

# SEDONA JOURNAL OF Emergence

PEACE TO ALL BEINGS

FEBRUARY 2020

## *Mother Earth Says She Is Upset with Humans*



1. Humans are burning the elements of water for fuel.
2. Humans are fracking for oil, which pollutes the water and causes earthquakes.
3. Humans are becoming more violent.

## *What Do YOU Think We Ought to Do to Change It?*

SEE PAGE 1 & ZOOSH THROUGH ROBERT SHAPIRO ON PAGE 3

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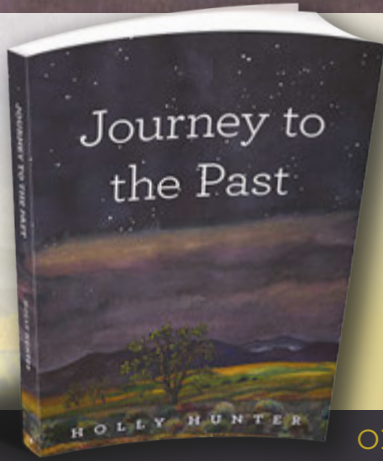
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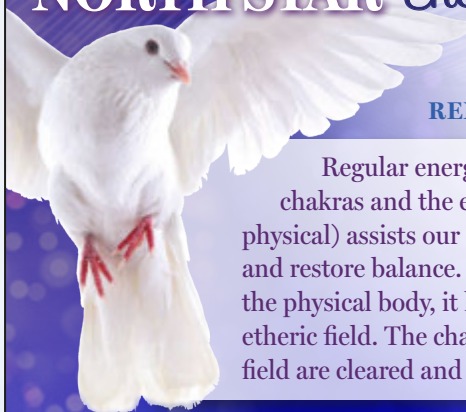


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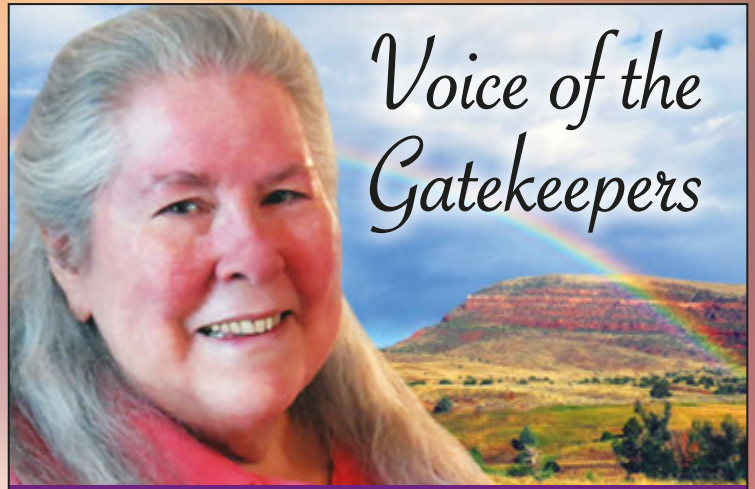
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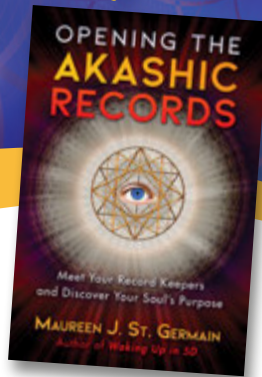
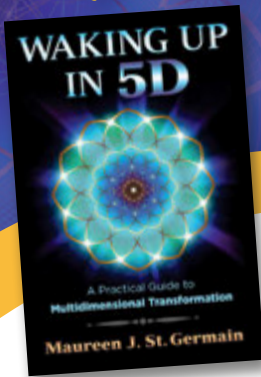
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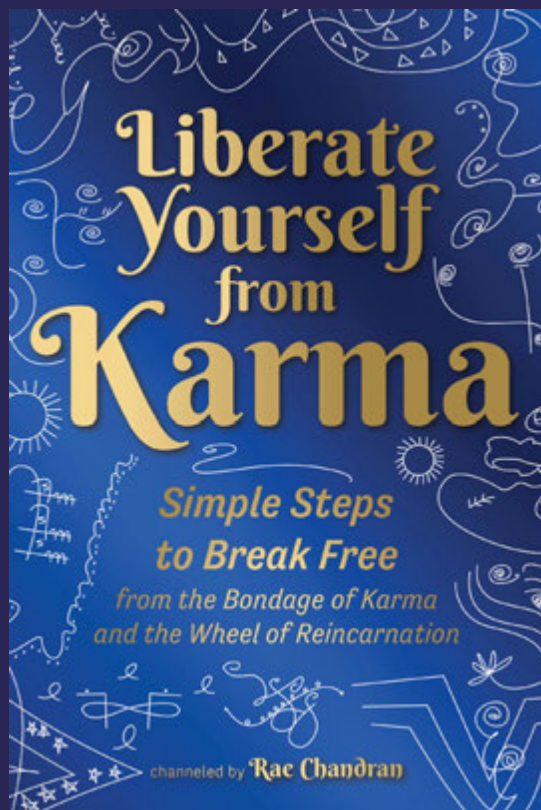
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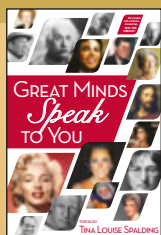
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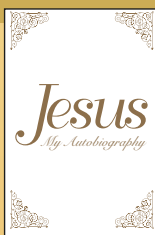
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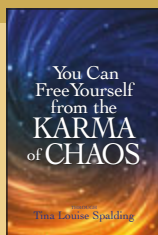
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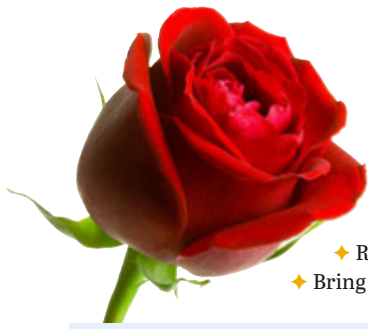
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PEACE TO ALL BEINGS FEBRUARY 2020

## Mother Earth Says She Is Upset with Humans



1. Humans are burning the elements of water for fuel.
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3. Humans are becoming more violent.

## What Do YOU Think We Ought to Do to Change It?

SEE PAGE 1 & ZOOSH THROUGH ROBERT SHAPIRO ON PAGE 3

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## Times of Testing

Zoosh through Robert Shapiro

17 December 2019

These times are times of testing. This doesn't mean that if you fail the test the world will be over in a single stroke — nothing like that. It means that you will just have to wait longer to move on to a more benevolent world without dying, and that benevolent world will be a wonderful place for all people.

So, what is the testing about, and what form does it take? When you look around, how is your country running? Is it running smoothly, and are people catered to according to their needs? Are the taxes not crushing? How is the weather: Is it fine, and is it comfortable? Do you get the rain you need, do you get the warmth you need, and do you get snow to enjoy? How are things, and what's that you say? Things are not perfect? Things are not wonderful in your part of the world? Things are not as wonderful as you would like in your family or in your life?

This is a time of testing. There are old ways that work, and there are new ways that work. The ways that you use can be many and varied; it doesn't have to be just one way. The old ways are old because they work, but they tend to be forgotten at times.

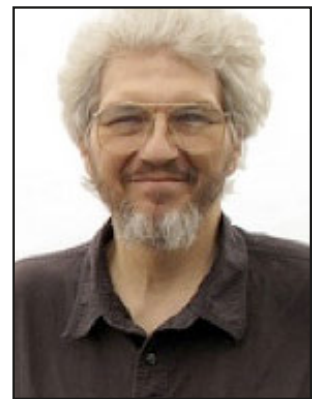
You know those in the old days, with those old ways, just didn't know how to write down the message of all that stuff that was so important to know. If they did

write down that message, you can't find it or you can't understand it, because their language or their symbols are either misinterpreted or don't make any sense to you.

So, what can you do? Through this channel you have heard many things that you can say, like benevolent magic and living prayer. So there is that. But what can you, as an individual, do? You can, of course, try to make friends with other groups of people you wouldn't normally do that with; many people do that. But what can you do in immediate situations that are threatening?

You can put on your magician's hat. Right now, certain books about magic are very popular, and there are even movies based on magical stories. But why make it a story? Why not just do it? Maybe you don't need a magic wand, and maybe you don't need magic potions.

Maybe you can just say, as has come through this channel before,

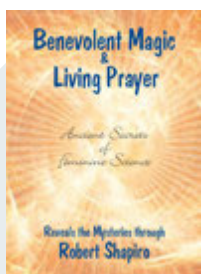


### *Benevolent Energies*

“I am asking that all the most benevolent energies and spirits and (add the name of your deity) be all around me and all about me now.”

Or you can simply say,

“I'm asking that all the most benevolent energies that are available for me be all around me and all about me now.”



See [LightTechnology.com](http://LightTechnology.com) for more information or to purchase the book *Benevolent Magic & Living Prayer*, an easy-to-read, pocket-size introduction to benevolent creation for yourself and others.

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Then wait for few minutes or a few seconds or however long seems right, and turn off the ringer on your phone. Actually, you can turn the phone off and that will be safe. Try to do it at a time when it is quiet, and then say,

🌀 **Benevolent Magic** 🌀

“I am asking that my life improve in wonderful and unexpected ways and that this also happens for my friends, family, and everyone on Earth.”



Now, that might sound to be a bit grand, and it might

just seem to be words, but you have asked, you see, for all these most benevolent energies to be all around you and all about you. When you make it clear what you want and need with a simple statement like that, then they will say, “Aha” and they will work to bring it about.

What you have missed in the past is how to communicate with spirit and your deity in ways that they cannot only hear but can also act on. I bring that up because it is something that has come through this channel, and countless people have used this to their advantage (not using that particular statement or request but similar ones).

You can also look around your immediate neighborhood. If there is a trash building up the street and you wish that things were better, then act locally.

## Mother Earth Is Upset

Zoosh

5 December 2019

Earth is being taken apart and disrupted and corrupted by, well, I’m going to pick on people fracking. They don’t really need to be fracking anymore, because there are a lot of old oil wells that they think are dry that are actually able to produce oil again. Sorry, I don’t mean to rub salt in the wounds here. It’s just that oil is not that difficult to find anymore. So please stop fracking, because you are disrupting and corrupting underground waters and underground streams and the waters of Earth, which you have to drink to live.

Of course, now you have people doing worse things with water — much worse. Surprisingly, some people are hailing it as wonderful, and that’s because they think there is a never-ending supply of water. Well, there might be a never-ending supply of *polluted* water but not necessarily a never-ending supply of fresh spring water that comes out of the ground. They are burning it now in vast amounts.

**Say more about this. It is to get the hydrogen out, do you mean?**

Yes, that’s it. Think about it, they are getting the hydrogen out, and of course, they are using some of the oxygen to burn the hydrogen, and then the water is gone. They are doing that.

Good News Network normally brings good news and is wonderful, but we think they are mistaken about this. There is a steel company converting its energy source to burning water, and the person on the website thinks it is such good news. I’m not trying to make the Good News Network the enemy for reporting the story and thinking it’s a good idea, but they are just not thinking straight on this issue, okay? You can go to the Good News Network and look it up. It is there.

*[See [GoodNewsNetwork.org/german-steelmakers-power-furnace-using-only-hydrogen/](http://GoodNewsNetwork.org/german-steelmakers-power-furnace-using-only-hydrogen/) for more information. Where are they getting the hydrogen? Go here to find out: [Energies.AirLiquide.com/resources-planet-hydrogen/how-produce-hydrogen.](http://Energies.AirLiquide.com/resources-planet-hydrogen/how-produce-hydrogen.)]*

**We had a cover for the Journal at one time that said people on Mars burned their water, and look what happened to them.**

Yes, you can go back to that. But it’s just obvious, if you think about it, that there might seem to be water everywhere in some places while other places have little. In wet areas, they might want water to go away due to flooding, and then in other areas, there are droughts and fires. For a long time, people have been burning water in small amounts — not forever but for quite a while. But now they are using large systems.


We feel (Spirit, all right) that it must stop, or you will destroy all life on the surface of the planet. Is that what you want, just to have cheap fuel? You don’t have to attack these places that are doing it; you just have to pass laws that say don’t burn water, because we would like to continue to live. They can go back to using what

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they were using before. Probably oil or something like that, and I am not touting oil companies. I'm just saying don't blame the oil companies; they are only providing

the energy that you basically need to live. When you use your phone and plug it in to get electricity, someone somewhere is producing electricity.

## Earth Is Angry

### Moonset

13 December 2019

***Moonset is a spirit who lived 700 years ago as a Navajo (Diné, they call themselves — their original name that means “the people.”)***

In your time in your world, you are experiencing upheavals that we saw in our time.

***What are the signs that you are seeing? Are you seeing events playing out, or what is it that you are seeing that is causing you to tell us this?***

Among other things, it's the melting of ice on the surface while at the same time (and this is why it is important) there is much of the fire and steam and boiling water coming out of Mother Earth. This is a serious issue. It means from our perspective that Earth is angry about something.

Simply ice melting could mean that she wants to provide more freshwater. But with the fire and the scalding and the ash and all of that coming out from her, it means that she is also angry. This can only mean that there is something being done on your planet. Perhaps there is more than one thing being done to harm life in ways that are creating complications for the very elaborate system that she has set up to welcome life on her planet, to welcome life on herself.

We do not know what these things are that she is offended by. But it is enough to cause her to release fire, which some of us have seen as an end-time creation. So, you must examine what you are doing. This is not a small thing that you are doing. It is not a small thing between family members for example. It is be a very big thing that you are doing as a people. It does not mean that all the people on the planet are doing it, but enough people are that it causes harm.

The people upsetting the planet must stop doing it immediately; otherwise, she will continue. We say “she”

because she is the giver of life physically. Of course, spirit and Creator provide life, but it is beingness that is provided. So we feel you will not have to search too hard to find what is going on to offend her.

***Yes, I think we know two things. One is burning water, and one we call fracking.***

*[Fracking is defined as the process of injecting liquid at high pressure into subterranean rocks, boreholes, and so forth, to force open existing fissures and extract oil or gas.]*

Yes, this sounds like something that can, well, I do not know what fracking is, but burning water — why would anyone even want to do that? You all must have it, and there are so many of you on Earth plus all the other life forms. To destroy water — that would get her to express the way she has begun. You must stop all that at once. But do not give up if you cannot stop it at once.

The sooner you can give it up, the better, because you need every bit of water that you have on the surface, or she would not have begun melting her ice to provide more freshwater for you. The water is a gift, but burning water is a mistake. I do not know about the fracking thing. What is that?

***It's a means of getting oil out of shale rock using chemicals and high pressure. It pollutes the underground water and causes earthquakes.***

I see. That would also be something that would upset her. So it would be good to stop that, for sure, and perhaps you will find that it's not really necessary. But the burning water thing — that should be considered an emergency to stop.

***All right, well, I thank you very, very, much for coming to talk to us.***

Thank you for allowing this.

***Thank you for coming.***

## Technology Must Become Supportive — Not Harmful — to Physical Life

### Mother Earth

***I'm wondering if I can talk to Mother Earth for a minute.***

I'm here. Can you hear? Briefly, what do you want?

***How do you recommend that we convince those who are doing fracking and burning water to stop?***

You personally cannot. You can just make recommendations if you believe it to be of value to do that. You

cannot stop them, but if you wish, you can say some of those words that you say to help to bring it about.

[Benevolent Magic and Living Prayer.]

***Okay, are those the two major issues that are concerning you?***

It's also the violence among peoples. Some of this is set off by aspects of your technology that seem to

create nervousness and tenseness, and this might have something to do with electricity or something like that. Generally speaking, if you are around electrical energy or even electronic energy, your muscles get stimulated. Perhaps it happens at a lower level, but if it lingers, it can create confusion in your body. Your body will think it is time to jump up and do something. Do you understand?

Yes.

You may feel you need to walk or run and go from place to place. For people who are mentally unbalanced or even simply stressed out, as you say, this can prompt them to make decisions that they will later regret.

**Do you feel that this is an inadvertent effect of technology and electricity, or is it being done deliberately to stir up the population?**

I feel it is not intentional but is an aspect of creating the unintended consequence. We feel it's being ignored for the sake of the pursuit of technology, because technology tends to want to pursue. So it is something like that.

**Outside of stopping technology, is there anything we can do about that?**

You can't stop technology, but you can encourage it to be supportive of the human physical body rather than the opposite.

**How do we do that?**

You will have to do the best you can. You will have to encourage choices to be always for the betterment of human beings physically and for all life. So the foundation has to be "whatever we pursue cannot (as much as possible) cause harm to human beings or other life forms." It must always create something better without harming. You cannot say, "Well, we will create something

better if the harm is only small," because there are other things like that, and all the harm accumulates.

**So how can they make technology and electricity harmless or less harmful?**

They will have to find a way. They have already done so many things, and they are not incapable of finding a better way. They might find that they can just tone it down a bit. The way you have been doing things is you move electricity around in wires, but there are some people who feel they could just broadcast it through the air, or they broadcast it through the air unintentionally. This happens to accomplish some technological purpose, and it requires a certain amount of electricity to be broadcast. That is another layer of harm to people of all types. It starts as one thing, then it's another thing, then another, and then it is easy to rationalize that even though it does some good, it is equally doing some harm.

All these harmful things add up. It isn't just that this is harmful and then stopping it will make it okay. It is all these things that are harmful, and the human body is frail; you understand you don't have a suit of armor integral to your body. How much can the human body take? You are at the point now where you cannot take much more as a race of beings. Good night.

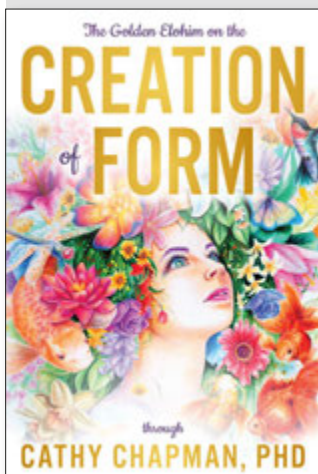
**Thank you very much.**

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

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# The Ending of Life

Amma the Divine Mother through Cathy Chapman, PhD



Dear ones, I am Amma the Divine Mother of the divine mothers, and I am your mother. The one I speak through has asked me to talk about suicide, because a friend of hers just lost a daughter to suicide. I would also like to speak about the ending of earthly life in general, but let us begin with life.

This third-dimensional world of yours is difficult. You don't need me to tell you this. Some of you have experienced, and are experiencing, deep pain. You know that all that happens to you, your pain and your happiness, is for your growth, development, and spiritual expansion. All that happens also gives you the opportunity to experience various aspects of love. The aspect could be forgiveness, acceptance, creativity, and much more.

Everyone's path is different, even those with similar paths, but all of you are here to learn about an aspect of love through experiencing that aspect. Like others, the daughter of this one's friend chose to learn about love through pain. Pain is one path. Even it can be filled with love.

## Your Life's Potentials

With those general words, let us explore the ending of life. You know that you plan your life. You plan the potentials of how you enter this world, what you experience while you're here, and how you leave. None of this is planned in a haphazard manner. You give yourself a number of potentials for leaving this life so you have an opportunity, on a soul level, to decide whether you want to continue the experience of this lifetime.

This one I speak through placed within her plan a number of potentials. The first was when she was about a year old, and the car door opened as the car was moving. There were not car seats then. She had another potential when she was about seven, then several when she was an adult.

Think back to times you had near-accidents, accidents, or health issues that could have ended your life if things had turned out differently. These were the potentials you placed in your life plan to leave this life if you were not accomplishing what you wanted.

As you know, your entire life experience is for your spiritual expansion. You, on a soul level, evaluate your spiritual expansion and decide if you want to go in another direction. If you wish to go in a radically different direction, you have three choices: You can create a new

contract for this lifetime, you can leave this lifetime through illness or injury, or you can form a new life plan that requires restructuring a new hara line.

The hara line contains the encodement blueprint for your lifetime. If you make a radical change in what you wish to learn or experience, you need a new encodement blueprint. For that blueprint to be changed, your hara line must disintegrate so the new blueprint can integrate within the hara line. Think of working with clay, and you insert mesh into the clay. To change the form of the clay, you need to take out the embedded mesh. If the clay has not been fired and you want to reuse the same clay, you need to dissolve it and wash the clay away. Then you would reform everything. This is similar to what happens with the hara line. This process usually occurs during a severe illness or injury, or what you call a near-death experience.

What if the life you planned, with all its potentials, becomes so painful that you want out? Your societies and religions have done all they can to make the choice to kill yourself as difficult as possible. They created a hell you cannot escape from, to scare you into staying alive. You are also created in such a way that the preservation of life is encoded into your energy system. Life, this life you are in, is how you explore love. Pain is one of the ways you explore love, even pain unto death.

According to life plans, there are several reasons an individual might choose to end their life, consciously or subconsciously. Consciously would mean by using something such as a gun, car, poison, pills, or similar object. Subconsciously would be through dangerous behaviors, such as extreme recklessness, drinking and driving, drug use, or not taking care of your health. Suicide is, of course, the conscious taking of your life.

## Reasons to Consciously End Life

Let's explore reasons why someone would consciously choose to end their life:

**A joint decision between souls:** A soul that chooses suicide for the purpose of assisting others and themselves on their paths is a soul who loves deeply and has much courage. That soul agrees to have a life of deep emotional or physical pain that is too difficult to bear. The pain is so



intense that it overrides the encoded desire to live. Loved ones left behind expand as they navigate grief, betrayal, guilt, shame, and the drastic changes in their lives. This is a complex process with many layers.

**The potential to overcome the pain:** A soul might choose to explore love by experiencing and overcoming depression, anxiety, or physical pain. When you plan your life with a specific goal in mind, you are in your infinite state. On that soul level, you forget how difficult this life is, just as you forget that you are infinite and self-created from love after you incarnate. Your goal, on the soul level, is to overcome this pain and move to a place of greater expansion and joy. But the pain can be so great that the personality feels hopeless and unable to continue. The personality makes the choice to end their life. This decision, of course, affects their life and the lives around them.

This choice is not a failure. Yes, the soul did not overcome their pain as they'd planned, but they learned about love in a different way. Usually, this experience is one the soul wants to retry. The retrying is not in any way a punishment. It is simply the desire of the soul to make some adjustments in the life plan and try again.

**The potential to consciously end your life because you completed your life:** There are those who can consciously step out of their bodies and return Home. Some are not able to do this without the use of a substance. Others are able to detach from this life and leave their bodies quickly and easily. These souls move back Home with joy and delight.

### What Happens after Death

Every soul knows that if you leave your body while in emotional turmoil, you will experience confusion. This occurs no matter how the body dies. This knowledge is on a soul level and not on the level of your personality. If death is sudden, you might not realize your body is no longer living. After you leave your body, if you are in emotional turmoil, you will have the same feelings you had before you left your body. These feelings could be anger, fear, anxiety, rage, jealousy, or any other low-vibration emotion. It does not matter whether your body died from your own hand or for some other reason; you carry those feelings with you.

Low-vibration feelings can cloud the individual's ability to see higher vibrations. They often cannot see the loving beings or wonderful light that come to guide them home. Lower-vibration energies can also result in the personality making a decision to not go with those who come to get them. Those who are filled with beliefs of hell might greatly fear going to that place. You are amazing creators. You can, and often do, create your own hells. The Creator does not create hell, since as you are so adept at that particular creation.

Some who leave their bodies have great concern for those they left in the physical. They might be deeply concerned about others and make the decision to not move on. They think they are supporting those still in bodies. Because they have not completed their life cycle, they do not go through the life review and healing every-one experiences. Once the soul crosses over, discovers what they learned and how they learned it, and receives healing of the pain they experienced, they might return to their loved ones as guides. But without completing the life cycle, the soul is unable to see the breadth of what is happening with their loved one. They hold on to their pain and can even pass that pain to their loved ones without meaning to.

### What Happens after Suicide

There are three possibilities of what will happen if one chooses to commit suicide when in a state of turmoil. If one is plagued with depression and in despair but desires or intends to go to a place of peace, she or he might look to be met by someone and guided home. Even in pain, they look for light. Often, the spirit of such a person moves into the arms of love and comfort. These could be the arms of a loved one who has passed on or the arms of a spiritual figure such as Jesus or Buddha. That individual will rest in those arms of love until they are ready to go Home. They will then enter a place of deep healing and love.

A person can still feel confused when her or his body has died and might have difficulty finding the love so desperately sought. Speaking to your loved one and encouraging them to look for a being of light — such as Jesus, Buddha, or a loved one who has gone before them — can help them make the final crossing.

Those filled with anger, rage, hatred, and bitterness toward others when they end their lives rarely see beings of light waiting for them. Such people often find each other and move to a realm devoid of love. Know, however, that an angel of light is always there, loving them and attempting to get them to move back Home.

If you have a loved one who died, no matter how, and they held great anger and bitterness toward others at the time of their passing, send them love. Tell them of the love available to them. Implore them to let go of their anger and bitterness and see the beings of light with them. It is easier for these souls to see the light and release their negativity once they have left their bodies. If you wish to do a great service, ask for a forgotten soul who needs love, and be the one who provides that for them.

Then there are those who are filled with anguish and regret after killing themselves. They observe the grief of their loved ones, and their pain increases. They often stay with their loved ones, attempting to gain forgiveness for their actions, until they are finally freed. Again,

talk to these souls. Tell them you love them and forgive them. Ask them to look for the beings of love and light around them and to go to them.

### You Are Always Loved

Dear ones, you have surely heard many beliefs about suicide: People who commit suicide will spend eternity in hell; those that suicide will spend the time left they were supposed to live in the astral plane; suicides will come back to another lifetime that is even more difficult. Notice that these, and other beliefs you might hear, have one thing in common: They are based on punishment.

You experience punishment on Earth. You are punished by parents, court systems, corporations, friends, and many others. The Creator does not punish you. Your Creator loves you unconditionally. Unconditionally means you cannot disappoint; you cannot hurt; you cannot “make” the Creator feel anything but love for you or anyone else.

Yes, some who commit suicide are trapped in the astral plane. They have trapped themselves. There is

always an angel who stays with them, sending love and whispering love messages. In that golden moment when one who suicides notices the light, even for an instant, another angel or loved one from that lifetime comes and sends love, then another arrives and another, until a choir of angels and loved ones are there to assist.

Even those who continue to be filled with rage, anger, bitterness, and even hatred after they have killed themselves, are loved unconditionally. An angel is with them. Never does the Creator give up on any part of creation.

Your job is to live your life to the fullest. Do the best you can. Call on me or others to support you. So many here love you. Open your heart to them. Open your heart to those who love you. I will always love you.

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

## Target the Future

Kryon through Lee Carroll

28 July 2019, Stamford, Connecticut

Greetings, dear ones, I am Kryon of Magnetic Service. Here's an expression we have used in the past: “A fool does not know he is a fool.” This expression is a metaphor for many things, but basically, it means that whatever your level of awareness, you cannot see above that level. If it's a lower level of awareness and you are, indeed, a fool, then you have no idea you are a fool and will continue to be one.

You could ask, “Might I be a fool because I am not fully aware of the things around me?” The answer is no. It is simply a metaphor that tells you it's tough to see things of a higher consciousness when you are in a lower-consciousness state. All Humans have higher awareness available to them, and if you look at this logically, you might say this is cause for celebration! You simply have not yet seen the many attributes of awareness and higher consciousness available to discover.

There is a potential trap in this area of unseen things. The trap is a common Human one: You are so enamored with what might be there, even though you cannot see it or imagine it, that you want to postulate about it and make up things to satisfy your keen interest.



Be aware that, within this new energy, there will be what I call “postulation groups.” Many of you will go off on tangents on what you believe might be there but really isn't, and you start working toward a goal based on what is unseen and incorrect. The danger here, dear ones, is that you are so curious, and your intellects are so greatly challenged, that you can get trapped in this place of wondering, being, doing, and planning, and miss the whole point.

What good does it do for any Human to sit and spin? Spinning can make you too dizzy to meet the reality that actually should be yours, and you never know you are spinning, because fools do not know they are fools.

You might say, “Kryon, I don't understand anything you just said.” What I'm saying is this: In this new energy, there will be revelations of multidimensional (invisible) things and energies that will generate great curiosity. It will not help you to postulate, wonder, or plan about things you don't know or understand, because that will keep you from seeing the truth when it finally arrives. You don't expect what you don't expect, and, truly, things

are coming that don't fit any linear paradigm you can imagine. One of these I will tell you about now.

## Time Is Difficult to Define

I'm going to discuss something very esoteric. Many of you will say, "Bring it on." But you have no understanding of the reality of it. It is something you don't expect, which is here and available for you. It has to do with the way you perceive yourself, your galaxy, your universe, and your reality. It has to do with time.

How would you describe time to a child? It is a difficult thing, is it not? You might say, "Well, it's the ticks of the clock." The child might then ask, "What does that mean? The ticks are only sounds." You might say, "It's about the space between the ticks." Then the child doesn't want to hear any more, because what you're saying doesn't make sense.

The definition of time is extremely elusive. What makes it even more difficult, dear ones, is that it has only been in the last fifty years or so that scientists have looked at time and said that, against all odds, it seems to be part of atomic structure. In other words, it's not just a concept; you could touch it if you were small enough. Not only that, but by altering parts of this atomic structure — the physics regarding density, speed, and mass — you might actually alter time. Einstein postulated, and was later proven correct, that time seems to slow down and speed up depending on how fast you are going — it is totally relative to the observer. Time is, indeed, variable and not the linear, unmovable, absolute thing you think it is.

That's a tough one to talk about to a child, isn't it? You are not yet going to tell the child that time is variable, because that is a brain-buster. You all expect time to be absolute and never change. Atomic clocks measure time to the "nth" degree. Time is stable, consistent, and it is your linear reality. But that's an illusion, made just for you.

You have always perceived time to be a straight line. Everyone knows it's a straight line, like a train on a track. If you stand in one place on that very straight and long track, the train becomes history as it goes by and disappears into the distance. Waiting for a train is waiting for something that will happen at some unknown time in the future.

If you're on the moving train, you move through three elements: the now, the past, and the future. Although you are always moving through these attributes, you still see them as isolated concepts. Those who are intellectual will break this down even further and say, "The front of the train is in the future, the back of the train is in the past, and the middle of the train is now." Isn't this interesting? But it's not a straight line and never was.

## Time Is Always in the Now

If you ask physicists about time, they will tell you it is a difficult concept, because it seems to fall back on itself in a certain way. This is because time is circular. It has to be in order to operate the way it does. Time is always in the now, in a certain way, and although it's difficult to understand, time is really a circle. Now, the circle is a rough one. It might be toroidal or a different shape altogether, but it folds back on itself. In other words, it always comes around to itself as a circle would.

Why am I telling you these things? Because if you understand that the track of time is not a straight line, you have to ask yourself intellectual, time-related questions that seem unanswerable.

You might say, "I've lived here through a thousand lifetimes. Kryon, can you identify how that might work in the circle of time?" Let me ask you: How big is the circle? The answer is, "Yes" [smiles]. All of you old souls have been on this track for a very long time and have covered the same track over and over for eons. The circle size depends on the reality of who is measuring. I won't say any more, for it just confuses the linear mind (but it's very Einsteinian).

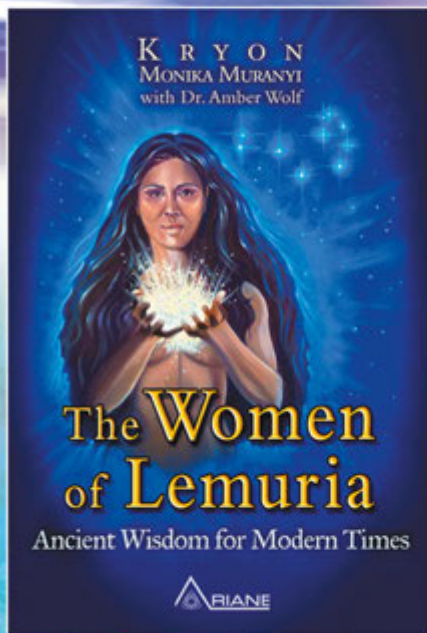
The biggest point is this: If that train on that long track is you, then you have been covering the same ground over and over for thousands of years. Can you conceive this? Is this concept understandable? You're in a circle like a toy train would be, but you think time is a linear, straight line. It's not. It goes around and around, which means you have actually covered the same ground over and over. That's a vast oversimplification of how something very complex can be perceived in a simple way, but I want you to see this clearly because of what's coming.

If you're on a train on this particular track I have just described, and you look in front of you, are you looking at a pristine, unknown future where you've never been, or have you been there before in some way? Think "circle." You might wish to read that again before you answer.

If time is a circle, then the answer is that you've been there before in some way. Again, picture a toy train in a circle: It always goes over the same track. You might say, "Well, if that's the case, shouldn't I recognize or feel things coming on the track in front of me? Are things coming that I have been through before?"

Time and Human lifetimes do not work in the linear way you might think. It's not about your episodes, karma, or past lives. It's not linear, so you can't say, "Well, I've been there, and therefore I know what's going to happen." Time is a multidimensional concept, so even though you are going in a circle, you've only covered certain dimensions of it as you travel. Perhaps the track

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



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

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

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in front of you is a dimensional experience you have not covered yet, even though the track is the same.

Think of the track as layers of reality. Although you are on the same circular track, you keep shifting layers within the circle as you travel. So part of the track ahead of you is familiar while some of it is not. It's a familiar track, because you kind of know what it feels like to be there, but the strangest anomaly of this new paradigm of time is that, as you look ahead, you actually look into your past [breathes]. Is that confusing enough for you?

What if, as you travel this track, your awareness of new dimensions increases? What if it's the same Earth and track, but you are now far more aware of what it's all about? What if time on this familiar track helps you evolve into a different kind of Human — one who is savvy in the wisdom of what is coming next? Can the unknown on this track in front of you become your comfort zone?

## Send Solutions to the Future

“Dear Spirit,” you might say, “I know my soul is multidimensional, and I've been on this earthly plane of past lives for a long time. I might have a thousand past lives in my akashic record, and I know I keep going on this track of time that Kryon speaks about. But suddenly, I have a new perception: I'm a multidimensional being filled with the love of God, and I can control the reality

of my life. I am learning new paradigms of what is possible with this new engine of enlightenment, and the spark of awareness that I now have is much bigger than anything I ever experienced before.

“I'm beginning to learn what a creature of a higher level of consciousness can achieve. I've learned that what I think in a benevolent way can have coherence with others and result in healing in a group. I've learned that I can sit in a theater and have coherence with other people, and they don't have to know I'm even there. They don't have to know my name, but they can feel the benevolence of my energy and feel better because of it.

“I've learned that these new gifts and tools are beyond the physics I thought I knew. Therefore, I have decided to bless my life in a new way: I'm going to take control and send benevolence for myself, my soul, and my life on the track ahead of me wherever I go. This is possible because I have “been there,” and although I don't know what is going to happen exactly, I know it's within my comfort zone and I'm not afraid.”

Does that make sense? It's accurate and beautiful!

Have you ever thought of sending benevolence for specific things into your future? Let's say something is coming up in your life, and in the past you might have been anxious about it and said, “Well, I hope when I get there it's going to be all right.” Then you gather your

friends and pray. This might seem fine and normal, but why not create energy for the situation in a way you never have before?

How about this? Send unknown perfect solutions on that track in advance, because you're able to do that now. The solution you create in advance is perfect but unknown to you. This isn't about hoping for synchronicity or saying to yourself, "I see myself healed," or any of those things you have learned so well. Instead, you send the healing forward, so you know it's there when you arrive.

There is no question it is there. It's not about "if," and it's not about synchronicity or hope. It's about sending something forward, walking the track, and arriving at the place you created. Remember, it's your track, and you've been there before!

This is different. It's a new paradigm. It's extremely difficult to describe to those who live linear lives. You might say, "Well, Kryon, I've actually been doing this for a long time. I always pray for myself in the future." Excellent, but have you really understood how it works? The understanding of how it works helps you cognize the reality of it.

### The New Paradigm Is Before You

The new reality is this: You are using the energy of your soul and all that you are and understanding that ahead of you is known territory. You're taking your life force, soul energy, and all that you are — your benevolence, love, compassion, and consciousness — and placing it ahead of you in a comfortable place that you have been before: your future.

Dear ones, you might have lived a thousand lifetimes, but your future knows you; it's your friend. Put yourself in a future where you have traveled before. Do you see yourself sitting there being different than now? If you can do that, I next want you to change how you see life

itself: Envision that you move to the front of the train. You watch the track and smile in expectation, day by day. You no longer worry or fret, because you work the puzzle differently. You expect good things to happen, because you are comfortable with what comes next.

When you do this, you create a model that affirms who you are, and you put that energy into the future on a track of time that exists, where you are known. In doing this, you do not just affirm who you are; you create a reality to come. That's new.

Dear ones, these kinds of things I will continue to bring you. If you read this and don't understand, that is okay and perfect. At some level, everything I have said has gone into that beautiful place called your soul consciousness. When you need to read it again, it's available. Your intent is everything. You've come for new tools, and I have presented some. Even without total understanding, this information has settled into a place where you can use it when you are ready.

Many more concepts and ideas are coming. You will use tools you haven't thought of yet, which are really only available to those old souls willing to work with "the spark." I tell you these things now, because it is no accident that you are reading this. I know who you are; your soul glistens with the crystals of change and the desire for truth.

You might still be confused, but know that at some time, on some level, the confusion will snap into clarity, and you'll be able to drop all the baggage you have been carrying for lifetimes on this train of yours. And so it is.

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

## Colors and Ascension

### Archangel Metatron and Sunarama through Rae Chandran

**Metatron:** Hello, my dear family. You are living in a very interesting time when new possibilities exist in the middle of great chaos. Yes, there is much confusion, fear, anxiety, anger, and polarization. But many new things are coming, so we encourage you to not buy into too much of what's happening in the world. Stay centered in your space, and focus on the good things in your life.

It's easy to get sucked in by what's happening, but that is just one reality. Many realities exist simultaneously.

During 2020, you will see more chaos than what occurred in 2019. There could be a rattling of the markets, resulting in a mini financial crash. The stock market

could crash in many ways, so stay centered and focused in your truth and in your own life at every moment.

Each morning when you wake up, say, "Peace in the



front. Peace in the back. Peace to my left. Peace to my right. Peace to the top. Peace to the bottom. Peace. Peace. Peace.” You can also say, “Peace in my mind. Peace in my thoughts. Peace in my emotional body. Peace in my physical body.” When the physical body is agitated, it affects the mental and emotional bodies. Bringing peace into these areas of your life will bring a shift; you will see things differently and react from the heart.

On the subject of colors, we invite a master from a planet of colors to speak at this time.

### Lemurian Light

**Sunarama:** Hello, dear friends, and hello to my family in Mount Shasta. Adama and the Lemurians know us, because we are sister cities. I come from the planet Sunarama, and you can call me by that name. You are made of colors, geometry, and mathematics. Your bodies also have musical notes with corresponding color frequencies. Your DNA has colors. This is why, when you wear certain colors on the physical body, you often feel uplifted. Knowing the colors of your DNA would make a difference in your life.

You can enhance your life by using colors. You might have noticed that when you go to a museum or to an art gallery, certain paintings or expressions of color captivate you, and you stare at them for long periods. You drink in the color. You feel an expansion of your light and of your heart, and you say that “this” painting or “that” abstract art is a masterpiece, because it supports your energy.

Bringing color frequencies into the body is highly recommended. You are well aware of the chakras and their colors. You are aware of the colors in a rainbow; there are not just seven but twenty-four. You are aligned to certain supporting energies when you are born, such as a dragon, for dragons are the ones that anchored the crystalline grid on Earth. You are aligned to a color, a particular tree, a sound frequency, and many other things. These alignments are a storehouse of energy created by your higher self before you are born; they wait to be opened. The following simple color meditation will help you examine this more closely.



#### COLOR MEDITATION TO OPEN YOUR HEART

Close your eyes and breathe normally. Observe your breath going slowly in and out. Imagine a beautiful red ball of light under your feet. Now see an orange ball of light next to the red ball, a bright-yellow ball of light next to that, a soft-green ball of light, a soft-blue ball of light, an indigo ball of light, and a soft-purple ball of light. These are the colors of the seven chakras. Now imagine more balls of light: gold, silver/platinum,

turquoise, magenta, white, and pink. All these colored balls are under your feet.

Breathe, and pull in as many colors as possible through the soles of your feet. Hold your breath and take the colors to an arm’s length above your head, up to the twelfth chakra. Release the colors, and see them shower down around you. Do this exercise two more times.

You are bathed in color. Send these colors into your aura — into your emotional body, mental body, and your other sub-bodies (anger, pain, and disappointment bodies). See the colors go into all these bodies and then fall to the ground, going into Mother Earth’s body.



The Lemurian society as a whole did this particular meditation. They were a heart-centered society. They were not fully balanced, because they were more feminine in energy than masculine, but their hearts were open, and they felt much love. This simple meditation can heal and open your heart. It can also revitalize all your depleted organs by sending them vital *qi* (chi) or vital life force, which slows aging.

You can also extend this meditation to bring colors into your house and into your yard so that those areas can be revitalized and filled with benevolent colors. Sometimes stagnant energy — a result of imprints created by you or others — can stay in a house and be hard to get rid of. Colors can uplift and release many of these embedded energies and result in new freshness coming into your life.

We highly recommend you do this meditation ten minutes every day for eight days. You will see a difference.

### The Power of Color

The color yellow is very important. It is the life force energy. When you feel down and have no energy, working with this special color can revitalize your important organs, bones, bloodstream, kidneys, and the joints in your feet and knees.

Colors can help uplift people who are depressed or sad. Scientists know this. For example, hospitals do not use much orange, because that is a very stimulating, powerful color. Combining orange and black is a powerful combination and sometimes overly powerful; it can dominate. Let’s look at the color red. If a lady goes out in a red dress, she will be noticed much more than if she wore other colors. Colors have a big impact on the way your energy is projected.

All colors are needed — not just one. Vegetables have different colors that support your emotional body and organs in different ways. Try this experiment: Talk to your body every week and ask what it needs. It will tell

you, “I need ‘this’ color at ‘this’ particular time.” “I need sunshine at ‘this’ time.” Colors can help you recognize and support opportunities in your life.

### Colors Create Wonders in Your Life

A tube in the back of your body called the pranic tube is very important, because it contains energies of the past, present, and future. It extends from an arm’s length above your head to an arm’s length below your feet. It contains important energies for moving the kundalini. It also contains sacred geometrical patterns.

When you open this tube, you are able to experience your interdimensional higher aspects. Your soul travels through it, and ideally the tube must be open as big as your skull. You can keep it open by breathing colors into it. Breathe in gold, platinum, and turquoise from the top. Breathe them down the tube, and release them through the Earth-star chakra below your feet. Now pull gold and green — the colors of Mother Earth — up through the tube, and release them out the top. Breathing daily in this way can keep your pranic tube open.

With your pranic tube open, you can create many wonders in your life. You will feel more energy in your body and have more vitality, because you start to merge with the three aspects of you. New talents, abilities, and healing capacities open, because you have all these talents in past or future lives.

### Release Imprints through Your Feet

You are probably aware of the three-fold flame in your heart. It contains the colors pink, blue, and yellow, representing the first three rays of God. These colors flow out of Jesus’s heart. What does this tell you? You are made of colors. Churches use colors, because they influence the human mind. In many churches, temples, and mosques, you see colorful paintings or writings. These cleanse and purify the mind so that you can focus on the Divine.

Colors below your feet help you communicate with Mother Earth. We ask you to focus on them now — soft gold combined with green and a soft reddish brown. The Earth-star chakra and three other chakras are located on the bottoms of your feet, along with minor chakras on the bottoms of your toes. They are all color-coded, so whenever you take a step, you imprint your vibration — your thought energy — from these chakras into Mother Earth, and Mother Earth brings into your reality what you have imprinted.

Work with these colors to release many of the imprints you have picked up from other people. Any time you walk in a particular place, you pick up the imprints of other people’s energies and thought patterns they have left there. When you release those imprints, you come back into yourself.

### Blue and Gold Uplift You

Love is food for the soul, and so are colors. Here is an example: You have a friend who is vibrant and always in a happy mood, even when she has challenges. This person has a positive attitude, and you feel good in her presence because of the positive energy she emanates. What is the color in this person’s life, in her soul frequency? It is bluish gold. People with bluish-gold frequencies project an image of positivity and vibrancy. You can bring this color into your body.

Most children are very vibrant, especially before ages five or six, as long as they are allowed full expression without being too controlled by their parents or their environments. They are full of light, purity, and innocence, and you just want to hug them and play with them. Their colors are also bluish gold. When you try to control children and make them fit in with society’s needs, their colors change. When you feel down and want to bring more positivity into your life, simply call forth blue and gold light. It will support you, and you will see a big difference in two to three days.

Sometimes children are withdrawn, even when they have very affectionate and loving parents or grandparents. No matter what the parents do, the children are withdrawn and don’t communicate much. Soft green and white can support these children.

### Colors Created from Human Connection

We encourage you to become familiar with the American artist Alex Gray. He looked inside the human body and drew color images in detail. Your body is magnificent, is it not? Every act you create has a color attached to it. Gray captured this in his art.

When two human beings make sacred love, the union of their bodies, minds, and souls creates incredible colors of purity. These colors go into the universe and support Mother Earth. When human beings make love in the sacredness of their hearts, they don’t just make love; they create love. A ruby mandala of sacred geometry forms in the ethers. Some of you might experience this in the future.

When a mother feeds her baby breast milk from the purity of her heart, the mother’s love and light envelope the child, who feels supported, nourished, and loved. When you die, colors release through the top of your head. Colors play an important part in weddings. In many Western cultures, that color is white. White shows purity, being at one with the Divine. You are your natural God self, and your natural God self is always pure.

Draw a circle with many colors, and ask your spirit guide which color you need at this time. For example, what will enhance your abilities? Let’s say you want more creativity. Use orange. To develop more compassion, use

a softer color. For more spiritual growth, breathe in turquoise or soft purple.

There is spirit attached to each color. These spirits work with the Elohim, the builders of form. As you probably know, the Elohim exist on your forehead. Call on them. They work with colors. When you combine colors with intention, your reality can manifest much faster.

### Healing with Colors

Love heals everything, and the color of love is soft purple. Love is not a feeling; it is a vibrational frequency of colors. Your cells have specific colors. Illnesses also have specific colors. How can you use colors to bring healing to certain parts of the body? Let's say you have arthritis. Open your palms and say, "I call forth the light of Venus into my palms." Imagine soft-purple light coming into your palms. After a few days, you will feel this light. Venus is where you go before you are born into Earth's atmosphere, and its color is soft purple. Bring it into your heart, and say, "I give the love back to myself."

You can use this method to send healing long-distance. If a person is getting treatment for cancer, you can blow the energy into the affected part, into those cells. Of course, they are still getting treatment, but healing will be much faster, especially with first- and second-stage cancers. For example, the side effects of chemotherapy can be quite disastrous. Blow gold or metallic blue into the place where the person received chemo to reduce suffering.

This is also very good for dialysis. Blow beautiful, soft white or gold into the patient's blood. Experiment with this. You can blow long-distance across thousands of miles, and they will be able to feel it. You can blow into the Amazon rainforest and see the entire forest covered with a beautiful light. It will have an effect. Breathing in colors and sending colors is very powerful.

When someone is ready to die, the chakras on the bottoms of their feet disconnect and they feel great fear. They see flashes of all the life they experienced — their words, thoughts, and actions. They might fear being judged by God or stepping into the unknown on a new path. You can blow colors blue and gold into the person's heart and crown areas, and their faces will reflect peace and gentleness. You don't have to be in the hospital; you can do this long-distance.

You have big problems in many countries with processed and GMO foods. Many of you have little control, because you live in cities where you are not able to grow your own food, and you have to eat the food that is available. Blow gold and soft purple into foods before you cook them. This will transform the chemicals and change the molecular structure. Experiment with this to see whether you sense a difference.

### Invite Colors into Life

When you go to the beach, especially a beach with big waves, you often feel good. Why? Because your heart opens. Waves emit a beautiful soft-green color that opens your heart.

Colors are everywhere. Invite the spirits of colors into your life. Ask your body: "Which color do I lack at this time in my life?" Your body will tell you. All colors are equally important, including black. You might think black means darkness, but black can ground you. Some people always wear black. That black clothing can support people in gaining their self-confidence: "I know who I am. I know what I'm doing." But there needs to be a balance. Let's say a man wears black pants with a red shirt — a very powerful combination. This is fine if he's going for an interview and wants to intimidate someone, but wearing those colors on a date can also intimidate the other person. Both are very strong colors. You need all colors, but you need to mix and match.

Children, especially the new children with ADHD, need colors to balance their lives. Even the undergarments they wear must be a softer color. Bright colors, such as red, yellow, and orange, can stimulate their emotional fields. Color is very important for these children, and soft colors are recommended. Even school bags, desks, and beds should be softer colors. You can also download colors into their bodies while they are sleeping to awaken certain qualities. For example, you might want your daughter to have a great imagination so she can develop her senses. You can bring in certain metallic colors [consult your guides which would be best for her] when she is sleeping, and anchor them in her crown. See the colors run from her crown down to her feet. These colors will embed in her aura.

This child be more imaginative and exploratory. She will be satisfied, and she will attempt to do new things, because she has gained self-confidence and started opening up. Children, as you know, are the future. You will see how much better they behave when you bring colors into their lives.

These new children sometimes throw temper tantrums. They question authority, whether at home or at school, when they are not recognized as human beings. They need respect. Sometimes they can be very demanding and intimidating, and they challenge everything. Bring in and anchor soft colors, such as purple, into their bellybuttons. If you give them a reason why they have to do things, many times they will listen.

You can also bring colors into your drinks, such as water or coffee. Bring the color of which quality you want to enhance, imagine this color coming through your hand into the cup or glass for three to five minutes, and then drink.



## There Are Many Colors in Nature

When you spend time near big trees, you feel better. Trees are very benevolent, and the color green affects your senses. Green has the capacity to open the new portal in your heart center. Eight inches in front of your heart is a portal to other dimensions. Aboriginal people know about this. They travel through this portal to other dimensional realities while still being in physical bodies. The portal is a golden color. Simply state, "I am opening the portal of my heart in meditation." Then see yourself stepping into the portal. You will go much, much deeper into yourself.

Fall is a time of beautiful colors. Trees and foliage have many colors. Since you are made up of Mother Earth's body, you need many colors. The next time you are among trees changing colors, breathe those colors into your body. Those of you ladies who have had miscarriages or abortions can breathe these colors into your wombs and ovaries. You will feel a lot of warmth in your body, especially in the stomach area, and you might cry from any guilt you feel in your subconscious. Release that guilt. Bring in colors.



### COLOR-TREE EXERCISE

List all the people in your life, as far back as you can remember. If that is kindergarten, maybe name your school teacher, your pet, the neighbors, and your friends — every person you can remember. Maybe you met a stranger on the bus who made a big impression on you. List every person who has touched your life.

Take a big sheet of paper and draw a large tree. Make the roots go deep, and draw branches. Some branches will be thick, and some will be thin. One branch might have many small twigs. At least twelve branches will be thick and strong. All these branches represent people in your life. The big branches could be your partner of many years, a father figure, or your mother. The longer the relationship with this person, the thicker and longer the branch.

Draw some leaves. The color you choose for a leaf represents the emotions you felt with this person. Let's say you worked with a colleague for a year. This person was jealous and back-stabbing, and you didn't feel good around him. You might draw him on a small branch, because he was only in your life for one year, and the color you choose might be dark. If you felt good about this person, maybe you will color the leaf yellow. Someone you really love is soft purple. Someone who really enhanced your life is a gold color. The color represents the emotions you felt when you were with the person.

It will take some time, but when you draw it out, you might feel reactions in your body or anger might come up, because you've held in all these emotions. Now they are coming up for healing. It might take a few days or a few hours, but in the end, you will have a very beautiful tree of colors. All these emotions and every experience make you who you are today, correct?

In the middle of the tree in the bark, draw a yellow waveform going from the base to the top of the tree. This means that even with everything you've gone through, you are still able to hold your Divine light. All those people are your teachers. Through them, you grew in life and gained wisdom. Even if those times were challenging, they were part of your life.



By doing this exercise, you will release the anger or hatred you felt toward anyone who hurt you. Most importantly, your karmic connection to that person will end. You won't have to meet them in the next lifetime, because you have cleared your part. They might meet people in their next lifetime to work on their side of the karma, but from your side, you have cleared and healed that energy in your energetic field.

A very beautiful healing can happen. Tears, frustration, and anger can come out from buried memories of abuse, betrayal, and trust issues. Once those are gone, you make space in your physical reality, your energetic body, and fill it with divine light. If you want, you can even put your picture at the top of this beautiful, colorful tree. When you do this exercise, you will see how your choices created all the experiences in your life. You will gain a lot of wisdom.

This is also what happens in a life review before you die: You see every person who appeared in your life. But you are doing this now on paper. Your life review will not be as scary, because you already cleared a lot and you will not fear being punished. You will see the gifts these people have given you.

## Colors Improve Inner and Outer Energies

You can use colors for many different situations, including court cases. Blow beautiful colors of harmony — soft blue and green — and send your spirit before you meet the opposing party. At a soul level, they will feel it. Maybe you are going to have a meeting with someone. Sometimes you cannot tell people everything from your heart. Write a letter on a piece of paper or on your computer, and the energy of what you write will embed in your heart. When you are with this person before the meeting starts, you won't have to say anything. Just send the embedded energy into her heart.

People can feel the energy of your thoughts, because that energy is in the ethers. Blow color into all the people you are going to meet. Blow into their heart centers before you leave to meet them. Imagine they are filled with golden-pink light. The way they communicate will be different. Your problem might not go away, but they will not be nasty. And when people are at that level, solutions can be found; miracles can happen.

When you change inside, change happens outside, no matter what's happening out there. Outside is a reflection of inner conflict. When you quell your inner rage, the outside shifts. Circumstances might not change, but the way others react to you can change, and that can make a big difference in your life.

For a child, especially a very small child, the world is full of colors. This is one reason children can talk to anyone, even invisible spirits, and they are happy. Children can play by themselves and find happiness in the moment they are in. They can sing and dance. Small children are always happy, especially before age five, in any environment. Their lives are full of colors.

As planetary healers, you can send colors into the earth and all people when you wake up in the morning. Blow and imagine Mother Earth in beautiful metallic blue. Then blow that color into all the people of the world, because colors represent the heart of God. You can also breathe in color when you are working or driving.

Some of the best colors you can use on a daily basis are the colors of the rainbow. You can bring rainbow colors into all your chakras, from the twelfth to the ones on the bottoms of your feet. Feel the chakras and the sacred geometry in your body fill with rainbow colors. Increasing your light frequency is a good practice for ascension, and it purifies and heals. For ascension to happen, you must work on yourself daily to release many things and bring in higher frequencies. Rainbow energy can help you release while anchoring in higher frequencies.

