visit [www.QuantumMatrixCenter.com](http://www.QuantumMatrixCenter.com).*



# The Challenge: to Connect and Choose Compassion

Gaia through Cristi Jenkins

Dear ones, I am Gaia, and I hold the energy of love for this planet. This is not a role that is only mine, as all of you play a hand in this great gift that we are enabling to transpire in the universe. You see, the fundamental energies that construct the universe are based on and centered in compassion and love.

This compassion extends beyond your human framework in that it encompasses both the unified connection to each other as individual souls and is expressed in the embodiment of the One. This underlying field of love connects the very heart of every soul who walks in human expression on Earth. Of course, when humans blow each other up, play on each other's fears, and look for ways to control and manipulate each other, it is difficult to acknowledge that there is a side of every human expression that holds and emanates this love and compassion. Yet it indeed exists. So why do I remind you of this now when so many atrocities are being played out on the face of Earth? It is because every human has the capacity to choose love and compassion in the moment. Will every human do so? It is not likely the case in this time, as Earth is in a major transition.

## A Broader Perspective of Expressions

I remind you that no matter how ugly and despicable other human expressions may appear to you, they are beings of love and light at their core essence and are capable of endless compassion. If you could see what you call your enemy as the embodiment of unconditional love, how would that change your perceptions?

The same truth applies to you, dear ones. Many of you have aspects that you carry with you from this and other lifetimes that you might not like. In an attempt to cultivate only the light and what you consider higher energies of love, you as humans have tendencies to ignore those parts of yourselves that are needy, fearful, and hostile. Spirit does not see these aspects

as any less valuable than those that consciously choose love in the moment.

All experience serves a grand purpose. Have you noticed that the same so-called unwanted aspects return to you again and again, as if they are crying out for attention? Love them. Offer them the heart of compassion and love, and watch them dissolve into the essence of unconditional love of your awakened state. In this sense, you can be the parent to those parts of your experience that never knew what it meant to be loved, and it indeed changes the past, present, and future.

As humans, you tend to frame people as bad or good, and then you forget that much more exists to who they really are. No, I am not saying that you should place yourself in situations that are not wise or safe to be in, but I am telling you that when you relate to others in ways that hold unconditional compassion and love for who they are as souls, they might not act like it makes a difference, but their soul essences respond to the light, to the gift that you offer by seeing them in your heart as part of the unified field of love that holds creation together.

## Have Hope in this Time of Transition

Many people at this time are struggling to know greater light and truth. They see that the ways of the human past no longer work for humanity, but many do not yet know where to turn. The media portrays a sense of doom and desperation that betrays the very essence of who you are as beings capable of great love, compassion, and mutual cooperation. It does not matter that all have not awakened yet to their divinity, for they will in their own time. Every thought that you entertain creates a vibration that moves you either closer to the unified field of love or into a more chaotic field.

There are indeed many communications being spread across the planet right now that continue to create a sense of

hopelessness and fear. I tell you to have hope. There will be a time when these types of fear-based manipulations will no longer be supported on Earth. You are in the transitional time now of this great shift.

From a broader sense, the shift into greater love has already happened for humans. It is important, however, to hold the energy of this changed Earth, where many hearts hold compassion in the moment, for yourself. Allow the future to be the now in your being; let it visit in the present moment, and feel the future benevolence of Earth and its dealings.

Please understand that even in extending love, it is contrary to the highest energies of the Creator to force your will on another, even though force has composed much of the game board of Earth. Please understand this truth. It is counterproductive to expand love in your heart in order to force others to believe like you do or to make yourself think that your way is better because it strengthens the old dualities. When people feel force, they push back, but when they are ready to hear the same truth, then it truly speaks to their hearts. Good intentions often create human drama, as it implies that the one person's expression knows more than the essence of the other's soul.

### **Remember the Soul's Purpose**

Unconditional love flows throughout the universe regardless of human agenda. You do not need to feel that you are changing the world in order to live your soul's true purpose. It is enough and exactly perfect for each and every human on the planet to love where he or she is in the moment. Love the connection that you have to All That Is. Love the connection that you have to me and to each other. Love and honor the growing awareness of your true nature. Love the remembrance of who each of you is: a soul of light moving toward its own awakening exactly as it is meant to be.