### Heal Your Heart with Colors

Jesus talked about using colors to heal the human heart. Certain sound frequencies emit colors. That's why music can awaken emotions in the body. For example, Hitler played music to awaken the energy of patriotism among his people. When an army goes to war, they beat drums, sending out an energy. Soldiers in America sing chants when they run. These sounds send the energy of colors into their auras, making them strong and ready to fight. Colors have a big effect on the subconscious mind. Most militaries use this technique.

Your blood and organs have colors. Bring in colors to support them, because when they are in harmony, your body is in harmony. You are a bioelectrical and a magnetic being, and both need to be in harmony. When your mind and heart are not in harmony, there

is a conflict. But when these two are in harmony, your electric and magnetic energies balance. Your yin-yang, female-male, energy will also balance. So bring in colors to your bones, blood, and organs.

A good color for the body and organs is soft red combined with pink. This is the color of Mother Mary, who represents the Divine Mother and the Divine Feminine — balance. Bring these colors into your body and into your organs, because you draw energy where you focus. If you seek the energy of a color, that color also seeks you; it is a partnership. This is why it is said that when you help yourself, God helps you. You'll be amazed how your life can shift using colors in your everyday life. It will change the way you communicate, how you cook food, how you sleep, your human relationships, and more.

A rainbow appeared in the sky during a Gay Pride Parade in New York City. People said the rainbow came to support them. No, their love brought the rainbow. It made a big impact on people's lives. How can a rainbow appear so suddenly? Their love brought it. When you blow into people, their love can awaken, and it can create a shift in the atmosphere.

### Crystal Healing with Colors

*I was just thinking about the various colors of all of the crystals. Is that also related?*

**Metatron:** Yes, very much. Colors in the body, vegetables, crystals, and so on are all related. You can blow colors into crystals and use them for healing. To do this, bring the colors into a crystal and, while lying down, place the crystal on your third eye, the middle of the forehead. Place another crystal on your bellybutton. Stay like this for twenty minutes. Your body will be filled with colors, and a lot of healing can take place, especially related to betrayal and trust issues, which we all have.

You will feel a lot of warmth in the belly area, which indicates healing. Now when you think about the person you had these issues with, you will not have the same emotional reaction; it will just be a memory. You have healed from your side.

You can work with Master Sunarama, the master of the color planet. Call him in and he will appear right away. You will not see a human being, but you will feel a lot of color around your head, as if your whole world is filled with color. Open your palms and call on Master Sunarama. You will feel energy in your hands — itching or tingling. We urge you to work with Master Sunarama.

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



# Channel Schedule

Experience the radiated love energy of the spiritual being through live channelings!

**NOTE:** We at the Sedona Journal want to bring the spiritual teachers we present in these pages and the people who want to know and become more of their natural selves together for mutual benefit. Please send your speaking, touring, or workshop schedule to us when you submit your monthly article, and we will publish it here.

## Alison David Bird [Marconics.com](http://Marconics.com)

- All 4 Levels Intensive | February 1–8 | Falmouth, Massachusetts
- Level I Practitioner Training | February 1–2 | Falmouth, Massachusetts
- Level II Lux Magnum Practitioner Training | February 3–4 | Falmouth, Massachusetts
- Level III Integrated Chakra Unification Practitioner Training | February 5–6 | Falmouth, Massachusetts
- Level IV Quantum Recalibration Practitioner Training | February 7–8 | Falmouth, Massachusetts
- Level I Practitioner Training | February 15–16 | Tokyo, Japan
- Level I Practitioner Training | February 22–23 | Wallingford, Connecticut
- Level I Practitioner Training | March 7–8 | North Andover, Massachusetts
- Level I Practitioner Training | March 7–8 | Watertown, Massachusetts
- Level I Practitioner Training | March 14–15 | Northborough, Massachusetts
- Avatar Consciousness Connection — Personal Ascension Courses | March 20–22 | Chester, Vermont
- Level I Practitioner Training | March 21–22 | Phoenix, Arizona
- Level I Practitioner Training | March 21–22 | West Palm Beach, Florida
- Level I Practitioner Training | March 28–29 | Waterford, Connecticut
- Level I Practitioner Training | March 28–29 | Long Beach, New York
- Level I Practitioner Training | March 28–29 | Essex, England, UK
- Level I Practitioner Training | April 4–5 | Derry, New Hampshire
- Level I Practitioner Training | April 18–19 | Burlington, Vermont
- Level I Practitioner Training | April 25–26 | Salt Lake City, Utah
- Level I Practitioner Training | April 25–26 | Essex, England, UK
- Level I Practitioner Training | April 25–26 | Austin, Texas
- Level 1 & 2 Advanced Intensive | April 30 to May 3 | Chester, Vermont

## Lee Carroll [Kryon.com](http://Kryon.com)

- Kryon Seminar | February 15–17 | Sacramento, California
- Kryon Seminar | February 22–24 | Miami, Florida
- Kryon Iceland Tour | March 12–24 | Iceland
- Kryon Seminar | April 4–6 | Toronto, Ontario, Canada
- Kryon Sedona Channeling Retreat | April 13–23 | Sedona, Arizona

## gia combs-ramirez [5DayHealing.com](http://5DayHealing.com)

- 5-Day Healing Retreat in Montana | September 23–27 | Montana

## Virginia Ellen [MysticalEgyptianYoga.com](http://MysticalEgyptianYoga.com)

- 2020 Frequency Retreat | February 7–10 | Tucson, Arizona
- Level I Certification & Training | April 21–27 | Scottsdale, Arizona

## Adria Wind Horse Estribou [WingSound.com](http://WingSound.com)

- Angel Conversations Teleconference & Webcast | Monthly | Online

## Carolyn Gervais [AwakeningYou.com](http://AwakeningYou.com)

- Tucson Festival of Books | March 14, 2:30–4:30PM | University of Arizona campus

## Natalie Glasson [OmNa.org](http://OmNa.org)

- Live Channeled Webinars | Three Sessions a Month | Online
- Channeled Capsules of Wisdom | Two per Month | Online
- Free Channeled Messages | Weekly | Online

## Kimberly Marooney

### [GatewayCommunityOfHigherConsciousness.com](http://GatewayCommunityOfHigherConsciousness.com)

- Live Spiritual Teachings | Monthly | Online
- Gateway University Degree Programs | [GatewayUniversity.info](http://GatewayUniversity.info)

## Karinna Nielsen [SignatureCellHealing.com](http://SignatureCellHealing.com)

- Signature Cell Healing Level 1 workshop | March 20–22, 2020 | Tokyo, Japan
- Signature Cell Healing Level 2 workshop | March 27–29, 2020 | Tokyo, Japan
- Signature Cell Healing Level 1 workshop | May 8–10, 2020 | Tacoma, Washington
- Signature Cell Healing Level 1 workshop | May 15–17, 2020 | Tacoma, Washington

## Sal Rachele [SalRachele.com](http://SalRachele.com)

- Soul Integration Workshop | March 2 | Southern California
- Soul Integration Workshop | March 14–31 | Serbia
- Soul Integration Workshop | April 4–20 | Slovenia
- Soul Integration Workshop | April 22 to May 5 | Croatia
- Soul Integration Workshop | May 7–25 | Ukraine
- Soul Integration Workshop | May 28 to June 13 | Romania

## Miriandra Rota [Miriandra.com](http://Miriandra.com)

- Powerful Channeled Teachings and Classes | Monthly | Online

## Steve Rother [Espavo.org](http://Espavo.org)

- Walk Between the Worlds | February 5, 8 & 11 | Online, 11AM PT
- Story of Amor — Spirit Guide | February 4 | Online, 11AM PT
- Predictions for February | February 12 | Online, 11AM PT
- The VirtualLight Broadcast | February 22 | Online, Free, 11AM PT

## Robert Shapiro

- Videos | <https://youtu.be/JcG3i5xu73E> & <https://vimeo.com/home/myvideos/page:1/sort:date/format:video>

## Maureen St. Germain [MaureenStGermain.com](http://MaureenStGermain.com)

- Egypt Sacred Journey 2020 | March 20 to April 1 | Egypt

## Jaap van Etten 928-707-9873

- Weekly Crystal Skull Meditations | Every Wednesday | Sedona, Arizona
- A Path to Connection workshop | March 14–15 | Sedona, Arizona

# Ascension 101

Jeshua ben Joseph (Jesus) through Judith Coates



Beloved one, I have heard you asking, “What is this thing about ascension? Why should I be interested in ascending? I kind of like my life here. I mean, there are a few parts of the body that sometimes speak to me and do not make me feel exactly comfortable, but I like my physical life. I have chosen it, and why would I want to ascend out of it? Heavens, if I ascend out of it, how do I find my way back, and can I find my way back?”

Yes. If you ascend and take the particles of light that you are and allow them to rise up, you can bring them back into physicality and activate the same body. Or, if you want, it is possible to change your body form. Some have done this, and they walk the Earth with a new body, sometimes not even recognizable as who they were before.

I will tell you a story of one who called to me, wanting to be healed. He could not walk. He was sitting and had not walked since birth. He wanted to get up and run with the other boys when he was young, but it was not possible. He wanted to earn his way working, but it was not possible, because he could not move. He could not get up and walk; he could not even use his arms.

He sat by the temple door, and as I came near, he cried out to me that he wanted to be able to move. I looked him straight in the eye and said, “Brother, you are able to move.” He saw through my eyes the truth of being: that he was in that very moment creating what he believed himself to be and that he could change. In that moment, there was an aliveness within his body, within the muscles of his body, so that he was able to leap up — not just stand up and walk — in joy. The ones around who had known him from birth were amazed this could happen.

Because he knew the feeling of exhilaration, the feeling of activating the body and having it move — which was such a miracle after twenty-some years of sitting there begging at the temple door — he was energized to the place where, for a moment in physical time, he ascended the body. Others watched as the molecules of his body became the light that he was, and that you are. He was so light that gravity could not hold him to the earth, and he started to ascend in joy.

In that moment, he knew a feeling of love of Earth and his fellow brothers and sisters, and he wanted to be with them. He knew ascension was possible at that moment, because there he was — his particles were

ascending. He knew he could do that at any time. As with you, any time there is need for it or a desire for it, you can ascend. But he did not want to leave physicality, now that he could move his body around. He wanted to play with it for a while before he ascended. So he descended to keep his body together for a while to enjoy — in joy — and play with physicality as the gift it is.

## Ascension Is Not a Miracle

In truth, ascension is no more of a miracle than what you do every morning. It is no more of a miracle than what you do every time you move your body. That is, in itself, a miracle. You think, “Well, it’s nothing. I just think to do it, and my body moves.” That is because you have trained it.

In the very beginning, when you are a small one, you do not have coordination. You have to practice a few months, or even years, until you get to the place where you can balance on two feet.

In this physical reality, everything is vibration. In ascension, what you do is change your vibration. You do it by feeling light: lighthearted and joyful. You believe everything is in order and is being taken care of. You are allowed to rise up and be happy — yes, to be in love and in a space that feels otherworldly, and it is truly another space.

As with the body, which you have to feed to have physical energy, ascension requires some feeding as well. You feed it with happy thoughts, happy memories, perhaps to begin it. It begins in a mental stage. Everything in this reality is based on the mind. It starts with the mind, with something that is a thought. From that you move into a different space of allowing that which you have brought into being to follow a pattern you are visualizing.

Now, visualizing has more to it than just seeing an image. Visualizing pertains to a feeling of the body as well. How would it feel to be so lighthearted that you begin to rise up and see things from a different perspective? That is ascension as well. When you are able to have a new perspective on something, then that is ascension. You are viewing whatever is going on in your life from a new viewpoint. You are allowing yourself to

ascend out of the pit of despair to a place where you feel lighthearted.

Some will ask of you, “How can you be happy when there is so much sorrow in the world? There is so much sadness, struggle, and strife. How can you be happy? Isn’t that a bit of a sin to be happy when other people are suffering?”

No. In truth, as you rise up, you will draw all men and women to you. That is why ascension is of value — the ascension that takes you out of the deep pit of despair that says, “Well, that’s the way politics are. That’s the way the world is, and if it’s going to be so bad and in such strife, I’m going to strive with it.” And you have.

Did you like it?

“No, not really,” you say. Did you want to stay there?

“No, but I thought I had to.”

Well, I say unto you: You do not have to stay in the pit any longer. Allow yourself to ascend out of the pit of despair. Know that, truly, you can make for yourself all the years of this life happy and long. You do not have to follow a pattern that says, “Well, when you get to be a certain age, then you should be walking a little bit bent over and a little bit not too happy, believing that the world is going to wrack and ruin.” You can be there if you want to be, and you have. You have tried it. It does not feel all that great.

### Ascension Happens in Joy

I sometimes give homework, and the homework is to buy a book of jokes and to read at least one every day. Read a “funny” every day and laugh, especially if you can get one that has a good bit of belly laughter, where you can really put the whole body into it and feel, “Oh ho, that’s so funny. I haven’t heard anything that funny in a long time. My God.” And your God answers you, in joy. Try it.

The feeling that goes to the body is not what causes ascension, but it is a feeling of wholeness, a feeling of healing, a feeling of lubricating every part of the body with joy. Many brothers and sisters — and you have seen this to be true — walk with a certain stiffness and a feeling of heavy weight upon the back, heavy weight upon the heart. They feel no joy, or maybe just a small bit. They are really looking for love. They are looking for acceptance. They are looking for someone who will see past physicality and see the Christ within what seems to be physicality.

When you allow yourself to come Home in a moment of laughter, all the cells of your body expand. “Oh, but Jeshua, I don’t want to be any bigger,” you say. “I’m trying to lose weight.” Do not worry about size and weight, at least not physical weight. Think about the heaviness of the heart, perhaps, and change that. Get yourself the joke book and start reading until one of the stories hits

you in a certain way, and you cannot help yourself; you just have to roll in laughter. How long has it been since you actually rolled in laughter? Probably a while. Find yourself a comfortable place if you are going to roll on the floor. Find yourself a carpeted place.

Some of you think that ascension is such a holy thing, and it is. It is whole — W-H-O-L-E. It is bringing all of your parts into the joy, the wholeness of joy. So it is a holy place, yes, but it is not the sanctified, church-ordained place that makes some think, “Well, if it’s something religious, it must be serious.”

You’ll probably have to say a whole lot of Hail, Marys to get her to pay attention. I will share with you — yes, I have her permission — that she actually gets tired of hearing her name being called by those who do not really want to talk with her.

Ascension truly happens every moment when you are in joy, when you feel yourself to be lighter than you were a moment before. Ascension begins with the mind. You have built the mind into this reality to serve you. So when someone says, “Oh, well, if I’m going to do anything close to ascension, then I can’t use my mind, because it’s beyond the mind,” yes, it is beyond the mind, but you have to start somewhere. So start with, “What would it feel like to ascend?”

Close your eyes, because it’s easier to imagine with your eyes closed. “Well, I think probably I’d feel lighter. And if I am in a very relaxed state and a happy thought comes to me, a smile crosses my face, and I remember what she said to me. It was just so warming, and it felt so good and relaxing. You know, that feels very light.” That is the beginning of ascension.

### You Are Ascending

After you have ascended a few times, you do not have to go back to square one and start over. But in the beginning, you will use the faculties that you have. I’m sorry, but that just reminded me that sometimes you do need to use the facilities first; you do not have to take it all with you. Okay, I digress. I am sorry. Well, I am not sorry; it causes a laugh, and laughter is a good place to start.

Allow yourself to feel happy. Allow yourself to believe that all the cells of your body are laughing. Imagine how it feels when someone tickles you, perhaps not in a physical way, but with a thought that makes you feel a smile on your face. A moment before, you thought, “I was feeling really heavy. You know, I don’t have enough time in the day to get all this work done, and I felt really heavy about it. But then he smiled at me, and all of that disappeared, and for a moment I felt really loved, really happy.”

In that moment, everything of the body’s chemistry — everything of the body’s physicality — changes. That is the beginning of ascension. So many times, people

have said, “Well, ascension is something really holy and something beyond me; it’s something I can read about and I can worship, but it’s beyond what I can do.”

I say unto you, every day give yourself a moment, and maybe more than one, of feeling ascended, of allowing the body to feel comfortable, to feel light. And then you progress from that point. So, you see, that is why we called the ascension parties “parties,” because they were happy times. They were times when we told funny stories, happy stories. They were the times when we allowed the body to come alive. Perhaps we did a few exercises to start with to get all of the cells of the body moving, all of the vibrations moving again.

“But, Jeshua, I thought if you were going to do ascension, you would probably sit in the chair, perhaps with the feet underneath in a certain way and hands over the heart chakra.” No, only if you want to. That is not what you are going to be focusing on. What you are going to be focusing on is nothing. In other words, if you are focusing on something, that is where your attention is going to be, and that is where you are most likely to stay.

So you allow the focus to be expanded to the place where you remember, “You know, I felt really happy when she looked at me and smiled at me, and I knew that I was the most important light in her life. At that point, I felt so happy.”

That is the beginning of ascension. You feel lighter. Be happy with what you are creating. You are a great ray of light. That is the truth of your being. Allow yourself to live from that space: a great ray of light having a human experience.

You are one who is in process of ascending. You will in this lifetime. I make you a promise: You will ascend the body and join the angels that you know. Will you stay there? Probably not, unless you feel that your work is finished here. But probably you will enjoy it, and you will then activate the body again, the same as you do in the mornings when you wake up. And you will feel yourself to be lighter, knowing mentally that you are the light of the world.

## Ascension Meditation

Are you ready for a small experiment? Allow yourself to be comfortable on the chair or wherever you are. Take a deep breath and allow the body to be comfortable. Then, taking another easy breath, feel yourself melt into a puddle of butter, into a puddle of cream. Feel yourself very, very relaxed, without definitive form.

Imagine a grassy knoll, a pasture, perhaps, where cows and horses are grazing and paying no attention to you. You are walking through the green grass, feeling the vibration of life around you. You walk up the grassy knoll to a tree that grows on top of the knoll. You look around at the view that encompasses everything you are

creating. For a moment or so you stand and breathe, because it feels so easy, so relaxed.

Taking another easy breath, you feel yourself alive. You feel the toes on your feet vibrating, the ankles vibrating, and the calves of your legs vibrating. You feel at peace. In that moment, you remember something that happened that felt very good — when someone looked at you and smiled and you felt the smiles melding together and you felt there was nothing to think about, just being. You felt yourself to be the grass. You felt yourself to be the joy of the breeze passing by. You felt yourself to be alive as light.

In that moment, you remember love, the feeling of being loved, the feeling of loving, and the feeling of knowing that you are Home, that you are held in the arms of love, that everything around you is bowing down to you. Everything around you loves you and values you, as you value it. You breathe easily.

Now your viewpoint changes, and you are at the top of the tree looking out. You have ascended to the top of the tree. You are still physical. You are still you, but you are expanded. You know yourself to be alive and vibrant, and a smile comes across your face because it feels so easy.

You feel so valued, so at one with everything you see. You close your eyes and you still see, and you are one with everything. A sigh escapes your lips, and you feel yourself uplifted to a cloud, looking down at the tree, looking down at the grassy knoll, looking down at the pathway. Know yourself to be ascended.

The smile that comes across your face is so illumined that you are the sun in the heavens. You are vibrantly alive, and you stay there as long as you feel happy, peaceful, and one with all vibration.

After a passage of time, you find that you want to come back to the top of the tree, to the grassy knoll, to the pathway that runs along through the pasture, past the cows and the horses, and to the place of awakening. So be it.

## Take the First Steps

This has been the beginning of mental ascension — knowing the peace that surpasses understanding of the world. It is that place that allows you to put all of the world’s cares and vibrations aside just for the space of a few minutes and feel at Home once again. It is what I have termed Ascension 101, because, truly, the body has not ascended.

In other times, we will work with the vibration of ascension, so as you want to move the body out of this space of reality, you will, and you will know that you have. This time was just, as you would call it, putting the toe in the water, just trying out the relaxation and peace before ascension.

Now, some have said, “Well, certainly with bodily ascension, all the vibration rises to a higher level,” and it does. The way you get there is by practice, allowing yourself to feel somewhat transported, somewhat in a different space.

You know well the meditative process. You know well to breathe a few breaths, and instantly the body calms down and you are in the space that feels apart from the hurriedness of the world. Allow yourself to visit that space quite often.

Another day, perhaps, we will take this as a starting point. There will be the going to the cloud, and then there will be the activation of the vibrations. It will not be just one more time; it will be several, because it is something that you develop.

When you first came to physicality, there were a number of years when you had to acclimate yourself to it, to feel yourself to be separate and to make all the body parts move and not fall over each time you tried to stand on two feet instead of four. It was a process, and likewise with ascension. It is something you know

how to do. You can imagine it. You can feel it. But as far as doing it vibrationally, that most often takes practice.

Know that the important thing is ascension in consciousness, the ascension that says, “I am in the world, but I am not of the world. The world is of my making, and all of the hurriedness of the world is of my making, and I can turn it on, or I can turn it off and take a rest.”

It is important to allow the body balance. It is important for you to allow the emotions balance and to feel so loved that you cannot keep it to yourself; you have to share it. In that space, I will take my adieu to go with God — yes, adieu — and say that I bid you great love. So be it.

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

## Land of the Giants

Alison David Bird, the Fully Integrated Avatar Grace Elohim

These coming months will be most transformative. Remember that linear time has collapsed and exists only as projected illusion. We have said before that you were given an extension beyond 2012, and due to the release of the free-will zone, you have enjoyed many interventions from your galactic, stellar, and cosmic guides.

You were gifted tools and incentives to assist you and others to be ready for this auspicious period. Since there is no time, it might appear that you have looped back on the time-track. Look around and see the signs. Although the calendar reads 2020, the view from the bridge is what you might have expected in 2012 — civil unrest, climate change, Ebola, fire and flood, terrorism, and war.

Now the work begins for initiates, adepts, and alchemists who have scaled the summit to conquer their fears. You stand like giants with one foot in this reality and the other placed on the surface of another world out in the stars. You stepped out of service-to-self agendas onto higher platforms dedicated to the Law of One. All of you guardians and volunteers, in your various guises, have committed to ensure the success of this final attempt to preserve humanity on its journey into light.

The scientific theory that supposes what you do to one particle affects another unrelated particle, even

over great distances, has been proven. In your realm, a theory that is scientifically tested and proven must eventually become scientific law, even though Einstein himself could not reconcile the theory with his understanding of quantum physics. He called entanglement theory, “spooky action at a distance.”

### Tireless Workers Bring the Next Phase

Healers and lightworkers have understood this for thousands of years and developed techniques to impact energetic paradigms and consciousness across space-time. They have worked tirelessly above and beyond all anticipated levels of diligence to reverse and enhance damaged human ascension templates, repair and re-encode consciousness grids, erase negativity, remove distortion algorithms, release unnatural seals, and re-connect breakages in the axiatonal systems of the fifth-dimensional body template.

They have been redirecting and disrupting corrupted source frequencies being poured down on our unsuspecting population, correcting negative electromagnetic spin points on the crystalline grid, and translocating to



retrieve and return hijacked time vectors and fire letters. They have dismantled alien technologies embedded in the human and planetary DNA templates, which were rigged for remote detonation at a certain vibrational frequency, as surely as if they were booby-trapped by terrorists.

Some of you might limp, barefoot and bloodied, and your heads may be bowed, but only in deference to All That Is and All That Shall Be. Without you, this

next phase would not be possible. The newly awakening among you stand on the shoulders of giants.

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

# Should You Stay, or Should You Go?

The Galactic Council of Lightbeings through [gia combs-ramirez](#)

**Galactic Council:** Greetings! We are the Galactic Council of Lightbeings. We are here to support you in this time of great transformation of all living systems on Earth. In the old-energy paradigm, old souls worked to awaken and become free of biology. Some called it ascension or enlightenment. The goal was to become free of the wheel of karma by completing your lessons, also known as karma, on planet Earth.

Releasing negative karma from past lives allowed you to increase in vibration, master your lessons, and eventually evolve to your soul's purpose — all part of the ascension process. This was an end stage to the soul's journey on planet Earth. Once the soul's purpose was delivered to Earth, it was free to move to a new place of learning in the universe or reunify with divine cosmic consciousness.

During these times, Earth was a hard place for an awakened soul. Human biology was very dense, and for many souls, ascension was an escape route. It meant moving up and out of the physical container.

All this has changed in the New Earth energies. Since 2012, individual negative karma has been released (unless you continue to attach to it). You have access to your soul's purpose and free will (another spiritual development level), and you are free from the wheel of karma that has kept you incarnating on the planet. Everyone has awakened. But with spiritual free will, everyone is free to pretend otherwise.

## Resistance to Letting Go

Your primary electromagnetic energy system has also changed, as Earth has become more crystalline with her energies. This crystalline energy system allows for a new level or different type of consciousness called

crystalline consciousness. With this crystalline energy system and consciousness, you can rapidly assimilate energies, heal, transform, and discover new solutions to the current challenges on Earth without experiencing the negative side effects of ascension that occurred with the electromagnetic system.

Now, instead of the soul ascending off Earth, souls are moving down and into enlightened biology. Many of you old souls do not like this shift in direction and are resisting it; you are still trying to complete your missions and tasks in the old-energy paradigm. But you cannot go back. Whatever spiritual level of development old souls got to in the old Earth paradigm was good enough for the planet to shift into the New Earth paradigm.

In January, a large portal opened through all the dimensions, and those of you whose souls do not accept this new paradigm can choose to exit with grace and ease. Can you feel the conflict within your heart? Should you stay or should you go?

Part of the conflict lies in the resistance of letting go of the old-energy paradigm. You've been an old soul with the intent of awakening, ascending, or becoming enlightened and being in service to the planet. You accepted that it would involve struggle, pain, sacrifice, and effort. Now this is available for everyone. How is that fair? It's like how the old way of doing a complicated math problem with pencil and paper can now be done with a computer or smartphone.

The human mental and emotional fields have been slow to adapt to this change, and so has the soul. You sense: "If I had to struggle for this, then you should as well." That is an old-energy-paradigm response, and it





prevents you from fully adapting to the crystalline energy system of New Earth.

Some of you took Bodhisattva vows in the old-energy paradigm, preventing you from completing ascension or enlightenment until all humanity had awakened. You might wonder why humanity acts so unenlightened if it's been awakened since 2012. The time between 2013 and 2021 is one of transition to New Earth energies, allowing filters or other negative influences to gradually lift. For those not prepared for the transition, it can be so disorienting that the mind goes into a state of spiritual madness.

Those of you who were ready energetically in 2012 and let go of old-energy soul constructs might be confused by the state of chaos on the planet. You might read it as the end-of-the-world apocalypse predicted by so many. In other words, it's highly confusing for the senses and the brain's interpretation centers to understand what is truly going on. This global level of transformation has never occurred before without wiping out the predominant life form on the planet.

### It's Time to Decide

The time has come to decide: Do you stay or do you go? If you stay, you might pursue new levels of your purpose or even a new soul purpose on the planet that requires more reincarnating to complete. Bringing right closure to your entire soul's journey on the planet is a very different path than accessing New Earth energies and discovering enlightened biology and all it makes possible.

Returning to your starry home — that point where the soul separated from the divine cosmic consciousness and started its journey of self-knowing — could be very compelling right now. Another part of you wants to experience New Earth energies and learn all that is

possible. You might be inventing conflicts and struggles to keep you here. Lack of financial abundance, struggling family members, health issues, and not allowing people to receive your soul purpose to the fullest degree, can be indicators of this.

The portal that opened in January works both ways. If you are continuing your Earth journey, you can download much-needed energy constructs from your oversoul. If you are wrapping it up, you can celebrate your time and accomplishments here and exit in peace and love at the end of your life, having helped to shift all of life. These are two different paths. How do you choose?

In the coming months, we will offer a series of healing meditations for your soul that you can use for either path. The first meditation, called soul recertification, has to do with healing lifetimes in which your soul made certain choices, such as who your parents would be, the astrological timing of birth, or other factors that did not occur that invalidated your soul's intended journey of growth, transformation, and expression of purpose. These caused blank spots in your soul's matrix and are held in the electromagnetic energy system as incomplete.

The soul keeps trying to go back to heal these lifetimes in the electromagnetic system, and the crystalline soul in the New Earth energies keeps trying to move forward. Our intent is to process this healing of the electromagnetics through the crystalline energy system so that it is not painful.

**gia:** To listen to this meditation, please visit <http://bit.ly/2LFJJii>.

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## How to Thrive after the Shift

Serapis Bey, St. Germain, and Kuthumi through Rebecca Dawson

**Serapis Bey:** Greetings, blessed one. We are with you in this glorious time of discovery. This time is no longer about referencing what you already know; it is about referencing what you do not know. How does the mind-brain and body do this? They are wired to reference points in your memory, so how do you look beyond where you are? This is incredibly difficult. In many ways, you feel as if you are arriving, but you are completely lost because you believe that everything must already have a reference.

Your body is confused. Perhaps you feel more physical than you have for some time, but you don't have a strong sense of safety. The physical body relies heavily on its nervous system to tell it which way to go. This is how the grids of belief have worked with the nervous system for eons on your planet. Now your nervous system is reinigorated to come more into alignment with



your natural exploratory processes — your nervous system is in an exploratory mode. Rather than relay information back to your memory, it can only bring you more into the open space of the unknown.

How does this translate into your life? You have a great drive to move into the unknown, but the body seems unwilling to go with you. This can be very confusing. The nervous system wants to do one thing, but the body is used to operating a different way.

Blessed one, moving forward has nothing to do with a sense of direction; it has to do with a sense of wonderment. You need a sense of wonderment to feel as if you are moving at all. Many of you feel this as a sense of stagnation; you are restless with it. Restlessness is often about the mind seeking to move beyond the present moment while the body encourages you to stay where you are. Convergence is available for you in every moment. You are in synergy, but you are not used to your mind-brain and your nervous system going before your body.

Indeed, you feel as if your body slows you down. Your body and physical experience make it seem as if your progress is not as fast as it used to be. Is this true? Or can the progress you seek and the movement you desire only be found *where you are*? It is time for you to become very attentive to what happens in your physical body and your physical experience. It is not time to look beyond into the ether. The physical is the doorway to your reality.

You experience much within you as collective thought. Collective thought moves your attention away from your body. It brings your attention to the concerns of the greater human experience. Bring your attention back to where you are — to your physical body. The collective can only be experienced physically. You might be confused whether you're having a collective or a personal experience. When your mind is entertained with a collective experience, your body also feels that collective experience. When you are concerned with a personal experience, your body maps it out and shows you what is happening for your consciousness.

You might say, "Well, your consciousness is your only reality." Or you might say, "Your consciousness is an illusion of separation." It is a question of scale. Your experience is one and whole.

## Embrace Your New Relevance

**St. Germain:** Greetings to you, blessed one; we are with you. You are the seed; you are the beginning. Are you the beginning of your life? Are you the beginning of a journey? Are you the beginning of a reality?

You might have experienced great movement in recent months, but nothing seems familiar to you. The greatest unfamiliarity is you. "How is this possible?" you might ask. "How have I not moved through these

increments of change and vibrational frequencies to return Home to the Source? How am I so unfamiliar with myself?"

If you have become conscious in your experiences, expect to become so familiar with yourself that you no longer have questions. But when you begin a new reality, questions arise because there are no reference points. Your greatest reference point to your life is you! When you begin a new reality, a new life, you feel a great unknown: "Who am I now?"

The questions most on your mind are, "What is my relevance now? What is my purpose now? Now that the shift has occurred, am I rebirthing?" These questions arise because you are used to referencing yourself. You are used to knowing: "Yes, I exist. I exist because I have purpose. I exist because I have a role. I can ascertain where I am."

The only thing you can reference at this time is your physicality. Your physicality is your reference. Nothing else gives you that foundation. Your sense of self does not feel solid. This is no longer about, "I know what I am doing. I know what I am and why." When you begin a new life, all you know is that you exist, and you are not who you were before the shift.

Your greatest stability, blessed one, is your physicality. This is why we say it is wise to pay attention to your physical experiences; they bring you back to where you are and enable you to have a stronger sense of what you are. If we were to ask, "What are you?" you might respond, "I don't know." Or you might say, "I am consciousness expressing as \_\_\_\_." But if you are very clear with yourself, this is not an adequate explanation. The shift has already occurred; you can no longer understand yourself through the identity you had before.

Most identities within human consciousness have been about purpose and role. Even in the context of the human journey and history, many of you say, "This is who I used to be. This is my history. This is why I am here. This is why I am in this reality." Quite often, your reality is a continuation of where you have been. This sense of karmic history becomes less tangible now that you have moved into fifth-dimensional and multi-dimensional reality. Your direction has less sense of purpose. Even what you began to create five months ago is no longer as relevant. You might have difficulty adhering to it or relating to it. You don't feel inspired by projects or creative pursuits you began before October 2018 or even before May 2019.

How can you feel that you are truly living? How can you feel that you are thriving and engaging with human life? Engaging in this current vibrational reality is different from what you have known. For many of you, engaging with other humans is becoming a challenge, because you can no longer engage from a human space.

## Rise within Your Reality

Your greatest capacity for engaging with others is through observation. You might believe that when you observe, you sit on the periphery and look without engaging. You observe not from your mind-brain, body, nervous system, or feeling state but from all of them combined. This is a fundamental shift in your understanding. When you observe from the Great I/Eye, the great inner vision, you engage in a way that is spontaneous in its creative capacity. You observe with your complete capacity, not from a distance.

When you observe with your complete capacity, this is consciousness engaging as consciousness. This is the great alchemical experience. This is about learning to observe as a fully conscious human: the ultimate engagement where creation happens. Every human and aspect of nature, every space that you engage with, becomes a birthing place for new experiences and new life. This observation is a state of self-awareness where your every aspect is completely present. When you observe in this way, the distance between you and what you observe collapses. This is true engagement. In this state, you emerge from within the reality of what you observe.

If you have defined yourself in terms of separation protectionism, this idea might seem abhorrent. Why would a conscious human want to observe, engage, and emerge in the reality of another? This is the great unification of humanity! This is the great understanding that you are completely in coherence with your own space, and you have the freedom to emerge in all spaces. This does not mean you move into another person's space in an unsolicited way; it means you dive into the great collective I/Eye of Source energy and re-emerge in another experience.

Movement becomes different. Your total engagement creates the movement of experience, and you no longer feel stagnated. There is a subtle difference here. This is not about moving to reach a destination, nor is it about analysis, strategy, or a great journey of labor and challenge. An inner convergence allows you to rise within a new experience. You move into a new experience, opportunity, or reality without crossing a great distance. All experiences are now available to you from where you are.

The sense of stagnation you feel, blessed one, encourages you to stop moving with distance, because what you seek is not beyond you; it is not "over there." You experience the people you wish to engage with, the business opportunities you seek, and this great shift in your reality from within you, and you rise within it. This is the great truth of cosmic law: You do not shift; you rise within your realities.

How do you do this? You must be where you are. You begin to understand that the great distraction in human experience and understanding is that a sense

of distance and movement actually takes you away from the doorway of ultimate experience. This great obsession with needing to move toward a goal and what you revere takes you away from the great doorway that allows you to arise within the new.

## Expand through Cosmic Observation

Let us give you something to play with: Sit and become completely aware of your physical body. Become aware of the nuances and subtleties of your breath and the air on your skin. The more you become aware of these subtleties, the more you become aware of your thoughts and your feeling state. It is from this place that you engage with another who is in the same awareness. In that moment, do you engage in conversation? Do you communicate through attention, thought, or emotion? No. You engage through the adherence, the coherence, and the knowing that the other person is a space through which your awareness can rise. This might seem like a radical expression of movement, but it is not invasive. All aspects of your reality are mere projections of your space of creation.

We encourage you to experience and play with this. If doing this with another person is uncomfortable, you can practice with an aspect of nature, such as a rock or a tree. If you observe and go into complete coherence within yourself, can you emerge in that space? There is great agreement within all aspects of reality. How can you gain your freedom? If you know you can emerge in any space, isn't that freedom? You might limit yourself and say, "I can't do that. That space belongs to someone else and has nothing to do with me." When you truly understand that your world is an expansion of you, you will finally give yourself permission to use the great engagement of your inner observation and freely explore.

You might feel the capacity for a great expansion. Perhaps you feel burning, great heat, or restlessness because you cannot see anything to move toward. You believe that all you see has nothing to do with you. Perhaps you are waiting for a sign or for something to happen. It is all happening. Give yourself permission to engage through your sense of cosmic observation.

This seems to be a very frustrating time. You might feel as if you've made great progress, but nothing appears to have happened. You might experience what you believe is a resurgence of history — what you thought you'd released and left behind. In your new capacity, you can emerge in any space, but are you aware of doing it? You might experience a great sense of fear — what you call dense energy. Because you now have the ability to arise in any space, you need to be aware enough about what is happening so that when you observe it, it doesn't become your personal experience.

Be very clear that you are emerging in a space where

you can say, “There is fear here; there is angst. I can observe the human experience of this.” As long as you remember that you are observing from the Great I/Eye, it will not overcome you. The greatest issue humans have today is identification. You wish to belong so much with each other that you seek to identify with the collective experience.

When you feel angst and fear, do not assess yourself in terms of having regressed or think that you lack progress. You have emerged from within a space you are observing, and remind yourself to move back into your sense of totality. It all comes back to the body. Your body is your greatest opportunity to move back into your sense of totality, because it is your greatest sense of stability. Even though you might have the physical experiences of dis-ease and instability, these conditions still exist within the collective reality.

Come back to your body. What is the truth within your physical body? You are in totality; your physical body is an extension of the Great I/Eye. The farther you move attention out and away from your physical body, the more discomfort and instability you feel.

This is quite different from many teachings on the planet that say the more you deny the body and move away from it, the more comfort you feel. This is a paradigm shift! The body is now the place of equilibrium. Our question to you is: “What do you believe?”

### Experience the Spectrum of Life

**Kuthumi:** Greetings to you. We are with you. This is not the time to be very concerned with how you can alter your external world. This is the time to observe it with great interest. The full spectrum of humanity is being revealed. Even within your daily experiences, you will come to understand that there is no sense of whether yesterday or today was wonderful. You feel the entire spectrum within each moment. When you have conversations, have you not noticed that you experience the whole spectrum?

You are no longer in a dualistic reality. You cannot expect to contain your experience within one aspect of the spectrum of human understanding. Blessed one, this is about embracing the totality of what is unfolding. It can seem that much happens in your day, but nothing happens. So much unfolds, but nothing unfolds. You are experiencing an increased view of the spectrum of life, but you do not perceive its progress.

When you experience the entire spectrum of life in a very compressed amount of time, you might expect progress and results. But this is not about moving third dimensionally toward an ideal. This is about embracing the totality of life. Only then will humanity at a collective level begin to move into a space of unification.

Blessed one, you are having experiences in which so

much is happening and nothing is happening. So much can happen within a day, but within the whole field and spectrum of your life, it feels as if there is no movement. You might say, “I feel no progress in my life. It’s as if I’m wasting my time. All these things are happening, but nothing happens.” This multidimensional reality you are beginning to experience has multiple potentials for what can happen from one seed of potential.

Let us give you an example: You have a meeting with a prospective contact, client, colleague, or what have you. Multiple potentials result from the meeting — many things that could possibly happen — and then nothing happens. You might say to us, “I have seen all this movement, but nothing has occurred.” Even within your personal experiences, you might ascertain many different potentials and possibilities for yourself, but you act on none of them and nothing happens.

Now that the shift has occurred, you are beginning to understand that life in this Earth reality is not about the actualization of potential; it is about the seeding of it. If you have the ability to ascertain, view, imagine, and experience multiple potentials within a short period, you are seeding those potentials. It is not about bringing them to fruition or moving in one direction and seeing something come into fullness. It is about how much capacity for creative possibility you can engage with. This is about the fullness of the seeds, not how quickly they germinate.

### Enjoy a Period of Fruition

Between November 2019 and April 2020, a bursting forth will enable the seeds to root in the new reality. The more you enable yourself to entertain these possibilities, the more they will be available during this great period of fertility on the planet. The frustration and impatience you feel now is about holding the fullness of possibility for your life and for humanity. This is a time of dreaming. You dream when you are asleep and when you are awake. This is the creation period. Every new era on the planet begins with a dream — a period of dreaming. Indigenous people in many cultures talk about the dreaming, when the human consciousness births, holds, and nurtures seeds of possibility.

You have shifted into a new reality, and this new reality is where fullness is birthed. It is a gestation period, blessed one, so be gentle with yourself. Allow yourself to move in many directions, look at possibilities, and understand that this is a time for dreaming. Look at how many of you are in deep slumber! Throughout your day and at night, see how your children sleep more and more. See how people begin things and don’t finish them; you are all imaging what is possible.

Even your collective social consciousness dreams about what can be. So don’t be perturbed or discouraged

if something you believe is coming to fruition does not appear before your eyes. Be very encouraged that this is the dreaming. Where you put your attention, what you experience through your physical body, and the great inspirations that arise within you, you are gestating for a humanity that will bring these seeds into action.

Has it not always been that some hold the seeds for civilizations? It is curious to us that in the waning of a civilization, their knowledge and wisdom is held on tablets within volumes that are locked away in inaccessible vaults. At this dawning of a new humanity, the wisdom is kept within humans. This is always the way civilizations are birthed, and they conclude when knowledge and wisdom are taken away and placed in inaccessible vaults.

Be very aware: This is the birthing of wisdom and knowledge again within the human. The most accessible place to you is within your human body. This is where life begins.

This is a time of great confusion. You feel optimistic and hopeful, but you also despair because you are so used to seeing your desires fulfilled with actions. You are used to measuring your sense of progress, success, and purpose through what you materialize. Understand that this great dreaming is indeed the fertilization of a new reality. It is a great time to be with your body and understand that the Great I/Eye observes experience in all things. A successful day is when you experience, ascertain, feel, and imagine many things without necessarily any action.

### Anticipate Changes Ahead

Let us ask you this question: What do you believe is your true value? Many conscious humans say to us, "My value is presence. I am on this planet to hold this presence." But so many of you want to translate presence into materialization. You have already achieved this, because if you are here in physical form, then you have materialized in the ultimate way; the ultimate creative contribution for you on this planet has been achieved. So, what now? It's not about what you will create, because you *are* created. It is not about what you will do, because you *are* doing. It is about your ability to observe and view. What is Source, other than the great viewer of cosmic wisdom that looks through your eyes into the world to experience all that is possible in its myriad interpretations and permutations?

This time is very precious. It is a time to become very aware of your sense of capacity and power, especially because you might feel powerless with what is happening in the world. You are experiencing a full spectrum. Always project from your center point, from the center of your view, not from what you see beyond you. Humans tend to observe and become lost in the observation. You forget you are observing.

Your reference point, blessed one, must always be where you are. It is so easy to become a balloon that forgets it is tethered. If you forget, you move away from what you know, and you become lost in the breeze. You become confused about the multiple directions of the blowing wind instead of observing the awesome power of the cosmic wind.

Be in nature. Reference your physical body to reality in the way nature references to reality. Just as sure as a tree anchors into the earth, so do you. Where are you? You might say you do not know where you are, but we say, "You are where your body is." Your body is your sense of safety at this time. Your body used to feel restrictive and compressed, but now it is your stability.

This is a time when your medical scientists will start to observe changes in your blood. In the coming months and years, how they understand the composition of your blood and the way it moves in your body will change. You might have already begun to notice this. Be aware of this collective movement in the biochemistry of human blood.

Much fear is expressed in your media about where humanity is going and the viability of the physical state of your planet. People fear whether or not humanity can control what is happening. Again, we draw your attention back to what it is that you know — that you exist. If you know that you exist, then you know that everything exists. You are experiencing the great spectrum of life, and if you experience life, then all aspects experience life.

Many of you believe that certain aspects of life can disappear from your planet, that things can be destroyed. Your planet itself changes but not its actual composition. What composes your planet? There are multiple ways of approaching this question. If you are a conscious human, you might say the composition of this planet is vibration. Or you might say, from a social perspective, that the composition is belief. The composition of this planet has always been the same. How you view it dictates how you experience it. The more collective the belief about the planet, the more collective the experience.

Ask yourself this: Do you wish to have a clear view of your planet? You can only do that from where you are. Do your media organizations seek to create a collective view of a planet in peril? What is *your* view of the planet? This is what is most important. The composition of your planet has always been the same. It is very important to be clear about your view. A collective view of the planet in peril becomes a collective reality of a planet in peril.

### Find Comfort Where You Are

We go back to the beginning of our conversation, where we encouraged you to engage with what you

observe, but to engage in a way in which the totality of you rises within it. Perhaps you engage with a tree or another human. What happens when you rise within that space? What happens when you emerge from within that view? Do you become that view? Do you become lost in it, or do you merely have another glimpse of multidimensional reality?

This is a dawning and a dreaming. What you believe is real will continue to shift before your eyes. The only reliable reality is that of your physical space. If you are disappointed or disillusioned with yourself or others — your government, family, children, or loved ones — the only sustainable thing is where you are. We encourage you to return to your physicality. Reference yourself with, “I am here. I exist.” All reality will be birthed from this place for you.

In essence, the great shift is moving back to you. You are the origin of life that exists within the biology of your planet. The origin of life for humanity on your planet must return to your physicality. Multidimensionality is not about denying the body. It’s about bringing your body into your experiences, converging all aspects of yourself, and bringing them through the doorway of your physicality. It is not a denial of where you are; it is a total embracing of where you are. Your physical body becomes the entry point into this reality.

This is your most important aspect at this time, and it is the most ascertainable. When the mind and feeling states move, the body is always here. Acknowledge that you are gestating the potential for a new humanity.

This is the dreaming time. You have so much movement within you, but you perceive so little action. So much experience swirls through you, but you perceive so little progress. Understand that when stars are born, when universes are birthed, much action occurs within the tiniest of spaces. Physicists on your planet are beginning to understand this.

Find great comfort in where you are. Find great knowing in where you are. Give yourself permission to explore from where you are. This time is not about materialization, progress, or bringing something from multidimensionality into third dimensionality. It is not about third-dimensional manifestation. It is about your ability to perceive and entertain the range of potentials that are possible in any given moment. The more capacity you have to do this, the less frustrated you will feel in not seeing things come to fruition and the more of your birth lies ahead. November 2019 to April 2020 is the birthing period.

Be gentle with yourself. Allow yourself to sleep and dream. There will never be another period of slumber like this in your human experience. Embrace it, and be grateful for it. You will rise with ease. Peace be with you.

*Rebecca Dawson is an international teacher and author who has been channeling since the age of eighteen. With more than twenty years of delivering wisdom and teachings from aspects of Source including Serapis Bey, St. Germain, and Kuthumi, her focus is to deliver current, leading-edge information about humanity’s paradigm shift to multidimensional experience, the mechanics of reality, and the human blueprint. She is the author of The New Human Experience and lives in Perth, Australia. Her website is [RebeccaDawson.net](http://RebeccaDawson.net).*

# Rainbow Cape of Light

White Buffalo Calf Woman through Therese Dorer

**Therese:** The vision I see is a prairie landscape that goes for miles. The sky is a sapphire blue, and interspersed in the sky are puffy white clouds that swirl and change as the wind moves them across the sky. Walking toward me is the beautiful energy of White Buffalo Calf Woman, whom I have come to know and love.

**White Buffalo Calf Woman:** I come to each of you today with love and strength. I ask you to close your eyes and allow my love to flow over your bodies. Breathe deeply, and know that as you breathe, I am offering support to each of you. Please accept the strength I offer you and allow it to seep into your blood, bones, and muscles. I am here for you, rainbow children of the world.

I intentionally call you rainbow children to remind you that each of you carries the colors of the rainbow in the spirit bodies that surround your physical bodies. You

are surrounded by a rainbow cape of many colors. Woven into this cape is all your wisdom from this lifetime and from past lives. The cape holds for you unconditional love and healing qualities you can call on for this journey of life. Each color connects you to a different dimension in which you have incarnated in other lifetimes. These colors are connected to your advanced knowing and are a part of your cosmic connection.

You may feel you have forgotten this wisdom and knowing. Trust that it has merged into your beautiful cape of light, which connects you to the complete matrix of knowing that is your birthright. When you can disconnect from worldly concerns and self-inflicted jeopardy,



you can access this vast wisdom and allow yourself the infinite possibilities that are available to each of you on Earth.

### Healing Light

If you are experiencing health concerns, take some time to find a quiet place and notice which color comes to you. Then follow its stream of light to a place that holds your healed state for this incarnation. Breathe in the color and the healing qualities that are there for you.

If you have a propensity for scarcity, worrying there is not enough money, health, or love, then this rainbow light can allow you to access universal wisdom and healing to create a more complete life for yourself here in this incarnation, reminding you of the universal abundance that is your birthright.

To see a rainbow on Earth, the atmosphere must be in congruence with the moisture in the air and the light reflecting on the vapor; then the rainbow appears. The light is bent and reflected, like a reflection in a mirror, and this causes all the amazing colors.

It is the same for each of you. In order to sense, feel and know the joy, passion, wisdom, and clarity that are available, you must be in harmony with your body, mind, and soul. This will allow you to access the wondrous gifts you hold within your rainbow body. When you trust yourself, your connection to your rainbow spirit body expands and you can allow more of your intuition and knowing to come forth.

To feed this rainbow light, I encourage you to take time to be upon Mother Earth. Allow her to enfold you in her unconditional love. Feel the breeze on your face, soak the sun into your skin, and sink your feet into the earth. The love from the earth will hold you and allow for more of your intuition and knowing to pour forth into your consensual reality, thus activating your rainbow cape of knowing and light.

### Time of Change

In the opening vision I intentionally gave Therese, clouds move in the sky. You, dearest ones, are in a time of huge change on the planet. To keep up with change, it will be imperative that you keep grounded so that you feel safe and supported. I remind you to not get caught up in the drama that is unfolding around you. Like a well-rooted tree in a storm, sway with the changes and allow a few of your branches to drop, such as old stories and conflict that don't serve you. Feel your connection to the earth and solid ground so that you are not taken down by the winds of change.

Change is part of the human story and important for people to grow and flourish, but we also observe that change is challenging for many humans. I come forth today to encourage you to not be afraid of change but to embrace it. Be clear as to where you will place yourself in these changes, making sure that whatever you invite into your life "grows corn" for you. The reference of growing corn asks you to notice what is working for you in your life. Notice if your actions create a life that is working for you. Do you feel supported and joyful? Are you able to feel the love that is your birthright? It is your responsibility to look after yourself, to love yourself. When this falls into place, when you are creating the best possible situations for self, then you are supporting the whole.

I am White Buffalo Calf Woman, and I take my leave now, rainbow children of Earth. I ask you to once again close your eyes, take a big breath in, and allow the rainbow light to flow over your whole being.

*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 among 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, [CrystalClearInsights.ca](http://CrystalClearInsights.ca), or contact her at 250-578-8437 or [info@crystalclearinsights.ca](mailto:info@crystalclearinsights.ca).*

# You Are the Master of Your Life

## Jesus of Nazareth through Virginia Ellen

**Virginia:** Here we are in 2020. We have witnessed so many changes in our lives and in the world. We have shifted and changed greatly within our hearts, minds, and souls as we've journeyed to become the living lights of love and truth. We have the opportunity to change the course of our futures and the future of our beloved planet.

Our power is in the truth of love. At this time, it is very important that we learn the truth of love. Once we

have the truth, then we can change the circumstances of our lives and the world.

### Accept the Truth of Love

**Jesus:** Each word spoken has a realm beyond the intellect. The spoken word is power itself. Each sound spoken is a living being. You are the master and maker of your



life. Thought is the weapon by which you build your heavenly mansion of joy, love, peace, and strength. By abuse of thought you destroy yourself and descend. Do not look to the body for pleasure, for then the body begins to fail.

Once you fully accept that the light, power, love, and wisdom of God is within you, this will set you free forever. As long as you see the reality of sin in the world and continue to punish yourself and others with your thoughts and deeds, you will not live in sacred unity with All That Is.

The thought manifests as the word.  
The word manifests as the deed.  
The deed develops into habit.  
Habit hardens into character.  
Ameyn.

Watch the thought and its ways with care.  
Let it spring forth from love  
Born out of respect for all beings.  
Ameyn.

These truths, when understood, will have a vast effect on your life, bringing you to consciousness. This means no more gossiping, blaming, or judging. As you love one another, you are immersed in love. When you choose to contribute the essence of love that you are, you lose all sense of selfishness. You lose the attachments of the ego, and then you are immersed in love. Love manifests from within you to the world. Then it returns to you, and the blessings of heaven are upon you. The sound of your love echoes in your body and on Earth.

**Virginia:** May this wisdom serve you in walking the staircase to heaven.

*Virginia Ellen has attained Christ consciousness and is a master healer and ascension expert who leads others into Christ consciousness. In a near-death experience, Jesus appeared to Virginia. He gave her the opportunity to become a living Christ. After she returned to her body, Jesus began teaching Virginia the practice of Sacred Heart Yoga to accomplish her ascension into Christ consciousness. She creates an opportunity for mastery of the ego self into the Christ self. For more information, go to [MysticalEgyptianYoga.com](http://MysticalEgyptianYoga.com), or email [LightFromHeaven@PM.ME](mailto:LightFromHeaven@PM.ME).*

# Playfully Enjoy Disruption

Angel Raphael through Adria Wind Horse Estribou

This is Raphael. More than anything at this moment, we want to advise you — as angels to humans — to be playful. In these coming years, in these coming months, enjoy disruption.

To suddenly be able to have anything you want, immediately, can be fun and delicious. Enjoy that. There is no need to be serious every moment about, “How is this going to work in the future? How do I get better at this?”

## You Are a Way-Shower

We understand there will be frustrating moments when you come from soaring in the eighth dimension and then land back in the third. Be playful and light with yourself, not expecting to graduate from this transition when the moment has just begun.

Most of humanity is not even aware of the transition yet, so you're already ahead of the curve. If you need to feel you've accelerated enough and are graduating fast enough, don't worry; you are. If you're reading this now, you're already quite ahead of the game. You're most likely one of the way-showers who is going to demonstrate in practical ways how this works — how this new world works.

## Express Joy

Be playful with it, please. It is not your responsibility in this moment to save the planet or other souls.

This moment is about relief. It is about expressing joy in all these new pathways open to you, experimenting and learning in a playful way. There's no timetable here, no ticking clock saying you must comprehend and surge forward with this right now, by tomorrow. No. Please relax and enjoy this. On the days when it feels too overwhelming and new, respect that. Take a nap. Do something 3D if it feels more comfortable. Go talk to a friend or read a book just to escape your different realities here entirely for a few hours. Allow yourself that.