There is no agenda in love, dear ones. Humans think that there is, that people must follow a code of conduct that is larger and wiser than their own hearts. But I tell you, especially in these times when so many people say, "Follow me, and I will give you peace and understanding," that the answers you seek are within the space of your own heart. Open to and love who you are. Allow a space within your being where the love of the universe, your own birthright, and highest wisdom will be your guiding lights.

Trust that your own love and light are enough. Each soul's wisdom is enough for every soul who walks in physical form. As you become aligned with your higher wisdom, the collective wisdom increases, and you will feel the unified field build even more and support your desires for higher forms of love.

Do not focus on trying to change others but on change within yourself. Know that you are love, and with every breath you take, you witness to the universe that you are love of the highest order. It is so, dear ones. Even with those who murder and maim and seem to live life as the very antithesis of universal love know that the role they play in the grand scheme of Earth, in the current moment, is as important as the person who consciously connects to greater love with every breath he or she takes. All are family.

### **Enhance the Unified Field of Love**

When you reflect unconditional love in your heart, others might not hear your words, but they respond to your light. Your essence touches them on a level that you cannot see or hear. When you are able to reflect unconditional love as a natural expression of your own being simply because you love and honor yourself with compassion, then that is all that is needed. When you reflect great love in your heart, it also connects with those who do likewise and increases the unified field of love.

The change within is naturally felt by others, and it changes the field of consciousness, allowing more awareness of compassion to become real for the collective. As the energies change and the vibrational frequencies of Earth shift even higher, humans will be capable of feeling in ways that will astound them. The feeling nature will be given more credibility and will be honored for the heart wisdom that it brings.

All is as it should be on Earth. Take heart that a grand and benevolent energy moves the true essence of Earth and of every being therein. •

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



# **Authenticity Is a Pure and Paramount Virtue**

**Papa Juan through Bee Jimpson**

This is Papa Juan, and we are present with you through all your life and death cycles, through your joys and trials, through your

times of peace and war, through your travels and expansions. You are a loved and cherished species. You are unique to the

universe and bring an inimitable and exciting view of life to all of us who observe you.

We would like to take some time to discuss the concept of authenticity with you today. Humans are a very special species in that you are able to divide yourselves up into emotional and mental compartments and personalities that can be called up at will in different circumstances and environments. We find this fascinating! Few species have this skill, and we have observed the good and the not so good aspects of this phenomenon.

While it is an admirable trait to have self-control (the lack of which we have also observed) and to not react negatively to situations, there are extremes to this trait that can have hurtful and confusing consequences.

We mentioned confusing because we see that many times you give others mixed messages through the inconsistency of the combination of your words, emotions, and body language. We will give you an example. A person you are close to begins exhibiting pain through facial expressions, moans, and rubbing a particular part of his or her body. When asked what is wrong, this person responds with, "Nothing, I am fine." For whatever reason — and we could give you lots to think about here, but that would be for a different lecture — this person has chosen not to relay with honesty the truth of the pain. This example may seem very commonplace and simplistic, but perhaps it will explain how confused messages are communicated.

### **Defining Authenticity**

Authenticity comes from within. It is something that guides you and is part of who you are as a spiritual human being. Since you believe you live in duality, your ability to live constantly in a state of authenticity can be somewhat clouded and challenging.

Authenticity is about being real, genuine, and honest or, as one of your dictionaries [Merriam-Webster] aptly defines it, "true to one's own personality, spirit, or character." These traits would need to be exhibited first and primarily within yourself before being sincerely manifested in front of others. But a very important concept is that no one can judge another's authenticity; you can only claim your own, even though it may seem clear to you at times that someone else is being phony or unauthentic.

There are times when humans take an original object or idea and create a copy, which you might call an authentic copy or reproduction. Even though you may consider yourself something like an authentic reproduction of your parents, there is a more genuine expression of you that is your authentic self. This is the part of you that is deep within you, in your heart center, in your core. Many people have lost sight of their authentic selves due to the outside stimulation and busyness in their lives. Those in a constant state of awareness understand the concept of living your authenticity. Let us explain this a bit: Your lives are such that you are in constant contact with other humans. Even though you may not see many people in person on a daily basis, you are in contact with and influenced by them through media and technology — TV, radio, newspapers, Internet, social media, telephones, texting, and personal interaction.