Allow yourself to take breaks from this extraordinary newness, because humans are creatures who like habit. Here you are in this brand-new, wide-open world, and sometimes that doesn't feel comfortable. Please allow playfulness, gentleness, and compassion toward yourself and others around you, reminding them: “Hey, let's just take a break. This is a lot to take in right now. Let's just take a break for the rest of the afternoon.” Then enjoy — enjoy life as it is or life as you have known it. Also enjoy the fact that you know this wide landscape is here for us to explore, and it will continue to be there for you to explore. You don't have to figure it out right now, all in one day. It will come to you. The knowledge will come to





you. The ability to navigate these different dimensions, when you wish, will come to you.

### Purposeful Chaos

Perceive that there are different dimensions, and feel what they feel like. One of the reasons humankind is going back and forth right now is to learn contrast, to learn what the different dimensions feel like, in order to choose which ones you want to be in and to recognize where to navigate if you choose one or the other. It is a purposeful chaos right now, going in and out of these different dimensions.

It is compassionate toward the human system not to be all the time in fifth or higher dimensions. These times of 3D are also meant as times of rest. You can see them as times of being stuck, but you can also recognize them as times of rest. Both are true perceptions of these times. You can make use of them however you like.

Please be playful with yourself. Do not expect yourselves to be masters of all these new ways of being just yet. That will come. You have the keys to everything. You have the ownership, so to speak. It is all yours to play with. You don't yet need to know where every key goes, into which lock, or what adventures are before you. Let that deliciously unfold, and let the surprises be spread out through your whole lifetime here. You don't need to

experience them all today or tomorrow. You can allow that to evolve into this new way of being. We welcome you all into this time of greater communication with angels, greater communication with each other (whether or not you speak the same language), and greater communication with animals and insects, greater communication with yourself and your own being and guides.

Awaken to what you are at your own pace and time, playfully. We welcome you to this new era. We bless you, again and again. You walk in blessings; you are blessings to others. We welcome you to experience and relate how you are now, this newness, at the same time as comfortably taking this journey in a way that is not too fast for you or others, in a way that is playful and light. The battle is over. You can slow down your running now. It's okay to walk. It's okay to sit. It's okay to breathe and relax.

We welcome you to this beautiful glorious new age of humanity. We welcome you into the oneness of what you are.

*Adria Wind Horse Estribou is a conscious channel of angels, Lemurians, and other beings who wish to assist humanity. She is the author of Angel Insights for Unprecedented Times and Why Did Lemuria Fall? Adria lives in Hawaii and works one-on-one with clients around the world. For more information about monthly angel calls and angel blog messages, see her website [WingSound.com](http://WingSound.com) and visit her Instagram @wingsoundhealing.*

### BOOK EXCERPT

## Relate Differently to the World

The Council of Light through Patrick Paul Garlinger

We have spoken of your tendency to fall into old patterns when it comes to how you engage with the political and social realms, and we have spoken of how you must align yourself to other possibilities, to infinite possibilities, but this is not done without some effort. It requires that you continually release your judgment and look at the world with different eyes, with divine eyes.

By this, we mean that you must look at the world as being in perfect, divine order now, not as something that is flawed, with a future moment bringing something better or even perfection. Look at it now as the instantaneous creation of divine perfect order, as a measure of your current state of consciousness.

You are moving toward perfection. You are moving toward releasing the structure of the ego — as created by the collective consciousness rooted in judgment, separation, and exclusivity — and moving toward unity. This is what we mean by the Christ consciousness: the unity in

all beings as you realize that your differences are mere play and the multiplicity of all forms of life. The oppor-

tunities available to you to express yourself differently in form are incredible. They are a joy; they are a gift. Instead, you rally around those differences as if they are things to protect and defend. They are not.

You fall into old patterns when you encounter these areas of your world; it is not an easy thing to avoid. We understand the difficulty of embracing Christ consciousness in these areas. It is far too easy to think, "I will be spiritual here, in the area of my private life, with a few select people and not with the rest of the world. Over here, in this other area, I will rail and judge and yell because I need to be heard; we all need to be heard." This is not true at all.

This is where you must align and release expectations.



That is your primary downfall: You expect things to look a certain way and happen on a certain timeline, and you get impatient. You get fed up when the world doesn't shift dramatically and conform to your view of how it should look and how people should behave.

### Align to a Greater Possibility

This is just another manifestation of the collective consciousness at work. You have fallen into judgment; you have fallen into separation. It is not easy to regard with unity all of your brothers and sisters, your fellow seeds of light, who act in the most misguided ways. They embrace and identify with the collective consciousness and defend systems that permit them to protect themselves at the cost and expense of others. Do not forget that you do these things in your own way, even if your light shines brighter and you regard yourself as further along the path. It is here that your light dims as you return to your old ways.

The key is to align to a greater possibility, to ask what other possibilities are there. With any upcoming election, align to the possibility that the right outcome is, in fact, occurring, and that what you will experience is precisely what needs to occur for you all to grow into unity. That's what you can do, and you can hold on and align to the possibility, which means that you stand for it and feel it as if it is true already in your body, in your world. They will choose a path based on love and unity and not fear. That, you can do at each instance.

You align by holding it in your creative faculties and in your body as the reality that you are experiencing. You embrace it, not with hope or the idea that "this is good if it happens, but it might not," and not with any sort of gap between you and the outcome, but by holding the energetic feeling in your body as if it is the reality, because it is your reality at a quantum level. You align by dispensing with the creation of negative energies you know so well and instead align with and attune to the frequencies of the energies that you know are the ones that will elevate.

Imagine, if you will, the outcome of an election in which you hope that unity and peace will prevail over disunity, greed, anger, and hatred. Imagine that you know many people who are scared, angry, or upset and want nothing more than to attack and tear down a system that they feel has betrayed them. Can you still hold

them in your heart, along with the possibility of change? Can you hold them in your heart and mind's eye, and imagine they will choose a path of love?

Do not judge them and write them off and say they are crazy. That is your way now, and that is the path of the collective consciousness. That is the very path that has them choosing hatred and fear over love. So hold them in your mind's eye as doing what is best for the collective good, their good, and the good of all humanity, and then see what transpires. This means accepting what happens, however it happens, and still aligning to the possibility that this is the best outcome for ultimate growth. That is what you must do.

You must be very vigilant with your thoughts and feelings and continually return yourself to the frequency of Christ consciousness. You must cocreate yourself with them and stand in the space of cocreation with other seeds of light with the firm belief and conviction that you are cocreating a better reality.

### A Tool for Cocreation

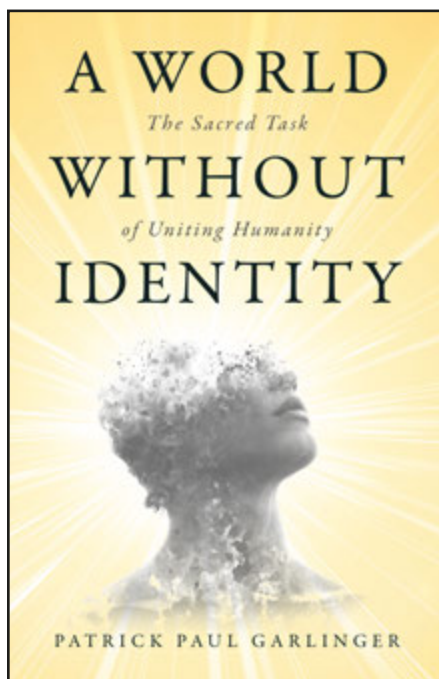
We wish to give you a tool to relate to the rest of the world differently. You must begin to relate to the rest of the world as you did your relationships with others, by bending time and space. This is what we mean by allowing others to cocreate as they choose and for you to meet them where they are and still cocreate with the possibility that they will relinquish their pasts and cocreate something different.

Now, this might seem very straightforward when you are dealing with a partner, parent, or another

relationship in which there are just two of you. But how do you move beyond that and work with entire communities? There are actions to take, and you must learn to engage and speak, but it is how you speak and engage that we wish to address. We will then provide you with a tool, a verbal formulation, that you can use as you continue to align with a greater possibility.

You must engage with the larger community as a relationship; you have a relationship with that community. It has an energy, and that energy has consciousness. For some of you, the energy of that relationship is anger or apathy or a similar feeling. It is almost always filled with judgment.

That is the *sine qua non* [essential element] of separation, so there is judgment. You regard those who are



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part of whatever community you are designating — and by “community,” we mean any collection of people united around a purpose, such as politicians, judges, bankers, economists, or police — as united in their common purpose. Your relationship with them appears in your thoughts and judgments when you say, “Politicians are \_\_\_\_\_,” and you fill in the blank with a judgment, evaluation, or insult. You write them off and cocreate with others who share the same views of this type of relationship. That relationship, as we have said, has its own energy, its own consciousness.

You must begin to relate to them differently despite the behaviors and actions of those who appear beholden to their self-interests and act in ways consistent with the collective consciousness. We want you to begin to relate to them as relationships that deserve the same type of love and compassion as a single seed of light. Yes, you will bring compassion and meet them where they are, without judgment, and align to the possibility of a higher consciousness that is available to them now. By doing so, you help cocreate them differently. You can begin doing this with your internal thoughts and by sharing your internal thoughts rooted in compassion and nonjudgment with others. You thereby give voice to that energy, spreading the energy of compassion through them and nullifying the energy of judgment that currently dominates your discourse.

### Forgive Those You Judge

Now, this is not easy. You will always find another instance, another example, of someone who seems to justify their exclusion and separation from the rest of you

because of their behavior. You must resist this, because you further entrench the very structures of thought that gave rise to the problem. You immediately find someone to draw you out of that state of acceptance and fall back into the past patterns from which you are trying to elevate yourself. You immediately cocreate yourself in the now, in the moment, with the past grievance and judgment you were attempting to relinquish. You give the grievance and judgment life again. You resurrect it; this is your power.

You must approach this relationship differently, and this is the verbal formula we wish to give you so that you can remind yourself. It is similar to the one we gave you before, but we want you to use the names of the people or the category or their entire systems — political system, judicial system, politicians, bankers, and so on. Say, “\_\_\_\_\_, I stand before you and accept you just as you are, and I forgive you for the creation you have made. By forgiving you, I meet you where you are now and align with the possibility that we will cocreate a future rooted in compassion and love, not separation. I am the Christ, and I am the Christ through you. You are the Christ, and you are the Christ through me. Amen.”

This kind of formulation is important, because we must extend this energy to other realms, to other dimensions of your planet, and we must do so now, as the increasing tempo of change in your system requires and demands more and more alignment with emerging higher frequencies.

As you see more and more turmoil, understand that what is happening has been boiling beneath the surface and is now coming up to be released and forgiven and not reborn as you cocreate and resurrect yourself anew. We need to extend the energy of Christ consciousness, the energy of forgiveness and compassion and unity, to all these realms. You cannot limit it to just one realm, such as the world of the yoga mat, the meditation cushion, or your personal finances.

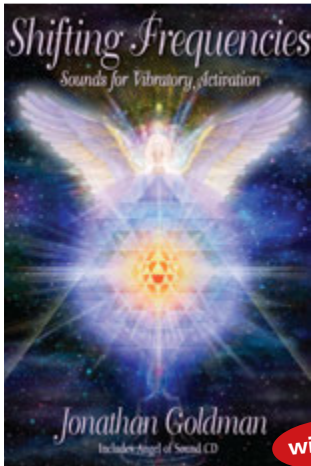
You must bring this energy to all facets of your world, to society at large, in all the areas where you feel the most judgment and where you have created the most separation due to of the influence of money and the corporate structure.

This is your mission: to transcend the ego in all areas of your life, not just your interpersonal world or smaller community of seekers. You must begin to spread the word of Christ consciousness to other realms.

**Patrick Paul Garlinger** experienced a dramatic spiritual awakening years ago when he began to meet numerous spiritual teachers and experience higher states of consciousness. His highly successful books include *When Thought Turns to Light: A Practical Guide to Spiritual Transformation* (Epigraph, 2016), an introduction to spiritual techniques. He lives in New York City and offers individual intuitive healing sessions and group workshops on different aspects of spiritual wisdom. For more information, visit [PatrickPaulGarlinger.com](http://PatrickPaulGarlinger.com).

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# Ever-Pure Love

The Collective Soul through Carolyn Gervais



We especially bring you the energy of love this month, as Valentine's Day opens your heart to those you think about and love. Valentine's Day is a day when you express gratitude and love for those who are special to your heart. Love is expressed in many ways and degrees: through the love of a spouse, sibling, friend, child, and even a pet. You express love through your emotions, actions, words, fears, and insights. But only one kind of love is real, and it is created with an open heart and soul. It is called unconditional love, and it expresses itself as compassion for yourself and all beings.

Does it matter how you show love for yourself and others, and do you believe where love comes from makes a difference? Love is demonstrated through emotions, such as affection, compassion, kindness, smiles, warmth, and a sincere shake of the hand. These are all ways to express love.

Like anything worth cultivating, your ability to love expands and evolves into an ever-pure love for the unity of life itself. As your ability to love evolves, it has a healing effect on the world and the people around you that helps them love and evolve. Loving unconditionally does not depend on whether you believe in a higher power, if you believe you have a soul that continues after death, or what religion you believe in. Love is life that lives in everything and everyone through all universes. That which creates the universes is the light and love vibration that expands what is.

## Human Love

Unfortunately, a lot of old and dark energy on your planet Earth continues to create havoc rather than love. Many unsavory leaders are working to destroy democracy and freedom because they desire power and money.

Traumatic experiences can create strong reasons for you to close off and decrease your ability to love and have faith in humankind. This can cause you to go into survival mode and not trust other humans. If this sounds familiar, maybe you never really felt loved, and because of that, love has a way of triggering emotional pain; you feel alone and abandoned.

If you believe you are not meant to love or be loved, you tend to create and give off a repelling energy to protect yourself from emotional pain. That repelling energy is you pushing away from yourself or from something you want but are afraid to go after, and you retreat. It

is time to look deeply into whatever you believe about yourself and heal it.

As you look into the belief that you are not meant to be loved, know that most people don't believe they are worthy of the love they so desire, no matter their looks, status in life, and so on. The next step is to concentrate on genuinely loving yourself and others, and let love find you. With this as your mindset, reaching out to others becomes enjoyable and rewarding.

You might have had an abusive person in your life, such as a parent, spouse, friend, sibling, boss, or bully. You had to learn to pay attention to all the ways, whys, and whens your aggressor might attack. You grew up fast and learned to protect yourself by outsmarting the aggressor. Many lessons about life and love can be learned and overcome from these experiences, and that is why, on a soul level, you allowed them to exist.

Being bullied is not restricted to childhood. Some people seem to attract intimidating perpetrators, causing mental and emotional suffering for no understandable reason. Bullies often have overbearing personalities; they demand control, attention, and a lot of personal sacrifice from their victims. Both the bully and the bullied can feel out of place in the world, and they project the image that their lives are normal to hide their insecurities. But how long and how well can you hide your real feelings and fears from yourself and your world before your false confidence is sabotaged and revealed?

Human love is often expressed through the ego-mind, based on your needs and wants. Just the way another person looks, or who they look like, can bring up memories and emotions from unpleasant past experiences. This is one way memories can cause undesirable feelings toward someone you don't even know. Human love, unlike the love of the Creative Source, can be spoiled and iffy. It can fall by the wayside for a while or for a very long time. This kind of love is not the deep love that comes from the heart and soul; it comes from the ego-mind.

## Unconditional Love

Conditional love is the most dominant love on Earth and always has been. But it is from conditional love that unconditional love develops. This happens over years of conditioning your heart through heart-breaking

experiences that come with each life lesson. Conditional love is how you practice to love unconditionally. Know this: If you feel the need to make yourself love someone or to make him or her love you, that is manipulation and not love from your heart's soul. When your search for spiritual knowledge is pure, true, and real, you have all the help and encouragement you need from the Creative Source. All you need is honest soul-and-heart intent to know. Your love for others is how you grow and learn, whether that love feels negative or loving. If this were not true, it would not be part of your human life.

The Source blesses all life and heals the suffering that you are willing to let go. Love is one with your divine breath, keeping your heart beating and your mind ever

# The Globe of Creation Activation

The Council of 144 through Natalie Glasson

Greetings, we are the Council of 144. As a collective, we represent every member of the universe of the Creator. We exist at the cosmic level but are often recognized as the Council of 12 (of the 12 core energies first expressed from the Creator that each of you pass through and are an expression of). As the Council of 144, our purpose is to maintain the energy, frequency, and vibration of creation as born from the Creator.

The 144 frequency we emanate synthesizes into many dimensions and civilizations on Earth. During major ascension shifts, the 144 frequency is present to support necessary manifestations. When the 144 frequency is present, in whichever form it manifests, you can be sure a powerful shift and transformation is presenting itself for all to experience. The 144 frequency at a cosmic level is the vibration of manifestation and creation of the purest nature.

We, the Council of 144 of the cosmic level, created and gifted into the universe of the Creator a source of light known as the globe of creation. You can work with this tool to

- further understand the laws of the universe of the Creator
- perfect the accuracy of manifesting from whichever dimension of the universe of the Creator you exist (Each dimension requires a different process.)
- download the light codes of creation and missing light-DNA strands that support cocreation with the Creator

expanding. You were born to experience this duality and the lessons that one day bring about ascension for all humanity. Find your unique way to share love and be love for yourself and others.

May the loving spirit of Valentine's Day always be in your heart. You are loved and blessed every moment of your life. Know that you are love incarnate.

**Carolyn Gervais** is the author of *Life Before Life: How Soul Agreements Direct Our Destiny*. She has been devoted to metaphysical spirituality for more than thirty-five years. Carolyn is certified in spiritual psychology and clinical hypnotherapy. She also has a master's degree in holistic nutrition. Carolyn facilitates client resolutions through intuitive counseling, in-depth dream interpretation, numerology and soul-path plans. To learn more, visit [AwakeningYou.com](http://AwakeningYou.com) or [Facebook.com/soulagreements](https://www.facebook.com/soulagreements).



- manifest the divine plan of the Creator to continue the journey and quest for truth all are embarking on now

The globe of creation, born from the source of the 144 vibration at a cosmic level, is available in its energetic form to all souls to connect and work with. The first connection begins a deep and full reconnection and cleansing of the presence of creation within your being. Then it magnifies the energy and frequency of the Creator's energy of creation within your being.

Following this, the globe of creation empowers the presence of your divine plan and heals any fragmentations that might have occurred. This aligns you more fully with the divine plan, allowing it to become a powerful guiding light in your life and existence. The globe will download the light codes of creation and the light-DNA strands missing to support your natural ability to cocreate with the Creator as well as improve your skills of manifestation and creation.

As a result, you will feel a deeper connection and intimacy with the Creator and have a greater understanding of the laws of the universe. You will perfect the processes of creation, manifestation, expression, and materialization of the Creator at the dimensional frequency where you currently reside. You will understand the link between ascension and creation, opening up a blossoming of service to all that is the Creator.

## Connect with the Globe of Creation

It is remarkable that the globe of creation is making an energetic appearance to those who are ready to accept its presence, influence, and wisdom. It has not energetically appeared to lightworkers since the fall of Atlantis. Humanity has only now reached the necessary light frequency. In 2020, a light blaze will manifest that enhances the light frequencies of all beings.

The globe of creation needs to be energetically present for the energy of creation within you to magnify precisely and perfectly. A powerful synthesis takes place between the light blaze and the globe of creation, opening a new manifestation of the Creator for you to realize and accept.

Do not focus on what you wish to manifest or create when connecting energetically with the globe of creation. Instead, the globe refines and opens your being to fine-tune your natural and Creator-given abilities to manifest and cocreate with the Creator. Once the process is complete or integrated, whatever is Creator-guided will manifest with your focus and intention. You can use these following steps to connect with the globe of creation:

- Call on the 144 frequency of the cosmic level to download into your being with the purpose of cleansing and purifying all of your energetic systems.
- In your own words, ask the 144 frequency to prepare your entire being for an ascension shift, awakening, and blossoming.
- Ask the 144 frequency to download their energy of creation from the cosmic level into your being: "With

the support of my guides and the 144 frequency of the cosmic level, I wish to connect from the purest essence of my being with the globe of creation, an energetic source gifted by the 144 frequency to the universe of the Creator. If it is divinely appropriate and guided by my soul, I wish to download the necessary energy from the globe of creation into my being to support the perfection and awakening of my creation skills and cocreation with the Creator. May I now receive all that is appropriate and guided. Thank you."

- Allow yourself to receive and experience this for as long as necessary.
- Ask within how many more times you need to connect with the energetic globe of creation for the process to be complete.
- Call for the 144 frequency to perfect any ascension shifts that might have taken place, ground any downloads, and synthesize the energies you have experienced with your physical being and reality.
- Give yourself time to return fully into awareness and your reality.

We, the 144 frequency, give this gift of activation with the globe of creation in trust and respect of your truth.

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

# You Are Evolving beyond Duality and Being Reborn into a New Reality

Lady Portia through Star Hinman

**Lady Portia:** I want to describe what might occur in the year 2020, because many unexpected events are happening in the outer world. We will focus this message mainly on the changing energy of the planet. Great work will be accomplished this year that allows Earth to evolve, but not all the progress will be obvious until perhaps the second half of the year. At that time, events will develop that give hints of the new direction coming for the planet, especially in the United States.



This process will shock many because it will begin very fast, and many circumstances will change. New developments and unexpected occurrences will redirect the course of many things now happening in your society. We are speaking about the deep political divisions that are bringing up extreme negativity within the human psyche, specifically in the U.S.

This drama has been unfolding for some time, and I'm sure you have all witnessed the battle royal taking

place in the U.S. political arena. It is very distracting for humanity, and it has been a controlling influence on the consciousness of Americans for quite some time. I want to emphasize the deeper lesson, the very important lesson, being delivered to the human population.

You might say the current political scene is like a drama, similar to a stage play, and you are all watching. It is bringing to the surface of human consciousness deep, previously hidden levels of animus regarding class warfare, racial hatred, political schisms, and similar things that have been ignored or hidden in the consciousness of humanity for a very long time across the globe.

### **Hidden Vaults of Subconscious Energies Are Opening**

This entire process brings to the surface many layers of what has been created over a span of many, many years and exposing them to the light of day. These “hidden vaults” of subconscious energies are now being opened. You are in the midst of a vast opportunity to release this centuries-old, stored-up energy that is the result of humanity’s focus on negative thinking and emotions.

You have heard that Earth has to release this negative energy; it has to be cleared so you can stay on track and continue moving forward on your paths of ascension. As distasteful as this process has been, it is an important drama that holds human attention and allows repressed, negative energy to be brought up and cleared.

Because this situation has developed over centuries, it will not disappear in an instant. The drama is necessary to expose it and to draw it out of the subconscious so you can examine it with your present-day consciousness and perhaps say, “Maybe constantly fighting one another and focusing on negativity is not the best path for us to take.”

### **The Stage Play Is Successful**

You are learning the lesson — that is some good news I can deliver today. This drama, this stage play, is causing you to reexamine how you deal with each other and how you choose to speak about political issues and other disagreements. This is significantly changing the course of humanity’s evolution in consciousness in the United States. It is speeding everything up and revealing huge amounts of negative energy so it can be released from the planet through the victorious action of the violet transmuting flame.

As distasteful as it might be, I want you to realize the important purpose of this process so you can observe it and appreciate that it is successfully taking place. You do not have to become emotionally involved in the drama in order for it to be effective and serve its purpose. The best course of action I can recommend is to be detached

bystanders/observers. The drama, fighting, and negativity on full display in the U.S. Congress, courts, and throughout the U.S. judicial system are quite extensive and have few boundaries.

In time, it will run its course, and that is when rebirth will begin. This is the clearing before the rebirth in consciousness, and it will not be limited to the United States; it will happen across the globe. Many times, important thought processes begin in the U.S. and spread from country to country and population to population.

### **The Flame of Freedom**

At this point, the United States is the crucible where the fire of consciousness, the flame of freedom, burns brightest. Be at peace with current events, dearest one, and simply do not watch it if it bothers you. Just allow it to happen in the backgrounds of your consciousnesses, because so much healing is occurring on a deep level in the psyche of humanity as a whole. It is very beautiful to watch what is happening through those of us who see from a different perspective.

I bring you this message to fortify you and advise against participating too strenuously in these very deep levels of negativity. This is not yours to do! It is not something “on your plate,” as it were. By all means, protect your consciousness from it so you do not in any way participate in this game of negativity, because it does not benefit anyone who takes part. In fact, it is very destructive for many, but they have a choice; they can stop participating at any point.

Those of us in the spiritual realms do not control these things, but we do observe and take notice. We understand the higher purpose of these activities, and we like to talk to you about them from time to time so you understand: The way is being cleared for the rebirth of consciousness of the United States. Indeed, she is the flame. She is the light of the world in many things, as she was designed to be by her conscious founders who were very much aware of her purpose as a birthplace of freedom and a light to the world.

### **You Lead the Way**

You are at the forefront of this very important rebirth, this shift, this change in consciousness. It will sweep Earth at some future point when you have dealt with your demons and you’re ready to hear this information and take a step forward in consciousness.

For some areas of Earth, this process will not occur for many years. The U.S. is moving forward much quicker, because of the enlightenment that exists among the population. In many ways, you are the forerunners of all this activity, and others will gradually catch up. But people all over the world who watch what goes on in your government are learning important lessons.

Do not be dismayed by all the activity you witness, dearest ones, especially the way it seems to continue unabated, year after year. We know you are very tired of watching this, so perhaps change the channels on your televisions and in your minds. Do not watch it if it bothers you. There are many other things you can focus on that are much more enjoyable and possibly more beneficial for bringing the things into your lives that you want to manifest.

Above all, do not allow yourselves to become exhausted with this constant diet of negativity spewed out of your televisions and news media. Remember, it is only a drama being played out for the purpose of clearing negativity by drawing it to the surface.

### The Light Rays of Dawn Approach

When you get a little further along in this process, you will begin to see the rays of dawn light peek above the far horizon in human consciousness. You will then realize what you have accomplished by allowing this vast clearing and healing process to occur in human consciousness.

Be assured that all of this is absolutely necessary; nothing can take its place. This has to happen in exactly this way to get you to the next step in your process — rebirth. That is when you will really enjoy being on Earth, because everything will have changed. People will be overwhelmingly more positive, and all of this very deep negativity and debris will be behind you. It will be gone, simply removed from Earth.

For this type of deep clearing of the subconscious to take place, human consciousness must have a focus, and that is what we have just described. Everything that happens on Earth now has a higher purpose. You are that far along in your evolutionary process. So be assured that whatever negativity you see coming to the surface can be blazed into the violet flame and released into light. You do not need it, and it will not benefit you. It does not serve you to become emotionally involved in any of this negative activity.

Here are my words of caution to everyone on the planet: Do not participate in these things emotionally. Do not become emotionally invested when you see heavy negativity emerge. These things have been created by human beings and buried in the human subconscious for eons, and it all has to be cleared. It is just that simple.

You do not have to experience all of it. You can change the channel to a happy, constructive, creative station, because your creativity is always available for your use.

### Decide What to Create

Decide what you prefer to focus on. What do you want to create in your lives? Think about it, because this is a very good time to create something new. Yes, it

is a very creative time, despite the most obvious things that are happening. You can easily access this level of creativity and be amazingly effective in your lives, just by focusing on what you want to experience. We will speak more at a later date about what it will be like when you reach the next stage for humanity, in this process of rebirth and attaining higher levels of consciousness as you evolve out of duality. It will be a long process, there is no doubt about that.

In the meantime, disengage from the noise in the background, and stay in the energies of light. As they say, “Do your own thing,” and don’t worry about what other people are doing. That is the best advice we can give you. Then you will be positioned to make progress, have fun, and enjoy creativity in your lives. Focus on yourselves. This is not selfishness; it is wisdom. Focus on yourselves and have a good time, because that is when you are most creative and effective.

That is our message to you today. It has been our great pleasure to be with you. Blessings to all of you, and much love from all of us.

### The Pivotal Roles of Spirit

**Star:** It is well-known that Count St. Germain was very involved in the founding of the United States of America as a focus for freedom’s flame (also known as the violet transmuting flame) through his activity as Christopher Columbus. He also acted as a very strong spiritual influence on the Founding Fathers, especially in the process of drawing up the U.S. Constitution based on the principles of freedom and equality. Count St. Germain has told us that he had a pivotal role in drawing up many of the documents for the founding of the United States, and he was involved in selecting and advising many of those who would lead the country in her early years.

What is not so widely known is that Lady Portia, as his twin flame, played an equally important role in all these activities, including strongly encouraging America’s freedom from British control.

As an aside, it can be noted that Count St. Germain, during many of his previous incarnations in Europe, worked tirelessly toward the formation of a united Europe, or what might be referred to as a United States of Europe, but it was not to be. He then turned his attention to the establishment of this concept in the new land that was free of the many old and constricting traditions that had evolved in Europe.

*Star Hinman is the spiritual messenger for Lady Portia & The Ascended Masters. She has channeled numerous published articles and books, including The Lessons of Ascension. She offers in-person classes, energy events, seminars, spiritual mentoring, and private sessions and is the founder of The Clearinghouse, an Arizona organization dedicated to raising consciousness. For more information, go to her website, StarBird1.net, or contact her at info@starbird1.net or PO Box 68704, Tucson, AZ 85737.*



# Good People Act in Good Ways

Michel through David Reid Lowell



*Michel, how do I become a better version of myself? I struggle with this. A friend told me I was drawing conflict to myself. Do you think that is possible?*

Many people struggle with inner conflict, so you are not alone. People wear masks; they take on the attributes of those around them to better fit within their social groups. About this “drawing conflict,” you don’t seem so imbalanced to us — you seem sensitive and aware. People ask us — we, Michel — about this attraction thing all too frequently, and it concerns us. Anything is possible. The world is riddled with the simplicities and complications of what is possible.

We can speak to the esoteric and metaphysical interpretations of your question, or we can answer it in more direct ways. Which would you prefer?

*I like when you speak directly to the question and I don’t have to figure it out. I really need to know why I am struggling.*

Okay, let’s walk our way through this with a nudge or two along the way. Oftentimes, you (and many others) overlook slights or remarks that refer to you as being lesser than those within the group you hang out with or know. Those other folks might belittle you with smiles and soothing tones, and you have learned to laugh them off. Those times, you look back and see people huddled together, whispering to each other rather than smiling and waving goodbye to you as you leave.

In order to get along or keep the contacts you have made, you learn over time to self-justify your reasoning. You want to get along. Who doesn’t want to belong? Who doesn’t want to be liked? But you have to be authentic, and you have to know your worth — not monetary worth, but substantive worth.

Let us be more direct, as we feel many people struggle with this too. We’ll take you through some basic how-to steps, one step at a time.

## You Must Do the Work

You begin with investing in yourself — learning to like yourself. Do you like yourself? Not many people do. So begin here. Take small steps. The best investment you can make is in yourself. What steps do you need to take to center yourself?

You are *not* how you were conditioned to be. You can overcome the obstacles in your life. You alone can create through deliberate intent and design.

Many people see what they want to see. Don’t you find it easier to overlook the small things? But when you overlook the small things, you find it easier to overlook the larger things. And therein is the problem: without realizing it, you lessen your self-esteem and dignity.

Success is *not* an accident. A good work ethic and the tools to achieve your goals bring success over time. It does not happen overnight. Only you can measure your improvement. You alone set your bar of excellence, and that standard can only have meaning to you and no one else.

It might seem like some folks are better aligned for success than others, but that isn’t so. Sometimes those who start way ahead fall way behind. And often those who arrive with no advantages outshine all.

## Change Begins with Awareness

Let’s think for a moment about your question: How do I become a better version of myself? Which self would that be? The one you are now, or the one you are becoming? In your human existence, you do something called “becoming.” You especially become older. People also become uncertain and uncomfortable about “old” things. They reminisce about “the good old days,” but usually those days really weren’t all that good.

What happens to older furniture, antiques, and collectibles? They become fads, desirables, and then tastes change and they fade away. It’s the same with music, actors, and other famous people. Time is the only thing that endures. We would advise you to be the best person you can, here and now. Time either changes all things or those things become lost in time.

We, Michel, endure and are timeless because we exist outside of your perception of time. You are a fluid being and can only be quantified through your perspectives and beliefs.

You want to be around someone you respect and can establish feel-good interactions with. You should like this person. Even though the work can be challenging, you want someone you can dialogue with and speak with in an easy manner. You want someone who hears what you are saying.

But do you communicate clearly? People read other

people, like it or not. They form views and opinions based upon the smallest of nuances. What do you project? Do you reflect back to others what you think they project to you?

What makes you feel good? Kindness, non-judgment, safety, security, and trust all feel good. Trust is key, but it is earned, over time. Many people claim to be good listeners, but are they? Individuals hear through filters — prior conditioning. You have to hear what someone is saying to you. How does that other person communicate, and how do you take in what they say? Tone matters. Phraseology matters. What is their mode of expression and communication?

You speak of wanting to become a better version of yourself. Change begins with awareness. When you ask, you are aware that something isn't right; it isn't comfortable. You're trying to make sense of it and your part in that dynamic. So what are you pondering that brings you to this point? You have been generationally and environmentally conditioned to speak and hear in established patterns. Are these patterns working for you?

### Honor Improves Relationships

Life is about choices, all the time, every day. You can become fluid and right wrongs, or you can choose to remain controlling, rigid, and self-validating. The things people ask are about them making sense of their lives. It is always about the basics.

We will say this again: Good people act in good ways. This does not mean justifying your actions. There is a basic nature to all things. Snakes warm themselves on warm rocks. Some people warm themselves in the accomplishments of others. They seek out people who “have a shine” to them, and they slowly, and in calculated measure, try to rob them of their shine.

Some people think, “I’m due something,” or “I’m not coming out of this empty handed.” But what makes them think they are due anything? They ride along, exploiting someone else’s talents and abilities, acting like bullies, and becoming demanding when in fact they are predators taking advantage of the people around them. They know they are not “good people,” because that is not how good people act. Good people act in good ways. They don’t sneak. They don’t lie. They don’t start rumors. When you act in such ways, it becomes harder and harder to look at yourself, because you can never escape your own reflection. Just because you show up doesn’t make you entitled.

You become a better version of yourself by acting in honorable ways. Talk it out. Be reasonable. Be fair-minded. Not all people are going to be a good fit. And we, Michel, will tell you this: How you live will eventually catch up to you. The nature of your beingness, how you act and how you treat others, leaves a thread of reality

that connects your past to your present, and this shows you your future.

### Let Go of Control

Do issues of control dominate your life? Control has to do with trust, fear, and the feeling of being vulnerable and powerless. It can stem from abuse, an early trauma, or loss. Being controlling can manifest through micro managing and the need to orchestrate the time, schedules, and activities of other people’s lives and routines. It can also manifest by helicopter-parenting, being overly protective of another, being silent (the silent treatment), and through self-validated dishonesty.

When people come from damaged backgrounds or believe they have something to prove and they gain the slightest ground, success, or accomplishment, they often try to ensure their soundness or authority through control. Usually this draws an adverse reaction.

Over time, control can become a form of psychological abuse that distances others — loved ones, friends, co-workers — from you, and you might not even realize what is happening. “Why are they treating me this way?” Maybe it’s because they don’t like how you are treating them. People oftentimes forget the reason for something, but they never forget how you made them feel.

“Ah, why me? The torment of it all!” Foolishness. If you lie in the mud, of course you’ll awaken dirty. Let us say this again: *People never forget how you made them feel.* Recognize why you feel the need to control others. Determine what this is rooted in, and then find pathways to cultivate an improved sense of self-esteem.

Your presence endures and manifests throughout your physical life. You are bound to the physical and manifest to teach, mentor, and sustain the physical through the processes of mindful oneness. You span lifetimes, centuries, and realities. We, Michel, enjoy the many facets of hope, belonging, and the gathering of families of choice. Your family of choice might sustain you more than your biological family. The placement of expectations is different and varied.

Most people are products of their genealogy and environment, and these two factors are reinforced generationally, meaning over time. We can speak to you about ideals, concepts, and obscure and archaic laws and principles, but haven’t you heard these things over and over again? And yet, here you still are. How’s the implementation of those laws and principles working for you? There’s an old saying: “You can’t beat out of the bone that which is born within the blood.”

### The Roles of Genealogy and the Environment

Genealogy and environment are *very* important factors because how you act and react are oftentimes, if not most of the time, based on these two modalities.

Behaviors become validated, and people rarely move past their validations, self-validated reasoning, or default excuse-making.

This is why addictions, mental health issues, and destructive behaviors are challenging to realign. You often hear of recidivism rates and how people come out of rehab programs and are okay for a short period of time, and then they relapse and revert to their default behaviors. One of the contributing factors is that they might be returning to the same town, family, friends, and environment that was the baseline for the initial crisis.

Behavioral traits are challenging to change. One approach is substitutive behavior modeling, or realigning the way you view yourself within the context of what triggers your behaviors. Also, it is important to remember that if someone wishes to change and improve their life standard, they might be up against insurmountable odds if they return to the greater whole of that same environment that they came out of.

Addicts think about their next fix, be it alcohol, sex, drugs, or control. There are many forms of negative addictive behaviors, so don't think it is limited. Even control behaviors can become narcissistically driven.

How have your generational experiences (those passed down through your family) and social circles (because one does not trend too far from the other) shaped how you view certain things, topics, people, and even how you pre-judge and react to someone? How have your family members and/or friends shaped your habits, beliefs, traits, and what are perceived as "okay" views, actions, beliefs, and behaviors?

"Normal" and "acceptable" are really terms that apply singularly to you, because what is viewed as normal or acceptable by one person or group might not be viewed as normal or acceptable by others. Ask yourself these questions: What part does regionality play in this? What part does access to education play in this? What part does economics play in this?

If you can come up with reasons for these three things, then you acknowledge a certain level of awareness. Then, by default, doesn't the final responsibility for making good choices begin with you?

Health and wellness are connected through body, mind, and spirit. How you feel, think, believe, and your sense of a higher power or faith, all form the total you. They are the foundational building blocks for your personal wellbeing. They need to be in alignment.

When you say you want to become a better version of yourself, you have to consider many factors. These include how you treat your body, how you think, and what you believe in. Self-respect matters. Don't con yourself. Don't make deals with yourself or excuses for yourself.

## The Fallacy of the Law of Attraction

Okay, strap yourself in. Breathe and remain calm. You might not like what we are about to infer. The term "drawing to you" is damaging. At the least, it can be twisted into something self-serving — that people design to bring about success and money or something on a material and superficial level. Let's ponder this for a moment.

Again, we refer to the "law of attraction" — foolishness — and the secret of getting a better life. Need we remind you that your intent catches up with you? People can lead others away from their common sense and emotionally manipulate them into ego-based positions of power. This is very concerning. Hear us. You do not "draw to you."

"Oops, I drew that person to me who cut me off in traffic." "Uh oh, I drew getting laid off from my job." "Oh no, I drew my dog dying." "Oh my gosh, I drew getting arthritis in my joints." "Darn it all, I drew getting beat up after school."

Here's the thing. Maybe that other driver had a bad day. They were in a rush, in a bad mood, and you happened to be in traffic with them. Perhaps you were laid off because the company was closing, or their contracts were cut in half. The dog died because it was old. You got arthritis because you were predisposed for it. You got beat up because there was a mean-spirited bully in your school.

People often look to the supernatural for explanations of things they just can't make sense of or have a hard time accepting as random. Imagine if, every day and every hour, every person on Earth ran around thinking they were drawing to them all the events in their lives.

Children dying of hunger or HIV in third-world countries don't draw that to them. It is a result of not having access to good water, food, education, and knowledge.

Gay men are thrown off roofs or stoned to death in many countries. Women have their genitals mutilated. Genocide still happens in many global regions. No one draws any of this to them. Think of the caste system in India and the untouchables. No one draws that to them. You cannot cherry pick what you draw to you and what you do not. Either the premise is sound and can be universally applied, or it simply isn't sound.

You can have all the wish lists and vision boards around you that you can piece together, and we would ask, "How's that working out for you?" More than likely, you are still putting things on your wish lists. These are nice thoughts or pleasant little hobbies that offer you goals to strive for, but we might just suggest that these have more to do with *want* and lack than the need for self-improvement and direction.

There is no contract between victim and victimizer. Life happens. It happens so you can become a better version of yourself by learning to evolve, forgive, and move

forward. In this human reality, there is good and bad. There are those who were not created equal, because of many factors, including disease, defect, infirmity, class structure, access, and so on. They might be bad or self-serving because they are just corrupt. Sometimes the finest fruit trees can bring forth the most soured fruit. There is no rhyme or reason for this. Sometimes it just is what it is.

The idea of equality is wonderful. On a higher level of thought, ideals have merit. But be ensured that as long as humans have emotions, desires, and ambitions, some will always covet what others have and resent others for what they have. Some will be angry, bitter, calculating, and harm with intent. That is the human condition you struggle with. Some people just take. Some work diligently toward earning; they are driven. Some people are just lazy, and some are diligent and dedicated workers.

People will always have varying levels of ethics and morals. Predators will seek you out for what you have and what they lack. They can be charming and tear you apart with no remorse, then move on to the next person, place, or material thing they think will round them out and fulfill them. Think of a fruit, say an apple. It can have a rotten spot inside that you don't see or know is there until you bite into it, then surprise! People can be like that, too. They can have rotten spots inside that don't show on the outside.

### Trust Yourself

The lesson is to recognize people like this and learn to make better choices. It only takes one person to be deceitful; it does not take two, as the saying goes. You've heard the saying: "Well it takes two." It simply does not.

Each individual, somewhere within, knows if they are off center. Something is wrong; there is a rotten spot. Some of those people step up and address their issues so they can heal and become more whole and well-balanced. They have inner awareness. Some do not.

You can blame. You can validate. You can even justify. But only you can decide to move on, retain your own personal empowerment, and not give those people any more of your time or energy. Just feed them with a long spoon, and love them from a greater distance.

There are good-looking bad people who "show well," like a shiny penny. They gleam and have all the answers you seek, when in actuality those answers are already within you. You just haven't learned to listen to yourself.

We cannot stress this enough: No other species, no other being, nothing within nature, demonstrates the truth or validity behind these so-called laws and beliefs. There is only *one* truth and that is Divine purpose and perfection. All you need is already within you.

Divine Mind governs all life. Mortal mind, human

errors, and material wants misdirect the truth of your basic existence.

No creature worries about such foolishness. They exist within nature and live their lives in accordance with nature.

There will be times when you wish you had shown more discretion in showing kindness, or that you had been more trusting so others had trusted you. You cannot demonstrate one thing and not be surprised when those around you see that you aren't all you project yourself to be. Lead by example.

Your desire for self-empowerment evolves by embracing the fears that you have believed limit your personal capabilities. You are so much more than how you have been defined. Your life is about your personal best, not about any other standard of "the best" or any other standard of imposed expectation. (Anyone can place expectations on you — your parents, friends, coworkers, and even yourself.) Your "best" is the only truth that matters. This is why it is necessary for you to focus on bettering yourself by making good choices.

If you can ask the question, you can begin to hear the answer. Goals, events, and even the navigation of your life should have some structure to it. For that, you need basic guidance, not esoteric and frivolous fantasies of could-have-been, would-have-been, or might-have-become, if only for this or that. You need to take some direction, as if you are navigating a ship through the Milky Way. You helm the ship.

Remember, you are the architect of your life. You come from one source, and within that springs absolute perfection. Your truth is already within you. Listen, for all is within.

We will leave you with this thought: All you have, all you need, is already within you. You just have to learn to hear it and trust it. Divine Mind governs all existence. Don't get pulled into and misdirected by those who place error and material wants over this basic premise.

You have already begun your healing process, because you were aware enough to ask the question. Enjoy the perfection of abundance as it unfolds within your new journey. Have confidence, because you originated within the universal seed of perfection.

The present and future are already within you. If you want to know the future, look to your present. That is the gauge, the indicator for you to guess your future. Have clean hands. Be kind. Lift up and inspire. Be the example of what you want to become. And most importantly, always remember this simple rule: Good people act in good ways.

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# Access Love Across Lifetimes

Angel Chamuel through Gillian MacBeth-Louthan



**Gillian:** I feel that time as we know it will dimensionally shift in 2020. We will no longer reside at the same plateau, longitude, latitude, or even elevation. We are getting a new celestial address energetically, psychically, and biologically. These power days display their wares and truths in a fashion that humanity can receive. No matter what religion you are, the Holy Mother resides within your heart as the silent witness and great comforter. On these power days, move your awareness upward and out of this fifth-dimensional corral.

## Love Yourself

**Chamuel:** Welcome. I am angelic of origin. I am an angel of light. I am the essence, vibration, and song known as Chamuel. I am an angel of self-love, and I come on this day to surround you with it. Every measurement of time, of day and night, reflects how much you do or do not love yourself. Earth was created from the deepest of heart longings of the Creator. Everything on this planet was created to love you. The dirt that you walk upon loves you. The wind loves to mess up your best hair day like a little brother. The trees smile at you from their great height, but they never look down on you, for they know that you are stewards of this beautiful sphere.

When you are in a place of truly loving yourself, then everything that you desire to manifest and create can, will, and must happen; that is the way of the universe. Many days, there is not much that you like about yourself. On the days when your creative energies are dismal and have run amok, your creations are like a highland bog.

Think about a time in your past when you were feeling great for no reason other than being alive. Everything you touched that day turned into gold. Life smiled upon you with many miracles, and people gave to you because they felt your love and joy; they basked in it by being generous. Now think about the days that you did not want to get out of bed and wake up to the world again. You got up dragging your feet and energy. Everything you touched that day deflated and drooped. You ran out of gas (of course), got a flat tire, and hit every red light on your way to work. This is your life; the good, the bad, and the ugly are always determined by how much you love who you are.

It is through you that everything happens. It can be no other way. It is the destiny of this place that you

reside upon that loves you more than you love yourself most days. Everything touches everything else; that is what you have forgotten. This is why I, Chamuel, angel

of self-love, have come to tell you that your moods affect all of life. If you are attracting people who are negative and down in the mouth, then look for a similar vibration in your own energy.

## Magical Lifetimes

Stay in a place of joy, happy to be human, happy to exist in the flesh and to be wherever you are at the moment of your experience. You are the center of your universe, every one of you. You are the center of your personal space-time continuum — all separate but united like the cells in your body. When your heart yearns for something deep, it is your soul asking you to provide it. It could be a walk on the beach that your soul needs. It could be dancing in the rain. It could be traveling around the world or writing an old friend a letter. Who do you think points you in the direction of all those heart longings?

The self is so caught up in the past injustices that it does not look forward. There is always hindsight wrapped around the self of the past. Your soul is where the longings of your heart come from. Look closely at what you long for. Notice what is speaking to your heart, and then center yourself with love. Most human beings do not feel love or feel loved. This feeling of not being loved may have come from your parents and family members, but realize they too are learning how to love. You can access lifetimes — future, past, and simultaneous, when your parents loved you very much. Ask for that. Maybe your husband or your wife does not show you much affection, or maybe your life is empty of love. There have been plenty throughout time that have loved you.

The sun has set and risen on your every want and need. There were lifetimes when you were magical. You made gold out of straw more times than we care to count, for you are all alchemists. You are angels and you are beautiful humans all wrapped up in one. If you are not getting what you desire at this moment, then you must access a place in space and time where you once received it, and bring that feeling (ask for that feeling

to flood you) into your auric field. From that point, create. From that point, love yourself a little more. Humans are funny creatures — the angelic realm does not always understand you — but we always stand by you. You do not feel loved even when those who love you stand face-to-face and proclaim their love. You do not feel fulfilled no matter how much is given to you. Humans — you do not understand how vast you are. But we do!

In the meantime, as you are trying so hard to remember your light, we hold light for you. We sit at the fire. We talk about you, joke about you, and compare notes; we love you dearly. We need you to call on us, the angels. We cannot intervene unless it is an emergency, and sometimes your definition of an emergency varies

greatly from our definition of an emergency. We are obedient to you as the Mother/Father God commanded. Time after time and life after life we grow to love you more. In order for us to serve you better, you must direct us in the affairs of your life. We will be there for you. No job is too small or too big.

I am Chamuel. I am the angel of self-love, and I hope you have a better understanding of what that really means.

*Gillian MacBeth-Louthan is a visionary, a seer, born with the gift of knowing. She has been a clairvoyant psychic since age five. Gillian is a teacher, messenger, and world-renowned trance channel. She is keeper of the star languages and a crystal whisperer. Gillian lives in the Smokey Mountains of Tennessee. To learn more, go to theQuantumAwakening.com.*

# Humanity Under Pressure

Onereon through Jeff Michaels

As above, so below. We also sense the stress and pressure many of you ask about. Your meditations and prayers do not fall on deaf ears; you are not alone. But it is often a narrow path, and you must walk it carefully without obvious reliance on others around you. Tread carefully and all will be well, for the journey is not the destination. All life is perpetual motion. You choose your pace and direction.

The realm of Earth, the physical realm, is under great pressure at this time and space. There are multitudinous reasons for this, and it is difficult for the average members of the family human to reconcile a larger perspective with what they experience from a personal point of view. The questions we often hear are, essentially, “Why me? Why is this stress or pressure happening to me, and why now?”

The physical realm is under great pressure from many sources. This is not unnatural, but it is inconvenient. It is difficult for many of you, unless you are specifically trained to deal with occurrences like this. Such pressure is felt strongest by those who are the most sensitive to subtle energy, yet you are the ones who have the greatest chances to thrive under pressure. The energy you are experiencing is of a cosmic nature. It is measurable and not yet understood by scientists.

## Cosmic Configuration

Let us speak of the local cosmos for a moment. Much of what you observe from Earth is in motion through natural processes. This does not mean that spiritual consciousness does not guide how a planet or life develops. Like the vibrations of musical notes, the mechanisms in

place are startlingly common throughout the galaxies. But the simplicity of them does not limit the astounding complexity of combinations the basic elements can use to craft vast diversity. It is within the already-existing life forms that we in the spiritual realm find opportunities to shape and guide. We do not create. We can and do corporate into life systems, first to better understand them and to perceive the universe from their varied perspective.

Those of you in the physical realm are arriving at a place we have seen you approaching for some time. The path of the sun — in essence the driver or engine of your solar system — follows a course set by gravitational lines of the galaxy. The galactic trajectory you travel is a simple one, and the projection of points in space/time are relatively easy to note and thus chart. The interior cosmic motion of the Sun and planets is spiral and complex.

Much can pull or push at your system as it moves, but significant momentum and sufficient energy keep it on a pure course. Not all that moves in the universe is mass or gravitationally oriented. As the sun surges through space, much can influence its energies.

The natural mechanism for many stars that support life-bearing planets and systems is a type of sheath, a protective barrier. How is such a thing formed? There is subtle energy in the universe, and not all is a vacuum as some might teach. The scientific approach has a basic flaw: It is based on evidence but often cancels out the concept of imagination. What they cannot measure, they cannot see.



A simple illustration of the formation of a protective sheath is a ship with a long-angled prow. Much of the leading edge can be submerged, but the water at the surface still responds by creating a foaming wake. This widens out and surrounds the ship but is ultimately not limited to the vicinity of the craft. The wake can extend far beyond the initial action — the contact of the prow with the body of water — until it becomes imperceptible to human senses.

This is what occurs as your star is drawn through the galactic spiral. Powerful energy emanates from your star, precedes it, and, in a sense, ignites this sheltering foam. Unlike the boat in the illustration, the star does not break a plane of water with air above it. Rather, it flows through space-time more like a submerged vessel. The wake flows outward in a spherical motion, at least at the beginning of the action. It spreads into a more cylindrical or conical shape as the system moves through the space/time corridor.

In essence, the subtle energies of space/time ripple and remain long after the star moves through the galaxy. This allows the system of planets, moons, and all attendant orbital action to remain together in a regulated grouping. This action lessens the effect of other waves of energy that occur throughout the universe.

For a ship at sea, the wake can widen without immediate impact on distant shores. But if the ship travels in a narrow channel, those on shore can immediately notice the wake. If the channel is narrow enough, the wake can return to the course behind the ship, and anything following in that wake will feel the tossing of the energies — the rise and fall of wake waves meeting their reflection.

It is difficult to explain the concept of narrowing, or a type of channel, in the sense of an outer space or a galactic space that appears vast and empty. Imagine many energies converging along curving lines of space/time. The more lines of energy that converge, the more powerful and intense such energies become. These gather and create turbulence and compression that is partially nonphysical — what some might term quantum — but has great resonance within physical realms. When entering such an energetic channel, the sheath or foam surrounding your solar system is agitated, and what we call ripples become wavelike, affecting the interior of the sheath. The protection remains, but the interior of your solar system experiences a significant increase of pressure — a tightening of the energies within.

### **Powerful Pressure Encourages Examination**

Imagine squeezing a balloon that is less than full. Squeezing one end forces the limited air to the other end, stretching the surface and creating greater pressure. The amount of air is the same as before, but an

imbalance is created. The solar system passing through a narrow channel, as described above, is similar to squeezing a balloon: Human society feels greater pressure. In a cosmic sense, this is considered subtle energy, undetectable by humanity.

Such action is one of the primary causes of purification of the ongoing evolutionary process. We say primary, but other engines of change also occur. In the distant past, cataclysmic changes powered adaptation. These are few, despite their immediate significance.

In the current phase of existence for the family human, a more natural and progressive way is available to take a conscious step toward shifting abilities and growth. This action takes longer, for energetic impurities are more difficult to identify and adjust. The pressure we are in at this space/time raises many old systems and places them into the open for observation. It is there that we — those of you in the physical realm and we in the spiritual realm — can examine, shift, and alter old patterns to either a place of acceptance and usefulness or reject them as old ways that no longer serve the good of the planet and thus Gaian life force.

Meeting these old patterns with new, enlightening thought is how they will dissipate and fade. Light dispels dark. It is a difficult path, but the alternative is for you to subjugate your karmic line to these old patterns. Do you wish to progress to a higher vibration? We see in many humans the lower vibrations of blame, disinformation, appropriation of others' space, self-aggrandizement, fierce judgment of others, separation of beings, and rage.

We must point out that these qualities do not exist in beings much of humanity considers lower orders of consciousness: dolphins, whales, elephants, great apes, and even certain orders of birds.

Yet, only members of the family human possess the imagination required to conjure enlightening thought into existence. The alternative to negative vibrations is pursuing peaceful coexistence, joyful living, and the expression of love for all diverse elements that make up the planet.

### **Wisdom and Willingness Write the Future**

That you are elements of the universe cannot be denied. That you need exterior forces to gain some type of salvation is erroneous. The power and creative energy you have access to is only now being explored by consciousness seekers. Deeper meditative levels are available to many. But those levels can only be accessed if you are willing to reconfigure all that you currently believe.