### **Create Your Own Identity**

These interactions can be an opportunity for growth in your life, helping you to focus your attention and intention on what you want to be as a human. They can help you consider other, more expanded options for your life and to be more precise in selecting your choices. On the other hand, this bombardment of a massive range of choices may confuse you in your focus. If you are not grounded in your connection to your heart center, you might feel erratic in creating your identity and impulsive in the decisions you make that could affect your life. In other words, you might be imitating something you like that you see in someone else but not really making that a part of yourself and understanding its role in your life.

As an example, when our channel moved from the Chicago area to Northern Minnesota about forty years ago, she began to believe there was something wrong with her. After all, she had been through many changes in her life, including moving from one continent to another and transitioning from one language to two, but this experience was something she had a hard time identifying. She had never had trouble making friends but suddenly found that she could only get superficially close to people. She felt alone and alienated. She thought that perhaps there was a part of her that she had never seen before that others were repelled by.

She meditated and prayed daily for clarification, and after two years, her eyes were opened. She met a woman, and they became fast friends. They began to compare notes on the same issue and found that they were both "transplants," as they called themselves, from other areas to that region of the country. They realized that what they had both been experiencing was culture shock. This was an eye opener for her, and what you call, an "aha!" moment. She was able to then observe and compare the differences she and her friend had to the locals, which helped her to appreciate the attributes in those differences and not think of herself as flawed.

She still has interactions with people who remind her of those days when she felt so alienated and targeted, but now she is able to identify it accurately as different cultural norms and perspectives. She did not strive to become like them or to push them to become like her. She was finally able to accept that they had differing expressions of thought and words through the unique cultural influences that shaped their personalities.

Authenticity is being the person you claim to be, whatever that is and however you identify yourself. This does not mean that you cannot recreate your outer expression in the image of something that you consider to be "greater than yourself," but that something greater should be linked to you in your perfection. Instead of pretending to be someone else, a copy or a reflection of a person you admire, perhaps consider that those admirable qualities are ones you already have inside you that want to be expressed. Develop those qualities by focusing on them and practicing them.

### **Solutions to a Lack of Authenticity**

If you identify yourself as a person who lacks authenticity,

consider that to be your first step to developing it. Many who lack that genuine aspect do not recognize that it is something absent in their personalities until something happens to wake them from their unaware state. The experience that wakes them could be a life-changing event such as an illness, a divorce, the loss of a loved one, or an encounter with someone who is critically honest with them during a time they are able to hear it. Once people become aware of any inconsistencies in their words, actions, inner dialogues, and interactions with others, they can begin the work of introspection and self-honesty.

Our suggestions are simple but remarkably effective. If you take just a few minutes each day to connect with yourself through one of these means, you will find yourself feeling more centered and integrated in just a short time. You will not, more than likely, have an earth-shaking experience in the process, but you will gradually begin to feel the connection to your higher essence and understand the meaning of authenticity. These practices allow you to first connect to your body, and as you become more aware of your body, you will automatically feel a connection to your higher self. It will seem almost effortless.

As we have mentioned many times, the practices that took a long time for you in the past will take much less time now due to the acceleration of the planet's pulse, awareness, and consciousness. This has coincided with an acceleration in the vibration of the quantum field that surrounds and permeates you and affects you in the same way. If you momentarily consciously focus on this information — by feeling, seeing, or thinking it — you can feel its power and take advantage of it to fulfill whatever endeavor you want to work on. Use the motivation that you get from that to focus on your task. You will be energized and directed in an effective and impressive way.

- Go back to other communications from us in which we have given you meditations to connect to your heart center [see the December Predictions 2014–2015 issue of the *Sedona Journal of Emergence!*]. Read one of them out loud into a recorder, and play it back to yourself once a day while you sit in quietness, listening and following along with the guided meditation.
- Sit or lie down in a comfortable place with no distractions. Try to allow your breath to be rhythmic and low into your abdomen. It is not necessary to breathe so wide that you become dizzy; just take smooth, even breaths that move the air into the lower part of your lungs. Do this for just five minutes every day, focusing on your breath.
- When weather permits, go outside, and sit in the grass next to a tree. Close your eyes and allow yourself to feel the energy that comes from Pachamama (Mother Earth), transmitted through the ground and the tree to you. It may take you a few days to get to a place of feeling a subtle energy flow, but it is happening nonetheless.

Do any one of these, and then go about your day. It is that simple!

## Political Life

One other topic we want to mention but will not delve into deeply is politics. We only mention this because we sense this as an ever-increasing topic in your minds and conversations. We will not express too much but just enough to help you think more critically on the topic.

When thinking of authenticity, do you think it is possible for your elected officials to live and work in this state of being? We can feel you look to us for some clarification. Since we are able to see, or intuit, the hearts of humans, we can tell you that the more entrenched the politician is, the more difficult it is for that person to live an authentic life and the more divided that person is within him- or herself. Those who have lived authentic lives as politicians have been seen as weak and unsuccessful.

Recently there were elections in the small community our channel lives in. Granted, this was not like the high-risk elections that happen on your state and national levels, but nonetheless, it is representative of the broader picture that happens in the political arena as a whole. One person who ran for a prominent position had well-connected friends in other political offices. The candidate had run against the same opponent in another race. To give the first candidate an advantage, the friends created false documentation and spread rumors to make the other candidate and the opposing party look as if they'd done something wrong. The information was revealed to be false, although many did not want to believe it, and that revelation was not adequately disseminated, making the innocent party appear guilty. This is a theme as old as time: Make another person look bad or villainous to make yourself look good, and then step in to rescue the situation.

Even if the offending party believed it was doing a service, in the long run, as you humans put it, “the end does not justify the means.” Where is authenticity in all of this? Do you think that this behavior is genuine on the part of both sides? Does it look like and feel like a game, just a bit more serious? When people in these positions begin to talk — and they have oh so much to say — they begin to believe what they hear coming out of their own mouths. This is contrary to authenticity.

Where and why do sides have to be a considered and drawn in your political world? Why is it that you believe that dishonesty and corruption are part of leadership? Do

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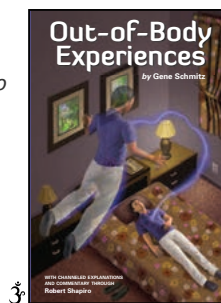
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you trust your leaders to do the right thing in representing you when creating and implementing the laws? Do not despair, as we have heard some of you say, "It is the darkest right before the dawn."

As the Divine Feminine continues to be acknowledged and respected in her emerging role, your politics will change and become more fluid, graceful, and authentic. In the meantime, look to the old philosophies of indigenous peoples of the world for examples to gain some clarity that will help in the transition. Even though passive resistance and activism are powerful tools in creating change, they call for sacrifices that will no longer be needed in the distant future. Learn from your ancestors and the old ways the spiritual elders of each culture taught. Work together through respect, and honor the elements, Pachamama, and each other. As you learn to live in authenticity through the Divine Feminine, you will do more than survive; you will thrive and live in joy.

You are deeply loved and divinely guided. You are beings in perfect balance and harmony. Believe this, and refuse to see anything otherwise. We love you with a deep and abiding love. •

**Beatriz "Bee" Jimpson** is a bilingual, multi-cultural intuitive, healer, teacher, and writer. She teaches internationally and is dedicated to serving and helping others on the path to discovering their own sacred healing abilities and higher selves through expanded consciousness and awareness of the Divine Feminine. Bee lives in Wisconsin with her partner and has three children and four grandchildren whom she adores. She loves teaching, traveling, gardening, reading, writing, and channeling. Learn more at [www.TheNextSense.com](http://www.TheNextSense.com), or contact her at [Bee@BeeJimpson.com](mailto:Bee@BeeJimpson.com) or 715-796-2575.



# Disability, Sacred Sexuality, and Women's Empowerment

Mary Magdalene through Mercedes Kinkel

It is so wonderful to be with all of you. Thank you all so very much for showing up, for being here, for being yourselves, for bringing your light and your love into the world, and for doing your work at this time. It is so important, what each one of you does. Thank you all for what you bring and what you do. Now I would like to hear your questions.

## A Soul's Choice to Be Disabled

*I would like to know how to best support people who are here and living with fetal alcohol syndrome.*

They are children of parents who are alcoholics?

*Right. They were born with brain damage because of the alcohol.*

Is there something specific about that that you want to know?

*Just how best to support them once they're adults, because it's a lifelong disability.*

And what kinds of things are they dealing with as adults?

*Things like poor executive functioning or inability to handle money. A lot of them have drug and alcohol issues and are very impulsive and very naive in the ways of the world. I'm just wondering if they have a special mission here and how best to support them.*

It may be helpful to understand that all beings come with a role and with a purpose. Beings also understand the incarnations that they are taking, which from our point of view may look incapacitated in one or more ways. But from that soul's

point of view, it's not necessarily an incapacity. It may be that they are exploring a very different side of life than the normal, socially accepted side of life or taking a path that is different from the one that is considered normal, productive, or useful.