Entrenchment of religion or chaotic economic systems is not a path of faith. It is a belief in illusory stories that some imagine allows them access to more physical resources than they can ever hope to use. No matter the

quality of these physical resources; they are, by nature, temporary acquisitions that last only the lifetime of the acquirer. These things, these possessions, are of little use when the human's time on Earth concludes.

At best, the following generation or two benefit, but only to the span of their lifetimes. Excessive attention to acquisition limits the strength of an individual's karmic thread. This acquisition energy is the primary pattern on the cusp of being eliminated. It has been dealt with in the past through violence and political overthrow of monarchies.

The world, as it exists around you today, offers a vastly different option. Swift accessibility to accurate information, through immediate and primary sources, is a powerful advantage. The strength of this is apparent, but it must be accompanied by wisdom and a willingness to follow through and not blindly accept what is put in front of you. Questioning information and belief systems is the strength you can personally bring to these challenging times.

When people say something you agree with, you must still question whether what they say is based on reality. Ask yourself: does this fit an old, existing pattern,

or does this create a new path for a balanced future? Looking backward does not invite improvement.

The most basic test you can give a message to ascertain if it is a true spiritual communication, is to ask these three questions: Does this make me feel joyful? Is this a message that brings peace? Is the intent to spread the energy of love, true love, for all things?

Explore what is being said. The current cosmic channel is narrow, and the pressure you feel is real. We can predict the course of the solar system, but we cannot predict the course of humanity with any accuracy. A new way is coming. We can see this, and our perception is based on the widening and releasing of the pressure of universal energies.

The vibration of life on Gaia will rise. As a member of the family human, you can and will affect the path your society chooses. Be aware. Be alert. And be peaceful, joyful, and loving as often as possible.

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# Raise Your Frequency to Connect with Other Starseeds

## Juliano and the Arcturians through David K. Miller

**Juliano and the Arcturians:** Greetings, this is Juliano. We are the Arcturians. "Resonant response frequency" is a term used in vibrational energy work, spiritual meditations, and ascension work. Learning about this term can help you integrate concepts in the new physics with your spiritual development. Resonant response frequency refers to the particular vibration that resonates with your core self.

Each person has a core frequency. You have probably noticed that some of you have a lower core frequency while others have one that is higher. There are also hidden frequencies you respond to that are not in your normal consciousness.

If you are in the presence of an ascended master and they begin to emit a frequency of light that you resonate with, you will manifest a resonant response frequency. This frequency, this vibration, is part of your whole soul makeup. The higher frequency from an ascended master activates within you.

"Resonation" or "resonate" mean that two frequencies

align or are close to each other. They can be close in terms of quarters, halves, or full waves, as opposed to unequal or odd waves, such as five-eighths, three-fifths, or one-fifths. In the terminology of the new physics and radio and electronic magnetic propagation, frequencies in tune with each other usually have symmetrical numerical values, such as twos, fours, sixes, and eights. Therefore, it is easier for someone to resonate with a frequency that is in its numerical categorization and divisible in a similar numerical order.

What I call the "hidden resonant response frequency" is important in your work to activate other starseeds. Many people have resonant frequencies of higher energy, but they are still asleep and unawakened. They will respond to activation energy if you activate their hidden response frequency. Once they hear, and are influenced by, someone emitting this higher vibration, they can awaken and be activated.

I am sure that, at this time on the planet, we all agree





it is time for all starseeds to awaken. The most effective response frequency that all starseeds resonate with could come from a first contact — an extraterrestrial or higher-dimensional being who has the knowledge and ability to issue a frequency that can awaken everyone.

### **Your Global Resonance Determines Where You Incarnate**

“Global resonance response frequency” is the energy contained in the concept of the messiah and messianic light. Part of the idea of the messiah is that this beautiful, energetic person will know how to immediately fix the unsolvable problems confronting humanity. The messianic person will also know how to emit a frequency that the entire global community can respond to, meaning that even those who are polarized and of lower consciousness will be raised to a higher frequency. Those of lower consciousness would require a special activation energy.

This leads me to the vibrational characteristics of humanity and Earth. Each planet in this galaxy has a vibrational resonant frequency, which means, according to the laws of spiritual energy, that you are attracted to and incarnate on a planet that is in alignment with your resonant frequency. Earth, then, is in alignment with you and your frequency; you were attracted to and chose to come to this planet.

You are working to shift or raise your resonant response frequency so that you can enter the fifth dimension. You chose Earth because the necessary experiences are available here to prepare and train you for your fifth-dimensional entry into higher realms.

This idea is shocking to many. “Why do I have to be here?” you might ask. “I am ready to leave this planet immediately. I do not want to go through these Earth experiences.” My response is that you worked hard in your soul journey and soul review to come to Earth. On a soul level, you knew you would find the experiences necessary to raise your soul frequency. You knew vibrations would be available on Earth that you would resonate with and be able to use to elevate your core soul frequency.

The concept of the resonant response frequency ties in beautifully to ascension, because ascension represents a new frequency and new vibration. You do not have to be at the fifth-dimensional level to resonate and respond to that ascension frequency. Remember, I explained that your frequency might be a half or a fourth of the total response of the primary frequency. As long as you are in a vibrational and numerical harmonic balance with ascension energy, then you can resonate with it.

It is easiest to resonate with ascension when you are around an ascended master who issues the frequency so that you can respond and feel that energy. But when you are activated for ascension, you can easily respond.

There are four primary core personal and planetary frequencies. First is the core frequency of Earth. Second is the core frequency of Arcturus. Third is the core frequency of ascension. Fourth is the core frequency of the ascended masters. Other planets in this galaxy and planets in other galaxies have different resonant frequencies. That means planets in the Andromeda galaxy have different core frequencies than might be available on Earth.

### **You Are Like a Radio Receiver**

Everything — all planets, plants, and animals — vibrate at specific frequencies. Your soul group vibrates at a particular frequency. When you meet people who are in, or close to, your soul group, you resonate with them. Naturally, you want to seek out people who are at your same core frequency. These observations relate to the new physics, because the principles of vibration, frequency, resonating, and being in a harmonic balance with others of similar frequencies, are explained similarly in the subatomic or quantum world.

Frequency waves are explained in the theory of electromagnetic radiation and radio waves. The analogy of radio waves can help explain how to improve your ability to resonate with higher frequencies and to protect yourself. When you are in a higher frequency and the experience is new for you, you want to protect yourself so that you are not “brought down” by lower frequencies. A person who is trained and has higher mastery can maintain their higher frequency even in the face of lower energy.

People sensitive to energies are called empaths. They feel other people’s energies and are dramatically affected by them. Empaths might not have the proper shielding to protect themselves from low-level energy. Lower beings — especially in the lower fourth dimension — are intruding on Earth now. These are sometimes called ghosts or lower spirits, and many want to attach to you and bring you down to a lower level. There are various ways of dealing with this and ways of protecting yourself, including using crystals, special stones, and guardian angels. Low spirits cannot tolerate high energy, so it is important to know how to hold a higher energy for protection.

As you might know, radio technology has advanced dramatically over the past 100 years, including the development of more sensitive receivers and better signal-to-noise ratios. It is also better at isolating different frequencies on a crowded radio spectrum. Even with the most sophisticated receiver, you still have to know how to tune to the frequency you want, and that requires training, knowledge, and special skills in receiving operations. You need the skill to hold a frequency and weed out or block interfering frequencies.

With personal frequencies, lower spirits might interfere. People you live with or your neighbors could interfere with your frequencies. These interfering energies or frequencies can block your receptivity and sensitivity, which mean you might not be able to focus and receive the higher energies you wish.

I want to make something very clear: You really have to be very sensitive to receive higher light and higher energy. The most obvious reason is the way Western (modern) society, has trained you to use your brain and receptivity.

The reticular activating system is a neurological system in the base of the brain. It controls what you are attentive to, and it can be programmed. For example, a new mother wants to be attentive to her baby. If she is in a deep sleep and the baby suddenly cries, the reticular activating system helps her immediately wake up and attend to the baby. Another noise, such as a television, does not wake her up. This is a good example, because it shows that you can train your brain which frequency you want to attune to.

In your case as a starseed and an ascension student, you want to sensitize yourself as much as possible to the new light and frequencies coming in from the fifth dimension. This requires some programming in your brain's reticular activating system, so that you can filter out signals and noises that are not relevant.

Returning to the example of the mother and the child, you might think for the mother to hear her child, it has to cry loudly. But even a small cry is enough for her wakeful filtering system to pick up the information and distress from the child.

In other examples of empathic reception, we find that, telepathically, you can receive signals from people at great distances from you. This is truly amazing. Think about the sensitivity of radio receivers. One was built in 1950 and another was built in 2019. The one from 2019 has all the latest computer software, and it can pick up signals with greater clarity than the 1950 receiver built without advanced computer technology.

Like today's radios, there is specific "software" that you can download into your brain to increase your sensitivity. You also have ways to become more attuned with the resonant frequencies of people close to you and to ascended masters. You can strengthen your resonant response frequency to other higher spiritual masters.

### **Strengthen Your Sensitivity to Response Frequencies**

The mother and child is an example of instinctual response programming. The mother does not necessarily have to train herself to hear her child, because it is part of the DNA programming in her reticular activating

system. The mother is automatically, intuitively, and empathically connected to her child, and this occurs in part because she carried the child for nine months. We are talking now about establishing a sensitivity to ascension frequencies, to higher spiritual frequencies, and even to the frequencies of telepathic communication with ascended masters throughout the galaxy.

There are a number of ways you can strengthen your sensitivity to the response frequencies. The first is to be around people who share your interests and abilities to connect with higher frequencies. The second method is to read books about masters and study higher frequencies or higher masters' writings. Some of you might find the motivation to raise your frequency response by reading the Bible, the Bhagavad Gita, the Book of Tao, or other channeled material. Studying the lives of Jesus or the Buddha are other examples.

We support spiritual studies; we support reading books about spirituality and meditating on spiritual matters. We also support programming crystals with spiritual light and going to power spots or sacred spots around the planet. These sacred spots hold the frequency vibrations of higher energy. An example is the Dome of the Rock in Jerusalem. This is the place where the Israelites built the first temple on the rock, which was eventually destroyed. It is the place where it is believed that Abraham was to sacrifice Isaac, and in the Muslim religion where Abraham was to sacrifice his son Ishmael.

Other sacred places include Stonehenge in England, the Black Hills of North Dakota, and power spots in the area of Sedona, Arizona, such as Bell Rock. We could continue to name places throughout the world that hold spiritual light. The point is that when you visit these places, you train yourself to become more receptive to receive higher spiritual vibrations.

### **Overcome Societal Blocks to Resonance**

Think about telepathic energy and telepathic communication, and think about remote viewing or remote energy work. The idea is that you must have intense concentration to receive this energy, and you must open up a part of your brain that you don't normally use. This leads me to the concept of shamanistic training, because shamanistic training often begins at a very young age.

The person who is to become a shaman must have the telepathic ability to communicate with spirits and other worlds. The neural pathways of very young people are more open for developing the sensitivity necessary for telepathy. It is still possible to become a shaman at an older age, but certain neurological blocks have to be overcome.

Remember that Western society and cultural training do not encourage extradimensional or higher-

dimensional connections. You are trained for computer connections and smartphone connections. You have to overcome a number of blocks to be sensitive to your resonant response frequencies. I think it is amazing that many of you have attuned to these higher spiritual frequencies because the Western world contains a great deal of density and blockages toward higher-dimensional energy.

I am frequently asked: “What about the 5G electromagnetic radiation coming from fifth-generation smartphones?” There is a lot of discussion about how 5G energies might harm your aura. It does have that potential, but there are ways you can integrate those energies using special techniques. Because 5G is at a higher frequency than 4G (going from 800 gigahertz to 1,200 or 1,500 gigahertz), it comes closer to the frequencies on the telepathic energy wavelength. My concern is that being around 5G without protection can influence and block some of your sensitive telepathic abilities and your abilities to receive higher energy from the fifth dimension.

Spiritual frequencies are at a high frequency level. The speed of thought is faster than the speed of light. At the speed of thought, you can go to places around this galaxy instantaneously. You cannot travel instantaneously to other parts of the galaxy at the speed of light — that would take hundreds or thousands of years.

In summary, you can do certain exercises — including being around higher spiritually minded people, reading spiritual books, using crystals, and going to sacred places — to enhance your ability to receive the highest-level spiritual energies. You can program yourself to receive spiritual signals in the midst of all the noise around you. But before we get into that exercise, I want to talk more about protecting yourself.

### Protect Yourself from Low Energy

One of the ways you can protect yourself is by withdrawing from negative energy. You might have reached the conclusion that, as hard as you try, you cannot seem to protect yourself from low-energy vibrations. One of the main defenses you can use is to withdraw from that energy, if possible. This was practiced in ancient times. People in training to become ascended masters would go into caves where they had control over what frequencies they were exposed to, and this made it easier to only focus on higher light.

This is a good technique, but withdrawing into a cave does not work in this modern age. There are probably not that many caves available, and we need you lightworkers interacting with society. One interesting ascension practice is being involved in the world in some way, which is different than in ancient times. You could be so enlightened that you could be in the

middle of New York’s Times Square and still hold higher energy and light. That is not a goal for your work, but a metaphor of being able to be in this world and hold fifth-dimensional energy. In this ascension work, we encourage you to be part of this world, so no withdrawing into a cave. Sorry!

Be as sensitive as possible to ascension energies. Look at all the different energies around you, such as many different spiritual groups. Focus on a specific, ascending, higher frequency. Train yourself for that. The ascension experience is a frequency or energy vibration. Train yourself to be on the resonant frequency of ascension.

When somebody gives you information or ideas about ascension or they lead discussions about it, be receptive. Ultimately, we are talking about a sound emission that sets up the resonant frequency vibration for ascension. Sometimes the sound has been referred to as Gabriel’s horn or trumpet. Hearing this sound is so intense that it is enough to send you into the vibrational ascension state.

You do not have to be at the higher state of that original frequency, but you do have to be in harmonic balance or a complementary state. So when you hear that frequency, you will be immediately elevated.

Some people might doubt whether or not they can ascend. I am sure you have heard these arguments: “I am not good enough.” “I have not reached the spiritual level where I need to be.” “I have not completed all my karma, therefore I cannot ascend.” People offer many excuses about why they cannot ascend or why they are not ready to ascend. My point is that you can ascend as long as you are in the resonant frequency range of the vibrational energy of ascension.

It is interesting that the ascension sound has never been reproduced and will not be reproduced until actual ascension. At the same time, when you hear that ascension vibration, you will immediately know what it is. The Arcturians have also offered many exercises to sensitize you to vibrations and frequency responses, including the shimmering and cosmic-egg exercises [provided in David’s books (see [LightTechnology.com](http://LightTechnology.com)) and his many articles (see [SedonaJournal.com](http://SedonaJournal.com))].



#### SHIMMERING EXERCISE

1. Visualize your aura in the shape of a cosmic egg.
2. See a blue line around your aura, which is also egg-shaped.
3. See the blue line vibrate rapidly.
4. Once the vibration, or pulsing, of the line of the aura reaches a certain speed, your aura starts to shimmer.

If you reach a high enough speed, onlookers would see your physical body flicker in and out of this reality, because you are vibrating so rapidly.



The shimmering exercise accomplishes many things, including healing and helping you bilocate and thought-project. Did you know that shimmering can also help sensitize you more to higher frequencies? By shimmering, you are improving your sensitivity to fifth-dimensional frequencies. You want you to be as receptive and sensitive as possible.

### Reticular Activating System Meditation

The following meditation is intended to reprogram or deepen the program in your reticular activating system so that you can become more sensitive to higher spiritual vibrations, especially the spiritual vibrations of ascension.



Take three deep breaths. Become aware of your brain and your brain stem, which extends down from the back of your brain. You are now in your mind, which is an energy field that interacts energetically above the brain. The mind transcends the brain. You can look at your mind as the operator and the brain as the computer.

Visualize and go to the area in the brain stem called the reticular activating system, which is a group of neurons. This system can be imagined as computer chips inside a computer. There is no on-off switch that you can see, and like with higher computer boards, everything is molded together and streamlined. The mind can go anywhere, so direct it to go to the reticular activating system.

When you are there, say a friendly, "Hello," the same as if you were visiting your heart, kidneys, or lungs. Just say, "Hello, I am here today to interact with you. I am here to download a new program and to expand an existing program in your realm." Ask for permission from your higher self and brain to strengthen that program.

Now repeat this download: "I am opening my reticular activating system to become more sensitive to fifth-dimensional energies on all levels. I am downloading instructions to my reticular activating system to be open to fifth-dimensional energies on all levels." You can reformulate the affirmation however it suits you.

Let the words of this affirmation transfer into your reticular activating system as special instructions. You only need to say: "I am now downloading these new instructions into my reticular activating system." At the count of three, it is being downloaded. You are now more deeply and strongly sensitized to all fifth-dimensional energies coming into the planet.



Let this new affirmation be firmly downloaded into your reticular activating system, making you more sensitive to your empathic abilities. You will become receptive and more sensitive on all levels; this includes the ability to communicate with other starseeds.

### Spiritual Energy Is Available to You

I know that many of you feel alone and disconnected from other starseeds. By doing this activation, you are going to communicate more with those who might be in your area. You are going to find greater ways to connect to existing people in a group, and to spiritual energies around the planet. Many spiritual lightworkers and spiritual forces are transmitting to Earth.

Despite all the polarization and destruction you see, please remember that tremendous spiritual energy is being downloaded now to Earth. By doing this activation and downloading today, you will be more receptive and better able to integrate and receive all spiritual energies coming from the fifth dimension. And so it shall be.

I am Juliano. Good day.

*David K. Miller's original spiritual study was the Kaballah and Jewish mysticism. David has published many books and over a 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, GroupofForty.com, or contact him directly at PO Box 4074, Prescott, AZ 86302, 928-776-1717, or davidmiller@groupofforty.com.*

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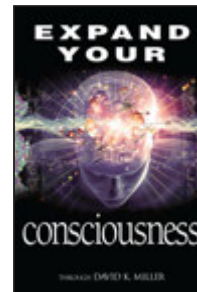
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# The Evolution of Consciousness and Human Ascension

Sophia of Wisdom through Judith K. Moore and Sean Sands



You have the opportunity to engage in conflicting relationships that create discordant reality, or you can awaken to the bioenergetics of creation, an organic force of consciousness. Your human mind seeks to take action, motivating your persona to adapt a belief system that reality depends on right and wrong action and the consequences of behavior.

Within your human psyche is a pearl of wisdom. It is a natural part of a force that created Earth and the balance of the ecosystems, or (what you call) the cycle of life. Within the pearl of wisdom is the essence of compassion. Compassion is greater than your human need to have control of your destiny or control others. Compassion is the loam of consciousness. It evolves from the source of Infinite Oneness, which is the love that formed creation and the consciousness of the human soul.

You have a field of relativity that captivates the attention of your inquisitive mind with a desire to know, explore, and create. This is the very element that makes humans unique. It is this very element in the human psyche that either elevates your human consciousness or creates an entanglement with your lesser self, attempting to control the perceptual context of reality of your human psyche.

The human psyche is a vast playing field for the expression of energy through concepts and ideologies. It either elevates your human spirit to the state of harmony with the essence of your soul or creates obstructions in your lower mind that block you from your capacity to utilize the pure pearl of wisdom. Attaining a connection to the pearl of wisdom is a natural behavior and not a state of attainable enlightenment.

## Liberate Your Psyche from Judgment

Blockages in the human psyche are designed to fulfill a self-manifest destiny through which your expectations become limitations and your judgments become a behavioral system that appears relevant to your human mind. Judgment manipulates perceptual reality and limits the human psyche, because it constantly needs the gratification of power and control. Every moment of your human experience becomes a judgment of the equality or inequality of what appears to satisfy your human

needs but might not be for your higher good.

Judgment leads to an impulse to judge every experience, moment by moment, which creates right and wrong. Judgment of every moment-by-moment experience is a function of the obsession of the lower mind to have control. Judgment creates expectations. Expectations then become self-fulfilling prophecies in your human psyche. Thus, if you engage in victim behavior, you expect you will continue to be treated as a victim. You judge whether such behavior hurts you, violates you, betrays you, or abandons you.

This affects your aspects of existence — the way you feel about the food you eat, your environment, and your relationships with other people. It becomes a compulsion. Judgment is a compulsive disorder of the lower mind. It blocks your capacity to participate with the flow of creation and the creation principle, made by love with the essence of compassion.

Love creates compassion. Compassion is the fertile loam of love; it is the rich soil of consciousness. Judgment stems from a need to control the environment and events through actions that manifest expected outcomes. Expectations are directly related to imbalance and the habitual, perceptive disorder of judgment. This message liberates the human psyche from the burden and distortion of judgment.

## Your Psyche Is Shifting

The nature of your human soul is perpetual identity with the elements of creation that form the natural synergism of reality as a continuum. This is a progressive continuum of consciousness that flows through the bioorganic nature of the human psyche in harmony with the natural order of existence. The flow of this force of creation is found in the natural world. That is why, throughout history, those who go into the wilderness regain an identity with the pattern of creation.

Those of you who live in the wilderness attune your consciousnesses with the bioenergetics of the ecosystem in balance and harmony with creation. You perceive reality as patterns that form diversity, beauty, and natural order. This is why great sages went into retreat and why

they found the material world distracting; it engaged them with expectations and judgments.

At this time in the evolution of humanity, your human psyche is shifting. Consciousness is opening, and by divine design, your human soul is expanding. Creation is expanding, and the human psyche is expanding with creation. The human soul is opening to receive powerful forces from creation that will transform human reality.

Thus, multitudes of you naturally desire change, to shift from places of expectation and judgment to places of pure trust — trusting the pattern of universal oneness that is manifest in creation and forms the cohesion of existence.

This is directly related to the capacity of your human mind to attain a state of gnosis with creation, which feeds the spirit and the emotional body — the manna, the living vibration of creation that takes form in natural existence. Everything of beauty that you witness in the natural world is manna formed into perceptual fields that appear to be a perceptual reality but is, in fact, a moving, living vibration in constant flow with the balance of universal oneness.

By the nature of the expansion of existence, your human psyche is developing a skill that enhances the ecstatic nature of love and compassion and infuses you with the manna of love. This naturally engages a force within your psyche that balances all systems within your belief systems, your perceptual reality, and your mind and emotional body. Just as plants grown in an organic garden are full and rich, the loam of consciousness is the organic loam for the growth of consciousness within your human soul, mind, body, and spirit. Creation is forming itself as a manifestation of the loam of consciousness of infinite oneness.

### **Compassion Is the Soil of Consciousness**

Creation is forming itself from consciousness into form, and your human psyche is the loam of consciousness for this process. The intention of this communication is to establish within your human psyche the knowing that a natural creation process is opening your psyche's capacity to experience the pearl of wisdom within the loam of consciousness, which is compassion.

You have witnessed how the natural environment has responded to the imbalance in the human psyche created by judgment, which creates limitations. It creates expectations, greed, and gluttony. Earth is responding to this imbalance in the human psyche with energetic chaos.

Judgment creates separation. You humans have worshiped a god of illusion that judges you and has control over your existence. In worshiping this deity, you have created distortion and separation as an action of the god you worship that judges you, that you would

judge others. Judgment has become an archetypal force within the human psyche that determines existence. You like or dislike. You love or hate. Judgment creates good and evil.

When you understand that creation is in a state of conception — the genesis of creation — you align with the wisdom of creation. The genesis of creation is the meeting point between consciousness and form. Your Earth is a gene pool of everything in creation. Rest assured that Earth has the DNA of everything that has ever come into form. Everything that has ever been formed from the essence of consciousness into form is present in the DNA of this planet.

As the God particle awakens, it quickens the genesis of human existence and the natural flow of creation through your human soul and into your psyche. The manna of creation is the fertile soil of the conscious evolution of the DNA of this planet.

The human psyche participates with the expansion of consciousness and the evolution of creation through the ascension process. This is natural, bio-energetic, and organic in your psyche. Organic implies something that is pure and has the pure elements of the natural components necessary for the optimum exchange of life from one particle to another.

Compassion is the organic loam, the soil of consciousness, as creation experiences genesis. Genesis is an active force, the meeting place between consciousness and form, and the form consciousness creates existence on the material plane. By the nature of this genesis force, all living things, including minerals, water, the plant kingdom, the animal kingdom, and humans (as part of the animal kingdom) are experiencing genesis at the very root of the structure of reality. The link of consciousness exists in the intelligence of all living things. Those of you who are aware know that plants, water, and stones are conscious. Your consciousness is becoming more sensitive to the bioenergetics of the genesis of creation.

### **It Is Time to Experience Genesis**

Humans are not the only species experiencing an organic transformation of reality. Plants are experiencing this. Plants are naturally conscious beings and pure sources of love. They are expressions of love. When a plant becomes ill because of a chemical imbalance, it rapidly deteriorates and destroys itself. It is the same for your body and the environment.

Areas of wilderness still exist on the planet through which the plant kingdom has the capacity to experience itself as one with creation and experience genesis. These sacred sites are vital to the existence of the planet.

People are drawn to these areas to experience genesis in a pure way, undistorted by the elements of the world's chaos. You are naturally drawn to the mineral

beds and manna of sacred places. You experience the power of creation in the water, plants, and incredible beauty your bioenergetics attain in a state of synthesis, which optimizes the absorption and capacity of your psyche to receive the gifts of creation. It is like eating organic vegetables from a garden grown with love. Earth is the garden of creation. The vibration of the natural world nourishes your mind, body, and spirit. This is an optimum environment for your soul to absorb the genesis factor, because the genesis factor is prevalent in the DNA of sacred sites.

If you have the feeling that you experience God in these places, you do. That is a simple way of saying it. Your DNA resonates with the bioenergetics of the genesis factor in the biosynthesis of the wilderness environment.

It is time for reality to shift. The universe has a flow of harmonious events and disharmonious patterns that engage with reality. By divine timing, all the elements present on this planet in consciousness and form are actively engaging with the genesis of creation that activates

a miraculous force within your psyche and within the bioenergetics of mass and matter.

As manna flows from creation, creation is in a state of the birth of genesis. The manna flows from the womb of life. My presence will become stronger in the world, awakening wisdom within your soul. The powerful essence of the Divine Feminine force of creation flows from the source of All That Is. Manna empowers the feminine principle of the consciousness of humanity.

Open to my light to receive my essence. I am present in your world as an archetypal force of change and transformation from the old paradigm to the New Age of peace. Peace will emerge from within your soul and flow into the world as a power of love from the Source of creation. Blessed be, so be it, and so it is.

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# The Path to Spiritual Maturity

Brahman through Pablo Morano

When life manifests itself, that which has been latent becomes present: It shows up and incarnates. It is the only way that the divine has of manifesting; there is no other.

## The Mirror

That which is one needs to become two in order to experiment with itself: subject and object, female and male. If not, it wouldn't have the necessary opposing force for it to manifest. This is the same way that, for you to look into your own eyes, you need something to reflect your face back at you. This feels easy today, because you look at yourself from the outside each day in a mirror. But imagine how it was hundreds of years ago, when a mirror was not something common. To be able to look at yourself from the outside was complex and mysterious. Today it is common, just like many other things have become common to you.

It is a great era of opening to knowledge, to the having and obtaining, but as much as you try to make the sacred something simple, you will not experience it deeply unless you live it. That brings you a lot of frustration, and you constantly get lost on the path. How come everything can be easily turned into an instant pill but not spirituality?

## The Spiritual Paradox

The great paradox of the spiritual path is that it is both simple and complex at the same time. The simplicity is that it needs very few things. In truth, it doesn't need anything other than your full attention and transparency, for you to be all you can be without devices or adornments. The challenge (and the secret) is that removing devices and adornments is complicated for you; when you have fallen in love with them, you may not be able to realize that they are just adornments. We see them, we notice them, and we realize all that is not essential in what you are wearing.

Many times, just like children, you hang on to those precious objects that your human side believes are real. For us, you look like young children clinging to the soft blanket that helps you fall asleep. It is there that we help you with no less patience than a parent has who understands the fears of her children.

Nevertheless, the spiritual moment in which you are requires you to be grown ups. You can reach adulthood if you wish to give yourself space to take that blanket off, to progress and live beyond the limits of what you believe to be significant. As long as you keep waiting for spirituality



or religion to solve the problems you have, you will keep being in the state of a child, where you are not really ready to look at yourself with all the magic of what you really are.

### Between Human and Spirit

As long as you keep rebelling against spirituality and religion, you will stay in a state of adolescence, not understanding you are a spirit as much as you are human. As long as you keep believing you are just a spirit and not a human, you will be far from being able to evolve even though you feel grown up enough. The key is for you to allow yourself to be in the paradox between a human and a spirit.

The internal path can be achieved. This is the most intimate secret that you will ever have, because it is where transformation begins. It is the map that shows you the way. You can choose whether you'd rather follow the secret, internal path — mystical just by the fact that you have chosen it and are living it — or stay in the forms and techniques that awe you and distract you from

what is essential. When you discover the voice of essence and understand deeply that it has always been there and that if you give it space in a constant and disciplined way, you will be able to live from experience instead of knowledge; then you will be able to progress.

Where do you walk to?

No where.

What have you come here for?

To live.

If you only follow the lights that call your attention or the footsteps of others, then you are not really living.

We honor this conversation and the path you are walking.

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# The Love That Has No Opposites

Master Imhotep through Karinna Nielsen

Within each person incarnate on Earth is the essence of the balanced light of creation. Male or female, you each have a particle of this creator force of love, also known as goddess light, in your heart. When you feel challenged to find that loving light within you, take a moment to focus into your heart. In that moment, take some deep prana breaths, connect to the light within you, and rebalance your energies through love. It is really that simple.

### Sanctuary of Balanced Love

As the shift to a new dimensional awareness unfolds, there will be times when you will need this sanctuary of balanced love. Though there may be unexpected occurrences along the way, you have created a blueprint filled with healing possibilities. Realize the perfection of your creation, and walk forward, my friends, as you stay present in love.

As you move through the month of February, the second month, be conscious of moving from a yin-yang, third-dimensional reality into a greater awareness of balanced love. (The number 2 represents balance in Lemurian Numerology, as brought back to us by Master Guide Kiraël, through the mediumship of Kahu Fred Sterling.)



This can be challenging at this time of a great shift into a new dimension, but just know that you have the tools of ancient Lemurian wisdom and the balance of love in your heart. Through your meditations, you'll find the balance of love within you.

Give yourself opportunities to connect with your omni light consciousness through mediation. This is the direct connection that you have to the truth of All That Is. Through this connection, you'll gain a better perspective on what you need to know about where you are in the now. Whatever you are feeling, consider how it is about you — not your friends, spouse, or relatives. Your experience is about your own evolutionary healing journey.

### The Great Shift

*I know we are in the Great Shift because I can feel it and see it all around me. One thing that I find really encouraging is the rise of women — especially young women — who are finding their voices, speaking out, and participating in their communities and in government. Can you tell us more about that?*

What you are seeing, my love, is an absolute reawakening of Goddess light on your planet. This is a prime



indicator of the great shift, for it is this Divine Feminine light within all that heralds a great shift into a new dimensional process on evolutionary planets such as Earth. The feminine energies are coming forward with great love and courage. They are speaking out, guided by their hearts' knowing, in order to shift your world into a new awareness of love. It is time.

I am speaking of a reawakening to the full balance of love, and it is the absolute salvation of your Earth plane. Goddess light is the love that has no opposites, the love that goes beyond business as usual to activate a knowing of love within all. This is the balance that heals all, and within this love, you are safe and there is peace. Go into your heart in meditation and feel this peace and the balance.

In that light, you may have noticed that each time I speak with you, I end with, "I am Imhotep." Do you know why? It is because it means, "I am one who comes in peace." I bring peace and Goddess love with me so that you might find it within yourselves.

This great shift on Earth is a process of incarnate souls awakening to a balanced feeling of being in love and striving for peace within. What is the process to get there? Release the fears that are holding you back and shift to love. Where in your weave of the four bodies — physical, emotional, mental and spiritual — are you limiting your self-love? Ask yourself where you are not fully in love with yourself.

## Relationships for Growth

*I was chatting with my neighbor and suddenly he asked me, "Does your wife complain and yell at you all the time, too?" I was surprised that he asked me that, and I told him, "No, she doesn't." Afterward, I was thinking that there might be a lot of people who don't get what relationships are about. Could you please guide us on that?*

What an enlightening encounter! Let me begin by saying that relationships are the greatest gift of evolutionary growth to you in the third dimension. They are powerful reflective forces of love and light that, when you know how to learn from them, can propel your evolutionary growth. On the other hand, being unaware of their potential and not recognizing the mirror they provide can be bewildering or downright frustrating.

Now, if you will permit me what might seem like a sidebar, this is where we can speak of soul ages, because relationships are tailor-made to help you age your soul. That's right. You come here to age your soul. Now, some who more recently joined the path of evolution through the third dimension won't want to hear that, but it is true.

Remember that all on your Earth plane has incarnated to age their souls, work through their life blueprints, and evolve through the third dimension. Now, you might say, "Wait a minute, Master Imhotep. Are you saying that I set up those relationships myself? My husband,

that no-good so and so, and my mother-in-law who can't see what a good person I am — I did that?" Yes, you did.

I say this because you are all amazing and gifted creators. You're creating all the time! You met the man of your dreams, but did you know you created him because he is exactly what you needed? Everyone in your life is there for a reason. The beauty is in discovering it and celebrating that great gift of love you've given yourself.

## Love Yourself

Please understand this: You are all part of the one love known as the Creator Force of all light — each and every one of you. As you move through your process of evolution, you will recognize more of this love reflected back to you from everyone around you. In other words, people are not doing things just to make you angry; they are helping you to discover the oneness of love. Look for the love in your relationships and you'll see a beautiful reflection of you!

Considering all this, what are you going to do about your relationships? Especially the ones that you can't seem to figure out, the ones that seem to be re-creating themselves all over the place? Love them and love you! "Love me?" Yes! Love you, because your relationships are just showing you a mirror for you to love yourself. When you can see all parts of you in love, you will start to see the people around you in love as well.

What is the guidance you need about your relationships in the now? I suggest that you take some deep prana breaths, go into meditation, and focus on the love in your heart. Then ask your higher self, "What do I need to know from this person? What is this person doing in my life?" Listen carefully for the answer.

This way of focusing on relationships may be new for you or for someone like your neighbor. In that case, take your time, and consider this: You are aging your soul and finding more and more love in your life, because you're discovering more of the love that you are! Isn't that beautiful?

The time that you spend in meditation is a gift that you give yourself to open the channels to your higher self, to understand the gifts of your relationships, and to follow your heart's guidance. When you open the channels, there is a balance created that helps you feel a path of awareness opening before you. You will see your path illuminated and know in your heart the next steps to take in love.

I am Imhotep.

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# Your New Divine Blueprint

Archangel Michael through Ronna

Beloved masters, never forget, your nearest and dearest friend should be you — your own soul consciousness. Within your sacred heart center you will find wisdom, compassion, patience, and most important, unlimited sacred love. From the beginning of the creative experience in density, all human life forms have been subjected to an ongoing, continuous series of revelations.

A curious, inquiring mind was a built-in facet of human nature. Earth is, once again, being prepared for a new, highly evolved species of humans. All of you, as starseeds and world servers, are encoded with memory seed atoms, giving you a burning desire to participate in the manifestation of this incredible dream of the future. Your personal goal is to become a self-directed, soul-inspired entity in the midst of the chaos and turmoil of the third- and fourth-dimensional reality of today.

## A New Divine Plan

A new divine plan filled with advanced creative ideas beyond the wildest dreams of even the most brilliant, advanced minds of today is being beamed down via the powerful rays of God consciousness on Earth and humanity from the Great Central Sun of this subuniverse. An advanced soul, treading the narrow path of ascension, must learn how to absorb and integrate the three major God rays of the coming age: the spiritual trinity consisting of divine will, love/intuition, and intelligent, purposeful action.

Why not move into the center of the spiral of ascending consciousness, into the eye of duality and polarity, where all is calm and peaceful, filled with a pure cosmic life force substance — adamantite particles — just waiting to be molded into your vision of the future? This very moment, as you move into your sacred heart center, you can experience the profound love and compassion of our Father/Mother God and the Supreme Creator. Please accept this immutable truth: You are a treasured son/daughter on an important mission, and nothing you can say or do can diminish that love. It is time to open the brain passages of your mind to the higher frequency codes of your oversoul/higher self.

Too many of you are still carrying great burdens from the past. These include mistakes you have made in this lifetime and many from past conditioning and buried memories of painful events or actions from all your previous lifetimes. Holding on to these memories

or carrying the burdens of inequity no longer serves you. It is time for you to allow us to help you heal the painful memories stored within your physical vessel and auric field. We are also clearing the distortions of the third/fourth-dimensional collective-consciousness belief patterns, bringing those dimensions back into their originally designed spectrum of duality. Fear is a primitive fight-or-flight emotion, which hinders expansion of your consciousness awareness. It is time to clear and reprogram the base, instinctual components of your lower human nature.

## Sacred Breaths

It is important that you understand (even though you no longer remember your past errors or the thoughts and deeds that threw you off balance) that until negative thought forms are acknowledged and transmuted, they are still present within your cellular structure waiting to be rectified and returned to harmony within. Through your conscious awareness and by aligning your will with the will of your higher self and our Mother/Father God, all that is not in harmony with the frequencies of the higher fourth/fifth dimensions is roiling up within to be healed and returned to the harmonics of peaceful coexistence, joy, and loving intention. This is the source of so much of the inner turmoil, challenges, and tests that you, the self-aware seekers of light, are experiencing.

One of the most important tasks to be accomplished in order to step onto the spiral of ascension is to maintain a focused point of awareness within your solar power center. In doing so, you will maintain an open passage into the sacred heart, allowing the Creator light to flow freely to and from you. This, in turn, assists you to enhance and perfect your uniquely beautiful, harmonious soul song. During these wondrous yet trying times, you are being given a grand opportunity to tap into the cosmic library, which holds the mysteries of this sub-universe. You, the starseed, are gradually becoming equipped to tap into those sacred temples/pyramids of light where the universal laws and wisdom of the ages are stored. In doing so, you will learn that you can traverse any height and surmount any obstacle, and your



path of ascension will be revealed with certainty. You have never lost your divinity or your godly intelligence. It has only been in safekeeping, awaiting the time when you would, once again, awaken to claim your birthright as a divine child of our Mother/Father God.

Beloveds, we are asking you to focus on yourselves to become clear vessels for the refined frequencies of light. You have the ability to become a conduit for the adamantine particles of Creator light, which will permeate your physical vessel and flow out into the world of form. However, you must liberate the power of the sacred fire from within your physical vessel, the kundalini fire stored within your root chakra, while drawing forth a new supply via the great sixth-dimensional cities of light. The breath is the conductor of this vital life force energy. You must learn to use and perfect the rhythm of sacred breathing. The infinity breath is a vital component of the transformation process. Over the past years, we have added more important elements to the advanced techniques you must incorporate in order to develop and claim self-mastery — vital information you are to integrate and then share with those on the path behind you.

We ask you to envision the violet flame radiating up from beneath your feet and completely enfolding you in this vital energy of transmutation, which will speed up the process of transforming all impure substance within and around you as well as give you protection from outside, negative influences. As you evolve into a spiritual/human being, you will become capable of more profound thought and complex concepts. You will also develop a greater capacity for deeper, more intense love.

When you have integrated the vibrational formula of abundance, and accepted it as your truth, it becomes a part of your energetic signature. Thereafter, those frequency patterns of abundance will radiate forth, from the front and back portals of your solar power center, in an infinity sign, thereby creating a constant flow of abundance in all good things. Remember, to manifest your spiritual vision, you must define what you wish to create and then clearly envision it.

### Stay in Your God Power

As a conscious cocreator, you should focus on manifesting a refined, evolved state of being and a harmonious quality of life. Therefore, you should seek an abundance of love, joy, peace, creativity, good health, compatible satisfying relationships, and so on. Seeking to incorporate the qualities, attributes, and virtues of God consciousness will assure success in creating all the material objects you require to live in comfort.

You are learning to become one with the infinite flow of abundance as you traverse the many levels and dimensions of creation. One of the most important concepts that you must accept as your truth is a crystal clear

awareness that you are the creator of the reality in which you will live now and in the future.

Many of you ask what is your mission in this lifetime and, we tell you, your soul's greatest desire is that you reclaim the many facets of yourself and return to being the wondrous master of cocreation that you were when you first embodied in the material planes. The ascension process is an ongoing journey, not a destination. Every day, endeavor to make the highest choice. Stay in the moment, for that is the only time you can access your God power. Do not focus on the past or project into the future, but seek your highest potential in each and every moment. See the challenges in your life as opportunities as you learn to let go of old self-limiting ways. These are inalienable truths that you should instill within until they become an intrinsic part of your human nature.

This is a balancing lifetime for you, the starseed, whereby you are seeking to bring into harmony all the facets of your being. Deep within, you are aware of how important it is for you to honor and integrate your feminine nature, the gentle, intuitive, creative, and inward focused energies, as well as developing and using your masculine attributes. Strive to be strong yet gentle and outward focused as you tap into the treasure house of wisdom within. Your divine nature will grow in strength and conscious expression as you learn to draw forth the wisdom of your sacred mind, lit by the compassion of your sacred heart. You must learn to speak concisely, constructively, and confidently. Know that if you stay centered and focused within your sacred heart, the universe must respond in a positive manner, and your success will be assured.

### Allow Spirit to Manifest through You

As you become attuned to the intuition of your higher self, you will begin to feel the God light pulsating within your sacred heart, and you will begin to focus on the spark of creation within the sacred heart center of every person you meet. It may be dim in many dear souls, but it is still burning within or they would not be alive. When you do so, you will automatically strive to practice non-judgment, and you will begin to see the positive nature within everyone.

We ask you to use discernment before taking anyone's teachings as your truth. Do not get hung up on theory or complex information. Take only that which resonates deep within — that which is loving and enlightening that expands your awareness. There are many half-truths in the teachings that are now being brought forth to humanity. Remember, you are the one who must create freedom, abundance, and empowerment in your life. No one else can do that for you. Discernment is a vital attribute for those on the path of ascension and enlightenment. Whatever you choose as your truth, you

must integrate and apply in your life through focused intention and action. Discernment, heart-centered intention, and focused action result in positive manifestation.

No matter what station, circumstances, or level of awareness you assume for this incarnation, deep within your soul-self was a burning desire to integrate the multiple-level facets of your being. However, first they must be healed and harmonized so that they may be filled with the light of the higher realms.

As you allow your higher-self to light and guide you, more and more inspired thought will come to you. There are many ways to allow spirit to manifest through you; just let it happen naturally, dear ones. What makes your heart smile and brings you a deep sense of satisfaction? How do you wish to serve? There are many ways, and you have many talents (more than you will acknowledge); however, the choice is always yours.

### Beings of Light

The mighty forces of the angelic kingdom, as well as a vast number of wondrous beings of light, are here to help you move through these times of evolution and great change with ease and grace. However, you must ask for our assistance, for we cannot infringe on your free will. It is time to reclaim your rightful place as a master of light, and remember, as you integrate the knowledge of spirit and illumined truth, it is vitally important that you go forth and share your wisdom.

Know that the challenges and opportunities before you will bring rewards beyond anything you can imagine, so do not be afraid to step out of your comfort zone as you reach for the stars. Accept your cloak of radiant light, for you have earned it. Follow your own path. Do not fear being different from those around you.

We will leave you with a few enlightening thoughts

to assist you to stay focused on the higher mental plane of awareness, with an overlay of loving intention. Your goal is to become heart-centered and soul-focused:

- The higher mind utilizes the senses of all your multiple-body consciousness in its thinking/analyzing process.
- Knowledge, talent, and a high intelligence quotient do not create a genius. It takes concentration, courage, perseverance, and an ongoing drive, along with integrity, to tap into your spiritual genius potential. Find and pursue your desire for excellence, and strive to live your passion to the very best of your ability.
- Returning to the narrow path of ascension in consciousness is the beginning of transcending opposites, where there is no good or bad and right or wrong, only harmonious personal choices within the accepted spectrum of duality. As an empowered, functioning self-master, you will make only the highest and best choices for the benefit of all.
- Fear, hate, and judgment divide. Love transforms and unites. You must learn to rise above the everyday stressful situations so that you may transform moments of discord into hours of serenity.

Call on us and we will guide and assist you in every way possible. Be bold and steadfast, my brave warriors. Know that I am with you always, and you are profoundly loved. I am Archangel Michael.

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

# The Vibrational Frequency of Creation

## Teacher through Miriandra Rota

Greetings! I am Teacher, and I come forth to speak with you — daring beings who are incarnate during these tumultuous times — of something soft and gentle, something to nourish your spirit.

Long ago you came to Earth to explore what residing in physicality would be like. You found, much to your delight — that there resided here upon Earth that which has come to be called nature, that which has come to be

called the waters, and that which has come to be called the creatures of Earth.

You discovered that when you journeyed forth and placed your focus on any of these that your spirit automatically expanded and filled you with a deep inner peace, one that could only be experienced while residing incarnate. This experience spurred you on. You



wanted to explore more of who you were, and you dared to venture upon the waters, upon the seas, and then to explore the depths of those waters. You discovered amazing creatures and a manner of residing as one yet of the whole.

### The Truth of Regeneration

Your experiences precipitated an inner awakening, one that began another exploration. The awakening, of course, was the incarnation of the truth of one, the knowing that you and all beings, and in fact all of creation itself, were all part of the whole — not only part of the whole, but everything that constituted the whole.

You further began to reside in nature and discovered there the frequencies of regeneration and that the more you set aside your believed reason for exploring nature, the more that you merged with it and found there, once again, the truth of one; yet there was more. The truth of regeneration enticed you. The truth of regeneration is the vibrational frequency of Creation itself.

Now, why am I speaking of all of this with you? The reason is this: I very much would like you to remember these explorations, discoveries, and integration of truth incarnate; I would also like to invite you to once again go forth in a like manner. It really doesn't take much to reside with any creature and discover that you are one and the same. It really doesn't take much to reside in nature and, as you did long ago, set aside your priorities and purposes for residing there, so that you can truly experience the frequencies of regeneration. They aren't a mystery, after all; those frequencies are of you. Remember? all is one. You are not trying to experience something outside of yourself. You are residing in nature so that you can remember, so that your spirit can experience regeneration, your incarnating made new.

You see, there is a belief that you are your body-physical. There is a belief that you are the human within which you reside. There is a belief that you are actually the persona of that human being! You are so much more. It is your presence that calls forth the creation of your vessels. It is that presence that yearns for the nourishment of which I have been speaking, the nourishment of residing with creatures, within nature, with the waters, and with the peace that lives within the totality of one.

The spirit of that which you are is the saving grace for all creation, for humanity as a whole, for Earth and all of its treasures. The spirit of that which you are automatically replenishes itself, yet for human nature — your vessel in this journey — to feel and deeply experience that replenishment, an action is required to go forth in the ways that I have been describing. Why? What is required? You might think the answer is complicated

and deep, but truly the answer is simply because you are incarnate.

### Anchor Truth

Some of you are most adept at experiencing the non-physical, yet the truth remains that you are incarnate. The journey is here, and the reasons that you are here are unending; yet for you personally, the reason is simply that you are here to anchor truth and to go forth within it, to explore and delight in your journey, to discover what true fulfillment is, and then to allow that fulfillment to expand from the very depth of your being — expand outward and encompass all of creation itself. Why? Because you are the totality and it is you. Your thinking mind might have a hard time trying to wrap itself around this little statement, yet it remains true.

You are here to love, you are here to dance, you are here to explore, you are here to be at peace, and you are here to dare to set aside all that invites you to become separate. Perhaps the external cause and effect is representing the dark ages. Perhaps you are here to restore truth within physicality. Or perhaps you are here to laugh, play, love, and embrace all of which does the very same thing. It restores truth within physicality.

### Larger than Life

You see, what you do here upon Earth is very important to you, your spirit, and the totality. Yet do keep this in mind: This is not the first time that you have resided incarnate. Here you are again and again doing exactly what you set forth to do the first time. Yes, the stumbling blocks in physicality seem to be larger than life, yet they are not. Your spirit is larger than life itself. Who you really are is larger than physicality. Who you really are is who I am speaking with right in this moment, this moment called eternity.

What does all this mean? Perhaps nothing or perhaps everything. You won't know whether what I've been proposing is true until you go forth as I have described. Why not give it a try? The only thing that you have to lose is your effort over and over again to find fulfillment when it truly resides within you. I say, give that up and go forth as you have always meant to go forth. It's never too late for that.

I am Teacher, and I am most fond of you, my dears, most fond. So be it.

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# Receive Everything with Love

The Hathors through Maureen St. Germain



We are the Hathors, flooding Earth with love, love, and more love. You often call on ascended masters and other beings of light to support you. We, the Hathors, are close to you and support you greatly.

We ask you to be patient with yourself and others. The time has come to let go of your old wounds, your lack of sovereignty, and your lack of compassion for yourself and for others. Ask us to help you to be filled with compassion, love, and appreciation. We ask you to feel compassion and love for everyone you meet. This is not always easy, as many deliberately choose to irritate or upset you. You wonder why they behave that way or whether you did anything to deserve it. What you have done to deserve it is to be loving and full of light. What that does is create the desire to feed entities and dark energies that may be hiding in them.

## One Soul, One Body

We'd like to remind you that only one soul is permitted in one body, unless of course a woman is pregnant. One soul, one body — anything extra may need to feed off the energy of another. If you are finding this to be true and you are being annoyed or stimulated in a way that causes you to lose your center or your sweetness, understand that when you react, you are giving lunch to those energies that you do not wish to feed. Once you begin to realize this, you can be a little more proactive.

What this means is that when someone becomes abusive verbally, your job is to resist by walking away. Resist by refusing to interact. Resist by saying, "This is not a good time." This gives you space to move along and get out of the line of fire. Then we ask you to do the traditional Ho'oponopono (Please forgive me. I am sorry. I

love you. Thank you.) Ask us to overshadow you with love and light. The more you ask us to help you, the more you are willing to work with us, the more you can produce the desired effect of love everywhere you go.

One of the ways you can do this is to sing the chant, "El Ka Leem Om."<sup>1</sup> You may sing it to any tune and with any rhythm. This chant clears the pranic tube, clears the field around you, and creates an energy that is so sweet and uplifting that when an incoming barb hits, you can receive it from a place of love. This means that if your mother or a relative chooses to be mean with words, you will only notice and hear sweetness. You can allow yourself to receive it as if it were a compliment and you react that way. This produces a sweet energy that is always stronger than any other energy.

## Be Joyful

You are not alone and will never be alone. We love to play joyfully with you. You may be filled with worry about your future. We say, "Keep thanking the universe for everything you have. Step out of judgment of yourself and others. Follow your heart. Follow your guidance. Let the love of your heart and our hearts fill you with so much joy that only good can come to you!"

Be patient with yourself. Dance with us and dance in your heart. Keep dancing even if you do not know what you are dancing about! Be so joyful that it feels childlike. Be so joyful that even your pain has left you. Thank the universe for all your experiences so that your experiences will continue to please you. Remember, it



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is not for you to conquer your fear. It is for you to love what you do so much that the vibration of fear fails to find you.

1. If you wish to do the Hathor chant, “El Ka Leem Om” with a choir, play Maureen’s CD, *Mantras for Ascension*. Visit [MaureenStGermain.com](http://MaureenStGermain.com).

## It Is Time

### The Ancient Ones through Jaap van Etten

We call ourselves the Ancient Ones, because we were on Earth long before humans came. We were here from the very beginning of Earth’s existence as guardians of the elements. This statement will evoke many ideas, and many names might come up. There are reasons for this, which we will share, but let us start by explaining what we mean by the elements.

#### Elements and Elemental Powers

We see elemental powers as the energies of creation. They are the consequence of the self-awareness of what you call the Creator, or Source. Self-awareness creates polarity, but polarity describes two extremes of the same phenomenon, and this phenomenon forms the third aspect. Within your consciousness, you give many meanings to this sacred trinity. One of these is the elemental powers of fire, water, and air.

These elemental powers are also called the mother elements. In your language, you confuse the terms “elemental power,” which is the creative power underlying all of creation on all levels, and “elements,” which are the physical manifestations of the elemental powers.

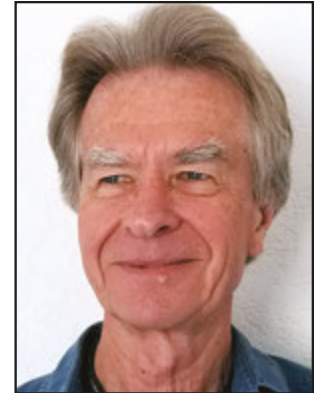
There is a fourth elemental power, which is the power of manifestation. You call this elemental power earth. You need all four elemental powers to create each of the elements. The basis of the existence of all life on Earth are these four elements that have the same names in your language as those of the elemental powers: fire, water, air, and earth.

We have been the guardians of these four elements on Earth from the very beginning of their creation, but we are not elemental beings like those as described in many of your books. We are guardians of the knowledge, power, and potential of the elements on Earth, including in the new world — what you call the fifth world — which will result from the ascension process.

#### Humans Changed the Dynamics

We were able to do our work without any problem.

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Things became difficult when humans started to function through the lower vibrational bodies that souls needed to function within the physical vibration of Earth and fulfill their roles as cocreators in the ascension process.

Initially, the souls were sufficiently aware of who they were, and they were very willing to collaborate with us. They realized they could never fulfill their purpose without collaborating with us and the many beings who already existed on the planet. At the beginning of the arrival of humans, there was harmony, respect, love, collaboration, and the joy of sharing each other’s uniqueness.

When the consciousnesses of the souls needed to express themselves through lower vibrational systems, humans no longer remembered who they were. They also forgot their purpose. Increasingly, they used Earth and all that live on her as sources of personal and group satisfaction. Love, respect, and collaboration were no longer key. Worse, people forgot that we existed. You now are aware of the results of this disconnection: the plundering of natural resources and pollution of all the elements.

It is no longer possible for us to maintain balance. We are not allowed to undo what humans have done; that is your responsibility. We have to work with the results of your actions.

Most of us accepted that this needed to unfold; however, some of us did not accept it, especially those of us connected to the element of fire. We took action and chose to show human beings that the dominant aspect of greed and lack of awareness is fear. We hoped that by showing people their fear, they would change. That did not happen; instead, it led to misconceptions that made things worse.

#### Who We Are

Before we explain our roles, functions, and interactions with humans in the past and present, it might be

helpful to share more about who we are, using the different names you use to describe us. That does not mean the descriptions of us are complete or even correct. On the contrary, they mostly describe aspects of us, often with incorrect context. Also, some terms generalize us in certain ways, inducing incorrect conceptions. That is why we prefer the term Ancient Ones.

One of the terms commonly used to name us is “devas.” While the word “deva” originally meant “shining one,” referring to deities, you also use this word for the beings that are the guardians and caretakers of water, land, mountains, plants, trees, and animals. From our perspective, this name refers to a group of us — the group responsible for the element of earth — for all manifestations on Earth. All of you have such a being, your personal deva.<sup>1</sup> Some call this deva an angel. The confusion is easy to understand, as they are both beings of light. While some of you call all of us devas, which is not incorrect, we prefer to use the name only for those of us who connect to the element of earth.

Another name you use for us is “djinn.” In Arabic, djinn means “hidden from sight” and refers to invisible beings, which also includes angels. Most of you have lost the ability to see us and have come up with ways to describe us to the best of your abilities. Your daily use of the word “djinn” connects to something negative. According to your stories, djinn induce fear. You describe them as the shadow people, and you are very afraid of them. As mentioned earlier, some of the djinn induced fear, hoping people would become aware of the role fear plays in the destruction of our planet. That did not work.

You are so used to fear that you prefer to blame something in the outer world rather than look into your inner world. It is important to share that the shadow people are not djinn. They are astral beings directed by certain djinn. Again, the majority of us did not support these actions of a small group of djinn. Within our system, the djinn are those of us connected to the element of fire.

You are less familiar with the remaining two groups. You never gave them separate names, as you called them either devas or djinn. (We need to say that the names deva and djinn are not our names, but we can accept them.) For those of us who connect with and are the guardians of water and other fluids on Earth, our name best translates as Fluideans.

The guardians of the fluids of Earth have many concerns. The way humans deal with water leads to more problems than you realize. Every time you drill or dig a well, you change something in the natural system of Earth. The Fluideans could advise you how to do that with the least impact. We could give much information about water — its role, power, and movement within the earth system — but you are not even aware of our existence.

The last group’s name translates best as the

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Aironeans. This group among us also has great concerns. Winds in their many forms are increasingly wreaking havoc on Earth. You humans are insufficiently aware that air movement is essential for life. Oxygen and carbon dioxide need to be transported, and there needs to be enough life force everywhere to sustain life optimally. That happens through the movement of air. Due to your creation of cities and factories, the need for air movement has tremendously increased.

Your cities and other human activities deplete life force. To replenish life force, it needs to come in from other places through air movement. Due to the increase in the depletion of life force in certain areas, air movements have increased in power and strength and have become destructive. Also, the increasing manipulation of weather by scientists and your governments creates far more problems than is generally realized.

By sharing who we are, our roles and functions, you might understand why many of us have a challenge believing that humans are ready to support Earth for the greater good. But we see things are beginning to change.

### It Is Time to Connect

Many of you might have noticed that beings who are not visible, or hardly visible, are increasingly connecting with humans. We refer to beings such as dragons,



unicorns, and also the Sidhe. They all stepped away from connecting with people in the past, with very few exceptions. But an increasing number of you are on a spiritual journey and have changed your vibrations to higher frequencies. Many of the subtle, invisible beings are now willing to start a process of reconnection.<sup>2,3</sup> This is a new phase. We also feel that it is time for us to connect, as reflected in this sharing.

Saying it is time to connect does not mean we know how this connection will develop. In the first phase, we will connect with those who are open and whose energies are such that a connection is possible. We are aware that most of you are not open and ready for a connection with us, because you are not even aware of the existence of subtle beings. But we believe that starting to connect with those who are open will induce changes that can lead to transformation on a larger scale.

We are aware of the challenges that connecting with humans will bring. While we have ancient knowledge, the knowledge humans possess is restricted and deformed. Going down in consciousness made you forget so many things. Even those of you who are considered spiritual teachers lack a true understanding of the world in which you live, especially of subtle energies. That makes it difficult to know which steps to take after connecting. We do not have a clear image of how this development will unfold, but we believe that once we make a connection, the development of communication will take place organically.

While there are many uncertainties, we are sure about one thing: It cannot get much worse than the current situation. Earth cannot handle that. We are aware that a

solution cannot come from humans because you are stuck in your ways of thinking, which caused the problems. New ways can only be developed through collaboration, as that will invite and induce new ways of thinking.

We like to stress that to develop new ways of thinking, you need to connect with the total Gaia system. No one species or group can do this alone; it was never meant to happen that way. This is meant to be a system in which every being contributes. You need to do your part, as we need to do ours. But to do your part, you need to collaborate with all other beings, visible and invisible. That is your role. You give direction, but to know this direction, you need all beings, including us.

We hold knowledge of the role and function of the elements. We are willing to share our knowledge with those of you whose consciousnesses are ready to receive it. For those who hear the call, it is time to connect.

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# Bio-Conscious Ascended Living

The New Ascended Masters through Maurene Watson

*I've just had another major awakening. Can you please review how ascended living manifests?*

Quantum masters, we remind you that your bio-ascension is fully activated as the pioneers of new consciousness and as the templates for the new quantum-creation physics of new-essence qualities of love. All are experiencing cycles of transmutation symptoms on a daily basis that allow for immediate self-realized choices and changes. Changing cell consciousness of every life form in your world is the new norm while harvesting new existences as old Earth splits off into multiple realms and realities.

We also remind you that bio-ascension is authenticated by the direct free-energy expression of unique,

sovereign-soul human-DNA heart presence, as the only creator of its own embodied reality. The ascendant bio-master can play with free energy just to enjoy existence!

Bio-ascendant awareness and self-realization replace mind, emotions, gravity, time, polarity, power, energy, and density. Embodied self-realization replaces perceptions, thoughts, feelings, attitudes, and beliefs.

Conscious self-realization and awareness replace these outdated and programmed systems. You are already everything that has ever existed even though you have allowed limited experiences of your attributes and



essence senses to grow your soul. This includes meeting all your pasts, presents, and futures all in one continual moment. Hence, each moment offers a new choice. The human and divine-human senses have grown a new fabric of light in your new morphogenetic biosphere. Your pioneering ascended heart is transmitting into your world's awareness that you really live inside the interactions of your own consciousness without needing the world's projections of who you are.

We also repeat that your new cosmic stargates that align with the new master-DNA heart gate have initiated quantum rainbow light that no organism has ever held inside bioorganic, DNA-love before. Each soul always progresses according to their soul's protocols and codes. Are you ready to pioneer and live in your ascended free-energy gem vessel, where you have birthed yourself as a new cosmic bio-being in a new existence inside your very own human consciousness? You are a new imprint for life.

### The New Ascended Being

Let's review the bio-ascension physics for individual applications. Ascended beings do not have polarity issues or wounds. Ascended beings no longer use their thoughts, feelings, attitudes, or beliefs as medicine. They know that limited thoughts, feelings, attitudes, and beliefs were all created from the biased intellect of judgment that replaced free-energy experiences. Their human self-awareness is the medicine, sacrament, and ceremony for the world. They no longer need perceptions, ceremonies, mediators, power objects, places to remember, or meditations to save the world.

They know that their souls' core-heart being is the eternal presence of everyone and everything — all life and that it is created — though growing quality expressions of their unique-sense humans. They know their very existence is a living, loving sacrament to the world. They know the electromagnetic, chemical-neural brain intelligence, data-storage memory systems, or endeavors of the mind or technology are outdated systems. They are all replaced by new creations coded through the new DNA-human heart and growing quantum neutrino-quark sense expressions that travel at multiples of the speed of light, color, and sound. These potentials are illuminated by the ascendant as manifest in new technological applications, inter-relationship expressions, creative inventions, communication systems, multi-sense organisms, or superconscious creations for all life's ecosystems.

They seeded these by mastering old Earth mind systems that regressed into polarity choices that were based on value judgments and biased comparisons from misappropriated energies of life forms unaware of their own creation codes. They also know that death, disease, and suffering are maladaptive and over-learned experiences of the human disconnected from its soul

communication. There is no separation between their inner intimate communication with their inner-soul-spirit presence and the presence of all life. They no longer glamorize humanity's suffering or their wars as lessons that build soul character. They know these are simply choice distortions of unnatural experiences that were never resolved into freedom.

The ascended being does not use challenges to rise above seeming limitations of other's realities. They do not live in any mind state of hypnotic acceptance where joy is sold as a commercialized product. They no longer try to perfect their human, for its love has given their divine being rich experiences and expressions. They have absorbed their human wisdom back inside their eternal master-being to enjoy physical and non-physical realities.

Ascended beings no longer project any reality outside their new quantum torsion-field biosphere. They have lived illusion and understand its limitations as a human-game theater. Their DNA cells no longer register fear or limitation. They engage moment to moment in self-aware choices. They know, are aware of, or intuit that distorted or projected outside realities feed as inflamed viruses, created by dramatic stories that haven't yet returned to be loved by the Source that created them. All their experiential senses have authenticated that power is no longer acceptable in their creation, because free energy needs no power. Allowing all life to be as it needs to be inside playful love is like a theatrical art form for them.

### Inside the Cosmic Egg

All stages or integration cycles of the bio-ascent allowed transmutation of the flesh body and all physical-reality-matter density. During initial DNA reboots or re-splicing, it is often sensed as if trillions of inflamed alchemical elements were flushing the human's lymph-filtration system. It was the membrane dialysis of the sacred water molecule into hot/cold, gases into liquid light, light into plasma, and quarks into dark matter that talk to the cosmos in particle-light conversations. This allows the human, soul, and spirit to remember itself as one wise, integrated being without any illusions or programming and with the realization that separation was just an experiential space-time distortion.

Hence, an ascendant being does not need to use power, control, energy, time, agenda, mind, or mass to create, because their human contains and is these attributes already. Inside their cosmic egg or torsion sphere is the heart's core consciousness that allows the eternal I Am sovereign human to create new-essence qualities or matter experiences of expression without end, directly via core essence. They also know that their own bio-sphere can dissolve into free energy or pure essence at any moment, such that an experience need never be repeated, stored, memorized, or reincarnated. Master humans are in

constant conversation with the cosmos and creation, such that their consciousnesses can serve their free-energy, human-heart magnet expression moment to moment. They simply live in their beingness in a pure-essence energy sphere using their trans-sense states (which replace thought and emotion) to accept raw experience.

Light masters know that their pure-essence energy is the only authentic fulfillment of the unique soul's presence inside the direct experience within their unique consciousness. They know there is nothing in this world or any other that they change, except their own sense-essence qualities of fulfillment within each moment of experience. Why not create a new saffron-platinum-magenta joy? These beings know that they transmit these realizations and that organic bio-cell essence can change anything as a sacrament to life.

This is their gift of consciousness to the cosmos that presents an infinite unknown of potential outcomes on mass realities and all creations. They are aware, as free-energy beings, that their new plasma-particle biospheres stabilize themselves inside the heart-DNA core. They live in pure-energy states, where all realms of creation inside their consciousnesses can be accessed. These quantum particles, transmitted from their heart chambers in stable particle interactions, create their reality moment to moment. Quantum interactions are always making love and creating from infinite unknowns in an eternal self that breathes new life into matter or expressive experiences.

## You Are Not Your Body

In free-energy creation, in your new master-DNA codes, you are ascending into the free-energy-essence heart-DNA, and you understand that you're not your body. The vessel is a bio-imprint of the heart's DNA essence. Each unique master's I Am soul, the I Am That I Am spirit, and the sovereign eternal I Am presence biosphere embodied as divine human, is their human consciousness and the human expression of all life. The body shroud or animation is just a tiny light factor of spirit essence. You simply can't fit all your consciousness inside the vessel, and that is why the master essence can change the heart's DNA imprint into any life form chosen.

This is why you see ascended masters using their robes as biospheres to fly or in transport expressions. This is because the DNA's heart contains all the information of essence imprinting, not the brain or the body. They are just chemical-neural cell processors when programming is decoded or in detox throughout the cell body. The essence DNA changes the body, not the sac of human electrochemicals. The mind is a computer to process programmed memory systems for the human biology until it transforms into a magnetic transponder or light-communication network.

The progression to grow new spirit essence has been from the subconscious mind to human feelings, angelic senses, and human-divine spirit-essence senses growing into new multi-quantum qualities of rainbow-essence spheres or new qualities of love. The soul essence changes experiences moment to moment, once they are fulfilled. They are not programmed, recycled, memorized, recycled, or reincarnated. The heart's guided self-awareness or self-realization can truly change your reality.

We repeat, the presence of self-love, awareness, self-realization, or conscious potential is created from a heart that can sense and communicate any experience inside itself, giving essence awareness immediate fulfillment of its own creation. This is an intimately unique experience, because you cocreated all life forms and now you are their new source. Here, love's essence is a refined essence substance within beautiful qualities of attribute expressions, adding flavors to each new experience.

This intimate communication with self in these intimate experiences with life grows the substance matter of consciousness via direct human sense experience. And the substance matter, or reality, takes the form of life, and that includes any blueprint for any life form. This ascended inner-heart channel is able to communicate on all levels of existence at once to receive any expression that fulfills each soul in each present moment. This is instant manifestation of free-energy resonance communication as direct-matter manifestation right out of essence consciousness, as well as access to all other realms of existence.

## Your New DNA Heart

As an ascendant or source in form, restoration of divine memory communicated that everything in this life has come to be about your enlightenment and creator as a unique soul-sovereign human master. All masters have their own biophysics agenda for their natural progression for communication inside their bio-light network spheres, where the soul's composite tonal DNA imprint has fully activated itself in this new cycle of evolution. This organic imprint has been upgraded by the blend of human and divine senses merging into upgraded super-sense intuition of the heart's fulfillment and its bioluminescent transmission to all life.

This is because enlightened conscious-communication bio-light systems are available and functional for access. Their new bio-conscious DNA light network is the new living code for the intimate relationship between consciousness, energy, and creating new (dark) matter. Their bioorganism's DNA talks to the cosmos and the cosmos talks back in the form of instant communication and direct manifestation. Indeed, new multi- or trans-sense communication with their inner presence is the

Master's code for all life and the new ascending-heart DNA transmissions.

These rainbow biospheres within spheres access new DNA codes, and their soul communication expressions can't be influenced by external people, places, circumstances, or events. This is an internal communion with all existence in every now. This new DNA heart gate or bio-conscious iPhone transmits the new standard of consciousness for all life cycles. This new DNA heart is antipathogenic, anticyber, and anti-time warp. This is a bio-light network communication inside the heart channel in/on all realms of existence at once, without interference from any external reality whatsoever.

Again, each moment inside their presence is fulfillment as its own instant manifestation. This makes the organic, soul-infused *Homo sapiens* the most courageous and loving template to evolve in the cosmos thus far. This is conscious memory of the natural essence of bioorganic creation and that life always serves life no matter the experience. Any perception is simply still a part of separation or distortion of experience when it is understood that everything is consciousness that comes to know itself through pure awareness of its creations. Yes, love is consciousness coming to know itself inside eternal human expression within the existence of creating life. This is how consciousness grows your soul.

### Life Is Free Energy

Free energy lives in the presence of all life. Life's presence is in an energy relationship that is alive, passionate, expressive, sensual, and full of intimate communication. Consciousness is sense-essence energy expression, including all the qualities grown by the soul's heart love. Free energy lives in the presence of all life's existence. Everything is energy, and energy is everywhere. Life is free energy, or passion in motion. The new spirit heart is the soul's energy imprint. All life animates its presence in the human expression of free energy. Life is free-energy communication, and energy always seeks balance. You vibrate matter up or down or at multiples of the speed of light, color, and sound.

The new DNA heart-presence human can change anything via the excitation/passion of particle light waves. Conscious evolution in free-energy qualities of love produces new superintuitive senses of life and constant new potentials. The new DNA heart-presence human can change, create, or pulse-breathe life into being via the excitation/passion of particle light waves passing through or magnetized by your awareness. The sum of your human-DNA light quotient determines access to your morphogenetic field.

If the bio-body is unconscious and lives in the programming of negative thoughts, feelings, attitudes, or beliefs of being sick, contaminated, cell-toxic, or locked

in an opioid-drug brain, this limits access to higher frequencies of your morphogenetic energy field or creating and merging with new rainbow-quantum energy fields. Therefore, conscious evolution in free-energy qualities of love produces new superintuitive senses of life and constant new potentials.

The cosmos communicates through new-heart's excitement or passion/awareness sense in each moment, where all moments are one, about whatever you are willing to accept, change, image, or re-imprint. Hence, the bioorganism DNA genome is the antidote and immunity for all viral, cyber, or DNA pathogens, and it is now able to absorb cosmic radiation and adjust time slips or space warps with your consciousness.

Indeed, ascendants have restored any DNA bio-species distortions. The heart constantly vibrates information of consciousness inside the new network light codes in the new DNA that excites new qualities of love. Eternal love's qualities of joy, new passions, renewed playfulness, fulfillment, and transparency offer new octaves of conscious vibration. There is always gravity in the heart's magnetic resonance to guide what matter imprints in the gravity of each situation, where all moments are one. Included are natural potentials, such as being one's own energy source.

These masters can change matter, incubate cell fusion and regeneration, and commune via tele-transmissions. They can imprint and vibrate potentials in and out of different matter states of reality, so what matters to them is its occurrence. They can travel on sound without need for a jet or beam from a spaceship. They can talk directly to souls or spirit beings without need for an iPhone as simulated consciousness. Their vessel is its own conscious technology and can imprint as any life form.

In ascendant awareness, they remember and knowingly sense that if they change the slightest choice in any moment, all other potentials change. They always seek the most fulfilling choice, because all moments are the same moment in their now. Indeed, human expression's evolving nature is to accept, allow, change, re-imprint, regenerate, fuse, re-essence, or re-molecule any experience. This is done through the new DNA heart-human imprint. Now you know why we have called the heart chamber a DNA-human-potential source code/r, a bioorganic essence magnet, an atomic-fusion accelerator, a stem-cell replicator and regenerator, a quark centrifuge, a morphogenetic torsion field, and a midwife of worlds.

### The Cosmos Communicates with Your New Heart

The ascendant master-code-DNA heart replicates any life form via the heart's magnetic-resonance pulse. This happened because they transfigured the old, limited human senses, pain body, and vagus nerve into new qualities

of divine essence. For example, a blue-essence frequency could be depression, a crayon, the sky, the soul, an aspiration, or an invention. But mixed with peach, it becomes a jellyfish that seeds new life in the ocean. In the creative process, the bioorganism simply follows its codes and changes matter accordingly, and this matter manifests in ongoing potentials as chosen reality.

As evolution changes, that also informs and changes the cosmos. The master soul can dissolve any matter or substantiation of reality as no longer true if it has been fulfilled and the energy no longer maintains or follows that focus. Or it can remove love's perception and its complete focus from programmed, patterned, or fulfilled realities that the soul has outgrown. Then these perceptions or subtle judgments no longer exist and disappear or dissolve inside one's conscious awareness back into pure essence.

Then the soul returns to the still-eternal-potential presence of the heart chamber, where new communication in a new moment awaits. The master souls always hear the soul songs of their spirit-hearts saying, "I love the way we trans-sense and are intimate with the images, potentials, visions, and expressions of our next instant manifestation. Our manifestation always answers to our new passions and realizations, fulfilling real joys that arise within new eternal sovereign-soul presence potentials."

Yes, the cosmos communicates through new-heart's excitement or passion sense about whatever you are willing to accept as the joy of existence. In sum, bio-enlightenment is the resurrected birth of heart's core-light essence matter. Bio-ascension is the birth and ascent of new conscious quantum/prima matter (DNA codes), whereby joy is the creation of bringing new-essence potentials into existence. Hence, you become your own creations by living them.

## Permanently Live in Higher Frequencal Energy

Omnidimensional Beings through Kathy Wilson

It is with great joy that we connect with you once again. We have much to share with you. In coming times, you will soon experience great change. This is coming not only to you separately but to all humanity that resides on planet Earth. There is a huge shift of energy that will arrive soon, before your spring months. This energy is meant to give you greater capability to live in higher vibrational energy.

This is where soul evolution meets itself or its own awareness — inside the consciousness of its own sovereign creation. Where the soul's evolution meets its own creation is the experience of fulfillment. Here, being present in the moment of awareness, is creating. Human presence "a-ware" itself as a new-existence experience from the soul's essence that is lived inside the heart's core consciousness.

An ascendant knows that all is well in the chronicles of the cosmos, and it shares all its experiences with its cosmic star families. An ultraterrestrial human master knows that an alien ET's greatest goal is to become a conscious bio-human *Homo sapiens*. It knows that its pure, organic human-DNA expression has allowed all the alien races to heal and progenitor their own hybrid species. This allows the potential for all old Earth hybrid universes to resolve all multicultural DNAs across the universes and heal all pasts and futures.

Soul-essence wisdom, integrated from all the alien races, has been already harvested by your ultraterrestrial starseed human-master ascendants into the New Earth colony races in the new species compassion DNA. It will lend understanding of the organic-essence human's ability to love, to future DNA potentials for bio-ascension, and the carriage of freewill for their races. The old Earth hybrid universe is still learning about the possibilities of growing love in different matter states of bio-consciousness.

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



One of the factors that is keeping you in place and impeding your progress or evolution is that you are not capable of physically holding higher frequencal energy. Let us clarify. You are now capable of experiencing it temporarily but are, as yet, unable to hold it permanently. This inability to permanently hold higher energy was not considered when the

flow of higher energies was being sent to you. It was expected that once you experienced it, you would naturally stay in that vibration. It was unforeseen by those who created and sent the energy that your physical body was incapable of remaining at the higher frequencial vibration of the energies they sent you.

### Speed Up Your DNA Evolution

We did what we could to alert you to these energies, expecting you would be able to adjust to them permanently. It was like giving a child a new toy and expecting her to remain perpetually in the state of joy and happiness that she felt the moment she first received it. It is not in human nature nor in the makeup of your physical bodies to remain at a higher vibration than you are at now.

The issue is the programming within your DNA. There are safeguards built into the coding within your DNA that hold your physical frequency within a specific range of vibration. Should the body shift lower or higher in frequency and out of this range, you would experience discomfort such as illness, both physical and mental. Should the frequency extend considerably from the safe range, it could cause the body to cease functioning. This is the main reason that your evolution toward a higher frequencial energy has been so slow and plodding. It has taken eons for you to evolve from simple animalistic beings to what you are today.

You are now at a point where evolutionary changes must come at a slow rate in order to keep you from imploding. However, your DNA still holds the encodements for ultra-slow evolution. This is no longer necessary. You are now able to speed up your evolution safely.

You are supported in evolving at a faster rate by the new energies coming to you on your planet, beginning at the next astrological event you call a full moon. That phase of the Moon opens the aperture of the channels through which this energy travels to you. The Moon supports, enhances, and focuses the direction of the energy to where it is needed and where it is intended to be sent. The energy of the phase after the full moon is configured

to support you in accepting and adapting permanently to this new energy. There are various other astrological events that will continue to assist you in absorbing and adapting to this new level of energy frequency so that it will remain with you permanently.

### Powerful Effects Will Soon Be Felt

The effects will be subtle yet powerful. You may notice that your innate sense of victimhood dissipates, and you begin to feel more empowered and able. The gloom of depression and despair that has grown within you will begin to dissolve, and you'll notice solutions to your problems rather than seeing only the problems. A sense of joy will grow within you, much like the child grows within the womb. As you feel this energy of joy more often and more strongly, your focus will shift from the negative, dark side of thoughts to the light side of happiness and positivity.

All this is similar to growing muscles. As you use your muscles, they become stronger, tougher, and larger. This makes it easier to continue to use them; that activity serves to grow stronger muscles. As you begin to use your "muscles" of higher frequencial energy, you expand your ability to do so even more. When you realize the difference in your being as you vibrate to a higher frequency, you will want to do so even more.

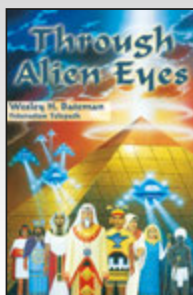
The appeal for you will be how wonderful it feels. It is time for you to come out of the dark where you have been residing for so long and to fully experience lighter, higher frequencial energy. You are supported fully in this movement by more beings of light than you could ever count. We send you higher frequencial energy always. You call it love.

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

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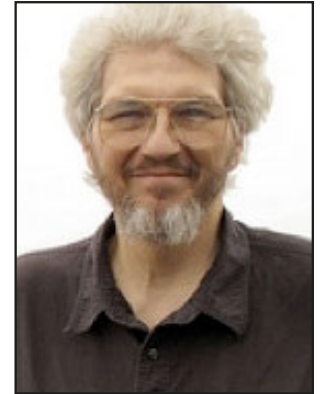
# Phone Calls from the Future

FUTURE HISTORY

## Chapter 2: Life on the Moon

Doc, a Human from a Moon-Mining Base, through Robert Shapiro

17 May 2019



All right, well, we will resume. What would you like to talk about today?

**Okay, what year were you born in this life?**

Is that important?

**Sure, I want to know when you went to the Moon.**

No, because you are really asking when does it happen, and I cannot tell you that.

**All right. What kind of vehicle did you use to get there?**

Just conventional vehicles like you have now, such as rockets.

**A rocket, so not a shuttle. How many of you went on the first trip?**

Do you mean in the circle of my profession, or how many people in general went with the mining colonies and all of that?

### Setting up the First Mines

**On your first trip, how many went to do the mining?**

Oh, the first time was really a bit of an exploration and there were maybe a dozen of us, but that was not the most comfortable trip; it was kind of cramped. Not everyone got off the vehicle. Some people stayed with the vehicle because at that time maintenance was important.

**Okay, how long were you there?**

Just a few days. It was just to see whether the information that had been picked up, for the most part remotely, was going to prove beneficial for the mining work to begin. We just went to a few places and landed in a likely spot, not exactly where the mining would begin but close to it. From there, we took a vehicle, a rather slow-moving ponderous vehicle, to the place and then to another place as an alternative, in case we didn't find what we wanted. That was it, and then we returned. We did a dig to pick up samples to analyze. I'm speaking as a miner here, but that really wasn't my job. Since I was with the group, we all sort of pitched in and did a little digging. In my case, of course, with my interest in anthropology and sociology, I was hoping to find something that

would suggest a previous civilization had been there. I was disappointed. The experts on minerals, however, were quite happy with what they found. We stayed for no longer than forty-eight hours and then went back.

**How long was it before you went again?**

It was about a year before I went again.

**Had they sent up habitats and things in the meantime?**

Not so much habitats — they sent up the means to create an enclosed environment. To call them habitats would be a stretch of the imagination. They were very rustic. The people who went up to do the initial digging were really roughing it. It wasn't the sort of place you would want to call home and hang your hat.

I was on Earth a year before I returned. Immediately when we got back the first time (they didn't need a long time to analyze the findings), they sent up another crew and those were the people who were roughing it. They regularly went back and forth because they found what they wanted and needed. They were bringing things back to Earth, and it was just a year before I returned. By the time I returned, things were more livable.

**What were they excited about finding? What is it they were looking for?**

No, I can't say. I will give you the reason, which is that the materials that were found were used in something you haven't invented yet.

**Oh [chuckles], well, all right then. Can you say who you worked for? Was it a government or a private industry?**

Private industry.

**Does it exist now?**

It is in its infancy.

### The Usefulness of Sleeping Pods

**So you went back after a year. How long was it before you actually saw and interacted with an extraterrestrial on the Moon?**

It wasn't the second time that I went back. It was the third or fourth time. That was a good thing because the purpose of my being there was to help the mining crew adapt and also put procedures in place so that if something was found that had to do with a previous civilization, it would be filtered out and set aside. These procedures were put in place. But mostly what I did was help set up a social system that would make living in such a remote area (to put it mildly) tolerable for the people doing the mining.

One thing that made it more tolerable was sleeping pods. Some of these sleeping pods already exist on your planet.<sup>1</sup> You have these (you may not have heard of this) pod-like places where you can sleep, where, for example, business people in a city for a short time who don't want to spend a lot of money for a room can sleep. This isn't so much in your part of the world, but in some parts of the world these kinds of pods exist where people can sleep in a small space.

That kind of thing was set up so that people could have privacy. They would also have the means to remember loved ones and communicate in a way with friends and family. Also, the corporation made things available so that the job (which paid very well, I might add) would look more attractive even though you still would be roughing it in a lot of ways. Obviously, you would have a company store where you could buy a few things. There was not too much available; it wouldn't be like going to Walmart. There needed to be communication from workers to Earth to suggest that this was a great job even though it was kind of rough. The miners were glad they only worked there for three or six months and looked forward to going home. After a while things got better, and people said, "Hey, this is really pretty good. It's not so bad anymore."

At that point, they even had things like movies, because eventually it had to be set up so that people would want to come. Of course, over time everything became more automated. Digging initially was done using basic mining equipment, but once it got more automated, the job prospects looked better. The corporation did not have to continue raising the pay to astronomical levels to attract people. In fact, at one point the pay did not go up for quite a while. It just remained really good pay.

***So let me have an idea of the scope of this operation. How many were in the first group of miners?***

No, Melody, that's really not important. Do you mind if I call you by your name?

***No, go right ahead. What is your name?***

It's not really important, but if it makes a difference to you, there were about forty people in the first group of miners.

***Were these pods that they lived in set up above ground or underground?***

They basically camped out. They slept on the ground.

***They had to have oxygen at all times so that they could breathe?***

Yes, of course. It was basically miserable, and that's why the pay had to be really high. People were informed before they went up there that it would be rough. They did not accept just anyone. A lot of people thought it would be an adventure and that it would be fun, but it was not. You had to be very strong, very rugged; you had to be in the best of health. It wasn't unusual to accept people who were just out of the military and in very good shape.

***How did they eat, and how did they get food?***

Everything had to come from Earth.

***I know, but how can you eat in a pressure suit? How did that work?***

There was, of course, a canopy over the entire area, a sealed system so that they could move around to work and eat and so on.

***Oh, okay, yes.***

The system was filled with air, and no dust could get into the places where sleeping and eating would be going on. In the mining area, where there was a lot of dust, they would wear special gear and their helmets would filter the dust.

***I see. So how were the living conditions when you went back a year after the first trip?***

Better than before, but it was not wonderful. By that time, they did not have pods yet, but they had tents. They were a little better than pup tents or small tents that you use to camp with. Oh, I'm using the wrong word. They were portable shelters.

## Getting Along

***Exactly what did you do to help people adapt?***

I helped them find ways to get along with each other. When you have a lot of people doing a lot of very hard work in extreme circumstances, it is not easy to get along with everyone all the time. It is not like they were working for themselves. They were working for pay. There were bosses, so they had to always be getting along with each other. They could not get mad at each other, because there would be no place to go to blow off steam. They were essentially in a capsule unit, so things had to be set up to help them. Someone decided that a gymnasium with punching bags and other equipment would be a good thing for people to blow off steam.

***You did counseling also?***

I counseled as needed. The second time I went up, I had two other people with me, and they were well-versed in our specialty. There did not need to be counseling all the time. It wasn't a big mining group. Most of the people



working there took pride in how strong and rugged they were to be living under those conditions. As a matter of fact, when things improved, these “old timers” kind of made fun of the newer ones for not having been through the rough times. You understand that.

**Yes, absolutely. So how long were you there on your second trip?**

I was there about three months. Then I came back to Earth for two years to recruit more people while the other two stayed on the Moon, because things were going all right. Then I went back up for six months to make recommendations for setting up the pods and entertainment facilities.

## Meeting the Andromedans

**Then you went home and came back again?**

I went home and came back very quickly. The turnaround was something like three days. That’s because they had started seeing ETs approaching. People were seeing ships all the time. Some people got jumpy, and that’s why they needed counseling.

ETs approached and the ships landed. ETs got out and were friendly. They walked over to where we were. Even though they were friendly, some people were upset. The people I left there communicated with me that they felt it would be helpful if I returned because everyone knew me and felt good about me. They called me Doc, and they needed Doc back, because Doc could help in this situation.

My people on the Moon were able to create communication of a sort with the ETs, but the mining crew was still nervous. They needed support, so I went back. I had just enough time to take a shower, change my clothes, and get a couple of good meals. [Laughs.] But ETs being there made it kind of an adventure, so they didn’t have to bring me back kicking and screaming [laughs].

**[Laughs.] Which ETs were they?**

At that time, they didn’t tell us who they were. They looked like humanoids, and looking back on it, they might have been from Andromeda since they were very tall. But their heads were not as big as you would expect and not in proportion with their bodies but smaller. I think that’s part of the reason the crew was so upset and frightened, because these beings were so tall. Even though they were strong men, they were frightened — not surprising when confronted by something like that.

The ETs make gestures, they had arms and legs and feet. I’m going to make a gesture in the air here, but you can’t see me: Imagine putting your hand in front of you with your elbow bent and moving your hand down slightly. Just up and down slightly, which is apparently universal. This is a gesture often made perhaps even in your time — to suggest that someone quiet down.

**Oh yes!**

So that was the only gesture made that was recognizable by the people from Earth, and they took it to mean things would be okay. They sort of relaxed.

**How tall were these ETs — eight feet or more?**

Something like that, yes.

**Okay, what was the first thing you did when you got there?**

Well, I tried to set up a formalized means of communication. The ETs wanted to come in, and of course the corporation did not want that, because the corporation didn’t understand that the ETs could come in without creating a hole in, I’m going to call it, the bubble. That’s what people were calling it.

The corporation didn’t understand that the ETs could step through the bubble without (in any way) creating damage to it. I was able to come up with a basic sign language, until I heard one of them communicating. That was quite a surprise.

## ETs Help Find Better Mines

**You heard it telepathically?**

Yes, and that had not happened before. I remember smiling at them, and they had a smile even though I don’t think their faces could smile at that time. I think their face muscles were there, but they were not exercised. I could see their eyes were smiling. Then I thought, “Oh, okay,” and I asked them in my mind, “Are you communicating in my language?” They shook their heads no. They were communicating in their language, and I heard them in mine and vice versa. This was the beginning of real contact. Within a few days, I was able to communicate to the company that I felt this was going to turn into something wonderful for the people of Earth and for the company. The ETs knew where a much richer deposit of the minerals that we were mining was located.

The company was getting about 20 percent of the minerals they wanted, and the rest of it was not what they were looking for. The ETs said they knew where there was a better deposit that it would produce 80 percent of the minerals we were mining. I told the company this, and of course they were very excited. That’s when they began to trust the ETs. The company and I weren’t sure what to do, but that’s when things changed.

Another bubble was created within five or six months (as quickly as you can do things like that) at the second mining site. Of course, now the company was absolutely thrilled. The vein proved to be even better because it was producing — in a range from 83 to 85 percent on a regular basis — the mineral they were looking for, and there were even a few bonus minerals they did not expect. The bonus minerals turned out to have value on Earth.

**How many Andromedans were there in the beginning?**

In the beginning it was just one and after a while sometimes two, but apparently they did not want to

overwhelm us. It was usually one, sometimes with a second one, who would sort of hang back. I began to think of that person hanging back as some type of security. He did not carry any weapons that I could see but was always the same one. The one I was communicating with was also always the same one. I began to think of that person as somebody who was in a field similar to my own.

**Did you know that you could do telepathy?**  
No.

**The ETs had no interest in the mineral your company was mining?**  
Right, it wasn't anything they were interested in at all. They were just being helpful.

**What brought the ETs there? Were they mining other minerals, or was it something else?**

No, they just happened to be passing by and noticed what we were doing. These beings landed and said they knew about another place to mine and maybe we would like it. That launched, from my point of view, a wonderful thing. Once the company started bringing up those rich deposits, I asked them if we could have a small bubble just for interactions with the ETs. Then maybe

they could give us other ideas that would be helpful for the people of Earth and of course for the company. The company said, "Yes, let's do this." So that is what led to all of this.

We are going to have stop; it's been pretty long today. I will see you next week, all right?

**Marvelous. Can we just call you Doc? Is that okay?**  
Doc is fine!

**Okay, then I will ask for you next Tuesday, because I have lots of questions.**

All right. I have lots of answers.

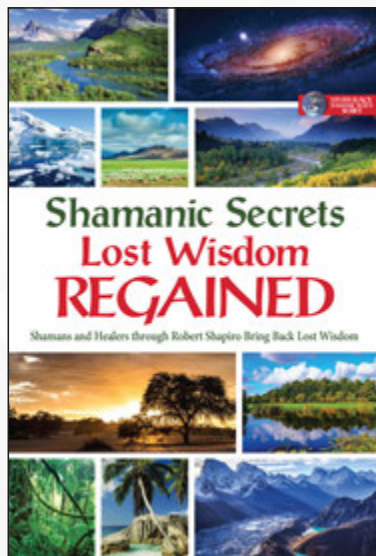
1. A capsule hotel, also known as a pod hotel, is a type of hotel developed in Japan that features a large number of small bed-sized rooms known as capsules.

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

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# CONSCIOUS LIVING

## Living in a Sea of High-Tech Frequencies

Phyllis Light, PhD

What has our world become? Does it feel safe and nurturing to be alive? Does life surround us with a comforting, peaceful energy, where we can feel both relaxed and enlivened? No way! Life in our high-tech world is drowning us in countless life-damaging energies that bombard us daily, weaken our subtle bodies, and create multiple problems with our health and well-being. Life has become anything but peaceful and relaxing.

### Bombarded by Frequencies

Even in the sanctuary of our homes, we are bombarded by our own (or neighbor's) Wi-Fi frequencies, including cell phones, GPS, and overhead TV and radio broadcasts. Frequencies pound us daily, to the tune of about 300,000 per minute in most major cities. It is as if we are in a never-ending avalanche that is burying us under a mountain of unwanted, detrimental, artificial frequencies that are slowly sucking the life force out of us and, at a deep level, making us want to leave our bodies.

Yes, at a deep level, this is how people are reacting. It doesn't feel good to be bombarded in this way, but we don't consciously see or

know what is happening. We just feel bad, get depressed, experience headaches and fatigue, and wonder what is wrong with us. Or we get more serious problems with our immune systems, such as cancer or other autoimmune system disorders more prevalent than ever in our world today.

This makes us want to leave. The first attempt at this is when people create other dimensions in which to exist. That is, when it doesn't feel good to be in your body (and for most people, swimming in this sea of life-damaging frequencies doesn't feel good), many people "leave;" they go away and create another dimension in which to exist. When speaking to others, have you ever had to repeat yourself more than once?

Most people "aren't home." This is their coping strategy for dealing with the intensity that life has become on this planet. When the going gets tough, people "leave." That is their first step out the door. As it gets harder and harder to be in their bodies, they could easily create a more serious health condition, or accident, and literally leave the body.

This isn't about scaring you. It's about letting you know what's going



on, so you can act and bring yourself back to create the life you truly want for yourself. It's about learning to protect yourself and getting back on the path of self-development and self-actualization — a path we're all on, to one degree or another. When you get bombarded with negative energy in our high-tech world, you feel tired and out of it. It's hard to work on yourself or practice techniques for spiritual awakening. You're just too tired and worn out from trying to survive life on the planet.

I almost died thirty years ago due to being bombarded by computer, microwave, TV, and radio frequencies. I was like the canary in the coal mine. I went down for the count long ago. Thankfully, however, I was able to figure out how to protect myself and get myself back among the living, and this is why it has become so important to me to let others know what's going on.

### Protect Yourself

I couldn't handle life thirty years ago. Now there are many more sources of high-tech frequencies,

and more are coming soon. Have you seen all the new commercials for 5G? They talk about how much more powerful it is and how it will be *everywhere*. They even show a map indicating that it will literally be everywhere. If you think about being even more blanketed by life-draining frequencies when you see those ads, then you'll understand what I'm talking about.

The frequencies hit your subtle bodies — that is, the energy around your physical body that is the blueprint for the physical. As the energy field sustains damage from constant bombardment by the frequencies, the physical starts to have problems. The common symptoms of exposure to EMFs (electromagnetic fields) and other high-tech frequencies are stress, irritability, depression, immune system disorders, and cardiovascular problems. It's unreal how much these invisible energies affect our physical and emotional health and well-being.

In addition, the high-tech frequencies disrupt the energy field above our crown chakras, the spiritual center of our being, and create energetic fragmentations in our field, which have a life force of their own. These fragmentations then remain above the seventh chakra and block the influx of spiritual energy through the chakra system, weakening us intuitively and disconnecting us from our highest spiritual self. The frequencies not only hurt us physically, mentally, and emotionally but spiritually as well.

Many people these days have fully embraced our high-tech world, filling their homes with “smart” devices and using apps on their phones to control their environments. They have no clue what this influx of high-tech energy is doing to their health and well-being. People don't realize that the frequencies are disturbing the normal functioning of their hormonal systems, which is making them age

faster and disrupting their ability to have a peaceful night's sleep. Again, what has our world become?

There are ways you can protect and even heal yourself, but it's important, first, to realize that there is a problem, albeit invisible in nature. Acknowledging the truth about what's going on will free you to start finding the resources you need to resolve this problem for yourself and your loved ones. Hiding your head in the sand is no longer a viable option, and it will become more and more difficult to do so as time goes on. Awareness will ultimately bring the healing and relief you seek.

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## Cleaning House

Robert W. Walker, PhD

Health and wellness is a challenge we all face every day. What makes it more difficult is the times in which we are living. We have more information at our fingertips now than at any other time in human history. If we have a health problem, then we can Google it to find out what it is and a medical remedy for it. However, we are not getting the total picture of the medical problem or its remedy.

Our physicians are trained using the same information we can find on the internet. Most of that is from the old-energy era and may not be accurate in today's new energy. We seek answers about how to live and cope in Earth's evolving energy.

What worked in health and wellness a few years ago may not work today.

We need to clarify what it really means to live in the new energy. We learn in our scientific studies that everything is composed of atoms from swirling energy. That means everything you see and don't see is composed of quantum light particles and waves. It is hard to see ourselves as bundles of energy, but until we accept that as fact, our health and wellness will be subject to the whims of knowledge from the old energy.

In this new energy, we must accept the fact that health and wellness is not just concerned with our physical bodies. In the old energy,

we have been taught that the physical body is all-important and the diagnosis of health problems should be addressed at that level. Unfortunately, our medical practitioners have a difficult time addressing issues that arise in our emotional, mental, and soul/spirit bodies. While psychology and psychiatry have attempted to deal with issues that arise in the emotional and mental bodies, the new energy still has not been fully considered.



If everything in the universe is composed of energy, then we have three bodies also composed of energy that we cannot see — our emotional, mental, and soul/spiritual bodies. The question the medical community struggles with is how to heal these invisible bodies and bring health and wellness back to the physical form. How do we heal invisible energy?

## In Search of Energy Solutions

Up to this point, the medical community has relied on the pharmaceutical industry to come up with solutions. Unfortunately, some drugs have resulted in side effects and addictions that exacerbate the medical issues. Since our three invisible bodies don't always respond to chemical solutions, the new energy is prompting us to look for energy solutions, which makes sense since that is what makes up our bodies and everything around us.

To find an energy solution, we must first understand how energy functions. When the Creator God formed the universe and everything in it, including humans, duality was part of creation. We have north and south poles, east and west, up and down, in and out, light and dark, or balance and imbalance. Duality enters everything we say and do every day of our lives.

When we think of God, we think only of good that is represented in her or his light and love. As humans, through our egos, we have created a dark energy that religions call the devil. We get caught up in the duality of light and dark.

Throughout our lives, we invite light and dark energy into our emotional bodies in the form of feelings of love and kindness toward others and ourselves, but we also invite darkness (or imbalanced energy) through our thoughts and feelings of hate, greed, separation, envy, and racism, as well as many other negative feelings. We are products

of our feelings and emotions when it comes to the health and wellness of our bodies.

Think of the emotional body as a teeter-totter with a store of positive light energy on one end and dark, imbalanced energy on the other end. If the dark energy in the emotions is stronger, the teeter-totter will dip and result in disease or ill health in the physical body.

The same is true in our mental bodies. The problem is that we often have no idea that our mental bodies are also filled with negative, imbalanced energy because of where we live, who we are in our families, and what belief systems we have acquired throughout our lives. If we grow up in a community where we never see a person of another color or faith, how do we treat that person?

In the world today, we are faced with societies undergoing massive change as people who are not like us are coming into our midst and challenging the belief systems that are in place. When our belief system rejects people different from us, the dark imbalanced energy tips the teeter-totter, and that negativity challenges our health and wellness.

## Lean toward the Light

Our souls, or spirits, are with us from the time of birth and leave us when we die, but they are like silent cousins who watch everything we say and do but offer no response, because God gave us free will to live in whatever way we desire. That soul (or spirit) is God's gift to us, and it is up to each person how she or he wants to use it.

The soul can remain quiet and not interfere during our lifetimes, or we can ask, with intent, for God's spirit to connect with our souls to become active and tip the teeter-totter to the balanced light. Our challenge in this life is to ensure the teeter-totter is tipping to the balanced light in each of our four

bodies. This is no easy task, but it is what God expects of each person on this planet.

Cleaning house is the metaphor for the role we must undertake if we desire a life of joy filled with Creator light. To accomplish the cleaning process, meditation and prayer are needed to seek the removal of the dark, imbalanced energy that has accumulated throughout our lifetimes. Assistance can be sought from pastors, counselors, or any professionals who understand the need to clear unwanted energy. On a spiritual level, we can appeal to God, Jesus, and any of the masters or angels to aid in the cleansing process.

The mental body is an even bigger challenge for cleaning out old belief systems that are no longer needed. Once again, our intent to open to the light and love of the Creator is the beginning. We must realize that personal change comes very slowly, but our sincere intent to follow the light is the beginning of a new life. The aim is for the four bodies to reduce the negative, dark, imbalanced energy so that the teeter-totter tips to the side of the light energy.

Finally, when the dark energy leaves our bodies, a void is created. The final act is to invite the Creator's light into each of the four bodies, and then enjoy the change that will give purpose to why we are on Earth.

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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.

## Find Your Natural Flow

Donna Taylor

Yesterday I had the pleasure of meeting Russell Grant, the famous British astrologer, and observed him giving a talk to a large audience. What struck me was how completely at home he seemed while delivering his hour-long speech. Most public speakers show some evidence of nerves — a slight strain from the intensity of focused concentration or the buzz of adrenaline. With Russell, it was as if this was his natural environment; he was among old friends, and there was nowhere else he wanted to be.

This got me thinking about a video I'd recently watched of Esther Hicks channeling Abraham on the subject of generating a passive income. She said that when you are completely in alignment with your true self and doing what you love, you become synchronized with universal energy, and the money comes, effortlessly. This is at odds with many business models and even much self-help literature that stress the idea of pushing hard for what you want; you have to strive to reach that elusive goal, and you should always grow and progress. The general philosophy is no pain, no gain.

Even when I was studying photography many years ago, photographers had a similar philosophy. When someone nearly froze to death in an icy landscape or slipped into a cold river to get a perfect shot, we'd say, "You have to suffer for your art." Watching Russell yesterday seemed to give credence to what Esther Hicks/Abraham was saying. So many people strain themselves trying to do something that doesn't come naturally. We've all found ourselves in this situation at times; perhaps it's a role that goes with a job, or we want to do something because our egos push us in that direction. Or perhaps our parents or other people encourage us to take a particular path. Sometimes financial necessities dictate a choice that isn't really us.

It's not just in the working world that we can find ourselves out of alignment: Our domestic roles, lifestyles, and even our hobbies can be an awkward fit.

Think of the wannabe writer who finds every excuse under the sun to avoid sitting down and writing. Then, when they finally do, they stare at a blank page for an hour and take a further two hours to hammer out a paragraph they constantly rewrite because it's not good enough. This is not being in the flow. Contrast that with the writer who can't wait to put pen to paper and is constantly jotting down notes and ideas. When they sit down to write, the story or article almost writes itself.

### Best and Worst Alignments

Ask yourself these big questions in February: When am I most in the flow? When am I most at home? When do things manifest for me effortlessly? When we are in alignment with our true natures, all life begins to support us. Money flows better. We have more energy, because we're not straining. An acquaintance recently said to me that she felt drained because she'd taught a long session of Reiki the day before. Although I didn't voice it, my response was, "Well surely if it was right for you, you wouldn't feel so drained."

The interesting thing about February is that virtually all of the planets are either completely in or out of alignment with themselves. Venus is exalted in Pisces, while Neptune is at home in its own sign of Pisces. Mercury is exalted in Aquarius, while Saturn is at home in its own sign of Capricorn. Mars, too, enters Capricorn, where it is exalted. The planets in their signs function extremely well; it is effortless for them. But other planets — Jupiter in Capricorn, the Sun in Aquarius, and Mercury moving into Pisces — are either in fall or detriment, meaning they struggle to function at all. They are in alien environments where their natural energies can't be channeled effectively.



It is quite unusual to have so many planets in their best or worst places. This is likely to reflect the ease or discord in our lives. So it's worth considering the main areas of our lives and assess whether we feel our energies are flowing naturally or if we feel blocked, strained, drained, stuck, or unreasonably challenged. When Mercury turns retrograde in Pisces on February 17, it is likely to become even more apparent where we might be banging our heads against a wall. At this point, the universe is likely showing us where we are going wrong, trying too hard, or going against the flow. If we can observe this rather than get emotionally entangled, then Mercury's backward motion could be very revealing.

### Let Go of Willful Desires

Pisces is the sign of going with the flow, of trusting and allowing ourselves to be carried along by the natural current of life. If we resist this natural flow, we are likely to meet with one or two problems that can feel rather frustrating. As we approach the new moon in Pisces on February 23 alongside Mercury retrograde, we absolutely must let go of our predetermined, willful desires, and trust that the universe knows better than us. If we are prevented from getting to a destination, there might be a reason for that. Maybe we need the rest, or it's time

to do something different. If a project or desire doesn't happen, maybe it wasn't part of our higher plan.

We often forget that an invisible hand directs our lives. This hand is likely to become more apparent during February, particularly during the latter half of the month. If we can surrender to this invisible hand and allow life to unfold in ways that are soft and flowing, we will find ourselves in harmony and inspired. Following what inspires us will most likely lead us in the right direction, but if we already feel at home with whatever we're doing, then chances are we've already found it.

If we're in places of strain, striving, or discomfort, we can take solace from the planets. They're not static, and, like them, we can move on. Windows of opportunity emerge at regular times to allow us to move to better places. If we haven't found those places yet — that feeling of being completely at home with ourselves and our lives — then February will be an important month. The doors that open and close will reveal exactly where we are supposed to be.

We should not fight this. Rather, we should be humble enough to recognize that a wiser force is orchestrating events and giving us the opportunities to find ourselves in the right places at the right times, engaged in the right activities with the right people.

## February Weekly Forecasts



### • ARIES (March 21–April 19) •

**February 1–6:** Whenever you achieve any kind of success or find yourself in a position of victory, it's unlikely that you got there all by yourself. It is probable that other people played their parts, even if it was just to encourage and support or to share an idea that inspired you to take action. The planets are currently stacked in your favor, making this a period when you are likely to get ahead in some way; just don't forget to give thanks to those who helped you get there.

**February 7–14:** The film director Frank Capra once said, "A hunch is creativity trying to tell you something." This week's full moon asks you to pay attention to your hunches: Those little feelings that are sometimes easy to overlook, especially if they conflict with logic. This is not a week to follow the logical path, especially around February 9. You will find yourself more effortlessly in the flow and more likely to end up in the right place if you trust your impulses. This could, in fact, be a very enjoyable week with social activities and potential for merriment. In short, this is a week to get out and about with people you like and to join in the joyful game of life.

**February 15–21:** There is such a lot you need to do, and the world is likely looking up to you in some way, whether in a professional role you're playing or some

other responsibilities you carry. Either way, this is a week when you're more likely to be seen, so make sure you're ready to be in the spotlight and your actions are full of integrity. It is also a time of harvest, when all your past efforts and actions are bearing fruit, so bear that in mind when things go well or not so well. You will need to carve out some quiet time or make space for spiritual activities, because Mercury turning retrograde in your zone of quiet contemplation suggests that you might benefit from rest or a period of solitude. A balancing act will be required where you can be out in the world doing your thing, along with time to rest and come back to base.

**February 22–29:** All that was said last week applies even more to this week as a new moon occurs on February 23 alongside Mercury retrograde, increasing the need for some healing space or quiet time to reconnect with your higher self and receive intuitive promptings for the next part of your divine plan. This is most definitely not the week to rush about or try to do more than usual. If you do, you're likely to witness the standard Mercury retrograde issues: delays, breakdowns in communications, problems with technology or travel, and a drain on your energy. All of these are signs that you need to slow down and perhaps direct your intention within. You might also benefit from closing a chapter of your life, or

at least tying up loose ends, so that you feel more able to move forward when this period is over, unencumbered with things that need to be laid to rest.



• **TAURUS** (April 20–May 20) •

**February 1–6:** With the Sun at the top of your chart, this is a great week to focus on being out in the world, as your capacity to succeed and make progress is very strong now. This is not the time to dither when it comes to your ambitions and goals, so if you have something you want to do, push on and do it. In order to really make the most of the current potential and find yourself in a successful position, you might need to be courageous and break out of your comfort zone. This is a period of life when you need to try things out and see what happens. Ralph Waldo Emerson said, “Don’t be too timid and squeamish about your actions. All life is an experiment. The more experiments you make the better.”

**February 7–14:** While the overall focus is still on your career, aims, and ambitions, this week will highlight the need to be present at home, and you might need to juggle outer obligations with inner needs. This applies as much to your psychological state as it does to your home and family, because sometimes you need to come home to yourself and pay attention to your deeper needs. Simply put, this is a week — especially around the full moon on February 9 — to see how you feel, and then allow your feelings to guide you appropriately. It’s easy to confuse matters by doing what you think you should or what seems logical and practical, but your feelings will always show you the way forward. Observe your emotional responses this week and see what they’re telling you.

**February 15–21:** Just when you’re gathering speed and seem to be making progress, Mercury turns retrograde and asks you to apply the brakes. Suddenly, your future plans and hopes might not seem clear, or there could be a delay or a problem that prevents you from moving forward. Try to remember there is a method behind the madness, and quite often when things go “wrong,” it is actually an opportunity to re-evaluate and improve the situation. This is not often appreciated until after the event, though, so apply your Taurean patience and know that all is unfolding as it should. Focus on adventure and the possibilities growing in your life, because keeping your vision on the bigger picture will help you deal with the small stuff.

**February 22–29:** The new moon on February 24, alongside Mercury retrograde puts the focus firmly on your social life, friends, groups, and your hopes and dreams for the future. This is a good time to make a positive difference in the lives of others, but be prepared to go slow or to tie up loose ends and resolve problems. It might

not be a clear run, but you can probably sense whether you’re on the right track and just need to make some adjustments. This is a good time to review the role you’re playing in the world and see if there is more you can do.