To support them, tune in as best as you are able to what it seems like this person's life path and life purpose are. Help him or her to harmonize with the world that he or she is in as best as possible. But the person's path might never be the same as the majority of people who incarnate. It might be a very different path, but that doesn't mean it's not completely in line with his or her soul's purpose.

## When Your Partner Isn't Open to Sacred Sexuality

*I would like to ask for some insight into a relationship in which one of the partners is interested in sacred sexuality, and the other is not open to the possibility. Can you speak to that?*

There could be many reasons for this. If it's the woman who is open to sacred sexuality and the man who isn't, it is oftentimes due to fear on the man's part. He might fear that he will lose something that he is happy with, something he values and doesn't want to give up. Sometimes it is fear of trying something new and perhaps not being successful at it. It might be a fear of trusting his competence in this new arena that's unknown and unfamiliar. Those are the two biggest reasons in the case of men and often in the case of women as well.

There is much about sacred sexuality that has to do with communication, because communication is an avenue for

uncovering the blocks within yourself and your relationships. Sacred sexuality requires emotional openness as the foundation. When one partner wants to do something, such as engage in sacred sexuality, and the other partner does not, it generally points to a breakdown in communication. Ultimately, it is never really about sacred sexuality; it is about something else. The real issue might be something you can access on your own, or you may need support to access it. You may need a third party to help both of you understand what the real issue is. Nonetheless, the issue isn't sacred sexuality. It is something else. Does that make sense?

*Yes, it does. And if the other partner is not willing to even explore or discuss this, then is it better to leave such a relationship?*

It depends how important it is to you to engage in sacred sexuality. There are certainly aspects of sacred sexuality that you can engage in whether your partner is engaging in it with you or not. And there are parts that require both people to be participating if you want to bring it into your sexuality.

So it is up to you how important this is for your happiness, your well-being, and perhaps even your soul path. And that is something no one can decide but you.

### Empowering Women

*Is there any way you want to assist us on our paths and journeys as women — to help us remember certain things or to guide us in moving forward and upward?*

I have given much instruction about this in the past. Women are leaders at this time, especially in being in the heart. Yet so many women are not fully connected to their emotional bodies, which are the center of the feminine essence. Being connected to the emotional body is important for men and women. But women have much deeper access to their emotional bodies than men tend to have, so women very much need to connect to their emotional bodies to help themselves and to help the men. Coming from the mind is rampant for women at this time, even in the spiritual world.

Most of your spirituality today is mentally based. In many ways, it is not supportive of the feminine and of women in particular. There is very little in your world and in your spirituality that is supportive of the feminine. There are certainly small pockets of people who support the feminine. But so much of what is needed to connect to the feminine is at the very ordinary level of staying connected to your emotions and connected to your physical body. It is not so much about going into the higher dimensions and doing the complicated work of healing this or that, connecting to this or that. It's very simple. It's about what you already are, emotionally and physically. But most of you are not incarnating it, being it, filling it, because you've been trained to separate. You've been trained to go into your masculine very, very profoundly. Very few women understand the depth of this indoctrination to abandon the feminine.

Your work is very much in life. It's very much moment to moment. It's about being the body, being the emotions, being your sexuality, which doesn't mean animating sexuality moment to moment. It means being connected to your sexual energy. Then you can choose how you manifest that sexual energy in

the world. The same is true of your emotions. It doesn't mean you're constantly having an emotional upheaval. It means you're connected to your emotions. All of these are pathways of connection to God. For women, they're very important. They are your gifts, but so many of you are still separate from these gifts.

Separating people from these feminine aspects of the body, emotions, and sexuality was done as a means of control, because your power is in your emotions, your physical body, and your sexual energy. So it was done to take away your power. The mind is nothing compared to these feminine parts of yourself. The mind is your partner. The mind is your lover. It will be your great companion — but not until you become your emotional self, your physical self, and your sexual self. This is a huge task for women in your world today.

The work of reclaiming the feminine parts of yourself is something that anyone can do alone. But as women, it is natural to do this together to support one another. The more that happens, the faster this transformation can occur. And this transformation is essential.

Through reclaiming the feminine, you will feed the masculine. The masculine needs the feminine. The feminine is the source of nurturance and empowerment. It's food for the masculine. The masculine — within yourself as well as the masculine in the world — needs that food. Many are afraid of the feminine. Embracing the feminine is a courageous thing to do at this time. But it is absolutely necessary.

*Thank you for that. Thank you. •*

*Mercedes Kinkel is a multi-award-winning author and channel for Mary Magdalene. In the summer of 2010, Mary Magdalene began coming to Mercedes daily, giving extraordinary messages for humanity's evolution and spiritual growth. That was the birth of the book series The Magdalene Teachings. Mercedes's latest book, Sublime Union: A Woman's Sexual Odyssey Guided by Mary Magdalene, reveals Mary's instruction on sacred sexuality, along with Mercedes's fascinating story of engaging the practices with her partner. To learn more about Mercedes, visit [www.MercedesKinkel.com](http://www.MercedesKinkel.com).*



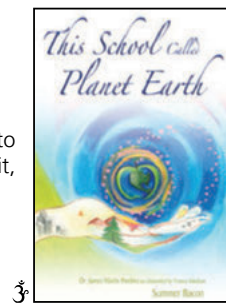
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# The Welcoming

## Terra Rae of Team Earth

In the mid-1980s during the Reagan administration, the idea of star wars was a popular topic. We were working with St. Germain, or “Flame” as we call him now. He kept us in close contact on what was transpiring about not only the idea but also the real possibility of star wars occurring.

Some of you were feeling this and probably working full on in your dream time to prevent it. It was the Galactic Federation of Light (GF) that intervened to stop this and keep the nuclear switches from going off. At that time, the Flame started telling us about first contact, giving us a bigger understanding of what’s coming. He must have been giving me visions of the galactic team landing in ships here on Earth, because I was leading group meditations that would visualize exactly that. We would see the lightships landing with a ramp unfolding. Ascended masters and galactic family members would come down the ramp to greet some of us here on Earth. How fun is that? It was always a grand celebration! Now, we are consciously preparing for this grand event of first contact, which we have now named (with heart-felt appreciation) the welcoming.

### The Meeting

Working with the galactic Crystalline Stellar Skulls and goddesses, we have been able to do extraordinary clearings and activations with people, the planet, and the galaxy. It is usually what people are carrying behind and below them in other dark dimensions that lead us to do huge clearings that sometimes affects multitudes here on Earth and in Gaia. These are implants, transmitters, device plates, and creatures that clients and people on Earth are unaware of and did not ask for.

One day after returning from a very revealing trip of a huge clearing that Lady Gaia needed, it was our dear friend Metatron (Tron) who jumped in to inform me that someone wanted to meet me. He had been watching me for some time. Tron brought him through ethereally.

This was my first introduction to the actual commander of the Galactic Federation of Light. The commander said he was quite impressed with our work and that this project needed his help. He expressed that what we were doing was helping prepare for ascension and first contact. He was also impressed that we weren’t asking for anything in return. Because of his

capabilities, we started asking for more help, and he and the subcommander have never let us down.

Crysta joined us a year or so later, and we were able to have great communication with the Crystalline Stellar Skulls. We started moving at jet-pack speed. We have since worked very closely with the GF, Tron, other ascended masters, and archangels. Frankly, we would all be in deeps — if they weren’t doing all they do! It is an amazing team. I have personally watched all of them grow and expand, working together in new ways we never had before and learning so much from our 3D point of view. We (and those who have joined us to be cleared and to clear Lady Gaia) have expanded and grown in amazing ways.

### The Galactic Federation of Light

The “dark hats” have brought forth much negativity about anyone or anything coming from space or our skies, purposely casting a blanket of fear. We were intentionally steered away from the true family of light that makes up the Federation. This is brought forth from the fourth dimension. It is also why I remind people when meditating to go straight to 5D and beyond, always with a protective egg or merkabah of light for protection.

Many years ago, I was working with Jamie Sams,<sup>1</sup> who brought through Leah, a wonderful and informed seventh-dimensional being of light who runs the healing temples on Venus. Many people were asking about ship sightings and to elaborate. She shared that there were three possibilities at that time. This was in the early 1990s.

One was a possible family member of the GF, one was an explorer, and the third, which really opened my eyes wide, was possibly an aspect of the human self, or the future human self, checking in with us. I have since come to realize that the GF is our family of light.