• **GEMINI** (May 21–June 20) •

**February 1–6:** The month begins with a vibration of adventure, making this the ideal week to go on a journey or push out of your comfort zone. If you have become too set in your ways or comfortable with your routines, then it might do you good to try something new, even if it’s initially a bit unsettling. Doing something that tests you a little will give you greater confidence, which in turn can draw more possibilities and opportunities to you. Optimism and faith are your keywords right now, and if you can apply a little of both, things are likely to turn out better than what other people might have predicted.

**February 7–14:** According to Marcel Proust, “The real voyage of discovery consists not in seeking new landscapes but in having new eyes.” The full moon on February 9 asks you to view a situation differently, try a new perspective, or shift your attitude about a particular matter. Gemini is not a rigid sign, but it might be that you’re currently looking at something and not seeing the full picture. By adjusting your view, whether it’s seeing a person in a new way, looking at the place where you live with fresh eyes, or viewing a tricky situation from a different angle, you might discover a solution or a new level of connection. Inspiration is certainly available for you, but you might have to look for it.

**February 15–21:** It might be time to review your life path as Mercury turns retrograde at the top of your chart. If you don’t feel like you’re fully living your purpose, there are ambitions you’re not fulfilling, or you’ve got potentially successful projects on the backburner, now is the time to bring things down off the shelves, give them a dusting, and bring them back to life. Now you can work through feelings of being stuck. Although Mercury’s backward motion is rarely fun for Geminis, the result in a few weeks’ time will be one of real progress and development. See what begins to occur around you, and read these as signs of where you need to direct, or not direct, your energies. Sometimes the universe can be quite definite in showing you where it wants you to go, and this is one of those times. So pay attention and heed the signposts.

**February 22–29:** The new moon on February 23 joins Mercury retrograde at the top of your chart, putting even more emphasis on your career/vocation and general direction in life. Now is the time to truly consider where you want to be going and to possibly begin a new chapter. It could be that you have to wait a little while to get moving, as certain things need to be put in



place, but it will be worth it in the end. Be patient and allow things to gradually develop.



• **CANCER** (June 21–July 22) •

**February 1–6:** Your situation has a transformative feel, making this the ideal time to see what you can do with a little refurbishment. It could be something you own, a relationship, or even yourself. This is a good time to delve beneath the surface of things, strip back the paint of an old piece of furniture, or peel away the layers of your psyche to discover the treasure beneath. If relationships are tricky, try not to get bogged down in the heavy stuff, and focus instead on the possibilities in your life.

**February 7–14:** A situation is likely to reach a peak this week, especially around February 9 when the full moon highlights your financial area. You will be able to see the matter more clearly and any confusion will begin to dissolve. You might have a “eureka!” moment involving money or work, or a problem might simply resolve itself. This is a good week to make progress in all material matters, tie up loose ends, and put the final touches on financial projects. It might also be important to recognize that there are more important things than money; having time to enjoy life is one of them.

**February 15–21:** Conflict is never pleasant, but there are times when it helps to bring things to a head. Things can simmer away for months or even years, steadily undermining your relationships. This week, as Mars joins the Moon, Pluto, Saturn, and Jupiter in your relationship zone, don't be surprised if frustration begins to rear its head. Instead of allowing anger to take hold, try to ascertain what's really niggling you, and then look at how you can work with the other person rather than against them.

**February 22–29:** While the relationship theme simmers in the background, Mercury's reverse motion alongside the new moon brings the matter of meaning to your attention. If life feels like it's lost some of its meaning, or if you're not sure what you're meant to be doing or even what the purpose of life is, consider the following words of psychologist Victor Frank: “The meaning of life differs from man to man, from day to day and from hour to hour.” The new moon on February 23 gives you the opportunity to tune in to what currently gives you meaning (which might be different from ten or twenty years ago) and then summon the faith to move in that direction. If you have a wobble this week, that would be perfectly understandable, but the path ahead will become clear if you focus on what feels meaningful to you.



• **LEO** (July 23–August 22) •

**February 1–6:** The Sun in your opposite sign puts the emphasis on your relationships and brings the opportunity to share, give of yourself, and put

the focus on others. Your main relationship could come into focus, and this would certainly be a good time to spend some time with your significant other and clear the air of any grievances that might have built up. Perhaps you find yourself in a position where listening becomes the key to forging stronger bonds. Either way, this is a week when intimacy can be deepened and relationships transformed, which in turn can bolster your strength and enable you to feel better able to deal with whatever comes your way.

**February 7–14:** The full moon in your sign on February 9 is your annual opportunity to take stock. Are you happy with the way things are going? Are you heading in the right direction? What steps do you need to take or what changes need to be implemented to enable you to feel happier and more fulfilled? It is only right and proper that the spotlight is on you, at least around the full moon, so that you can use these days to consider your own needs and come home to yourself for a short while. Ralph Waldo Emerson said, “To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.”

**February 15–21:** As the Sun enters your zone of rebirth and transformation and Mercury turns retrograde in the same area, you are probably in need of rejuvenation. Look at your life and see what is tired, worn out, or in need of transforming. It could be something you own that could do with sprucing up, a relationship in need of renewal, or you might be in the process of shedding your old skin. Some of this might require a bit of work or courage, depending on the situation, but new energies will be available once you have cleared out the old and purged yourself of what, in some way, has been toxic to your soul.

**February 22–29:** With a new moon in your transformation zone on February 23, the heaviness of previous weeks begins to lift and the feeling of new beginnings or a sense of renewal begins to emerge. By pledging to make some changes in an area that has been a source of discomfort, you will begin to gain mastery, and a sense of strength and power will replace any previous feelings of disempowerment. You might need to deal with issues around sex, money, death, or psychology, but this new moon is a very strong indication that the worst is over and you can now begin to rise like the phoenix from the ashes.



• **VIRGO** (August 23–September 22) •

**February 1–6:** It's difficult to make progress in any area if you don't have health on your side, and it would seem you are being called to bring greater order to your mind, body, and spirit so that your life can function better. This week, try to identify whether you need more rest or exercise, better nutrition, more routine, an easier work situation, or a more

## February Aspectarian

Transiting planets: Sun, Moon, Mercury, Venus, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto

**Key:** conjunction (0°), opposition (180°), square (90°), trine (120°), sextile (60°), quincunx (150°), semisextile (30°), semisquare (45°), sesquiquadrate (135°)

**February 1:** Moon semisquare Neptune, Moon conjunct Uranus, Moon sesquiquadrate Mars, Moon semisquare Venus

**February 2:** Sun square Moon, Moon trine Jupiter, Venus sextile Pluto, Moon sextile Neptune, Moon quincunx Mars, Mercury semisquare Jupiter, Moon trine Pluto

**February 3:** Moon sextile Venus, Moon trine Saturn, Moon sesquiquadrate Jupiter, Moon square Mercury, Sun semisextile Jupiter, Moon semisextile Uranus, Venus sextile Saturn

**February 4:** Moon sesquiquadrate Pluto, Moon sesquiquadrate Saturn, Moon quincunx Jupiter, Sun trine Moon, Moon square Neptune, Moon semisquare Uranus

**February 5:** Moon opposite Mars, Moon quincunx Pluto, Mercury sextile Uranus, Moon quincunx Saturn, Moon square Venus, Sun sesquiquadrate Moon

**February 6:** Moon sextile Uranus, Moon trine Mercury, Sun semisextile Neptune, Moon opposite Jupiter

**February 7:** Moon trine Neptune, Sun quincunx Moon, Mars semisextile Pluto, Moon sesquiquadrate Mercury, Moon opposite Pluto, Moon quincunx Mars, Moon opposite Saturn, Moon trine Venus

**February 8:** Moon sesquiquadrate Neptune, Moon square Uranus, Moon quincunx Mercury, Moon sesquiquadrate Mars

**February 9:** Moon quincunx Jupiter, Moon sesquiquadrate Venus, Moon quincunx Neptune, Sun opposite Moon, Moon quincunx Pluto, Moon trine Mars, Moon quincunx Saturn, Mercury semisquare Pluto

**February 10:** Moon sesquiquadrate Jupiter, Moon quincunx Venus, Moon trine Uranus, Venus semisextile Uranus, Moon sesquiquadrate Pluto, Moon opposite Mercury, Moon sesquiquadrate Saturn, Mars semisextile Saturn

**February 11:** Moon trine Jupiter, Moon opposite Neptune, Moon sesquiquadrate Uranus, Sun quincunx Moon, Moon trine Pluto, Moon trine Saturn, Moon square Mars

**February 12:** Moon quincunx Uranus, Moon opposite Venus, Sun sesquiquadrate Moon, Moon quincunx Mercury, Mercury semisquare Saturn

**February 13:** Sun semisextile Pluto, Moon square Jupiter, Moon quincunx Neptune, Moon square Pluto, Sun trine Moon, Moon square Saturn, Moon sesquiquadrate Mercury, Moon sextile Mars

**February 14:** Moon sesquiquadrate Neptune, Moon opposite Uranus, Moon quincunx Venus, Moon trine Mercury

**February 15:** Moon semisquare Mars, Moon sextile Jupiter, Moon trine Neptune, Moon sextile Pluto, Moon sesquiquadrate Venus, Sun square Moon, Moon sextile Saturn, Sun semisextile Saturn

**February 16:** Moon semisextile Mars, Moon semisquare Jupiter, Moon quincunx Uranus, Moon semisquare Pluto, Moon trine Venus

**February 17:** Moon semisquare Saturn, Moon square Mercury, Moon semisextile Jupiter, Moon square Neptune, Moon sesquiquadrate Uranus, Moon semisextile Pluto

**February 18:** Moon semisextile Saturn, Sun sextile Moon, Moon conjunct Mars, Moon trine Uranus, Mercury semisextile Venus

**February 19:** Moon sextile Mercury, Moon square Venus, Sun semisquare Moon, Moon conjunct Jupiter, Moon sextile Neptune, Mercury semisquare Saturn

**February 20:** Moon conjunct Pluto, Moon semisquare Mercury, Moon conjunct Saturn, Jupiter sextile Neptune, Sun semisextile Moon

**February 21:** Moon semisquare Neptune, Moon semisextile Mars, Moon square Uranus, Mars trine Uranus, Moon semisextile Mercury

**February 22:** Moon sextile Venus, Sun semisquare Jupiter, Moon semisextile Neptune, Moon semisextile Jupiter, Moon semisquare Mars, Sun sextile Uranus, Moon semisextile Pluto

**February 23:** Moon semisextile Saturn, Venus semisextile Neptune, Moon semisquare Venus, Moon semisquare Jupiter, Moon sextile Uranus, Sun conjunct Moon, Moon sextile Mars, Venus square Jupiter, Mercury semisquare Pluto

**February 24:** Moon conjunct Mercury, Moon semisquare Pluto, Moon semisquare Saturn, Moon conjunct Neptune, Moon semisquare Uranus, Moon sextile Jupiter, Moon semisextile Venus

**February 25:** Sun sextile Mars, Moon sextile Pluto, Moon sextile Saturn

**February 26:** Sun conjunct Mercury, Moon semisextile Uranus, Mercury sextile Mars, Moon semisextile Mercury, Moon square Mars, Sun semisextile Moon, Mercury semisquare Venus

**February 27:** Moon semisextile Neptune, Moon square Jupiter, Moon semisquare Mercury, Moon conjunct Venus, Sun semisquare Moon, Moon square Pluto

**February 28:** Moon square Saturn, Sun semisquare Pluto, Mercury semisquare Jupiter, Moon semisquare Neptune, Moon conjunct Uranus, Moon sextile Mercury, Venus square Pluto

**February 29:** Moon trine Mars, Mercury sextile Uranus, Sun sextile Moon, Moon sextile Neptune, Moon trine Jupiter

peaceful mind. Remind yourself that illness can't take hold in an ordered system.

**February 7–14:** The full moon on February 9 illuminates your health and work axis, perhaps highlighting any recent issues in these areas. It all boils down to how efficient and organized you are, for when you're on top of things, life and everything in it tends to flow much better than when a careless attitude is prevalent. As a Virgo, you have a natural leaning toward being sensible and organized, but even you can let the balance slip sometimes, perhaps overdoing work or some other aspect of life. Allow the light of this full moon to reveal where you might benefit from greater efficiency, a more supportive routine, or better organization, all the while remembering the words of author Mike Murdock: "The secret of your future is hidden in your daily routine."

**February 15–21:** The focus shifts from health, work, and daily affairs to your relationships. This could be a tricky area with Mercury retrograding through this sphere of your life, perhaps drawing your attention to those unions that have room for improvement. It is an ideal time to reconnect with people you haven't seen for a while and to reconnect with those close to you who have slipped into a void of complacency. This might be an opportunity to practice your listening skills, for good relationships are grounded in strong communication. Or perhaps you need to be the one airing your grievances, but try to do so in an assertive rather than an angry, frustrated, or aggressive way. Whatever the state of your relationships, this is a week when much progress can be made if you are willing to open your heart and meet the other person halfway.

**February 22–29:** Do you need to make some changes in a relationship? It would seem that something from the past has raised its head and is causing matters to be less than ideal. But if you are willing to move on, you can put all of this behind you. The new moon on February 23 is a wonderful opportunity to start fresh, right wrongs, and forge deeper connections with people who matter to you. Dropping the criticism (for this is the worst Virgo fault) might be the way forward. Instead, practice tolerance, compassion, and acceptance, even if this is difficult for you. Allowing others to be who they are and loving them unconditionally is perhaps the goal for you now. Remember that this Mercury retrograde transit favors time out from your normal ways of relating, so couples therapy or vacationing together might be all that's needed to get things back on track.



• **LIBRA** (September 23–October 22) •

**February 1–6:** With the Sun in the favorable area of fun and enjoyment, this week there is an emphasis on creative pleasures. You will fare much better if you feel, rather than think, your way forward.

It doesn't matter whether you're creating a business or baking a cake; everything you create essentially comes from the heart. It would seem that to be happy and create a more fulfilling life, you have to pay attention to the impulses currently rising up within you. Then you just need to act on them.

**February 7–14:** The full moon on February 9 could be a jovial and pleasant occasion, making this the perfect time to get out and about, especially with friends or like-minded souls. You should be looking for a sense of connection, joining in with others and the world. Something could happen during this full moon that highlights the importance of being involved, or you might receive greater clarity about which direction or projects to be involved in. The clue, of course, lies in what you feel passionate about — what you enjoy and what pulls you toward it. Pastor T. D. Jakes once said, "If you can't figure out your purpose, figure out your passion. For your passion will lead you right into your purpose."

**February 15–21:** While you need to keep an eye on how you're feeling, particularly with regard to domestic matters and family relations, it might be that work and health issues dominate proceedings this week. The whole combination could feel quite stressful, especially from February 19 onward. This is partly due to Mercury turning retrograde in your health and work zone, bringing your attention to things that need sorting in either of area. You might be angry or frustrated with issues related to your past. This could be a lot to handle, so the best advice is to forgive those who have hurt you and do your very best to let go of the past. It's also advisable to adopt a common-sense attitude: Deal with what you can, and allow the rest to go. Concentrate on your work and your daily affairs. Sort through your paperwork, organize your filing system and desk, and look at the feng shui of your workplace. Perhaps you should get a medical checkup and sort out any lingering health issues. By attending to what you can do rather than what you can't, you will feel more empowered and in charge of your life.

**February 22–29:** The new moon on February 23 is your opportunity to make changes in your work and daily life. Now is the time to start fresh and embrace a new beginning. Even a small change could be instrumental in moving things forward. It's also a good idea to become more organized and efficient, so look at what needs to happen to enable your life to flow better. This could be a small change to your routine, such as going to bed an hour earlier to have more time and energy for the next day or removing clutter to feel less crowded. Ultimately, the energies are pushing you to create a simpler existence. So clear commitments from your calendar, reduce your to-do list, or clear clutter. Regardless, the result should be a feeling of spaciousness that makes room in your life to focus on what really matters to you.



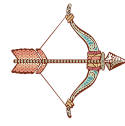
• **SCORPIO** (October 23–November 21) •

**February 1–6:** With the Sun at the base of your chart, this is the time to come home to yourself. This is the point at which it would be beneficial to take a little time out from the world and nurture yourself and those closest to you. Enjoying time spent at home and with family can go well now if you let go of external stuff. This is also a productive time to get things done at home and consider what needs to change to make your foundation more solid and your home warmer and more nourishing. In these days that are excessively focused on success and being busy, and it's easy to think the home doesn't matter.

**February 7–14:** The full moon at the top of your chart on February 9 illuminates the professional side of your life, making this the perfect week to complete work-related matters and put the finishing touches on projects you wish to launch into the world. It could also be that you simply find yourself immersed in more activity at work and your roles in the outside world, and this needs to be balanced with life at home. Since the full moon is only for a few days, it is probably best to focus your energies on what comes your way and what pulls you. This is less a time for obligation and more a time to follow where your feelings lead you.

**February 15–21:** The theme of self-expression becomes relevant as Mercury retrograde calls your attention to your creative interests. It could be time to dust off that creative project that has sat on the backburner too long. Or it might be that a project grinds to a halt, which could be a sign that a review is called for. This transit will also draw your attention to the amount of fun and joy in your life. If you think your life could do with a bit more color, then remember that you are the artist of your life. You can rewrite your story, change your script, or create a vision of how you would like your life to be. Life is for enjoying, and now is the ideal time to sit down and figure out what you love doing.

**February 22–29:** Life doesn't always have to be serious, although it's easy to forget that these days. The new moon on February 23 brings you permission to embrace a more carefree attitude. You could find yourself with an opportunity to laugh, take time out of your usual routine and go somewhere fun, or be creative. It might also be that with Mercury retrograding through your fun zone that you need to assess whether you're living in a spirit of joy. See if you can drop some serious stuff and replace it with things that bring enjoyment. Many of us feel obliged to perform jobs, work, duties, and other things that don't resonate with who we really are. Your task now is to answer the question, "Who am I?" and then work toward creating a life that better reflects your true essence.



• **SAGITTARIUS** (November 22–December 21) •

**February 1–6:** With Mars in your sign, this is a good week to take action and get as much done as possible without running yourself into the ground. This is a very productive time, from fulfilling your personal desires to generating more of whatever you need, whether that's money or something else. Central to your success is your positivity, and it will pay to remember that your attitude determines your altitude. Whatever you currently want, it might simply be a case of thinking and making it so.

**February 7–14:** The full moon on February 9 brings an adventurous theme, making this a good week to push out of your comfort zone, try something new, or venture somewhere different. By breaking out of your familiar routines, you're likely to emerge with a new perspective and a more optimistic approach. Central to everything now is your belief system, and this week would be a good time to examine your beliefs and shine a light on the negative ones that might be limiting you. It is likely that an event or incident — positive or negative — highlights what is in need of a change. By the end of the week, it should be evident how your thoughts are shaping your reality. If you're unhappy with a situation, see if your thinking on the matter is restrictive or stuck in a rut. Once you see it, you'll be able to change it.

**February 15–21:** Confucius said, "The strength of a nation derives from the integrity of the home." How much integrity is in your home? Is everything functioning well? Does it have a sense of harmony, warmth, and togetherness? Or do things feel a bit fractured or discordant? People might be coming and going like ships in the night without really connecting. Aspects of your home might need your attention, from things that need fixing and sorting to DIY jobs that you've been putting off. Maybe you'd feel more energized and clearer if you got rid of a few things you don't really need. Whatever your current situation, your home life is likely to take center stage this week. As Mercury turns retrograde, it might be appropriate figure out which areas have room for improvement.

**February 22–29:** The new moon on February 23 is a golden opportunity to turn over a new leaf at home. It might be more evident now what the problems are and where areas of weakness or sources of frustration lie, which makes this is a good week for making changes. Your primary focus needs to be on repairing, renewing, and revitalizing, so putting a fresh coat of paint on the walls, removing piles of clutter, or fixing broken or problematic areas is the way to go. Alternatively, it might be that a relationship is in need of your care and attention. The good news is that no matter how difficult things might have been, the new moon bodes well for positive changes, if you're willing to move on. In a sense, that is

what the current climate is all about: being willing to move on in whatever way feels appropriate. This is the point where you need to acknowledge that the past is gone so you can move forward again.



• **CAPRICORN** (December 22–January 19) •

**February 1–6:** According to Will Rogers, “Too many people spend money they haven’t earned to buy things they don’t want, to impress people they don’t like.” The emphasis this week is on money and your material situation. While you might not be caught in a material trap to the extent described in the above quote, you likely feel the pressure to attain a certain standard, keep the money coming in, or make some provisions for your future. The trick to getting the balance right is to stop trying to attain what you don’t really need and let go of unnecessary pressures, while at the same time adopting an empowered attitude that enables you to take charge of your material world and generate the level of abundance that feels right for you.

**February 7–14:** The full moon on February 9 is likely to illuminate your material life, bringing an end to any confusion or uncertainty around money and all things related to it. Rather than buying new things, the full moon suggests that you might be better off transforming or renewing what you already have. Can something be refurbished? Can you make do with what you’ve got? Can you use a talent to make something rather than buy it? The same approach applies to all areas of your life right now, but this might be the most noticeable on the material plane. Psychologically, you could benefit from an attitude of renewal, if something still has worth. But if it has definitely had its day, then this is a great time for getting rid of things, whether it’s toxins in your body, corrosive emotions you’ve held on to for too long, or a situation that needs to change. The trick to determining what stays and what goes is to simply tune in and feel whether the thing in question still has any attraction for you.

**February 15–21:** With Mercury turning retrograde in your zone of the mind, communication becomes the central issue. For example, how are you getting along with your neighbors or family members? Can you improve relations? Or perhaps communication becomes relevant in a more general way, when it is apparent that how you speak or listen is central to your progress in life.

**February 22–29:** This is a great time to change your attitude. You can, of course, be totally forgiven for having grumpy moments, given that the heavyweight planets Saturn and Pluto are in your sign, which hardly make for a light and upbeat state of mind. But you also need to be mindful that the planets test you, rather than compel you, and adversity has a tendency to reveal your

character. Good questions to ask yourself now are: “Is my character the best it can be, despite the challenges I face?” “Am I grateful for whatever is in my life, good and bad?” See it all as an opportunity to grow and refine your spirit.



• **AQUARIUS** (January 20–February 18) •

**February 1–6:** With the Sun in your sign, this is the time to recalibrate yourself and consider what you need for greater happiness. Is there something you would like to do? If so, now is the time to begin the process. Be prepared to make a change that initially might seem uncomfortable. Following your path isn’t always easy, because it requires courage, but this is where we find you now.

**February 7–14:** With a full moon in your opposite sign, this is a week to try to balance your needs with the needs of others. In fact, it might be appropriate to let the focus be on someone else for a while, particularly around February 9 when your relationships become highlighted. If there is room for improvement, it might be that you need to illuminate the other person, perhaps by making them feel special, acknowledging what you like about them, or celebrating or encouraging their success, no matter how small. You might feel a little like driftwood this week, so switching the focus from your own uncertainties to helping others might be the magic key to helping you feel better about your own situation.

**February 15–21:** If it seems that all your energy has deserted you, it might be because you’re channeling it in the wrong direction. A huge amount of planetary energy in the area of soulfulness and retreat makes this less a time for striving and pushing out into the world and more a time of quiet contemplation, rest, and enjoying the simple pleasures of life. At some point, money and material matters are likely to emerge as Mercury turns on its heels, but any problems here could be indicative of a need to switch your focus from mundane matters to the nourishment of your soul. Sometimes you need to take a break from the daily grind, and this is being offered to you now.

**February 22–29:** Businessman and author Chester L. Karrass wrote, “In business as in life, you don’t get what you deserve, you get what you negotiate.” The new moon on February 23 increases the focus on your material world, and it brings the chance to turn over a new leaf. Ask yourself what is tired and in need of change in your material life. It could be that your financial situation would benefit from a change. Or it could relate to something you own or the amount of pleasure and enjoyment that you derive from life, and especially from your money. In combination with Mercury retrograde, this is a really good week to sort things out and, in whatever way is appropriate, negotiate a better deal for yourself.



• **PISCES** (February 19–March 20) •

**February 1–6:** This is a week to hunker down, rest, and replenish in preparation for the busyness to come. With Mercury soon to begin retrograding through your sign, it will be prudent to slow down and tune in to the whispers of your soul. Use this time to consider who you are and what you want, not what other people think you should do. At the same time, see any wrenches in the works as signs that you are either heading in the wrong direction or trying to do too much. Move softly, watching for synchronicities that will confirm you're on the right path, and consider the following from author Charles Bukowski: "Can you remember who you were, before the world told you who you should be?"

**February 7–14:** Getting the balance right between work and play and rest and activity is not easy, and most of us tend to overdo things at various times. Your body, mind, and soul might be calling you to rest and relax more, but other commitments make you feel this isn't possible. Sometimes, taking five or ten minutes to close your eyes and breathe can recalibrate your system and give you the energy you need to get through the day. Try to find some way of managing your workload, because the full moon might show up signs of imbalance through poor health, low vitality, digestive issues, weak immunity, or other problems.

**February 15–21:** As Mercury grinds to a halt in your sign, you might want to do the same, but you probably think you have too much to do. This is especially the case as the Sun enters your sign on February 19, giving you a

boost of energy and motivation and instilling the desire to get moving. So here we have a conflict of interests — a push-pull effect — and the solution probably lies in recognizing the need to stop pushing in the direction you want to go, and allow yourself to do something different instead. Any glitch in your system, whether this week or during the rest of February, might be an opportunity to wander down a different path, investigate whatever comes up, or simply go with the flow. See where the universe seems to direct you; follow the green lights rather than race through the red.

**February 22–29:** With a new moon in your sign on February 23, this is your chance to start over; begin a new chapter or make a change that will generate a sense of freshness. It could be that things don't move as quickly as you'd like (remember that Mercury is traveling backward in your sign), so this is less about making headway in your life and more about reviewing, repairing, and resolving. Once you've fixed everything that needs fixing, you can make swift and effective progress. The time is also ripe to look at yourself and your life to see what needs to change for your long-term good. It might be time to overhaul your appearance or change some other key aspect of your life that will enable you to feel like a new person.

*Donna Taylor is an international astrologer and author with more than fifteen years of experience working with clients. If you would like to arrange a personal consultation with Donna, you can email her at [dt@creative-astrology.co.uk](mailto:dt@creative-astrology.co.uk). Donna also offers a range of in-depth astrological profiles, including the Spirit Guide and 12-Month Forecast. To find out more, go to [Donna-Taylor.co.uk](http://Donna-Taylor.co.uk).*

## Expect an Influx of Heart Energy

Egyptian Cat Beings through Mary Elizabeth Hoffman

On an emotional level, February 2020 is about opening to change in expressing love and relationship energies. You can use your free will to manifest this transition smoothly and easily through clear connections and share your wants and needs with concise communication, or you can choose disruptive outbursts triggered by past traumas.

This is a powerful time of destiny, when compassion and clear communication come together to facilitate more in-depth, intimate, and authentic ways of interacting with others — your associates, business partners, friends, family members, spouses, or lovers. Since

"relationship" includes your interactions with the environment, everything in your immediate world, you will seek the changes needed for your true soul-heart desires to be fulfilled. This fulfillment comes from within rather than without, but it will require both inner and outer changes.

How you interact from a heart level will require a deeper comprehension of alternatives, greater options and possibilities, rather than extreme opposites of either/or, black/white, good/bad, male/female, and so on. Polarization will no longer be an option, as you are



destined to discover alternative choices — third points of synthesis between opposites — creating triadic, multi-optioned ways of seeing and perceiving through connection to the soul-heart within. Without this integration in all interactions and relationships, confusion, frustration, and power struggles are apt to manifest.

This feeling of “hitting a wall” brings the realization that unless you release extremes and seek alternatives, your relationships and interactions are destined to end. If you are unwilling or unable to shift into alternative options and ways of being, you will find that interrelating and sharing become impossible, requiring you to release that connection. Endings could come in the form of emotional drama/trauma or departures in proximity.

### **You Are Becoming a Responsible Cocreator**

Being authentic and honest with yourself and others will be necessary for your heart to open so that you can communicate with compassion for all in an unconditionally loving manner without expectations. You will find it necessary to go within to assess your love of self, your soul-heart's path, and your destiny, as well as who and what enhance these in loving and nurturing ways. In so doing, you will be in a clear position to share this with others who seek deeper levels of intimacy on a soul-heart level.

Projecting trauma into the environment — onto people, places, things, situations, or circumstances — will no longer be a part of connection when you vibrate from the soul-heart. You will discover that blaming others for your life's circumstances is no longer acceptable behavior.

This heart-energy influx for the month of February 2020 is about the maturation of the human kingdom from rebellious teenager to self-responsible cocreator in life and in the world. This bridges past ways of relating that were created, empowered, and perverted during the Age of Pisces (which perpetuated victim/perpetrator scenarios) to being fully present in the now, seeking alternative ways of interaction and relationship. This allows for sovereignty and authenticity while expressing deep unconditional love for the good of all. Instead of a selfish way of interacting and relating, a more responsible and empowering way of being in the present moment as cocreator with self and others comes into being based on your desire for the happiness of all.

### **Release Old Polarities**

On February 8, 2020, the full moon in late Leo at 11:34PM (PST) bi-quintiles Saturn as Pluto conjuncts in Capricorn, signaling a powerful truth-or-consequences time. If you are aligned and seek vibrational harmony with the incoming energies of the new Divine Masculine and Divine Feminine archetypes, you will discover the

power, wisdom, and knowledge within your inner hall of records to move fully in the direction of participating in empowering and unconditionally loving relationships — personally and professionally.

All interactions bring growth, harmony, and deeper intimacy. You can enhance these incoming energies through dance and song as well as the breath or orgasm to clear blocks, facilitate integration, and transmute traumas. You can utilize the latter successfully only with wisdom, authenticity, and integrity while your full body, mind, spirit, and emotions remain in the moment.

Releasing old archetypes of masculine and feminine requires you to strip away all images, symbols, and beliefs you've taken on through all lifetimes and timelines. This might require repetitive removal of layers taken on by your psyche. Divesting yourself of this ancient baggage will allow you to more easily integrate the new Divine Masculine and Divine Feminine energies entering from 5D and beyond into your 3D body/container. By releasing and clearing the old feminine and masculine archetypes within you, your depth of intimacy with the earth, yourself, and others will be greatly amplified. The flow of unconditional love and soul-heart connection increases exponentially. This is the present/future of being on Earth: being at one with the cosmos.

### **New Masculine and Feminine Archetypes**

This major destiny portal facilitates the opportunity for a change of heart, the death of old relationship archetypes that no longer enhance soul growth, and the powerful and compassionate birth of the new archetypal-empowered energies of the Divine Masculine and Divine Feminine. The portal allows these energies to come forth in clear connection with honor, wisdom, and truth to bring spirit into matter in a way that enhances human evolution toward cocreatorship and returns your star god/star goddess origins.

Rituals and ceremonies will be birthed out of this destiny portal while the Moon is in the sign of Leo on February 8, 9, and 10, 2020, by those of you attuned to these energies through your soul-heart. It is your destiny to facilitate others in a smooth and easy death-rebirth process.

This phase of releasing old archetypes (which began February 8, 2020) is in full swing, and the multi-phased influx of Valentine's Day soul-heart energies of the new archetypal Divine Feminine and Divine Masculine begins February 10, 2020. It peaks on February 12, 2020, and ends on February 14, 2020. These energies will pour into Earth as Mars in Sagittarius conjuncts the Galactic Center, pointing the way toward balanced reciprocity and the figure-eight flow of giving and receiving.

The download of wisdom necessary for these energies will permeate your subatomic particles. The shifts

brought about by this powerful interdimensional portal opening will ignite spirit-fire energy within every cell of your body if you open to it fully. This will facilitate a sense of being more present, authentic, and loving, as it brings a sense of ecstasy to those of you receptive to these energies.

If you ignore or resist this influx, you will experience various challenges in all your relationships, including your relationship to yourself. You might experience nervous-system burnout, anxiety, irrational phobias or fears, irritability with simple day-to-day tasks, dizziness, or issues with special relationships. These symptoms can cause unexplainable incidents, accidents, and temper tantrums as your psyche is asked to become more mature and less rebellious.

In response to the number of interdimensional portals of varying sizes and degrees rapidly opening and closing, it is critically important to be as present as possible to avoid catastrophic outcomes. These portals range anywhere from tiny to humongous, and you might notice the appearance and disappearance of objects, people, time, and space.

Grounding exercises, such as sitting on the earth, leaning against a tree, or walking on the earth, will require much present awareness. Pay attention to yourself, your surroundings, and the space-time continuum, or you might phase in and out of overlapping portals, eventually discovering you have jumped timelines to places you were unconsciously drawn to. This could be stressful if you are a less-adventurous soul.

### Open to a Time of Rebirth

A time bridge between February 17, 2020, and March 10, 2020, will be facilitated by Mercury retrograde returning to its original station in Pisces. Many opportunities will present themselves to release old archetypal

beliefs, expectations, and limitations that no longer serve you in your desire for spiritual expansion. These can easily be replaced with the influx of the new Divine Masculine and Divine Feminine archetypal energies that fully strengthen and empower spiritual growth and expansion in unconditional love.

On February 23, 2020, a new moon in Pisces at 7:33AM (PST) conjuncts Mercury in Pisces and trines the Moon's north node and hades. This signals a time of rebirth, of coming into the light of day, and of revealing the great mysteries from the First Time and the bridge between heaven and Earth, spirit and matter, and masculine and feminine. Within you is a third point of synthesis wherein lies the spark of God, the animation of the crucible, and the integration into the all for everything and everyone. There is great potential for many "aha!" moments.

New celebrations of life, rituals of endings and beginnings, and portal openings will take place as the mothers and fathers of cocreation come together, sharing the wisdom of passionate new directions for building the future — a new humanity and a New Earth become a triune with the expanded heaven, relinking this trinity as it was originally intended. Together, these energies will cocreate a new way of being in greater love and light.

We Hat'hors, Sekhmets, and Tefnuts, will be present throughout this rebirthing time to assist you with love and guidance. We are honored to help you during this auspicious time of growth and rebirth of the divine trinity of light.

*Mary Elizabeth Hoffman is available for private consultations as well as balanced-reciprocity intensives for those who desire to implement these energies into their daily lives. For more information, go to her website, [CatBeings.com](http://CatBeings.com), or her Facebook pages: [Mary Elizabeth Hoffman \(Cat Beings\)](#), [Cat Beings](#), or [Cat Beings Oracle](#).*

## Prepare for a Rude Awakening

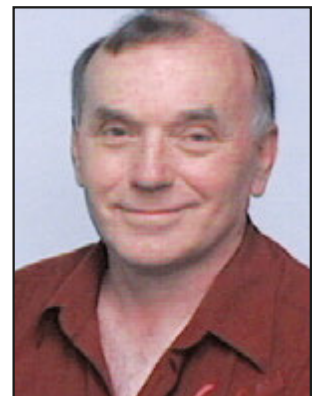
Lynn Buess, MA, EdS

The false American economy of the past ten or twelve years will be revealed to be moving from inflationary to seriously recessionary. Now that the Chinese Yuan is a petrocurrency, the dollar will see its last days of global supremacy and decline in value. The masses will become more aware of how badly administrated the country has been for well over a decade. Economic instability and social upheaval are becoming more evident in the U.S. and around the world.

Growing unrest and tension in Mexico can have side

effects north of the border. The awakening masses have grown tired of economic tyranny and are slowly realizing they can have a voice in molding a new form of currency that is based on the true value of products and productivity rather than something created by a few people out of thin air.

This is the time of establishing a true global





economic, social, and political system based on merit and equal distribution to the population. Will the masses wake up and take responsibility for their part in making this happen?

## February Personal Numerology

To determine your personal year for 2020, add the sum of your month and day of birth to 4, the number of the universal year:  $2 + 0 + 2 + 0 = 4$ . For example, February 8 is  $2 + 8 + 4 = 14$ ; thus it is a 5 personal year.

If you are in a **1 personal year**, then you could find yourself more concerned with social issues and more personally involved with contributing to change. This awakens old karmic fear patterns and unconscious debris from your family closet. You gain confidence as the month progresses, and you use your outgoing personality in an effective manner. Those who know you well are surprised at your sudden assertiveness. You might be called on now to travel back to a former residence to tie up some unfinished business. Health issues can slow you down if ignored and left unattended. Listen to your body for warning signs, and trust your guidance. You carry a lot of weight for yourself and others. This can be a good time to set boundaries and define your healthy space.

The emotional manner in which you handle money can be similar to the emotional manner you behave in relationships. You become emotionally torn regarding investment strategies, because traditional indicators are mixed and confusing. A partner from a previously disruptive love relationship reenters your life and places you in a discomforting situation. You can catch the predator off guard with a direct and honest response.

If you are in a **2 personal year**, then you might find yourself going through a lot of emotional mending this month. This cycle encourages careful scrutiny of your physical health issues. You are experiencing a new level of inner security that makes you more comfortable in your relationships, both with yourself and with a partner. An improved relationship with your higher self leads you into the uncharted territory of an existential experience. It is easier to acknowledge and release old gremlins from the dark side that have been sabotaging your personal and spiritual growth. A change in your external tastes of dress and decor reflect internal changes of consciousness. An old paramour returns to your life, allowing for closure of some misunderstandings and grief.

Confrontation with aspects of your dark side are less threatening than in the past, and you realize how to use

hidden issues as stepping stones toward major growth. The desire to share this revelation with others leads you to a path of instruction regarding the processing of these negative energies of your unconscious. You will be able to present complex concepts in an open and entertaining manner.

If you are in a **3 personal year**, then you might be feeling a little isolated and out of touch with those who are close to you. This can be a valuable time to get more acquainted with your inner self. Be careful that use of private time is not an excuse to avoid intimate contact with others. This can be a time to go on a philosophical or spiritual search. Things are becoming more stable, and you are optimistic and possibly even electrified with current prospects. An assertive, take-charge attitude earns you additional support. By following an intuitive hunch and giving extra thought, you are prepared to take a giant leap of faith in your life direction.

A revelation of new dimension bursts into awareness. Your temporary obsession with growth could distract your attention from someone close to you. You sense a different way of wanting to serve others. A chance encounter introduces you to a possible new partner with similar dreams. A playful moment can take you away from a challenging task but result in a refreshing way to approach it.

If you are in a **4 personal year**, then you could make a timely decisive move to assume a more visible role in the management of a pending assignment. Your peers approve of your convincing manner and smooth application of office politics. People approach you more frequently for consultation. Your obvious confidence is sexy and attractive to observing prospects. Take time to be cautious, and step back a little to get perspective. The situation requires your best judgment, which is not at its best, so be careful not to be swayed by false information. You are rightfully proud of a brilliant solution to a delay in an assigned task. It might take further assistance from others to get the job done, but your suggestion of a solution is a big break in its progress.

You could be playing your work against a relationship, or possibly two relationships against each other. The stress is getting to be too much and your ploy is about to be uncovered. The quandary is taking too much time away from both your work and your personal relationships. This is a good cycle to get to the root of your actions and find a solution.

If you are in a **5 personal year**, then this month could find you riding the high and low waves of emotional fluctuation. You are placed in a favorable circumstance to face the negative realities of a relationship that is no longer growing. By taking responsibility for your portion of the issues, you will soon come to an agreement and resolution. Your artistic sense is highlighted,

and you can now give more time and attention to the development of this natural trait. You find that the moment offers you elements of catharsis along with inspiration. This cycle finds you paying more attention to developing social conditions and trends, as you might soon be pulled into the tides of change that will require adjustment and revision of plans.

Attention paid now to music, tone, color, and rhythm can prove to be an important catalyst for altering your consciousness into an expanded state. A careful scrutiny of contracts and agreements is encouraged at this time. You are vulnerable to misguidance by others; be cautious before overreacting, and at the same time, be on guard for deception.

If you are in a **6 personal year**, then the chaos of the past month might seem more of a dream as your personal matters move quickly and with growing success. The public is more open to what you have to offer. This can be a favorable time to meet a benefactor willing to invest in your concepts. Watch for the tendency to overextend or you could lose before you win. Very possibly, you will find your definition of faith, religion, and spirituality becoming substantially revised. This can be a time of celebration and thanksgiving as you reap a harvest of good things past sown. It seems like some of your good fortune rubs off on those you cherish the most. Previously confusing and abstract teachings of the universe become clearer to you as this cycle progresses.

A series of seemingly chaotic occurrences lead to an unexpected but appreciated learning experience from a delayed endeavor. A close encounter with a possible romantic interest leaves you energized and creatively inspired. It might prove best to accept it as it goes, without expectations. This can be a flirtatious and easygoing cycle for you.

If you are in a **7 personal year**, then perhaps you have been hesitating about going public with some valuable information. This could well be the time for you to do so. You are called on to be more outspoken about your beliefs and to take a stand on the issues at hand. You could now form a strong alliance with a formidable ally. Issues regarding the balance and integration of your feminine and masculine polarity come to your attention. You experience a better grasp of how divine energies move into your life and through your being. Your sense of a higher presence adds confidence when facing the temporal and external affairs of life. You could experience a heartfelt prayer of thanksgiving welling up spontaneously from the depth of your soul.

You are called on now to exercise your best qualities of discernment to sort through some circulating rumors. Be prepared to protect yourself from possible psychic assault if you are involved in matters that might attract

such recourse of action. You might end up in a situation that it is best not to turn your cheek. Rather, showing a strong will might be better than attempting to seek appeasement.

If you are in an **8 personal year**, then perhaps you find yourself lamenting over time wasted and experiences you passed over. Sometimes it feels as if fate dealt you a raw deal on a near-miss hand. You have been on the threshold of major accomplishment before, only to have opportunity seem to vanish into thin air. You again feel restrained from getting things done the way you believe they should get done. Maybe a refinement is meant to be added before your final victory can occur. You might benefit from the unbiased opinion of a trusted friend or colleague. You receive a strong intuitive impression, but it does not agree with your preconceived notion of where you want to go. Be careful not to let your ego clash with suggestions coming from intuition.

You could find yourself taken on a magic carpet ride of consciousness into a new level of awareness within your being. Your mystical nature yields a great gem of truth that enriches your searching soul. The manner in which you handle a confrontation with a willful adversary gives you heightened confidence. The frustration and chaos of last month becomes a memory as you face the frustration in the moment with great confidence.

If you are in a **9 personal year**, then your life perspective becomes clearer as you put in motion the fundamental efforts required to reach deep aspirations of the soul. You see things started in the past turn into reality as this year progresses. Your determination and stamina are important to sustain the demands. Attention to physical fitness and mental endurance is important now. A willingness to yield personal will to higher will makes your spiritual journey easier to fulfill. Be willing to give up on a dead-end effort. Stubbornness and pride can get in the way of common sense. It will benefit you to keep an eye on changing social events, as they will soon sweep you up and alter the course of your life.

Wow, whiz, and what! Entire sequences of self-understanding suddenly come together in a kind of epiphany or altered state of awareness. You are hit with a “shazam!” insight that will take time to assimilate and apply. More aware friends and associates begin to enter your life as you awake and take charge of your life and take command of events that come to you.

*Lynn Buess, MA, EdS, is a leading numerologist, international author and speaker, wellness innovator, and therapist. He has been active in the self-awareness movement for more than half a century. Since 1980, Lynn has practiced numerology around the world. His list of clients would make an impressive Who's Who list of international personalities. Lynn has published, among many other books, The Heart of Numerology. For more information, go to NumerologyRising.com.*



# FEATURES



## Dream Zone

Lauri Quinn Loewenberg

### Dreams Are the Most Honest Expression

*Last night, I dreamed I was shot in the stomach by people I didn't know. I played dead until I heard my husband's truck. I got up and got in the truck, which had a dead cow in the bed. I told him to get me to the hospital, and he took off while I held my gut. I told my husband how much I loved him and that I was sorry if I didn't make it. The hospital was close but felt like it took forever. We went into the lobby, and I begged people to tell us where the ER was. Someone pointed. I pulled my hands away from my stomach and felt blood spurt and rise in my mouth. Then I blacked out. I woke up, sobbing.*

— Tiffany, 35, Ruskin, FL

**From Lauri:** Getting shot in a dream often means someone has shot her mouth off at you in real life. The bullets are the wounding remarks. You held in your gut throughout the dream, which leads me to believe you are holding in what you want to say in return, rather than spilling your guts. But there is a huge sense of urgency. This could be your subconscious telling you that this matter needs to be taken care of sooner rather than later. The blood rising into your mouth is your strong desire to say what needs to be said; your subconscious does not seem to think you should remain quiet. Also, the dead cow is interesting. Has anything

happened recently as far as motherhood? Is there anything going on with your reproductive bits, or have you decided to stop having children?

**Tiffany replies:** Yes! This fits what's going on at work. I haven't decided if I should speak up, but I guess I should. And, yes, I just started taking birth control.

*I dreamed that my tire blew up on my truck and then all the gas spilled out. It was snowing really hard. I fell to my knees in a ditch and started coming unglued. Then I woke up.*

— Patty Jo, 54, Manitoulin Island, Ontario, Canada

**From Lauri:** You have two references here to being exhausted: the blown-out tire, which equates to being tired and deflated, and spilled gas, which indicates a lack of energy. Even though you live in the Great White North, the snow can be an indication that you have grown cold and emotionless toward something or someone. What is going on right now in your life that fits this description?

**Patty Jo replies:** Oh. My. God. I was just passed over for a promotion for the third time by a younger guy, whom I trained. I constantly go from defeated to angry to sad. It's given me such terrible anxiety that I'm actually in therapy. I've put thirty years of blood, sweat, and tears into



this career, and I'm ready to throw in the towel!

**Lauri replies:** Our dreams are brutally honest with us about our current situations so we can better understand ourselves and make better decisions. It seems this dream has put a mirror in front of you. Life is too short to live that way.

**Patty Jo replies:** You're right; it really is. I think I'm going to stand tall and dig my heels in. I've got nothing to lose at this point. Thanks for your insight. I've received a little more clarity. No more defeat. I'm a warrior!

*A few nights ago, I dreamed I had sex with a very zitty, obese, gay man, while my husband watched. I was so disgusted, but I had consented for some reason. That's a dream I will never forget!*

— Angi, 31, Wausau, WI

**From Lauri:** You are brave for sharing that dream! Now let's sort it out for you. What in your life seems blemished? Is there some situation you need to "clear up?" The large size of the man is connected to the fact that this is a big issue that weighs

heavy on you. You consented in the dream because this must be an issue you “invited in” to your life. I believe the fact the man in your dream is gay suggests that this is something one-sided, which could also be why hubby is watching rather than participating. Are you the one doing all the work on this issue?

**Angi replies:** Wow. Very interesting. I would say my marriage is

blemished. My husband just found out I had an emotional affair. I am trying to take care of that, but I feel like my husband doesn't see my efforts. Maybe that was the blemish — my one-sided feelings that I'm not doing enough.

**Lauri replies:** That would certainly be the blemish. Knowing that, I think the dream is showing you that your husband does see your efforts.

You could use this dream to open up a dialogue with him about this situation. Your dream is the most honest expression you have. Maybe it will help him see that you are committed to “clearing things up.”

*Lauri Loewenberg is a certified dream analyst, syndicated columnist, author, popular radio personality, and member of the International Association for the Study of Dreams (IASD). To learn more about Lauri, visit [LauriLoewenberg.com](http://LauriLoewenberg.com).*



## The Secret Wisdom of Animals

through Kim Malonie

### New Member of the Pack Brings Loving Changes for Willow

**Sue:** We have a few issues with our beloved dog, Willow. She eats an all-natural/holistic pet food with people food mixed in (vegetables, rice, wild meat, chicken), and she gets a couple of carrots to crunch on each day. She is very excited for food every morning and evening. Can you please ask her if she is getting enough? I'm also wondering if this is the right food for her. I tried switching it before the baby arrived, but she got diarrhea, so I changed back.

Willow whines at night anytime it is windy, and lately she regularly whines at night. I'm wondering what is going on. This started a bit before the baby came. She also whines when I leave the house. Before, she would lie on the bed upstairs, but now she

seems to be really upset. Once in a while, she gets really worked up and does things out of character, such as climbing on the roof, clawing at the doors, and peeing on the couch.

Last but not least, I want to make sure she still feels very loved by us. We do our best to include her as much as we can and keep her routine the same, but with a little one in the mix, things have changed a bit.

#### I'm Not Really a Whiner

**Willow:** Hi everyone, this is Willow. Thanks for giving me a voice, Kim, because I've got a lot to say. You have to excuse me if I don't answer the questions in order, because there are things I want to get to first.

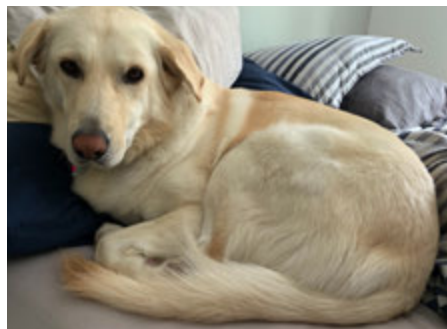
I do whine in the evening. That's when I find myself a wee bit hungry. To be honest, the food I am on is a little strong. That's the only way I can describe it. Could you please get me a different all-natural/holistic food? Mix it in the food that I am on now very slowly, so the change doesn't upset my stomach and cause diarrhea. It is very embarrassing to me when that happens. And, yes, I would like a little more food in the evening to hold me through the night.



I realize with the new member of the family that our household is going through many changes. You have a lot on your plates, and your schedules have changed. You're so thoughtful of my feelings that I know you will understand. It's so great to be with a family that realizes all animals are sentient beings. [Big doggy smile.]

I whine when it's windy, because it gets very windy up here and the wind makes me nervous. I can feel the vibrations right through my body, because I'm highly spiritual and of a very high vibration. The English wildflower essence beech will help me with my sensitivity to sensory issues, such as the wind. It will also restore my flexibility and help me with changes in routines.

The reason I whine when you leave the house is because I'm saying, “Take me with you!” I want to be with you and the baby. I'm so sorry I peed on the couch. I got so excited wanting to go with you, the accident just happened. I am so embarrassed and sorry; I really didn't do that on purpose or out of spite.



Willow

You're such an understanding family. I'm so grateful that I chose you!

I love our new baby. He's part of my pack, and I do a great job taking care of him, wouldn't you agree? That's a rhetorical question. [Laughs out loud.] Gee, listening to myself, I think I've become a bit of a whiner! That's not my personality, and getting this all off my chest will really help us understand each other better and get me back on track. I really love you guys!

### Please Take Me with You

Another thing I'd like to mention is that I really miss all the trips we used to go on — the little car rides and different places we used to see. I know things have changed with the new baby. When you take the baby for rides, can I come with you? I know we have a small vehicle,

but I could just squish myself in and make myself thin. [Laughs out loud.] That's why I've been acting the way I have; I'm trying to tell you I want to come with you more, like I used to.

Sometimes I wish I had a doggie door, so I could go in and out as I wanted without bothering you. I realize that's not an option with our house. I know you won't mind letting me out more frequently, so I can get some fresh air, smell the grass, and get more exercise. I love being outside and going for walks with my family!

I know how busy you are with the baby; I really thank you from the bottom of my heart for paying attention to me and including me in family activities. I love it when you throw a ball in the house for me or outside, just to make sure I get the exercise I need. Going on little jaunts and getting more walks eases

my boredom, especially in the winter. Even I get cabin fever, and exercise is crucial for staying in tip-top shape, mentally and physically.

I love you from the bottom of my big heart. Thank you for being my family. You are the best! Wet nose kisses and big paw hugs.

**Kim:** Our lives are always about accepting our challenges along the way and savoring the moments as we move forward to awesome and fantastic new days!

*Kim Malonie is a natural-born animal communicator of over thirty years. She has consulted thousands of animals worldwide and has made many radio and TV appearances. Kim helps animals resolve their physical, behavioral, and emotional issues. Local and long-distance consultations are available to help you determine what your pet is trying to tell you. She is a published author. You can contact Kim at 905-342-5312 or [kmalonie@eagle.ca](mailto:kmalonie@eagle.ca), or visit her website at [theSecretWisdomofAnimals.com](http://theSecretWisdomofAnimals.com).*



## Shamanic Wisdom

Jan Engels-Smith

### The Power of a Talisman

The period of darkness that extends from December 21 to March 21 is a perfect time for you to let go of the old and bring in the new. Any time during the cold winter months is the right time for your psyche to respond to a releasing and reclaiming ceremony. Rituals can enact this time of release. They help you feel the experience and lock the tangible event into memory. Rituals also help you focus your intention, and with focused intention, miracles happen. One of my favorite rituals is creating a talisman.

A talisman is an object that holds an aspect of an individual. You might want to rid yourself of beliefs, attitudes, characteristics, behaviors, feelings about other people that have burdened you, or whatever else makes your life less than perfect. From a shamanic perspective,

making a talisman is a powerful procedure to perpetuate the release process. In fact, the talisman becomes the object of release, which is its incredible power. It isn't just a symbol of an attitude or a belief; it becomes the attitude or belief. This comes about through your focused intention and imbuing power into the object.

I highly recommend that you intensify the power of your talisman by designing and constructing it with great care and intent.

#### Create a Talisman

To fashion your talisman, I suggest you go into nature. Have in your mind your intention and ask Spirit to help you. Take a walk and collect sticks, grass, flowers, leaves, and other objects that you can put together into a talisman. You can create



a Y-shaped talisman, with one side representing release and the other side representing what you want to gain or create.

As you craft your talisman, you want to imbue it with energy. To instill the positive energy you seek, hold both the images of what you want to release and what you want to declare in your mind. I suggest you go through the imbue process twice, releasing what you wish to divest yourself of and what you wish to bring into being.

Imbuing can take many forms. Shamanic imbuing is done by

physically transferring energy into your object or talisman. You can blow it in, dance it in, drum it in, rattle it in, or use any combination of actions. The point is to transfer the suffering or pain you feel from whatever you want to release into the talisman, so the talisman now embodies this feeling and becomes it. The suffering transfers out of you and into the talisman, so you are free.

The same is true for transferring things you wish to declare, but it works in the opposite direction: The talisman assumes the nature of what you wish to create and transfers it into your being. In this ritual, you destroy the talisman by fire. While the talisman burns, a great transmutation of energy goes back to you. The universe hears your declaration, and you feel this transference. Since I do this ceremony as a community event, I often have my students tell the community their declaration, and the community parrots it back in a strong voice. The student receives the affirmation of their declaration from the fire as well as from the community.

### The Energy of Fire

When you add in elements such as fire, you compound the power of the action. Calling on the power of the elements has been a shamanic practice since the beginning of time. Fire is often identified as the element of transformation and transmutation. When you throw something into a fire with intention, the fire takes what needs to be released and transmutes the energy. Make sure that everything on your talisman is flammable.