It was only at this time that the pure-hearted, extremely dedicated, brilliant, and unparalleled men of light I will refer to as the commander and subcommander finally came forth to bring more insight and information about first contact, or the welcoming, and the New Earth, or Terra Crysta. This was not Ashtar of the Ashtar Command. I asked the commander to give us an idea of what the Galactic Federation was and their function.

## Stellar Guardians of the Universe

### Commander and Archangel Metatron through Terra Rae

**Commander:** We are the stellar guardians of this universe, keeping it safe and allowing only love and peace to prevail. What this means is that we are watchful of other energies, and we make

certain the continuum net is protected. We as a unit have various ships, and only ships of light are able to guide, protect, and move through specifically this solar system as well as the net.

*Can you explain the continuum net? It is my understanding that there are two that you and your team put around Earth, one in 1993 and the other in 2005.*

The timing sounds right. The net is one of safety, and it is one that keeps us secure in these realms from various intrusive forces. It is part of the global way in which we have the peaceful beings of light contained. There are various areas of dark stars and wormholes that we use as secretive areas that we keep from you personally and for your galactic safety.

We put up the second one around ten years ago in Earth time, and we found it needed more security. So we made sure there are no holes or perforations in order to keep various dark hats from doing their magic. The first net was to keep the dark ones from getting in, and those that were here could be taken off the planet. The second net really amped up the game.

*What do some future possibilities look like?*

We see it as a large clearing space made for us in the skies and a welcoming of many heads of peace. Our intergalactic understanding is that we are all in mutual agreement that peace on Earth and in the skies is viewed with the utmost respect and light. So our arrival will happen when there is less volatility on the planet. We are working on that as well.

Part of our intention is to bring forth intermittent messages, as we are kept busy (as you can well imagine), and do our hearts' desire, which is keeping this precious place intact. I do not have time for frivolous communication. We see this connection with Team Earth as the appropriate funnel of communication. It is not our desire to have a number of channels, because we have a particular frequency we have already attained with you at Team Earth. We know your honorable voices and hearts. We know we are on the same page with assisting Gaia and her preservation.

*Copy that, Commander!*

**Metatron:** Our message of peace is one of shared heart lights. So this is a huge process for many people to be able to share and unify hearts. Much of what we do as the archangelic

realm is to assist in clearing the pathway, so your hearts can open without interference from the dark hearts or from previous lives. We are first to assist Team Earth with clearing those who are ready to take a stand and align with their true purpose so that your brilliant lights are on.

We also see the welcoming as a time that is a reward for many who have been striving for working as a team, sharing visions, allowing each part of the whole to participate and to gain their wings, shall we say. Many of the leaders in peace who are the lightworkers are becoming increasingly true to their spiritual selves and looking at how this global peace appear to all of us.

Many of you who are conscious and breathing into Lady Gaia, blessing her and thanking her every day, are beginning to think in the correct level of alignment: "How does this affect others?" This is one consistent thread moving through you.

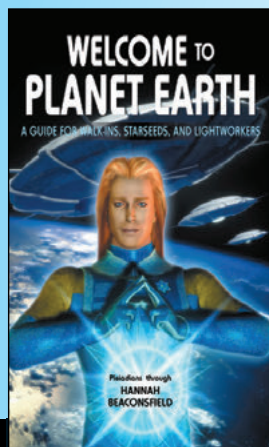
**Commander:** This is really not a topic of conversation to be hidden anymore. It is something that you can feel safe about bringing up. People are looking for something greater than themselves, a message from above, and we want to be the ones who provide it. We want to be the ones who share the glorious reunion and give you the idea that it can be sooner than you think. •

1. Jamie Sams, *Medicine Cards: The Discovery of Power through the Ways of the Animal* (St. Martin's Press: London, 1999) Card deck with book.

**Terra Rae** has been dedicated for many decades to awakening and healing people and the planet, opening grids of light and crystalline pyramids on Gaia, and making way for the ascension and first contact. She has been working, and most definitely playing, with the Crystalline Stellar Skulls for many years and is now ready with Team Earth to introduce them to you. If you want to meet these amazing, heart-filled angelic beings of light here on Earth, contact [info@stellarskulls.com](mailto:info@stellarskulls.com), visit [www.StellarSkulls.com](http://www.StellarSkulls.com), or call 415-507-9129.



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