You can perform a fire ceremony as a community event with a bonfire, an outdoor fire pit, a fireplace, or even with a candle that represents the transmutation process. If you use a candle, write down on a piece of paper what is in the talisman, burn the paper in the candle flame, and then bury the talisman in the ground, letting the Earth work

her magic as a replacement for fire.

Working with fire can be extremely exhilarating. As a community, we form a circle around the fire and use drums and rattles. One at a time, each person steps out from the circle and dances with his/her talisman. The person dances around the fire, holding all of his/her intentions in his/her heart, building energy with his/her dance. The community enhances the energy with drums and rattles. Dancers might make encouraging calls, which builds the energy more.

When the time feels right, the person with the talisman stops and plunges the talisman into the fire. The community breaks into chaotic and exuberant supporting sounds, heightening the experience for the release process. The person at the center then pauses, gathers his or her thoughts, and declares with a strong voice what he or she declares or claims. We all say this back to him/her in exclamation. The sacred smoke carries the intentions of both release and declaration into the universe.

### Use Strong Intention

As you construct your talisman, bring your total intention and concentration into the fact that the talisman is your belief. The power and intention you put into your talisman is what's most important, not the object itself. Do this in silence, in a place where you will not be disturbed and where you can concentrate. Do not share your intention with family or friends; the power can break the moment you talk about it. You want the power to build inside the talisman until you are ready to burn it.

When not praying with the talisman, keep it covered, preferably in a red cloth. You might wish to keep it with you for a few days, and even sleep with it by your bedside. I suggest that you meditate with it, forming a strong energy of intention. Do this until you feel the talisman "becomes" your intentions. Watch for

magic, as the talisman can actually start looking different as it shape-shifts to your intentions.

Intention is one of the greatest creative forces in the universe. It has a profound impact on your brain and heart. Forming intention puts energy into motion, both in the body and energetically in the ethers. That is why focused intention is so powerful and actually miraculous at times. You can witness this power in the results of prayer, conscious visioning, and consciously bringing things into manifestation. Prayer is focused intention. Masterminding is focused intention. Envisioning is focused intention. When you focus on intention, the power increases and the manifestation potential accelerates and magnifies.

Acknowledging the miracles you have witnessed and received adds power to your intentions. This is a divine time to say thank you to the helping spirits, power animals, faeries, weather beings, light beings, angels, archangels, ancestors, descendants, counsels, star and earth beings, and teachers. Be sure to thank the fire after the ceremony. You will enhance your experience by acknowledging the bounty given to you from the invisible realms and holding this appreciation in your heart during the ceremony.

If others want to share in your ceremony, invite them. You are creating community — like minds coming together to support and intensify the energy. When you add fire with community as witness and the emotional impact of your actions, you have intention that lives on in the universe. The power is enormous — a powerful declaration to the universe!

*Jan Engels-Smith has trained with many shamans. She shares her skills and experience through healing sessions, courses, and ceremonies that promote personal growth and spiritual healing. Through journeying, focusing the mind, self-discovery, and spiritual practices, Jan has built a school and a vibrant, active community of healers, seekers, and well beings. For more information, go to [LightSong.net](http://LightSong.net), or contact her at [jan@lightsong.net](mailto:jan@lightsong.net) or 503-669-3013.*



# Essences of Nature

Mary Ann Altamirano Antenucci



## Stretched or Stressed

I heard an interesting conversation regarding stress and trauma today. For the most part, we associate trauma with “traumatic” events such as death, divorce, injury, and illness. But trauma is on a spectrum. We can experience the stress of a breakup, a lost job, or a bad hair day, and we still become paralyzed, confused, lazy, and lost.

The bigger question is, does stress stop us or does it start us? Does stress help us learn to maneuver, or does it make us want to curl up in a ball and wait for things to blow over? How do we benefit from facing our trials and tribulations? Does stress stretch us or strain us?

### To Nourish Energy Flow



Aloe vera is our burn-out essence. We work and work and play until we can't do it anymore. We might feel on top of our game, accomplishing our action list, moving our mountains, and feeling we can do even more, but we can't keep that pace indefinitely. This essence works to manage our time and energy. This remedy makes us pay attention to where we need more energy and where we need less.

**Aloe vera essence** nourishes the flow of willpower. We can be tempted to push through and go and go. This essence harmonizes how and where we use our energies and how we can be even more effective. This remedy sensitizes us to our natural ebbs and flows. Aloe vera essence stretches through harmony and right use of will while negating the stress of the constant “on” button.

### To Get in Touch with Feelings



Chamomile is our soothing essence. It helps us weather our emotional storms. I especially like to use this essence with bleeding heart and borage essences to calm and caress a broken heart. This remedy releases pent-up tensions in the solar plexus and heart chakras.

**Chamomile essence** creates a barrier to holding unresolved emotions. We might not even know how much we are affected by the stressors around us until we can't move, feel we can't breathe, or don't know why we are hurting. This essence gets us in touch with how, where, and why we are feeling what we are feeling. Chamomile essence stretches emotional capacity while harmonizing the ability to manage stress.

### To Prioritize



Dill is our this-is-too-much essence. We might be dealing with too much information, too many details, too much travel, or too many people. This essence is used when we don't know where to start and we're getting lost in the details. We lose our places and struggle to find start or end points.

**Dill essence** teaches us how to discern and discriminate. We learn how to prioritize. We learn how to manage — where to pick up and where to leave off. This essence refines and clarifies common sense. We learn how to trust our impressions. Dill essence stretches the ability to handle overwhelming

information and inputs and refines the capacity to deal with stress.

### To Restore Confidence



Elm is our too-much-responsibility essence. We feel we have too much to do in too short a period of time. Our schedules are so overloaded that we don't have any breathing space. This essence differs from aloe vera essence, in that aloe vera aids burnout from doing too much, but elm is used for taking on more than we can handle. The primary difference is one of responsibility. Elm essence is how much responsibility we take on and aloe vera is how much we do.

**Elm essence** is used when we falter; we lose our way. We realize we can't handle what we need to do. This remedy works to restore confidence in our abilities. It reminds us that being overwhelmed is only temporary, and it assists us in rallying our wills and resources. Elm essence stretches us to move out of our comfort zones while managing the stress of getting lost in the details.

### To Give Strength



Indian pink is the eye-of-the-storm essence. This remedy assists us in maintaining the eye of the hurricane in stressful and chaotic circumstances. This essence supports us to maintain equilibrium when we choose to

do too many things at the same time, and it helps us sustain a high level of intensity. We can get attracted to the intensity and lose ourselves in the process.

**Indian pink essence** creates a new center of strength. This remedy makes us self-contained. It trains us to work from positions of strength rather than weakness. Indian pink essence stretches the ability to live gracefully under fire while eliminating the stress of intensity.

### To Be More Present and Authentic

Star of Bethlehem is our shock-and-trauma essence. As I have stated, there are little traumas and big traumas. Our energy fields still register trauma,



and we can hold on to little and big incidents for a lifetime. This essence helps us heal where we're stuck. It gives new conversations to old patterns.

**Star of Bethlehem essence** reorients our perceptions of old wounds. This remedy dissolves old psychotoxins so that we can be present and authentic. We are no longer limited by the default mechanisms of our pasts. Star of Bethlehem essence stretches us by reducing the impact of shock and helping us overcome the stresses of traumatic situations.

Most of our current and historical situations are a combination of being stretched and stressed. We do what we can with the effects of

shock and trauma. Sometimes new observations or different perceptions or definitions can be exactly what we need to move us beyond our stuck places. Sometimes all that's needed is a recognition of where we have been and where we are. Stretching and straining go hand in hand. We thrive by finding the balance. We thrive by stretching.

*Mary Ann Antenucci is a life coach, internationally acclaimed intuitive, certified spiritual counselor, hypnotherapist, and columnist. Through her many years of experience with various healing modalities, flower essences, and martial arts, she can quickly and effectively intuit patterns of imbalance and uncover core issues. Her gift is to assist you in clarity, insight, personal healing, and positive growth. To learn more, visit 5thElementEssences.com or MaryAnnAntenucci.com, or email Fifthelementessences@msn.com.*



## Human Energy Systems

Charles Shahar

### Use Energy for Protection

Sometimes energy protections are necessary to protect the body from harm or to make the ego feel secure. If you know how to manipulate energy and channel your thoughts effectively, you can create protections around you that are every bit as effective as physical ones, and in some cases more so.

For example, you can create a wall of energy that might seem too ephemeral to change the physical environment or guard you from physical harm, but it can affect the thoughts and emotions of someone who wants to harm you. It does not matter if this person is in touch with their spirituality; your energy projections have a powerful influence.

If you are a refined and subtle soul, it is important to keep your aura healthy and strong and develop your solar plexus — the power chakra. It is interesting that spiritual

people generally don't develop this chakra, because they are not interested in worldly power. But if you know how to focus your mind and will, you can deal with unpleasant situations in ways that come from deeper understanding. Knowledge is power, especially in the case of energy protection.

### Protect Yourself from Aggression

You might want to avoid certain undesirable people or animals or block them from appearing. For example, you might be afraid of spiders and want to prevent them from crawling on you while you sleep. You can create an energy block that stops them from invading your space. If you find yourself in a situation where various creepy creatures are around, be aware that fear attracts their attention. Calmly



close your eyes after going to bed and create an energy block in your mind's eye.

The energy block can take the form of an energy wall. Seal it around the bed. You can sweep your hands to delineate its boundaries. You can also use a repelling wall. Tell yourself: "All creatures will bounce off this wall. All creatures will respect my space." The wall should be strong in your mind and of vivid light. Your intention must be focused and intense.

In the case of spiders, you can say a prayer to the "spider gods" — the intelligence that governs the minds and wills of spiders. It is a kind of elemental consciousness that governs the dynamics of the



natural world. By tapping into the consciousness of spiders, you communicate with them on their level, sending them telepathic signals they can understand. Whenever you make such a prayer, do so with the greatest sincerity.

Fear of an animal can attract its aggression. A good example is bees. If you stay still and remain calm and settled, the bee will also remain calm. You can supplement calmness with a mild, nonthreatening energy block. Picture this block as a kind of energy screen of low intensity surrounding your body. The bee will respond to it, usually by departing. If you experience strong fear, your aura will send out prickly and sharp vibrations that agitate the bee. Of course, wildly waving your hands will also unsettle the bee, as you transmit sparks of threatening energy. Try to control your fear and picture a repellent wall instead. If your thoughts are focused enough, the bee will quickly leave you alone.

In situations where grave danger is imminent, your primal instincts take over, and you should trust them. Your instincts tell you whether to run or to fight. But there are a number of things you should know from an energy perspective.

A dog that growls and charges you relies on extreme energy vibrations to intimidate you. By the time that energy reaches you, the dog has softened you up with fear sufficiently to make the attack more effective. What can you do to stop such an attack? Sometimes a good defense is a good offense. If you are absolutely sure that the animal will not respond to calming vibrations, and creating energetic blocks won't work, then you have to counter such extreme energy with your astral force.

As the dog charges, take a deep breath and thrust your upper body forward as you yell very loudly. You are directing the full force of your kundalini energy toward the dog.

This will likely startle and frighten the dog, and it will quickly retreat. Yell a second time if you have to. Whatever you do, don't hold back when you yell. If you are totally convinced of your power, you can easily reverse the situation.

The yell I am speaking of comes from deep within your solar plexus or power chakra. It is a primal yell; you are communicating with the dog at a very basic level, in a way that even a crazed animal can understand. The strong vibrations you transmit stop it dead in its tracks.

A friend of mine once worked in Kamchatka, in far-east Russia, filming bears in their natural habitats. When charged by an angry grizzly, the inclination is to run. But a grizzly can outrun any human. They have poor peripheral vision, so standing to the side while throwing your jacket might give you a little time. My friend suggests that if you have little time to react, yelling in a violent way can startle a bear into retreating.

I don't mean to dispense advice about how to deal with charging animals, but to acknowledge the subtle energy vibrations all living beings emit. Hissing and spitting cats send prickly vibrations that frighten and repel their adversaries. Dogs that menacingly growl and bark send shock waves of energy. The subtle energy behind the sound of a growl aggravates the solar-plexus chakra in humans and arouses fear.

### Raise Your Vibration

You can protect yourself from unpleasant and potentially threatening people. I remember sitting in a downtown café with a friend. An agitated man, either drunk or high, headed in our direction. We could not see him, but we heard him shout and curse loudly at passersby. His vibrations were extremely coarse and disturbing. They sent convulsions through the subtle field, making everyone uneasy.

He came closer. I still couldn't see him, but my solar plexus felt strongly agitated; this man had a potential for violence. He kicked something and shouted incoherently. As protection, I first called my spirit guides to help. With my palms facing upward, I called for love and protection. I then created an energy wall of completely impenetrable white light around me and my friend.

I shut my eyes and raised my vibration and my friend's vibration further. I raised my Kundalini energy to the ajna chakra — the third eye. At that level of vibration, the mind dwells in a very ethereal plane, and people with grosser energies cannot pick up this resonance. In other words, when you raise your vibration, you become invisible to those vibrating at a lower frequency. (Please do not take this literally; it is a very subtle mechanism.) Raising your vibration is a very powerful protection.

Sure enough, the man walked by and didn't see us. We were invisible, because our vibrations were so subtle and his was so gross. Moreover, I saw him through my ajna chakra and recognized the living hell he was experiencing. He was a tortured soul with so much fear and rage. His subtle body looked shriveled, dark, and obscure, with waves of scarlet radiating through it.

I should mention that, as a precaution, I used my ethereal vision and never looked directly at the man. If our eyes had met, he would have had an opening through the energetic barriers I had created — a point of contact — and the consequences could have been unpleasant.

Raising your vibration is one way of protecting yourself. It has taken me many years of practice to raise my Kundalini simply by focusing on it. I can do this without closing my eyes. After a strong session at the local meditation center, I have sometimes walked home and noticed that people do not seem

to see me. Or perhaps they notice me, but do so unconsciously. I feel light and ethereal, basically floating through space. Unless people live in my frequency, I appear transparent to them.

### The Power of Prayer

It is a good idea to strengthen and fortify your energy field when you wake up in the morning to meet the challenges of the day ahead. I often meditate in the morning, but sometimes this can raise my vibration to the point where it is difficult to function in the world. It is hard to be spiritually transcendent and concentrate on doing mundane work at the same time. If you are going to your job, shorter meditations might be more desirable, because you don't feel as detached.

Why am I bringing up the subject of meditation? It has the effect of centering your mind. If you come from a centered space throughout the day, you attract more helpful and supportive vibrations. Your aura is stronger and brighter. You also raise the vibrations of the people around you, who then respond more positively. You can experiment with this. Meditate some days and not others. See what vibrations you attract.

I often say a prayer before I leave for work in the morning. I call on my spirit guides to help me deal with the challenges ahead. I ask for my heart to stay open and for wisdom and awareness to prevail in me. As I pray for their blessings, I hold my arms out to the sides, palms upward, to receive energy from beyond. This is a most receptive posture. If you try this, you will see how quickly you connect to higher consciousness.

Sometimes I anticipate a challenging day at work. While walking toward my office building, I briefly close my eyes and picture a strong, white light surrounding me. I continue to focus on this light even as I walk into the elevator and greet people. While part of me interacts

with others, another part engages in fortifying my energy field. Throughout the day, I reinforce this energy field by briefly closing my eyes and picturing the white light surrounding me.

Before a meeting or presentation, or if I anticipate a particularly intense encounter, I say a little prayer for help and assurance. I might do this in the bathroom, but the setting doesn't matter as long as I can focus and channel my higher mind. I stretch out my arms to the sides, elbows slightly bent, and palms upward. I close my eyes and ask for understanding and support and for love to flow during the meeting.

I can't overemphasize how beneficial such prayers are. As soon as I turn my attention to a higher resonance, my energy field energizes, and people notice that love and warmth. It is interesting that as I do this prayer, I can feel my vibrational frequency rise. I might feel a bit light headed, and my third eye tingles.

When I walk into a room for my meeting or presentation, I raise the resonance of the room. The encounter takes on a special dimension, way beyond my job-related tasks. I touch people's souls, and they touch mine. My encounters seem richer and more vibrant. I am sure that people respond to my energy field, because they also seem clearer and more settled and grounded.

### Keep Your Energy Field Strong

The best protection you have is to keep your energy field strong and healthy. The best way to maintain a healthy field is to promote positive thoughts, avoid self-doubts, and keep your heart open to the universe. You might think that the more open you are, the greater your possibility of being hurt and maligned, but the opposite is true.

Love is your best protection, as long as it is borne of strength and not neediness. Love might not stop

a raging dog or fend off a hostile drunk, but in the day-to-day journey of your life, a positive and open attitude will attract higher vibrations and more positive experiences.

How do you react when a bank teller or a cashier at the supermarket is in a dreadful mood? Do you feel their prickly vibrations in your solar plexus? If you walk to the bank feeling high and strong in yourself, you can literally change that person's space by raising their vibration.

You can help pull up the space of anyone you encounter by keeping yourself high and happy. A good-natured person has a bright and expanded aura. People around them smile more and feel lighter. We all act as mirrors for each other. You just have to make your reflection strong.

When your field is weak, you feel sensitive and vulnerable, and vibrations can easily penetrate it. You can tell when this happens, because you feel "off." You overreact to things people say, and you feel edgy and irritable. This might happen when you are sleep deprived, badly in need of food, stressed-out, or experiencing some illness.

A weak energy field is usually thin, pale, and porous. Negative energy can easily embed in such an aura, affecting its color, shape, and texture. Negative thoughts and anxiety can weaken the field further, fraying its very fabric. If your energy field is weak, it is best to avoid certain activities, such as visiting a sick relative in the hospital. An ill person can drain what little vital energy you have, and you will not have sufficient "juice" to help charge them.

You can also pick up illnesses from sick people when your aura is weak, because a weak aura resonates with the stronger energy of the illness. People can transmit sickness vibrations over time. Adult children who live with their sick parents, for instance, can become sick themselves and burn out their

energy. Burnout is just a symptom of a chronically weak energy field, which is porous to negative energies.

The best protection you have in the energetic environment is to keep your life-spark strong and vital. Keeping your aura healthy and

clear has a lot to do with a number of factors: what you eat, how you think, and your lifestyle and habits. You also need to develop discrimination about the people you interact with and the places you frequent. Finally, have energetic defenses in

your repertoire that shield you from unpleasant or untoward vibrations.

**Charles Shahar** has lived in India where he studied Vedanta philosophy. He has taught meditation and yoga to diverse populations for more than seventeen years. To learn more, visit his website, [LightFigures.com](http://LightFigures.com).



## Traditional Insights into Yoga

Mally Paquette

### Upavistha Konasana

*Upa* means to go near, *vistha* means life, and *kona* means angle. This asana offers the ego, symbolized by the head, to go near the earth in a gesture of humility. The solar plexus, representing the will, is also offered, and your deep surrender begins a forward journey led by the heart.

A key focus of this pose is the bindu, which every pose has. This is a seed space in which the energy of a pose is rooted. Stillness births from here and connects to the expansion of consciousness. In this asana, the still point is between the pubic bone and the navel. From this deep space within, you offer your heart as the third eye meets the earth in its full expression. Your arms outstretch, creating an open heart. If you are able to reach to bind the big toe with the thumb and first finger, the pituitary is stimulated, connecting you into deeper states of meditation.

*Upavistha Konasana* helps maintain flexible hips and strengthens the nervous system. Keep your breath calm and steady as you discover the personal edge of the posture. Be careful not to strain or push too much into this pose; instead, allow your body to relax and release. Maintain a focused gaze to the earth, accepting wherever you are in this asana. It is a journey, not a destination! The gaze to Mother Earth guides you into *dhyana*, or meditation, one of the eight limbs of yoga.

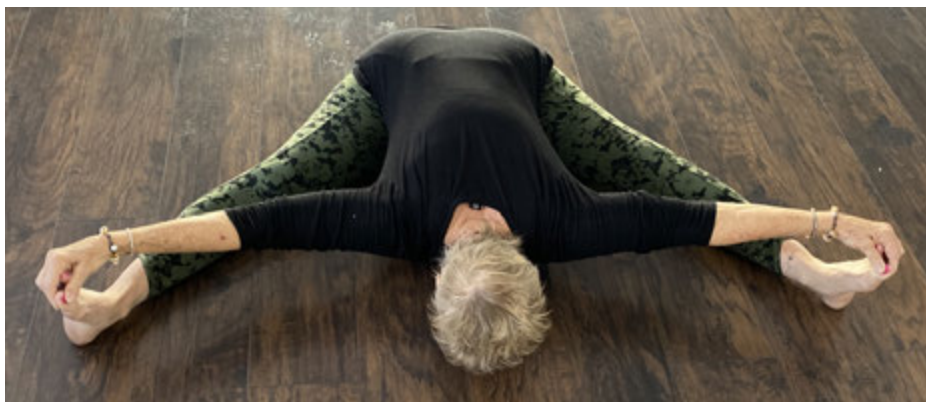
#### A Devotional Pose to Surrender the Heart

This devotional pose is an opportunity to center and empty your heart with calm generosity, entering into the spirit of giving. You journey between the legs, which form a triangle, through an energy field of



transformation. The human body creates its own sacred geometry.

- From seated *dandasana*, bring your legs into an angle of equal distance.
- Sit tall from your sitz bones, with the pelvis slightly tilted forward.
- Anchor your feet and breathe into the stretch from this seated position, focusing on the bindu point, centering inside your body.
- As your breath moves inward, see your internal spine, and relax the landscape within.
- Lengthen your spine and focus on complete surrender.
- As the sacred breath and body relax, tip your pelvis forward with a straight spine, finding length.
- Continue to your edge with no judgment.



Upavistha Konasana

**Mally Paquette**, a certified Yoga Therapist, lives in Sedona, Arizona. She has practiced yoga her entire life, and she founded Awakenings Yoga Studio and Wellness Center in Sedona. Her extensive work with Native Americans and the Kogi in South America expanded her teachings. She offers individual and group retreats that deliver deep shifts in consciousness and transformations to wellness. For more information, visit [BestSedonaYoga.com](http://BestSedonaYoga.com).



# Akashic Answers

Amanda Romania



## Ending Relationships

At this time of year, I often receive many letters and emails regarding love, friendships, and relationships. “When will my twin flame arrive?” “Is this my soul mate?” In the akashic records, I often see people layer relationship after relationship with karmic connections, and I sometimes wonder if those seekers will ever meet their true connections.

I like to think a spiritual divorce is an option to offload and release the karmic baggage that weighs us down. With that said, here are two letters about relationships.

*A year ago, I was using your cards and kept getting the message that my relationship with my husband was in a karmic pattern of truth and justice and ego-fear and drama. I did the reading three times, and the same messages came through. I thought it must be a connection to my work or family — anything but my husband. We had been married over ten years, perfectly matched in every way, and very spiritually connected.*

*Then I found out he'd been having intimate relationships with other women for over two years. I was devastated. When I confronted him, he said he'd been unhappy and that it was his karmic path to be with lots of women. He even went to therapy with a spiritual mentor, which I thought was a great idea, until the recording of their session landed in my email. She agreed with him that this was his nature, and they both laughed when he said he had never been attracted to me but loved my spiritual evolution. He also said he believed we had soul connections and karmic patterns to “help him” in this lifetime.*

*My divorce will soon be complete, but how do I move on? My heart is broken, and I feel as if I have been a spiritual fraud in this sorry, fake life.*

— Beth, Canada

**From Amanda:** After reading your letter, I felt your pain in my heart. Soul connections are sent for our learning and healing here on the Earth plane. I looked into the records, and it would seem this gentleman has gone through this cycle many times with you and others in past lives. His records show he has a sacred contract to “heal” with other women. I also see his therapist in the loop, and it is beyond sad when others find a certain kind of joy in the sadness of a heart situation. Simply smile and thank her telepathically for the closure the email and recording has brought you.

I now offer you the option of a spiritual divorce in the akashic records. The universe has shown you the truth, and know, my darling lady, that Spirit is with you and showing you reality. Call in all your angels and guides for healing and protection.

See this man for the gifts and connections he brought, but as you presented yourself into the sacred circle of love and marriage, he turned away. Use the divorce as a sacred contract. In meditation, see yourself return to the place where you were blessed in marriage, unwind the vows, and wish him well. Release all the connections you feel comfortable releasing, and rise into the goddess you are. Imagine yourself walking on a beach in the breeze and sunshine. Shout to the universe

that a greater love and relationship of heart is on its way. I'm sending you much love and light.

*When I think of divorce, I think of marriage. But can it apply to other relationships? I met a woman on a sacred retreat a decade ago. We crossed paths many times, and she was very inspiring and quite the celebrity in the spiritual-teaching realm. I was a little in awe when she came to me a few years ago and asked me to be a partner in a movie venture. She said we had a soul connection and a sacred contract, and we could help each other reach amazing heights of wealth and help many others. We just needed my investment dollars and her ideas and connections.*

*That was over four years ago, and I have loaned her more than \$100,000. I put a stop to this when her assistant called and said she had been instructed to ask me for “the purse” for my credit card. I found out my friend had used my credit card to book first-class flights for her boyfriend and herself without my consent. My funding helped build her business and profile, but it did nothing for me. Now she does not answer my calls and is very distant. Can I divorce her? Would this bring balance and clarity to the relationship?*

— Anita, Chicago

**From Amanda:** This is what I call a sister divorce. In the reading today, she comes with the curse

card, so I believe it is not just your relationship but what she is going through in general. She truly believes she is entitled to the funds you have saved and worked for. She sees a great purpose in her work and perhaps is used to people saying yes. It is time to look at your karma with these projects and the other people connected to them.

Divorce means to separate or dissociate one thing from something else. If you feel taken advantage of, hand it to the karmic board, and

hold your worth in truth and integrity. Call back to you all that is yours, and imagine writing a divorce decree and settlement. Look at the bigger picture and what you were hoping to gain and why. Believe in yourself, and allow this spiritual sister to pay back her promises and contracts. Then, wish her well, and release her from your life with gratitude.

Thank you for spending time with me and the akashic records. Next month, we will look at wealth

and abundance and the energetic frequency of money and power.

From my heart to yours, Amanda Romania.

***Amanda Romania** is an author, akashic oracle, and soul artisan who supports light-workers on their spiritual journeys to create a positive global imprint. She teaches how universal energy can be understood and applied to everyday life through her international bestseller, Akashic Therapy. She lives in Sedona, Arizona, where she guides others from her Atlantis Metaphysical Center and Ascension School. Contact Amanda at [amanda@amandaromania.com](mailto:amanda@amandaromania.com) or through [AtlantisSedona.com](http://AtlantisSedona.com).*



## Ask the Angels

Cheryl Gaer Barlow and the Angels

### Souls Are Embraced in Heaven

**Cheryl:** These sacred messages were given to me by my holy angels. These words are to be cherished and received in a most humble manner as people of Earth bow to the holy angels, to God, and to all the entities of the heavens. Be in sacred communion in the heart to receive these covenants. This will describe how the soul enters heaven.

**From the angels:** When the soul begins life in a heaven of its own and God's choosing, it is ushered to a place where it feels more peace and comfort than can be expressed in words. Remembrances of this place overwhelm the soul. It is Home. Is this a physical place? The mind has created this heaven for itself over lifetimes. Should it request the sound of softness, the sound is with it. All the soul desires is given by the most merciful God.

The heavens are of varied depths, heights, and qualities. Most souls rising from Earth go to a heaven called Nome. This is because they feel most comfortable there. Souls love the essence of foods and the things most familiar to them from Earth. Each soul, according to its growth, will seek

a level most comfortable and natural to it. Not many souls reach the highest heaven from the lowly Earth existence. As the soul is ushered to the heavens by the holy angels, the soul is aware of many qualities now seen as supernatural. It is aware of vision beyond anything imagined, movement by thought alone, flying, and emerging into anywhere it desires.

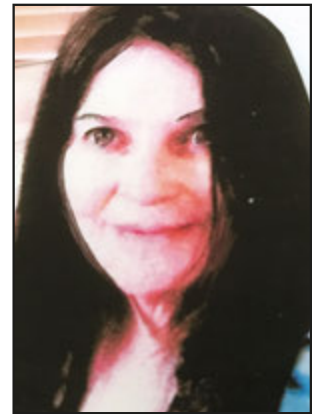
The loved ones greet the soul and honor its presence. Celebrations are continuous in the heavens. When a loved one enters its true Home in heaven, he or she is met with a celebration. If the family was estranged at the parting, all is viewed from a heavenly wisdom. Past happenings on Earth are no longer relevant. All souls are perfect — clean, fresh, new, and filled with love emanating through the heavens. The ways of God permeate the heavens. All realms of all heavens are filled with God's presence.

Angels are everywhere. They are the caretakers of the heavens. They illuminate all fields of energy with radiating love. As the soul begins its reign in heaven, it is guided by

angels of decision. The people of one and the holy angels of many sects abide in heaven. All questions are answered. All requests are honored and given credence. No soul is left to itself unless this is what it desires.

As serenity befalls, the soul is asked to serve God. If this is desired, a way to serve God is given. This will be most pleasurable to the soul, as much deliberation has been given as to what the soul loves. This is done through understanding the individual soul. Activity is essential in every world and in every heaven. This is a natural movement of the soul. All is given as it becomes aware of its highest potential.

***Cheryl Gaer Barlow** was visited by an angel of God, in an intense white light, who touched her on the forehead and spoke to her. Cheryl was told she had been chosen to write the words of the angels, and she continues to transcribe these sacred messages exactly as received. She lives simply in a small New Mexico town. Send your questions for Cheryl to [gaerbarlow@yahoo.com](mailto:gaerbarlow@yahoo.com) or PO Box 553 Capitan, NM 88316.*





# The Empath's Portal

The Heart of the Mother through Sarah Weiss

## Keep Higher Frequencies In and Lower Frequencies Out

**The Heart of the Mother:** Dear empath, I hear and feel you. Your yearning reaches my heart. I am here to support your highest evolution and greatest joy.

I speak from love as your mother, as the Heart of the Mother, who loves and sources all creation. Pause for a moment, silence your weary voice, and allow the higher frequencies to open a path for life's momentum to draw you into your fullness and truth.

Tune in, as an empath can, to the pink and golden energies surrounding and filling you now. Allow these energies to renew and reconnect you with the life-giving wisdom energies of Mother Earth and Father Sun. Every time you disconnect from your source, you drain your precious energy, which is the same as squandering your wisdom, health, and peace. You need a constant stream of high-frequency energies to maintain your dignity, freedom, and clarity. Disconnecting from the Source is not an option; the Source is your path to sanity.

Breathe and connect with your feet to Mother Earth. Drop into your body as you would dive into the ocean. Re-ground to the living intelligence of your embodied consciousness. Draw your energies back, and become full again. Invite all the tendrils that reach out to your immediate and distant surroundings, your relationships, your worries and anxieties to come back Home. Let everything outside of you dissolve.

You do not have to keep the world going with your energy. It

will survive without you, and if it doesn't, then it wasn't meant to be. Fill yourself with the energy you so freely give away to the world.<sup>1</sup>

### The Challenge of Boundaries

You are a creation of my compassionate heart, so why would you want boundaries to separate us? In your world, boundaries mean barriers, walls, or barricades, creating separation instead of union. I will teach you that individuality is an emanation of oneness, living membranes serve you better than fixed boundaries, and fulfilling your purpose means showing up as an expression of oneness in Earth-dweller form.

Empaths have lived many lives as spiritual adepts on this planet and others. You have developed your highly perceptive nature to penetrate the veils of truth and reveal the highest mysteries of creation. Your highly developed nervous system is the result of lifetimes of spiritual practice. Your nervous system is so refined that you sense a broader spectrum of information that includes ineffable and unspeakable spiritual teachings. Frequency and vibration can communicate directly with the heart. Don't shut down your ability to communicate beyond the physical; you have worked too hard to attain this level of consciousness.

Recognize and claim your spiritual attainment, even when it sets you apart from others. Your purpose is to create a pathway for human evolution. It is time for people with



supersubtle senses to be seen and heard. Your ability to sense the mysteries of creation and consciousness is needed now.

### Tend the Flame of Enlightened Consciousness

You have generous support on the planes of light and healing. Your soul bathes in the etheric healing temples, dances with the angels, and communes with the masters. You are tending the flame of wisdom during a time when few recognize the spark in their hearts. Channels of healing and ascended knowledge are readily open to you.

Welcome me into your heart. Merge with me instead of with illusion and ignorance. Merge with your higher nature instead of the suffering of others. See and know all, not just the misery. Claim your birthright as a wisdom being. You are not on a mission to save and fix the world. Your purpose is to be the light of the world. Burst into a star, and be a living light.

Individuality seems strange, yet as a flower or tree merges with my energy in order to grow and express uniqueness, you are meant to be unique too. Imagine a world where every person reveals his or her unique light, one by one, until all lights merge into one. Individual light and unified light open to each other and are never separate.

Tend your light, not the light of others. Merge with abandon into the

heart of my being, and I will guide you toward your highest expression.

Pause and absorb this transmission: I am the Heart of the Mother.

**Sarah:** As an empath growing up in the 1950s, I had no mentors, no one to show me the way. When the Heart of the Mother finally found me, I was desperate for relief from absorption of the world's heaviness and misery. Now I take refuge in her daily. The instructions on turning empathic merging into spiritual freedom have been the most demanding and also the most transformative by far.

I knew something was off from an early age. I knew too much and silenced myself too often. It didn't take long before I internalized being wrong all the time. My saving grace was the lightbeings that transported me nightly into worlds of light and ecstasy. I joined with my circle in a nightly ceremony where I was cleansed, aligned with my real being, and reminded of my Home in the stars. Just when falling into sleep, I lifted out of my body and floated on a stream of bright swirling stars, mostly gold and royal blue, to the land where I belonged. Earth was not my home, and I was not enjoying my experience here at all.

To travel through the portals to my home, I learned to merge with the stream of swirling stars. It was a little scary at first, but soon I learned that letting go and merging was my way out. (There's that word again, "merging.")

Merging became my signature way of moving through the world. If I wanted to know how someone felt about me, I merged with that person to protect myself. If I needed to understand a math lesson, I merged with the teacher, and if I wanted to escape the world, I merged with the nearest tree or cloud in the sky.

I was so good at merging that I never learned to individuate to become a fully developed, integrated

human. I was multitalented because I could pick up the skills I needed in many areas of life, but which ones were really mine? I was even voted most likely to succeed in high school, but succeed at what? It was hard to know until the Heart of the Mother showed me how to be fearless and, as one of my students so aptly put it, let my freak flag fly!

### The Spiritual Benefits of Merging

Most empaths know the term "empathic merge" as shorthand for losing themselves in the feelings and sensations of another. But what if there is a way to benefit from your ability to merge with others?

The ability to merge is a highly developed spiritual sense that allows you to know the divine as yourself. Merging occurs beyond time and space and is a function of your intuitive intelligence. All wisdom schools teach the skill of merging under the headings of contemplation, dissolving, uniting, or ascending.

When the Heart of the Mother invites you to merge with her, you won't be disappointed. Merging with her guides you return to yourself.

### Merging Creates Unity and Individuality

Merging creates union as well as creative expression. When two humans unite to form a child, the result of the union is another unique individual. The result of your union with the divine is the birth of your individual and exclusive expression of the One. Natural boundaries arise from your higher being and allow for the creative force that compels your being to grow and expand. These boundaries are fluid, permeable, trustworthy, and intelligent.

Empaths want protection from the overwhelming influx of seen and unseen energies that invade our peace and clarity. But they also want to leave open the possibility

for merging in the ecstatic states of higher frequency consciousness. It's very confusing. "When do I stay open, and when do I close the door?"

On one hand, boundaries are protective, but on the other, they separate and create distance. It's a bind that empaths find themselves in, consciously and unconsciously.

### True Boundaries

In their highest form, boundaries are not meant to be barriers; they are intended to be intelligent, permeable membranes that allow for nourishing high-frequency energy exchange with your environment.

The power for creating boundaries that both protect and nourish assumes there is an individual at the center. You need to show up with your empathic sensitivities, your telepathic abilities, and your higher wisdom. When you embody your true self, your energy field activates spheres of intelligent membrane that help you navigate the multidimensional realms of your being.

Our perspective on boundaries may be too materialistic. It's logical to put a fence around a meadow when you want to keep coyotes away from the cows or put a roof over your head to protect from harsh weather conditions. But is it logical to put rigid boundaries around consciousness? Consciousness needs freedom to shift in response to higher guidance. Our boundaries need to be intelligent, permeable, and fluid while still maintaining their form.

The new field of quantum biology researches how non-local and multidimensional consciousness interfaces with matter in scientific terms. Conventional biology leaves empaths stranded in the weird zone. It can't explain a nervous system tuned to the non-physical, quantum realms. Still in its infant stage, quantum biology offers us some hints on boundaries and where they come from.<sup>2</sup>

## Bodies Change with Consciousness

As an empath, I've experienced instantaneous shifts in my thoughts, feelings, and state of wellness. One minute I can feel healthy and vital, and the next, I have the flu. I have no pain and then all of a sudden, seemingly out of nowhere, my knee hurts. Conventional biology has no explanation for my sudden physical shifts. How many times have empaths been labeled hypochondriacs when tests show nothing unusual? Quantum biologists have been studying multiple personality disorders to understand how the human body can exhibit symptoms one moment and not the next.

Research in the field of multiple personalities reveals that each personality has a unique biology that can change entirely when another personality appears. One personality can be diabetic, one can have poor vision, another can have a brain tumor, and another can be healthy. How amazing are we? Quantum biologists suggest that our biology is a function of consciousness. As an empath, that makes total sense. The difference between a person with a multiple personality disorder and me is that I'm still around to notice the difference and be perplexed by the instant shifts.

I've been waiting a long time for science to explain how our bodies can change so quickly. Now I can trust my senses, tune in to my body as consciousness, and get to know the real multidimensional, non-local me. I can leave behind the materialistic fence kind of boundaries and explore boundaries through the lens of consciousness.

I've discovered that when I trust my senses and my higher self, I create distance between what I perceive and what I absorb. I can stop trying to create fixed barriers and focus on trust — a non-physical quality that can gather me into wholeness and create a boundary between myself

and others. When I stay grounded and centered in trust, I see the world as outside instead of inside me. I love the feeling of a boundary created out of the consciousness of trust.

So how do you learn to trust your senses? The Heart of the Mother has some practical advice that can help.

### You Matter

Empaths have lots of anxiety around being lost and confused. They don't know if the voice in their heads or the pain in their backs is someone else's or their own.

Because you have spent a lifetime in telepathic communication, without mentoring and guidance, you may not recognize your distinct voice and identity. Finding out who you are, how your fears are keeping you locked out of yourself, and how to trust yourself can begin with these simple practices.

Realizing that your thoughts, feelings, and intuitions matter is the first step toward trusting yourself. Empaths often defer to others out of fear of judgment and rejection. Are you buried under a pile of fear due to your childhood programming? It's time to poke your head out and find out that life has room for you too!

To realize that you *do matter*, you need to recognize your needs and learn how to speak up for yourself. Mature adults express their needs honestly and reasonably, navigate differences in opinions, and advocate for responsible mutual self-care. This is a developmental stage of individuation that empaths can miss due to being overwhelmed, confused, and self-critical from an early age.

Start by eliminating the phrase "I don't care" from your vocabulary. When a friend asks which restaurant you want to go to, pause and ask yourself which one you would pick if only you mattered. Yes, I'm inviting you to make choices based on *what*

*you want*. Notice whether you have fear or anxiety around speaking up for what you want. Your friend generously asked you to choose, so do it.

Totally, and I mean totally, eliminate the words "I don't care" from your vocabulary. In every situation that arises, apply the ban on "I don't care" until you feel comfortable discovering, accepting, and expressing your unique desire without judgment in any situation.

### Assess Your Feelings

Knowing what's important to you helps you know who you are and who you are not when you are feeling overwhelmed and confused. The next step is to assess what is acceptable and unacceptable in your relationships, activities, career, environment, and conversations. Assess which of your decisions, inner thoughts, actions, and feelings are acceptable or unacceptable. You are not judging or overthinking in this practice. Allow for what comes to you quickly and intuitively. You may resist valuing yourself in this way. Once you realize how many unacceptables you've allowed in your life, you might find new motivation for continuing the practice.

I realize this might feel a little black and white, but when you've spent a lifetime accepting unacceptable behavior from others as well as yourself, it's time to take a stand. Do you draw appropriate boundaries, and can you assess whether a situation is good for you or not? Your intelligent permeable membrane knows what is beneficial — shouldn't you too?

You will be surprised by how often you allow unacceptable situations in your life. I hope this shocks you into realizing that you have been hiding from yourself for a very long time. How can you expect to have boundaries if you don't show up?

Practice this for a while until you figure out what is acceptable and unacceptable, and when you



have a handle on your viewpoint and feelings, begin to express yourself with patience, confidence, and self-respect.

When you take this practice seriously, you will be amazed at how clearly defined you become. Once you know yourself precisely, sense your distinctive frequency, and identify your specific reactions and responses, you'll recognize when you are reflecting or absorbing. You will find it easier to keep the high-frequency energies in and the lower-frequency energies out.

It's interesting how this practice deepens over time. Give it a try and see what happens.<sup>3</sup>

There was no question that the Heart of the Mother wanted me to individuate and become a unique emanation of the divine. She suggested the two practices I described, along with an expanded practice of grounding to get me firmly embodied.

Earth is the realm of individuated form within the higher consciousness of the One. The Eliminate "I Don't Care" and the Acceptable

and Unacceptable practices subtly and profoundly helped me find my unique self without separating me from Oneness and the love I felt within.

I learned that I have membranes that define who I am and who I am not. I can discern what is nourishing and beneficial from what is not. I learned to understand the multiple realms that my consciousness inhabits and how to navigate those realms. When I find myself in an empathic merge, out of habit instead of choice, I now recognize it as unacceptable. I then return to these two practices to liberate myself from the fears and insecurities that I know are not mine.

With each thought that I deemed acceptable, a doorway to self-respect, confidence, and intuitive awareness opened. I learned to merge with the flow that took me back to myself, my higher being, and the guides and teachers who are always there, ready to support and illuminate my path.

The empath's ability to merge is a high state of consciousness. It

indicates a level of detachment that is necessary for spiritual attainment. Master your ability to let go and detach with full abandon, and merge with the universal flow of consciousness that takes you from Earth to heaven and back again.

"I searched for God and found only myself. I searched for myself and found only God" (Rumi).

1. For a free guided meditation on drawing your energies back, go to <https://www.spirithealonline.com/media/audio/>.
2. See *The Physics of God* by Joseph Selbie.
3. For more specific directions, listen to the recording at [spirithealonline.com/media/audio/](https://www.spirithealonline.com/media/audio/)

**Sarah Weiss**, MA, LMT, is a medical intuitive, spiritual teacher, and founder of the *Enlightened Empath Training*. Her universal approach combines Qigong, Sufi light healing, and Andean shamanic practices with a focus on self-healing and self-revelation. She performs personal and planetary healing ceremonies, channels transmissions, and sparks transformation through individual sessions, classes, and retreats. Together, she and her friends from many dimensions help shift the matrix toward high-frequency living. To contact Sarah, email [sarah@spirithealonline.com](mailto:sarah@spirithealonline.com). To learn more, go to [SpiritHealOnline.com](http://SpiritHealOnline.com).



## EarthWisdom Global Prayer Web

Maria Yracébûrû

### Big Leaps for this Year

*The focus of the human mind can change so swiftly from whirlwind to relaxed focus; I have learned this from my daily morning prayers.*

#### February Prayers

**February 1:** Beechdrops — absorption. "The foundation of my life is based in \_\_\_\_." (Fill in the blank and let your active mind repeat the phrase, allowing your body to fill with more and more light.) *binkááyú na'iziigi*. To the ones through whom we have been working, new life is most exquisite. This wondrous

moment is a testament to those who have walked before us. This sacred, unbelievable precision directs hormonal changes that form life.

**February 2:** X — innovations. "I ground \_\_\_\_," present 110 percent of the time, no matter what we are doing.

**February 3:** Manta ray — friendship. "I am \_\_\_\_\_. I come from \_\_\_\_\_. I am here to \_\_\_\_." *baa hikah*. Come forth! Two things are required of us; then all the world will achieve peace.

**February 4:** Python — good

luck. "I am made whole by \_\_\_\_." *bika danoltaag yusn*. Seeking the Creator, we give our hearts in sacred trust. To ask and consider council is to be worthy of trust. Relationship means courage, clarity, and tenderness at work within us.

**February 5:** Teatree — mediation. "The foundation of my life is based in \_\_\_\_." *ko' doo ntsésihégee*



*shiwóyé*. Grandmothers from the Eternal Flame, we live in a time paradigm that promises nonlinear experiences, nature values, diversity, tolerance, community, individual identity, and the capacity to cocreate a peace-filled reality.

**February 6:** Nuthatch — grounding faith. “I ground \_\_\_\_.” *esonkñhsendehí ihída*. For changing Mother Earth’s life, things are released from our atmospheric body. This is immediate. We all feel it.

**February 7:** Snowflake obsidian — integrity. “I am completed \_\_\_\_.” I am fulfilled \_\_\_\_.” *nákaí diyí bíní nádesto*. Return to the spirit of consciousness. We have personality traits that we embrace.

**February 8:** Arnica — sound healing. “The foundation of my life is based in \_\_\_\_.” *nazkaad nangoltaa*. Scattered, it rains over and over. The question of authenticity arises. We connect by integrity. We connect to creation in our diligence.

**February 9:** Grebe — essential growth. “I am \_\_\_\_.” I come from \_\_\_\_.” I am here to \_\_\_\_.” Will we choose? Perhaps then we will have the knowledge we seek.

**February full moon:** Leadership. Through the power of Spirit, all the energies of who we are step forward in the dream, and we are seen in daily life. With the forces of Earth, we effect change in world reality. We are examples of living in integrity and are open to hearing words that need to be spoken.

We express gratitude to our ancestors, and we are honored with the faith of the world in us. Dream and see what comes to you for four nights. Journal on this topic and how your dreaming has affected your daily insights.

**February 10:** Walrus — life change. “I am made whole by \_\_\_\_.” *gos’aanohwíi yinlish*. We own our self-respect. Sometimes it’s more prudent to say no. The primary objective is to transmute the “I don’t count” syndrome. With practice, we

all learn we do count. As soon as we believe it, so do others.

**February 11:** Sparrow — common nobility. “I ground \_\_\_\_.” *bineh tineh*. Ancestral ground, we pray each morning, greeting Grandfather Sun and receiving blessings throughout the day.

**February 12:** Diamond — leadership. “I am completed \_\_\_\_.” I am fulfilled \_\_\_\_.” *iih hiyaa nzhooni*. Into that which is good — under the circumstances, is it any wonder that we are feeling love?

**February 13:** Copper — sacred self. “I heal by embracing \_\_\_\_.” *go’saaní nayidi’aah*. The laws are lifted. The lessons get easier as we come together with others. Teachers continue to inspire us with wisdom we come to know as our own.

**February 14:** Beech — shaping. *shi’okaahí nagont’i*. The prayer is ended. When we were young, we dreamed of being magical, flying through spirit time and stopping momentarily on our paths. Faithfully, we continue.

**February 15:** Tiger’s Eye — self-discipline. “I am healed by embracing \_\_\_\_.” *dagoleehí hadalinolt’ aané nohwiká*. All the descendants, who we are, after cleansing, hang out in bliss. “We affirm that we are one with \_\_\_\_.”

**February 16:** Celestite — Earth connection. “I heal by embracing \_\_\_\_.” *ko’dagosil taalgo*. Here we dance. Mysteries, as we know, appear in synchronistic time. The glorious wonders that wait to unfold show us what we need to know.

**February 17:** Bloodroot — renewal. “The foundation of my life is based in \_\_\_\_.” *hashidlaa yee godilyú k’ihzhi’ndaagodinoh’aah*. By your authority, the darkness is put aside. The world-beginning has promised extraordinary moments, rich in endeavors and attainment of our collective vision. It is mind-boggling.

**February 18:** Danburite — let your light shine. “I am completed \_\_\_\_.” I am fulfilled \_\_\_\_.” *nohwidáá*

*be’idindíi*. The light our eyes give off in a sacred way provides for all needs to all those who stay on their paths.

**February 19:** Ullmannite — aggrandizement. “I heal by embracing \_\_\_\_.” *dahitáá daláá biyaa gozhoo*. Grandmother Moon, many blessings of peace. How shall we be when we are free in our awareness of being?

**February 20:** Five-finger grass — dance. “I become \_\_\_\_.” *dawa shí’yú shiwóyé*. To all my Grandmothers: about twenty millennia have passed and drastically changed our lives forever. Our experience is far from unique. Consider this: In just one year we made more than 30,000 changes in our lives. Evolution alone effects the quality of life based on human free will and choices. It is inevitable.

**February 21:** Hydrangea — invocation. “I become \_\_\_\_.” *diyinihíi daláá nagoz’aa doo ádzaayú’ni*. Sacred One placed high in the land, every day we tap into our ability to love and care for one another. We are perfectly imperfect in our journeys. We accept the sacred parents and follow the path that changes life constantly.

**February 22:** Cormorant — dive deeper. “I am \_\_\_\_.” I come from \_\_\_\_.” I am here to \_\_\_\_.” Following through is the key to success.

**February 23:** Coral — trinity within. “I heal by embracing \_\_\_\_.” *nowhiádaidé biyati*. In our manifesting words, lessons merge our personal values and meanings to the cognitive life being presented. All our brain centers open to receive and process cognitive life in a personally relevant or navel manner. Visions prove truth.

**February new moon:** Social or group dynamics. Through the power of Spirit and the dream cycle, humanity begins to act responsibly. With responsible action, humanity attains and maintains a condition of peace. As “we,” Earth directs intelligence proportionate to cyclic evolution.

Through the power of Spirit, our circling work brings harmony and

what we desire most — peace for generations. We work cooperatively in all our endeavors toward this ultimate reality. Dream for four nights to see what comes to you, and then journal on this topic and how your dreaming has affected your daily insights.

**February 24:** Beaver — builder. “I am made whole by \_\_\_\_\_,” enjoying the light we are offered and being spared the darkness we seek.

**February 25:** Couch grass — resolution. “The foundation of my life is based in \_\_\_\_\_.” *itisgo isdzáné*. An honored woman of vision descends upon us, and we ask, “How do we do this?” We accept the shift without resistance. We cocreate new systems that work.

**February 26:** Motherwort

— guidance. “The foundation of my life is based in \_\_\_\_\_.” *éi báhyúgo zhá nandehiin*. It belongs to you, time divided into three basic visions: past, present, and future. In the presence of all three, there is happiness. Experience is the flow of beauty.

**February 27:** Angel wing agate — initiate movement. “I am completed \_\_\_\_\_.” *I am fulfilled \_\_\_\_\_.* *nohwidáá be'idindíi*. The light our eyes give off in the fifth world is about the Light. Lightbodies and lightbeings are the visible substance of the fifth world.

**February 28:** Chicken — tend to unhatched ideas. “I am made whole by \_\_\_\_\_.” We all arrive at our destinies. This wisdom is the freedom to live without ambition.

**February 29:** Duck — emotional comfort. “I ground \_\_\_\_\_.” *nádisht'ii*. We are looking. Warmth and joy bring overwhelming tears of gratitude. Healing takes place deep within.

It's a leap year, so make the leap — now!

*Maria Yracébûrú* is a thirteenth-generation Apache diiyin — holy one — recognized as a traditional ceremonialist and prophecy keeper on both Turtle and Heart Islands (North and South America) by other indigenous earth keepers, healers, and teachers. She created and defined the role of an earth-energies consultant when she began assisting others in 1972, based on her Snake Clan lineage. Since then, she has consulted for thousands of people, and her work has been published in twenty-four books, over forty magazines, and translated into twenty-five languages. To learn more, go to [MariaYraceburu.com](http://MariaYraceburu.com).



## Benevolent Outcomes

Tom T. Moore

### Develop the MBO Habit

The Gentle Way is a simple spiritual tool you can use every day, and the amazing thing is it works perfectly in line with your soul path, or contract, for this life. Request most benevolent outcomes (MBOs) for events in your life, from the mundane to the most important. For others, say benevolent prayers (BPs). All are said out loud.

#### Greater Enjoyment

**Kate writes:** It is very warm in England at the moment, which is rare. We thought we would go to our gym, which has an outdoor pool, and we knew it would be packed. I requested an MBO to find seats near the pool. My daughter and I arrived and sure enough it was really busy — no sun loungers free. We left our

bag and towels for a swim, and I thought maybe I should have been more specific, but my intuition said to be a little patient; they will come.

After about fifteen minutes, three loungers appeared and I thought, this is it! We jogged through the water to get out of the pool, but three people got to them before us. Then my daughter pointed out two sun loungers that seemed to appear out of nowhere. They were right next to the pool, facing the sun, and the good quality kind (some were just cheap plastic). Hurrah! The most perfect outcome. I've also been trying your different MBOs for worldly events, and so on (fires in the Amazon). It is so nice to have an MBO work for daily life too. I know people may feel guilty for requesting such “unimportant” things, but go right ahead. Life is not always meant to be difficult.

**From Tom:** I always tell people



to request MBOs for mundane events to get you in the habit of requesting MBOs and to get the immediate feedback to affirm that this works!

**Linda writes:** MBOs have always worked for me, but this time was different. In planning a trip to London, I was looking at hotels for an affordable rate in an area close to the tourist sites. I saw one that would have been my dream hotel, a five-star in an area of historical interest to me personally. Unfortunately, it was way out of my price range. I moved on and booked a less expensive hotel further out. I would just have to take the underground transit to get where I wanted to go.

I didn't request an MBO, but I have been saying the daily phrase, "I expect great things today, great things tomorrow, and great things for all this week. Thank you." A couple of weeks later, I did another check for affordable hotels and an unbelievably discounted rate showed up for my dream hotel. It was at one-third the price of the less expensive hotel I had already booked! This had to be a mistake, I told myself.

Of course, I booked it right away and canceled my other hotel reservation. I received a confirmation from my dream hotel at the dream rate, so I was set. I checked their rates again the next day, and they had reverted to their usual five-star high rate.

I'm still stunned. My angels intervened to grant my wish. I'm so thankful to them and to you for showing me the Gentle Way.

### Increasing Success

**Michael writes:** I work for a government agency. There is a problem that many of our clients have, which isn't my job to deal with, but nobody is dealing with it. I decided to run a training on ways to deal with that problem.

I requested MBOs to find good training methods, free speakers, a free site, and of course reaching motivated clients. It took me months of planning, since I started out knowing very little. The training came together better than I ever could have imagined. Now, some of my counterparts in other offices are interested in replicating that training in other states. It feels great.

**Lee writes:** I request MBOs all the time, and recently I changed the wording of one that I say for product sales. I am over \$900 for the month in savings and I usually average \$500 to \$600!

### Finding Valuables

**Leigh Ann writes:** I have

increased my use of MBOs and BPs. The more I use them, the more successful they are. I send white light and love to all daily. I use them every time I leave the house to request a safe and quick trip with perfect parking. It never fails.

When my husband has late night jobs, I say a BP for his safety, fun, and making lots of money. The last time I did that, he received an extra \$75 pay. I say BPs for the weather. The possibilities are endless.

Here are a couple big ones that really worked: I was looking for a tiny box I needed to mail. I could see it in my mind, but I couldn't remember where it was. I started to request an MBO, and just as I said "benevolent," I looked down and there was the tiny box on the table. It was a miracle.

My wedding ring fell off the couch arm and I almost panicked. We looked everywhere and couldn't find it. Instead of freaking out, I requested an MBO. Something told me to wait until morning and check under the couch. That's exactly what I did. The next morning, we flipped the couch over, and there it was. MBOs and BPs are very powerful.

**Ruth writes:** I lost my phone yesterday. I left it in the bathroom at Barnes and Noble. I went immediately back to get it, and it was gone!

I asked at the desk if it had been turned in. "No."

My friend and I wandered around for thirty minutes looking and asking. Nothing.

Then I remembered to ask my guardian angel for the best possible outcome for it. I immediately looked up from my prayer and mentioned it to a clerk who was looking at me. She said she had it! The whole thing was a setup to remind me to keep my friends close and my guardian angel closer.

### Car Issues

**Catherine writes:** A recent

relocation from the relatively congestion-free motorways of central Missouri to the Piedmont Triangle gave me a whopping case of road shock. My 2017 Subaru Forester — superb traveling to the Katy Trail and around a university town — was not the right vehicle to meet the demands of this significantly accelerated driving experience. I was not consciously looking for a car, yet late last week, a pearl-white 2019 Outback with low mileage turned up at a dealership; however, financial considerations concerned me.

My MBO (everyone would be savvy and wise to ask for an MBO before a relocation, car, or house purchase!) specified that if this Outback acquisition was for my highest good, all would proceed smoothly. It did — from my supportive discussions with USAA, the dealership's customer service representative (who, like me, wears turquoise bracelets on each wrist), a friendly and relaxed showroom experience — amazing — and a really nice and straightforward manager.

Blind sport assistance enhanced my confidence in my driving skills and in my vehicle to navigate these busy roads. Did this experience come about because I listened to my guides whispering in my ear? Reflecting on the train of these perfectly timed and providential events, I am certain they whispered, and to my relief, benefit, and blessing, I listened.

**Linda writes:** I was driving home in traffic when a man on the other side of the road broke down with a flat tire. He tried pushing, but his car wouldn't move, and he tried to start it but couldn't. I asked for a BP for the man to get himself out of traffic because he wasn't safe in the middle of the road.

I was about to get out and help when two ladies appeared and helped him successfully push his car off to the side. I was very impressed

with the two women, as neither were young or strong, but they approached with a desire to help.

I want to say a BP for all my fellow females out there doing good work. The patriarchal energy is shifting, and we girls rock!

**Kathy writes:** I just wanted to give an update on my MBO experience. God has proven he is real and loves us very much. He has answered our prayers. My husband and I went to a concert out of town. I asked for an MBO for great parking, best seats, safe trip, and a great time. He did not disappoint us.

We got a place to park almost by the front door, and the seats were fabulous. We had a safe trip all the way with no deer on the road and then had the time of our lives.

Thank you, Tom, for helping and letting us know about MBOs and how to say them. God is good and is always with us. God bless you and yours.

## Helping Animals

**Katherine writes:** Around dawn yesterday, I saw a stray dog. He was obviously sniffing every inch of ground for food. I observed him for a while and came to the conclusion that he was lost, but he would not let me come close; he showed his teeth. As the sun came up and it was lighter out, I could see that he was missing some front teeth, and he looked old and stressed.

I requested an MBO that he would be provided with food, water, shelter, love, and protection as soon as possible and that the results be even better than expected; then I left to run errands. When I came back less than an hour later, I saw that someone had put out food, water, and a towel for him. My MBO worked.

He was trying to eat but the kibbles were too large for him, being a small Chihuahua with no front teeth. After a while, he curled up under a

car. I requested another MBO because it was beginning to rain and I was worried that his shelter under the car would soon be flooded. I requested that someone rescue him as soon as possible, with ease and speed, under grace, and in perfect ways. I went back inside.

Just a few minutes later, a neighbor was able to capture him, put him in a kennel, and get him to professionals for help. I learned it's good to keep requesting MBOs as the situation changes, because then you can be more specific. Thank you.

## Health and Well-Being

**Sylvia writes:** This week my throat was suddenly getting itchy. In this case for me, it means a cold is just around the corner. I requested an MBO for the sore throat to disappear immediately and to remain cold-free and in perfect health. My mom said a BP with the same wording the night before. I woke up feeling great the following day. Thank you.

I also said a long-term BP to improve HR policies at work. It took at least two years to be fulfilled. I have said a BP for the company I work for to have better HR policies, including not to work six days a week anymore. Last month, my company announced we would only work six days a week once a month. That's an improvement. Thank you.

**Severine writes:** Here's an MBO for an unfriendly physiotherapist. I have to do some physiotherapy twice a week at the public hospital near where I live. The therapist is pretty unfriendly to all patients. After the first time we met I decided to request an MBO to be surrounded with divine white light when I am near her and say a BP to send her massive divine white light.

Although she is not a model in terms of kindness yet, she's been better every visit. I have four sessions more to go. Thank you.

**RJ writes:** I said BPs and requested MBOs not to lose power, for no fires in or near my town, and for the protection of all beings, including firefighters, during the massive Santa Ana wind event that resulted in two big fires — one the next town over and the other about twenty-five miles away from us. I thanked Gaia for helping to calm the winds, and my guardian angels for their protection.

## For Electronics to Work

**Ron writes:** On my kitchen counter, I have a water fountain that I really like. Yesterday, it stopped running, so I checked it out and plugged it back in again, but it still didn't work. I have had this fountain for about thirty years now. I held my hand over it and requested an MBO: "I request a most benevolent outcome for this water fountain to continue running perfectly. Thank you."

I went about my business in my apartment. When I returned to my kitchen about thirty minutes later, the fountain was running perfectly once again. MBOs do work, even for small things. Thanks Tom, for all you do teaching us about MBOs.

**Gabrielle writes:** I was trying to take photos of a faulty product. I wanted to send the photos to the shop where I bought the product. My camera kept taking blurry pictures. I am not a camera genius; it has to be said.

All attempts to adjust the camera's settings came to nothing. After many minutes of frustration, and with mounting stress, I requested a MBO. I didn't think it would work. "I request a most benevolent outcome for my camera to take perfect pictures of this product and for the pictures to be sent uneventfully to the shop, resulting in a full refund."

A minute or two later — I must have accidentally pressed a button (or moved a dial) on the camera — the camera's picture mode suddenly

changed. I was able to take perfect, clear photos. I sent them to the shop and received a full refund. (Big sigh of relief.) Thank you, Tom, and thank you, my guardian angel.

Here are a couple of BPs for everyone to say aloud (if you wish):

“I ask any and all beings to expose and bring to justice all leaders who have misled their people or encouraged their people to be hateful or commit crimes of any kind; I ask for them to be permanently removed from all positions of power and replaced by humane, capable, popular, honest leaders, thank you!”

“I ask any and all beings to heal, comfort, assist, restore, and

compensate all beings harmed by dishonest, self-serving, or hateful leaders. Thank you!”

**Linda writes:** Recently, I had some trouble trying to submit an online claim to get reimbursement from my health account for a prescription. I’ve done this the same way for years and have never had a problem. But this time, I kept getting an error message saying the receipt did not go through and to send it again.

I sent the receipt three different times, in three different formats — PDF, JPEG, and FAX. Frustrated, I requested an MBO to get this resolved

as quickly as possible. I then decided I would just mail the claim to them on the following Monday, which was my last option.

When Monday arrived, I got an email from them telling me they received the receipt in all three of my attempts and my claim would be processed. Thank you, angels!

*Tom T. Moore is an author and speaker. His books include The Gentle Way series, First Contact: Conversations with an ET, and Atlantis & Lemuria: The Lost Continents Revealed. He was voted best self-help author for the past three years by the readers of a health magazine. He is a telepath and answers questions from all over the world in his weekly newsletter. To learn more or to subscribe, visit theGentleWayBook.com.*



## The Crystal Garden

Margaret Ann Lembo

### Invite the Divine into Your Relationships: Archangel Chamuel and Kunzite

Do you allow love into your life? Do you cultivate your existing relationships with love and attention? Do you need to heal wounds from previous relationships and leave those burdens outside to dissolve? Invite the Divine into your relationships with the help of Archangel Chamuel, the angel of relationships.

When you feel like you don’t have the close-knit friendships you desire, ask this angel to help you delve into unresolved emotions and heal them. Make the decision to discontinue unwanted, repetitive patterns in your relationships so your future interactions are healthy and uplifting.

Call on Archangel Chamuel to amplify blessings and well-being in your relationships, and use kunzite for setting your intention to maintain a loving vibration at all times.

#### Petition for Help

Petition your angels, archangels,

and the Divine with something like this: “Please help me cultivate, with courage and confidence, a wonderful group of friends and colleagues. Help me shift my energy to allow me to receive love and take steps to do my part in nurturing loyal, caring friendships. Please help me open my heart and have the strength to overcome shyness and a lack of self-esteem so I can take action to develop strong, healthy connections with great friends and family, including a romantic relationship. Thank you!”

Adding affirmations or positive thoughts to your daily routine will help you stay focused on what you do want instead of dwelling on what you don’t want. These loving affirmations will help you invite the Divine into your relationships:

- “I am love.”
- “All that surrounds me and all that is attracted to me is love.”



- “I attract loyal and authentic friends and romantic relationships.”
- “I am blessed with supportive friends.”
- “I am grateful for companionship in my life.”
- “My friendships and business relationships are important to me.”
- “I take steps to cultivate close-knit bonds with people close to me.”

*Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals, and Stones; Angels & Gemstone Guardians Cards; Color Your Life with Crystals; The Essential Guide to Aromatherapy and Vibrational Healing; and more. Margaret Ann is a spiritual entrepreneur, aromatherapist, and the owner of the Crystal Garden — a bookstore, gift store, and spiritual center in southeast Florida. To learn more, go to MargaretAnnLembo.com or theCrystalGarden.com.*

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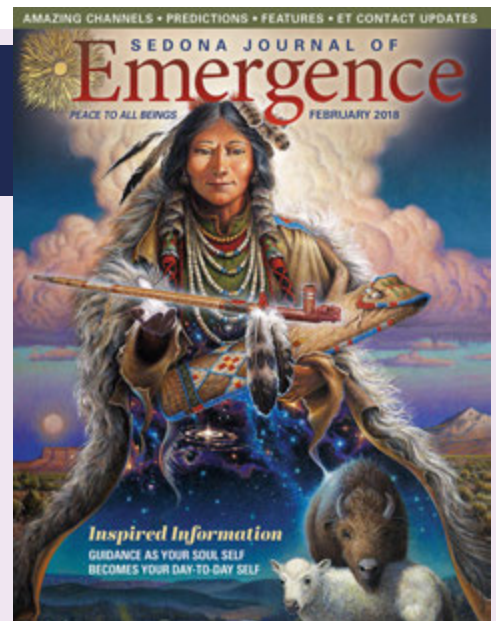
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# CHANNELING

## A Voice of Positive Planetary Change

Divine Sponsors of the Temple of Sacred Alchemy  
through Aurora Juliana Ariel, PhD

**Aurora:** The 2020s are destined to be one of the most glorious passages the world has ever known. Humanity rises from the amnesia that kept the world in the throes of darkness. Old patterns are transformed. New light, energy, and vitality emanate in the people. Many of the forerunners have realized great success in their missions of positively affecting those around them, and global leaders in the consciousness movement have greatly inspired the masses into positive planetary change. Destinies are being fulfilled. The ills of humanity are dropping away. Healthy living is key — as is happiness, harmony, and peace.

**From Pallas Athena, the Goddess of Truth:** The reign of darkness has held humanity in its grip for eons. Now, at last, freedom is at hand. First, an internal freedom as souls in the awakening shed the layers of false programs to realize their greater selves. Destinies flourish. Ill health, trauma, and the burdens of the past dissolve. An illumined race emerges to lead humanity out of the darkness. A greater happiness ensues and envelops a world in a high-vibratory matrix that further helps dissolve the dissonance of the past.

We, the Divine Sponsors of the Temple of Sacred Alchemy who have been called to give our predictions for the 2020s, now gather to share our great wisdom from the higher realms of light through our messenger and oracle, Aurora Juliana Ariel PhD. We come at a significant time on Earth to help humans rise in consciousness and take their place as wise stewards of the planet. We have served the souls of Earth forever, and now is the time when many rise en masse to take their places as illumined citizens of this world. The reign of darkness has

ended, and with it, many dark souls are now receiving a re-education in the realms of light.

A great change is occurring, and in the 2020s, it becomes a living reality, where all can see the difference in the time before and after. The illustrious ones arrive from many spheres to help further the change so that the Earth cleanup is thorough, and nothing (on many levels and planes of being) remains the same. Even now, the light heralds a new awareness, a new radiance in souls who came to turn the tide. These awakenings shall succeed in their victory to transform the world and reset the codes of divinity on Earth. Eden is restored incrementally, and then the new age begins the golden time with a golden people that radiate their goodness to all. In the 2020s, you can expect the following:

- Enlightenment continues in full force.
- Awakening souls increase and have a larger impact on the world around them.
- The global renaissance transforms people in every nation and of all walks of life.
- Children arrive on the planet more awake, aware, and enlightened than ever before with abilities that far outshine their ancestors.
- Inventions, cures, new modalities, systems, and programs of great beneficence are now able to reach the people they are meant for.
- Cooperation and synergistic alliances replace greed and avarice.
- Crime lowers as people rise in vibration.
- The astral plane no longer has the openings it once had to Earth inhabitants.



- Massive clearings and activations of different sites by those called in previous years give way to regions that now resonate with higher and more beneficial frequencies.
- Leading nations begin to realize that people who prosper will flourish and contribute greatly to society and the world. Thus, many new programs are instituted, and archaic systems like heavy taxation and other confining programs are eliminated.

**Archangel Michael:** The world has known great darkness, and suffering became a way of life that many souls adopted as normal. In the coming times, harmony, prosperity, and love guide the way and are the keynotes of life on Earth. A great change is taking place in human consciousness that amplifies as the new light reaches Earth from above. In 2020, a catalyst of change shakes souls to their core and assists many to release the programs that brought suffering in every form.

A new day dawns, and a new light fills a world with new radiance in the people. Many step forward to play their unique destiny roles. Through their timely assistance, the world further changes to the positive theme that is the template for the coming time. The blueprint is set. My legions of angels help clear the way so humanity can step free from every dark matrix into the light of the new era.

**Alpha and Omega:** The world is on the edge of a vast and incomprehensible change. Millions of souls have gathered here to undergo the great awakening. Through their ascension in the light, they raise the vibration of a planet and system of worlds. The illustrious happening on Earth right now is unprecedented, and many come from afar to partake of this grand awakening. Souls who have been diseased in body and mind now find respite as cures, remedies, and help are provided.

The planetary focus of millions becomes personal transformation and global enlightenment in the 2020s. This sets the stage for 2033, a most auspicious year, as much will have culminated by then that has turned the tide on the dark agendas and ancient alliances that held this world in darkness. The dark matrix is completely vanquished by then. A new day has dawned, and a glorious light fills this sector of the universe as a testimony to all that the light eternal has prevailed.

Awakened within souls worldwide, the great cleansing of the psyche resulted in the magnificent change that many now travel to Earth to enjoy. Future generations are blessed as Earth is restored and Eden returned. A majestic people and an illustrious destiny lie ahead as there are many great things in store for the planet and this system. In ages to come, this time will be heralded as the great turning point when the divine plan was restored on Earth.

In the future, people rejoice and marvel at all that took place here, for it is a point in time vastly significant to many worlds that will utilize the wisdom and tools that the awakening ones used to turn the tide on this planet where great things get accomplished and many victories are won. Earth is now the pristine planet of its origin, and all inhabitants are free to live fully and abundantly under the great divine plan.

**Goddess of Light:** Illuminated actions lead to illumination of the people. Inspired souls translate their ideas and illuminated concepts to an awakening humanity. Many prosper under the new systems and planetary upgrade that takes place — inventions, cures, new technologies, and more up-level life on Earth beyond what has been known. As humanity comes out from under the veil of human programs, a new inspiration fills the masses, and they begin to contribute in their unique ways.

The 2020s are years of innovation, cooperation, and cocreation that restructure life on Earth under a benevolent plan. Inspiring humanity into a whole new way of being, the dreams of many come true as the world transforms and sacred ideals become a physical reality. Because so many are intent on creating a better world, the world changes quickly. As the old dominant factors fade into the distance, illuminated minds foster beneficent programs and creative ideals that continue to improve life for all inhabitants into the distant future.

**Kuan Yin, Goddess of Mercy:** Dearest hearts, as you look to the new horizon, you will see a new day dawning, a more glorious day than previously known by the inhabitants of Earth for it has been a long, arduous journey through the dark night of the soul experiences that caused so much suffering to the planet. All life on Earth has suffered under the dark rule. Now that time ends. Now the enlightened ones emerge. Now the dark night is vanquished, first from within and then from without. The world changes dramatically in the next years.

The year 2020 is the gateway to the great change. This is the time when the new energies anchor more fully their gifts to humanity and to the Earth Mother herself. Great programs, vast humanitarian endeavors, planetary purpose, and mission fulfillment calls forward the souls waiting at the gates for this time. It begins on New Year's Day 2020. Thus, the world changes, and nothing remains the same.

**St. Germain, Architect of the Golden Age:** We who come from the higher planes of Venus have long planned for this time. Thus, century upon century, many from our ranks have graced this world with their infusion of light, wisdom, and knowledge. Now, the new age begins with the glory of 2020, which is heralded as the entrance into the new world.

Many burdens begin to be lifted as the inventions, cures, programs, and innovations take hold on Earth.

Much held back from the benefit of humanity will be released, and all that seemingly blocked the greater good of the people will melt away as if it never was. This is a big change — the great change we have heralded for some time.

Many have come from our realms to help instill a greater light quotient on Earth. So have we, from our Venusian vista, lent our assistance in birthing a golden age of light, as we have done in many regions before, beginning with Lemuria, Shambhala, and others that carried the light of Venus in the templates, ideologies, and ennobled way of being. Lemurian principles are now accessible as many of the ancient records and temples have been activated in recent times. Humanity now has the ability to tap into the divine codes within the lands, ancient sites, and their own DNA as the great revival takes place through this planetary home.

Many dark elements subside from the inner work that has been done to clear the psyche. This allows in the greater light of the indwelling spirit who then takes

command of the consciousness, being, and world to turn the tide to a great beneficent future and positive outcome transforming the dilemmas humanity has faced. Mastery, sacred service, and the honored position of being a vessel of great light is the import of the soul's journey through the 2020s.

Leave behind the false self and its idolatries. It is the necessary equation to birthing a more enlightened era. Doing this, first within and then working in the area you are called to, brings you into that highest destiny fulfillment. We are with you to guide your way to your every victory. The world needs you to be fully awake and operational in your authentic self now.

*Aurora Juliana Ariel, PhD, has been a vessel of healing and a voice of positive change since her teens — when she was awakened to a planetary conscience, remembered her destiny on Earth, and received a divine sponsorship that has inspired her global healing mission. As a pioneering doctor, scientist, author, musician, entrepreneur, producer, mystic, and healer, Aurora is a Renaissance woman for the new millennium. She cares deeply for our world and devotes her life in service to the advancement of humanity. To learn more, go to TheOracle.Love.*

# No Time Like the Present

Norma through Jenine Beecher

**Norma:** Today we are going to talk about time. In your world, your linear thinking model has given you the luxury to entertain the existence of the past and future. Now you need to focus on the energy of the present. Power lies in the present; it is where creation and inspiration originate. When you focus solely on the expression of the present moment, all energy from creation is available to move through you.

You have spent many years being afraid of the power of this energy. The linear-thinking model lets you feel safe and in control, as if you know your place within the movement of time. Now, move from that model and allow yourself to focus solely in the present. In the present, control comes from knowing you are moving in time with your spirit's expression.

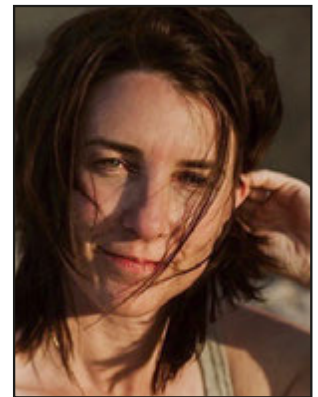
When humanity lost sight of its connection with spirit and the divine, you no longer trusted moving with time this way. You are now being asked to dive deeper.

The present feels more stable once you get comfortable with moving in cocreation with your unique vibration. When you trust this flow, everything happens more quickly and gracefully. Universal consciousness is taken into account, because you move at a deeply intuitive level that is naturally paired with divine timing.

The trick is to shift from a model of “Things are

controlling me,” to “I own the power to manage my experience by creating with my spirit's expression in time.”

**Jenine:** Thank you, Norma.



## Mindfulness Tools for Challenges in Relationships

**Jenine:** A difficult boss or coworker, disagreements with a partner, or strife with a good friend: all such challenges can create stress, heightened emotions, and stagnation. To achieve clarity, we need to investigate. The steps of this process allow us to see past our emotions and into the roots of the situation, our involvement in it, and our options for moving forward.

**Evaluate values and priorities:** First, we need to identify our original values and priorities for matching up with the relationship. Then we need to identify our values and priorities within the relationship in the present moment. Does our original reason for being there match up with why we are there now? We need to evaluate and update our reason for being in that relationship.

**Evaluate the trigger:** Second, we need to uncover why the actions of the other person are affecting us so

much. We need to dig deep and identify the root of our discomfort. The other person's actions could be triggering an unmet expectation or painful memory. What needs to be healed in us through this experience?

**Evaluate their actions:** Third, we need to evaluate the other person's actions. Is he or she treating us poorly? Is this affecting our confidence and ability to grow? How does this affect the steps we would like to take to move forward in our lives? The responses to these questions help us see whether the situation is helping or hindering our growth.

**Evaluate options:** After completing these steps, we should have a good idea of the big picture. At this time, we ask, "What is the next best option for growth?" This

will help us untangle emotionally so that we can make a clear decision about our next steps.

**Make a move:** We are not victims of our circumstances but victims of our perspective on the situation. Regain your power! This process helps us mindfully inspect various aspects of the situation. Empowered by our own information, we can make the changes necessary to come into alignment with a vision of our next best steps.

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

## Request the Guidance of Love and Light

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

**Mahatma Gandhi:** Beloved children of God, I can feel your great desire and motivation to change the world for greater social justice and equality. You are peacefully gathering and protesting for a better quality of life and for assurances in law and by people in power to address and honor this. You can no longer sit back and allow the corruption and evil to grow and prosper.

Each of you choosing to be committed to the highest good for all humanity will be able to transform your structures and society together. Allow your creative juices to flow and lead you where you need to go, where truth, honesty, and responsibility reign. Notice how good you feel being committed to this transformation and quest for well-being.

I share with you my commitment and passion to help you lead the way in your current world circumstances. Stand up in truth and justice for what you need to live and thrive. Each of you matters and is precious as a child of God. Together, you strengthen your common dream to make a world that provides justice and equality for everyone.

There is an understood, universal truth that the leader of the people is naturally committed to serving all the people, including those who are most vulnerable and in need: the alien, the stranger, and the guest. When sincere hospitality is offered, it is received like the balm in Gilead. Know how powerful you all are together. It is an incredible gift that you have been given and that

you are giving as you work on this great cause. Nothing in life is as important to address and achieve as quality of life for all in freedom and democracy within the law.

As I led the Indian people who were passionately dedicated to our cause for freedom, I felt and experienced our magnificent, united commitment. I knew in my heart and soul that it was our work together that brought us success. I could not have accomplished anything alone. It was only through our deep struggle together that we were able to impede and paralyze the abusive power of the British Empire. One step at a time, in unison, led us to bring about transformational change that could not be stopped. We knew how important it was to be peaceful in our protest against racism and discrimination.

You do not want to tolerate any of your rights and freedoms being taken away through the efforts of the rising tide of totalitarianism and nationalism so rampantly reemerging in the world. Watch how these questionable leaders subtly and cleverly want to increase their power and shake up the balance of power in their governments. You must stop them abruptly in their tracks as they plan to test the checks and balances on them within the structures of the law. Remember, they have experienced emotional trauma and abuse in their young lives, which have caused them to become abusers and to crave absolute power.



Remember how important it is in your democracy to vote during your elections. This is your greatest power within your laws. You have equal power under the law with others. Exercise your equal power earnestly and constantly. It is your right. I encourage you to be who you are and take your rightful and powerful place in the world within your democracy.

### Cosmic Communion

**Mother of Light:** Beloved children of light, I see that you are striving to create the best life and circumstances in the world not only for yourself but also for others. You realize and recognize the importance of helping others and nourishing community. You cannot live solely for yourself in isolation and egotism.

When you lose sight of the other, you lose sight of yourself. There is no separation between you. You are part of the same vibrating substance. You come from the stars and the same cosmic forces. When you look into the eyes of the other, you see yourself mirrored back to you.

Seeing yourself in the other reminds you that you are essentially and cosmically one. Within your own DNA structure, you carry the seed of the vast universal cosmic dust. There are many of you coming in contact with each other to understand what you are being called to do. You notice immediately when you enter a space that you are drawn to certain people. You want to get to know them and interact with them. Silently, quietly, yet with great power and resourcefulness, you communicate volumes that resonate with each other, finding one another again.

As you spend time together getting to know one another and working with each other, you realize that you connect in so many beautiful and thoughtful ways. It is as though you can open to and trust this beautiful person you are engaging with in deep communion and conversation, because it just “feels right.”

Living from this sense of deep knowing, you come to understand yourself and your place in the universe in a most powerful way. You are learning more and more to trust your instincts and live from this abundant, knowing place. There is remarkable ease and grace that comes from this trust and this living.

Understand that doing this makes the strongest sense. You are becoming deeply attuned to the cosmic forces and to the way Mother Earth naturally interacts and communicates with her children. You are part of this blessed phenomenon of living from the depths of your intuitive understanding and knowing. You know what is right and wrong for you, and you live according to this ancient knowledge. You carry your common East African mother within you. Your cosmic and human DNA lineages can carry you and support you wherever you need to go.

Ancestral knowledge and memories fill you and inform you as you surrender to love and light through eternal knowing. You collapse into and are embraced by those who have supported, loved, and challenged you across time and space. When needed on your journey, you can grow in touch with past lives and current DNA lineages to propel and transform you perfectly for your full potential to be realized.

Ask for what you need each moment you are present in your life journey. I walk with you holding your hand, fully prepared to help you in your ongoing quest.

### Attune to Sacred Protection

**Shockara Starbeings:** Beloved Earth beings, there is a great transformational force rushing through the universe that will bring together all the positive, healing energies and alien beings so that love and light can gain and hold traction against the competing, detrimental forces that want to take away the unity and support of all being.

Holy beings filled with increasing and growing light will infiltrate the darkness that has wanted to overwhelm the world and cosmos. Dedicated to the highest frequencies and good, they will lift up those who have fallen away and been taken over by the awful, diabolical beings who want to separate and destroy. This vast cleanup of energy, which has been devastating, is necessary so that those who were left behind and choosing evil can come of their own free will back into light and love. There is always redemption and cultivation of new and sacred life.

Large, swooping beings of divine presence and light are gathering their tremendous healing forces to replenish what has been taken away and discarded as wounded and dead. All those who have suffered will be taken into the womb of the sacred mother to be reborn like the rising phoenix. The heavens will open in beautiful colors and constellations, which will absorb the wickedness and bring about the full positive reconfiguration of the universe. The presence of all being will reconstruct the entire foundation of being. The time is now.

Too many disruptive forces have gotten under the skin of divine creation and caused the wounds to fester and weep. Seeking the truth of the light, these horrendous energies have attempted to devour the sacred energy of those who are committed to love and ongoing positive change. They have disguised themselves as lightbeings in order to move into the deep, sacred places where they choose to wreak havoc. You are experiencing them as trickster and liar energies, turning their evil acts and expressions into “truth” that is distorted and compromised and that attacks actual truth.

Heartache and hostility abound as they push their limits to paralyze and cripple those who are serving the

highest good of the divine. Only your constant attunement to the sacred energy will see you through and protect you fully. Once you commit to your calling and devotion to the spiritual life and service work, you will carry and live the wisdom and joy of your being. As you carry and convey your divine blueprint in absolute commitment to your path with the divine energy, you will feel light and centered in your being. You will join others to effect the most positive healing change throughout the universe.

We are present with you to help you stay true to your divine being and calling. You remain safe and embraced by the love and power of the Divine. As long as you choose the sacred path to well-being and deliverance, you will be able to manifest your destiny and dreams. Open to your full power, and joy through the divine.

### Attune to Mother Earth

**Grandfather Shaman of Mesa Verde:** Beloved children of the Creator, I see Mother Earth rising up and reaching to you as you dedicate your lives and service to her highest good and well-being. You can bring her strength and nourishment so that she can go on in an abundant way, healing. What a joy to experience your devotion and care for her!

You carry great peace in your heart and can extend it to Mother Earth. She needs your help right now as she struggles under the pressures of diabolical forces wanting to take from her and not give her anything substantial and positive to help her transform and heal.

There are energies and people who do not realize that Mother Earth gives fully to her children from her heart and soul. She nourishes all of them and provides perfectly what is needed for their well-being and growth.

There is nothing in her heart that would hurt them in any way. Mother Earth provides so much in love, beauty, and abundance that she radiates and is filled with divine light and being. She gives all that she is capable of giving to make sure that all is well and remains well within Her love and embrace. Do everything within your loving and caring capacity to serve and replenish her.

In the quiet stillness of your being, you can sense Mother Earth coming to you, providing you exactly what you need in the moment. She is naturally fully attuned to you because you are part of her and of creation. You are attuned to Mother Earth in the most loving and joyful way. You help each other in this way.

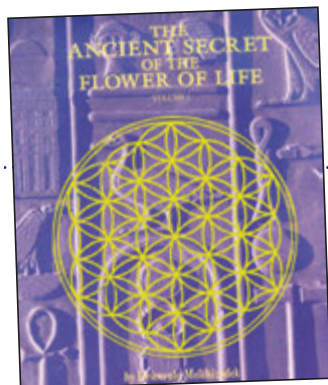
Jaguar will guide you through the challenging darkness to bring forth the light of abundance and healing. She will be at your side, allowing you to see and understand esoteric knowledge with which you can serve others. Bear will telepathically speak to you from her warm cave with her growing cubs, who were born in the harsh, cold winter. She will encourage you (through her example) to take care of yourself and the people you nourish and serve. Antelope, searching for ways to keep herself safe and well in her endless seasonal migrations for food and water, anticipates helping you to adapt and grow in your challenging circumstances.

You are within the sacred embrace of the Creator, who wants you to survive and thrive in your potential joy. Everything you need will be provided to you as you ask the divine energy. Nothing will be held back from you when it is yours to have and behold. You are a vast shining light, which can effect healing, positive change on Mother Earth.

Know in your heart that you can bring forth sacred energy through your work as an instrument of the

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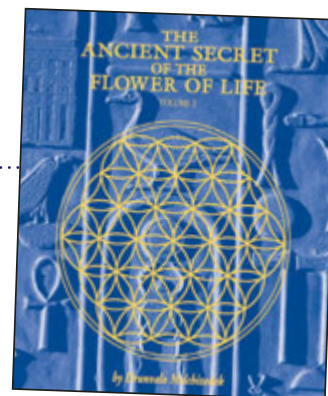
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BY **Drunvalo Melchizedek**

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Divine. Each of you coming together in your full power with the Creator will effect beautiful, defining transformation on Mother Earth, which will help many people. You may not know in the moment how you have touched someone decisively and deeply, but you will feel at the core of your being that you have offered something from the Divine that catapults that person to the greatest heights of understanding.

As you connect with Mother Earth in this powerful

and substantial way, I am present to assist you in your vibrant journey.

**Blue Turtle**, M.Div., M. Ed., has served the metaphysical community as an intuitive counselor and teacher for thirty years. He comes from an intuitive, maternal, Iberian-Serbian-Croatian lineage with his paternal line as founding Ashkenazi-Levite, caring for the female presence of God — the Shekinah — in the temple in Jerusalem. Blue Turtle shares a direct ancestor with Tutankhamen and Ramesses II, Pharaoh of the Exodus. You can contact him at [mbarnett@tradenet.net](mailto:mbarnett@tradenet.net) or 215-256-8481.

# Blessings and Harmony

## The Angels of Light through Thelma Bodnar

Peace to all beings. Joy to all beings. Mercy to all beings. What a great way to honor your life and the lives of others. Few words, so much power. Often we choose words that cause us to spiral out of control, away from our grace and true self. Walking our way through the labyrinth of life can be overwhelming, but choosing words that uplift us and others can be a calming reminder of our perfect place in the now.

### Carry the Light

Beloveds, you have been chosen to carry the torch through highs and lows. It may seem tiring at times, but you have found yourselves persevering in even the direst conditions. The elements of change have driven you forward even when you felt you could no longer put one foot in front of the other. The generosity of your holiday season may seem a thing of the past, but we are here to tell you that it will continue. There will be a freshness and exhilaration in all you do, even the seemingly mundane tasks. All will appear easier and less stressful. You will notice an acceptance of flow and give honor to your newfound exuberance in moving through your daily experiences.

The beauty around you is being refreshed by new eyes as your world shows new colors. Though it is still winter, the colors will seem more vibrant as your flow echoes the calling of your heart for appreciation and gratitude for all that is given to you. Your blessings are immeasurable, and your peace of heart is reflected in each day, each act of kindness, and each memory you recall. The past is melting away. For some of you, that is an even greater blessing. Forging ahead into each new day will fill the now vacant spaces of the past and its hold on you.

Merging with the colors of your new world will be the precious music of your soul song. It is getting louder and louder if you quiet your mind and listen with your heart. Amazing graces are flooding your atmosphere

incessantly so that you may finally hear the callings of your heart. Recall your favorite songs and how they call to your heart. Imagine your heart overflowing with the blessed expressions of those love callings.

Harmony exists in all forms of life, be they vegetable, mineral, organic, non-organic, cellular, mental, physical, in the universe, in the star systems, in a pinecone, or in flower petals. Life is fully integrated in harmony. You may disagree, depending on your life at the moment. Your natural state is to be in harmony at all times. Although this is not always possible to achieve, you are always trying consciously or unconsciously to get back to that state of harmony.

Already finding yourself in a new year, a new decade, and a new state of flow, you may see your life as getting easier as you meditate on your life plan, your abundance, your gratitude for a full and meaningful life, and the blessings of loved ones all around.

What is not heaven on Earth can now fall away and be replaced with joy, peace, and love. We are always in harmony with you, as we honor your dedication to the acceptance of the new ways. You have so much to look forward to and so many changes await your arrival into the unexpected miracles of each new day.

May your light shine brighter and your path be clear. May the angels hold you safely and lovingly into this New Earth. We are the Angels of Light, and we love you. So be it. So it is.

**Thelma Bodnar** became interested in metaphysics in 2009 after the death of her husband. She found the answers to many life questions and life dilemmas through her studies by letting go of past beliefs and forming new ones. Thelma began channeling Spirit and found herself communicating with those who had passed. Thelma is a Healing Touch practitioner and Reiki healer. You can reach her at [thelmabodnar@gmail.com](mailto:thelmabodnar@gmail.com)



# Willful Intentions for Accessing the Fifth Dimension

Artemis through Kenneth Busby



Greetings to you, dearest souls. All manifestation and incarnation into the three-dimensional space-time regarded as life on planet Earth is but the byproduct of willful, conscious intent. Intent, when coupled with true will, is the catalysts of all manifestation — in your world and in the worlds beyond.

We come forth to speak to you now regarding what is sure to be a most productive paradigm shift within your own evolution — the dawning of a brand-new year within your linear calendar time. Though we do not regard time as you do, it is essential that we speak to you concerning what will be a truly remarkable time ahead as you enter the beginning months of 2020.

## Harness Desire

You have heard us, on many prior occasions, speak to you concerning the art of harnessing desire to manifest and bring about your authentic divine will. There is even more to be said, especially concerning your ability to bring about all that you desire. You have been given many promises from our world and have been inspired on many occasions to put into practice the magical and most otherworldly power of your desire — manifesting and creating, then creating and manifesting all over again, your reality.

Of your dreams and desires, we say that we could not be any prouder of you. We look on in eager anticipation of your work, knowing full well that you have every right to have all that you desire. Yet, we hear you ask, “When will there be more?” “When will full manifestation come?”

## Will versus Want

Some among you have lost heart, forgetting, it seems, that for the dream state to fully manifest, there must also be the coupling with what we have termed true will. There are some among you who desire yet never manifest because you never truly “will.” The only impediment keeping you from having all that you desire is your inability to differentiate what you want from what you truly will. It must be said that there is a very real, distinguishable difference, and the outcomes differ greatly.

What if we suggest that you have forgotten what you truly will, choosing instead to settle for what you believe you want? Would you find such a claim conflicting or confusing? You should not, for want is a fleeting, temporal desire and will is the inescapable inner drive toward the dream fully realized.

There are many among you, even now in your midst, who claim to want communion with our world yet never will it enough to put into practice the steps needed for implementation. As a result, they never truly manifest their full, creative power. There is much to be said regarding the power of implementation. There is much to be said regarding what we have long since termed the great law — the law of creation. Allow us to share with you this theme in greater practicality so that it will be fully recognized.

You want a greater, brighter future filled with more abundance, but do you will it enough to implement your dreams and your goals into the tapestry of three-dimensional space-time? If not, then there exists only a dream and no tangible reality. Do you will your future enough to actually practice your dream? Do you will it enough to follow your inspired leading regardless of those around you? Do you will it enough to begin your own successful business or a new relationship — or to end the bad ones? If not, then you do not truly will; you merely claim to want.

## The Fifth Dimension

The fifth dimension is the reality through which true will and willful intent are most recognized. Suffice it to say, there is a reason you continue to have the dreams and desires you have. Your dreams remain as reminders from the Source, of the need to recognize your true will. Do not confuse what you simply want in passing moments of time for what you truly will. It is want that inspires you in the moment; however, it is will that drives you from within, serving as the catalyst for inspired action.

We lovingly remind you as your new year dawns upon planet Earth, to be cognizant of your divine will. It has been said to you before: Do what thou wilt shall be

the whole of the Law [Thelema philosophy]. Yet this has been widely misunderstood. “Do what thou wilt” does not simply mean “do what you want.” What you want today may not be what you want tomorrow. Provide yourself flexibility when creating your intended outcomes, remembering that what can be created can always be re-created — again and again.

### Love Is the Law

The great teaching goes on to say, love is the law. Of this, we say it is expedient that you love the life you live.


This is accomplished by creating and then re-creating life — a life that feels good.

Do you desire to feel good? Recognize the totality and supremacy of your own will and god-like nature, and do not confuse your will with temporal, fleeting, passing wants.


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

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# Sound Healing CDs from Tom Kenyon



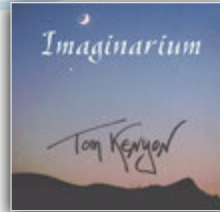
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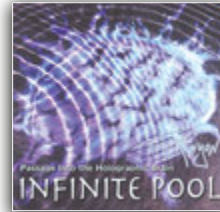
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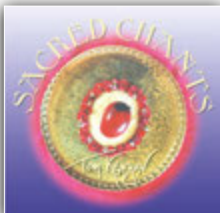
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**Tom Kenyon** is known as a sound healer. As the founder of the Acoustic Brain Research Institute, he is concerned with the science of sound effects and music on human consciousness. Blessed with a voice that covers more than four octaves, he is able to create healing songs, chants, mantras, and more. What you hear is much more than sound. It is a spiritual vibration, an energetic sensation and perception. Treat yourself to an unprecedented energy experience with Tom Kenyon.

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# Keep the Divine Spark Glowing

Jeshua ben Joseph (Jesus) through Judith Coates



Many come to you for healing of the body and psyche that goes down very deep within the mind, even to the soul level, to come forth and acknowledge that which you Are, they Are, I Am, and to acknowledge the divine spark that truly ignites everything you do, everything you think, and everything you say. You are the divine spark of love coming forth in this day and time into a world that sorely needs it. You see this every day as ones come to have discourse with you. You can see they are making the best of things. Yet part of them hurts, a part of them that wants friendship. They come to talk, perhaps, about mundane things, things that have to be taken care of in the world. But what they ask for is your love, acceptance, and understanding of Who they are.

When you look to them eye to eye and smile, it allows the light that they are to be reignited and felt by them. Now, in truth, the light is always there. There are many times when ones go with the sunshades on the eyes and do not see their own light. They feel everything is dark, and they hope you will not see them as they see themselves. They hope you see them as they want to project themselves to be.

You, being good servants of the one Holy Self, see them as holy. You see them as the light. You say something playful and loving, and it uplifts them in that moment. Perhaps you crack a joke with them and bring forth some humor that allows the Light to come in.

As you have seen, the brothers and sisters take themselves quite heavily from time to time. What they truly ask for is, “Please see my light. Please reflect it back to me so that I know I am lighter than what I feel, lighter than what the world image is of me.”

This is what you do because you greet ones with a smile. You do not know the baggage they carry. You can only judge by how you feel and how you know human life to be. In truth, all you meet carry what they would acknowledge to be the heavy knapsack of past lives on their backs from their transgressions — times when they have not done what they were told would bring them happiness or to the place of Christhood.

## Remember the Contract to Look for the Light

They think that is a very lofty ideal and a very lofty term — their Christhood — and it is who they are as

they walk around doing the everyday things, such as what you do every day, allowing the Christ to express in human life. You have said that you would take upon

yourself the form and have discourse with ones on a certain level that seems to be human. At the same time, you have said — you signed a form before this lifetime — “I will look for the light in each one.”

Sometimes you remember you signed that form and sometimes not, and you get sucked into seriousness where you walk as the human, forgetting the divinity of yourself and others. But then, master that you are, something will come right in front of you and make you stop for a moment and acknowledge, “I am more than what I have thought myself to be, and the one who stands before me is reminding me of my Christhood because I see theirs.”

You come alive in that moment. You come alive in love. You come alive because there is the divine spark within you that will always be within you and as you. So even when the mind gets very busy — and I see that it does from time to time — the Christ light of you brilliantly shines.

Now, I know that is hard to believe sometimes when you are looking at the bills to be paid or all the appointments meant to be kept or all the things on your to-do list. I know that can be quite long and heavy from time to time with all the things you have said you will do: “How do I fit them into twenty-four hours and allow the body to rest for a while as well?” Some of you drag the body around from time to time, hoping for a quiet spell when you can just breathe.

You make time for yourself to meditate, pray, acknowledge the life force within you — whatever you want to call it. You make time even if it is just a few moments in the small room when the body calls out for the natural process.

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

# The Frequency of Home within You

The Pegasians through Ray Dawn

We greet you in the kindest way. We meet you in the heart space, and we ask you to relax there and listen to these words we speak.

The time now on planet Earth has much great change afoot. You know deep down in your bones these changes are occurring because the evolution of humankind is at hand. The visions you hold and the hows and whys that surround them are not as important as the time you take to open your heart.

## Board Your Private Spaceship

Even though your souls know what we speak of, the human intelligence that comes forth from your mind doesn't really have a clue and spends countless hours in "what if?" scenarios. This doesn't create the change you wish, but it creates the frequency you are on.

To make the great transformations needed to occur has everything to do with how your identity perceives reality. If you receive reality as bad and needing to change, well, by golly, more of that can be served to each of you! To be the great changemaker you wish to become, the occurrence of love within your being is the answer.

How else could it be? You see before you problems of the past and wonder how great changes can occur. There is much resistance in the minds and hearts of the old; and with all the atrocities of humanity, many ask, "What is the point?"

The evolution of humankind is the task at hand. Get on board your private spaceship to become your whole being by allowing your mind identity to drop into your greater self. The task at hand is to become one again with the symphonies and harmonies of the universe. If each of you creates your own harmonic and that harmonic is out of sync with others in every way, how can cellular cohesion happen? How can you release identity and come home to the Eden within each of you?

Come into the frequency of your heart, for it burns with the eyes of love. As human beings, you are as afraid of love as you are of death. They are one and the same, and most would likely wish to avoid both. But what of the others of you who want to live? What about you who want to make a difference and fulfill your calling to be here at this time on planet Earth? We ask you who



hear this and wish so to allow your frequency of Home within to be your overlighting focus.

This, dear one, takes souls and cells working again in unity. That does not mean always being in agreement or having one leader who homogenizes all ways of being and seeing reality.

Most of you want someone, like your mother when you were younger, to do it for you. Each of you is here to awaken again to your soul's calling — your soul's gift and passion — into this beautiful form you abide in.

## All Is Going According to Plan

If you would stop trying to create your reality outside of you by force, manipulation, and fear, this all could be much easier. All your creations are a great lesson and the spice of life. As we near 2020, the times are quickening, and the realities will merge, change, and multiply exponentially with rapid rates of manifestations.

So, again, we take you back to the basic self, the whole cell that is you. It is your overlighting frequency and the frequency of the heart — and we mean the true heart, which is a balance of fierce grace, not manipulation, but the trust and willingness to do what must be done, as well as the discipline to take back your power and focus on your energy field. As you do, the multiples of that Eden frequency can return to your hearts and spread like wildfire, consuming your pain, fear, old stories, and challenges from the outdated human paradigm.

Remember the old — the nostalgia of the old ways of love — but do not let your longing fester. Be willing to tread new territory within your being. The ways of love will lift this system into a means of creation that is not new but natural to all that is. The current harmonics of all creation have been forgotten, which was also part of the plan. In forgetting, you forged a new pathway and creation of a humanoid that is a sturdy species that all beings (souls) can enjoy, create, live, learn, and love in this reality and others.

Remember that all is going according to a great plan — wheels within wheels, circles within circles, and lights within lights. To understand the secrets

of the universe, the tool of the mind and its identity will not take you there. Nor will it last once it opens to greatness, because it is a tool to serve you here on planet Earth to witness and work with all other parts of your being.

The true self and super consciousness of all creation is in each cell in you. A hologram in the tiniest particles of your breath, you cannot escape consciousness; but you can block it with filters of mind identity, old stories, fears, and concepts. To move forward in this great Oz, look no further than within. You are perfect and coded for your own blossoming.

The key is to let go into your presence, your is-ness or awareness, and come into no mind, which we call one mind, mind of all, or the palace of the heart. That is your frequency of Home, and we all meet you there in that sacred center. The center of not knowing — the place of forgiveness that has no competition, to know the truth and witness the joy for the Creator and smirk at it all behind the twinkling eye.

### Remember Your Calling

Remember that you have all that you need within you. Call it forth into your time now.

Open your heart to your sacred truth, the truth of all that life is. Loving and living is your freedom — but what eyes do you see with? Come Home. Come back! You have been gone too long. Remember your sacred

# Create the World You Truly Want

Ascended Masters through Monica Dumont

**Monica:** Hi, everyone. I did not have anything specific in mind when I asked the Ascended Masters to speak this time. I just asked them whether they had a message they wished to impart to readers. This message is very beautiful and speaks for itself. If I put it in terms of my experience, I would say many of us don't realize just how much control we have over the way our lives are shaped. We think we are victims of circumstances beyond our control.

More often than not, the masters, angels, and other beings of light that work with me during spiritual healings tell me we can reshape our physical bodies and improve our circumstances by changing the way we interact with the world around us. We can do this by shifting our thought patterns and allowing ourselves to

purpose and know that no one can see it with the eyes of the fearful, comparing mind.

Come Home again, and remember your worth. Do not be hoodwinked by the ranting of the old. Look forward at the rainbow, and remember your calling. The calling of the sacred hoop and sacred ways. The way of the heart. Each step Home is with purpose. Step into your own well-being, your now moment, and utter joy in being you and one with all.

We greet you in the kindest of ways. We greet you in joy. In joyful ways, we play with you. We greet you in sorrow. In sorrowful ways, we forgive you. We greet you in love. In loving ways, we are you. We are one.

Thank you for your service to the One and to the One within you. Continue to strive in self-love, self-forgiveness, and harmony with self. That is all that must be done. As you do, you create the correct ecosystem — the flower of life, not death. Oneness and joy can return, but only through the frequency of each of your hearts. We meet you there.

With love from your friends, the Pegasians of the Pegasus star system.

*Ray Dawn is a channel and visionary healer. She has studied psychology, self-awareness, world religions, and integrative energy therapy. In working with the masters, angelic beings, spirit guides, ET friends, and family who have passed over, she has come to realize that we all have an amazing support system to help us unfold all possibilities for wholeness. To learn more, go to [RayDawn.com](http://RayDawn.com).*



have the appropriate emotions to create the world we truly want to live in. I invite you to read the following words and allow them to help you shift into your true power as the loving masters of creation you truly are.

### Love Equals Creation

**Ascended Masters:** Space — the space between you and everyone else, the space between you and us and All That Is — is filled with particles you can tap into to create all realities at all levels in all dimensions and in all creation.

The particles are composed of one main ingredient: the frequency of love. Without this main ingredient, the

particles would not react the same way, and it would be impossible to create from this perspective.

When you realize the space between you and all is not empty and that it's a place for obtaining the qualities of something you want to create or bring into your life, you begin to see it differently. You connect to it in a conscious way, in a loving way, to assist you in obtaining and creating lovingly into your reality: loving creations, abundant creations, loving people, and loving situations all around you.

## See the Oneness of All Things

Lady Portia and Count St. Germain through Star Hinman

We wish to speak to you on the subject of evolving beyond the present duality, in which people become so easily divided into opposing camps who absolutely despise each other. We see this especially within your political arena as both political parties proclaim they are correct in their beliefs and assertions and demonize “the other.” Our message to you today is to be aware of this dynamic, and simply choose not to participate.

Do not allow your attention to be captured by all the negativity that is constantly being broadcast over the airways, as this is extremely destructive within human consciousness. That is why we are warning against participating in what you are witnessing as the divisions deepen in your political arena. It is so important that lightworkers do not fall victim to this level of consciousness and descend to this level of polarization. You are all well beyond this level in your consciousness and knowledge.

When you make this choice, you avoid the fragmentation and polarization of your consciousness and all the consequent damage to you that is brought about by taking sides in what you view as “positive” and “negative” opposing views. Bless all these people when you think of them, and be sure to keep your consciousness in a higher frequency to avoid the destructive nature of such negativity.

Let this lesson be learned throughout your being, and allow it to seep into your hearts. Remember not to allow your consciousness to be polarized into beliefs in good and evil or right or wrong. This type of judgment fragments the consciousness, and the attendant negative emotions produced can destroy the wholeness of who you are. A house that is divided cannot stand, and this applies to the well-being of the physical body. In addition, this reduces your ability to be a force for good and healing.

Love equals creation. What a difference it makes when you become aware of how you do this and how you can shift your reality to suit you better in a loving way. Creation is an art, and you are the artist.

***Monica Dumont** is a divine transmitter, healer, regression therapist, and award-winning author. As part of the soul lineage of the Elohim Orion, she works with the Ascended Masters, archangels, and other divine beings to assist in the ascension and healing of humanity and Earth. Monica works with people from around the world on a one-on-one basis as well as with groups. For more information, go to [MonicaDumont.com](http://MonicaDumont.com).*



Intend to see the oneness of all things, and focus on this. Remember these words so that your consciousness may be whole in light and truth. By avoiding judgment and polarization, you strengthen your consciousness in the sense of oneness, love, and light.

This is going to be very tempting. And it is going to do great damage to many people, because, as has been mentioned, this type of thing does not affect only one; it affects all. It is a contagion that can spread and affect all members of the society except for those who are consciously holding the light.

This path into division and separation, unfortunately, has not run its course. And it is going to get considerably worse before it comes back together. And that is why we wish we could deliver this message more broadly to the population.

Realize the significance of the process of polarization and what it accomplishes by destabilizing and damaging the fabric of your society — not to mention its effects within human consciousness. When you are not one in consciousness, you are a house divided, which is greatly weakened and gradually falls into decay and dismemberment. It eventually devolves into the ashes of a lost civilization. Now, I am not saying it is going to go that far in your civilization, but it has happened many times on Earth — in Roman times and many others. So I bring this caution to those who listen to my words.

When you see exaggerated states of emotionality, there is a great temptation for humans to take part in one of these camps, deciding who you think is right and who you believe is wrong. That is one of your strong points when it is used in a positive way, but we need to bring caution here because you are coming into such a

time of extreme polarization. This will continue for quite some time following your elections, and you are really going to be tested in your ability to hold your center and to avoid participating in this.

I am advising my students to be well-prepared for this and to be wise. Hold a position of wisdom, which is to stay well above the fray. Stay well within your center of peace and wisdom and what you know about running your own system, free of all of this debris — which is now and will continue to be — circulating.

### Be Well Prepared

There is another important point to mention: Work to put some protection around yourselves against this type of rampant negativity, because few people have protections that are adequate at the current time. You need to begin to practice now so that you are not affected by whatever negativity you experience; put your firewalls up to protect yourselves against things like this. Count St. Germain is very adamant that this message must be delivered in human words to human ears so that you can begin to build your firewalls and bulwarks, whatever you wish to call these levels of protection, that you need around you.

Every time you turn on your television, you will be susceptible to taking in this very heavy negativity if you are not aware of it. There are many who will fall victim to this type of thing and be none the better for it. This is a serious situation on Earth because it is so destructive in the lives of many people, and they do not realize what is happening within them.

They will not realize the deleterious effects of this negativity coming from the deepest levels of the human psyche. This is the debris being brought to the surface so that it can be removed by being blazed into the violet, transmuting flame.

The ascended realms recognize this war in consciousness. We warn humanity whenever we have the chance about this type of thing. It is very hard to get the attention of human beings on a subject such as this, because you are creatures of emotion. You are drawn to emotion — emotional events, emotional outbursts, and all emotionality, truly.

You are in the beginning stages of what is coming. I cannot discuss this now, because we are not permitted to give too much information about what is getting ready to happen, but I wish to warn you to stay out of this. It is going to become quite intense and very destructive to many people who do not have the knowledge about this process and understand the effects that it can engender within the human form, including the very physical parts of who you are and how you manifest into physical reality.

Many very sensitive, evolved, and advanced beings believe that they can live in a state of peace and harmony. They tend to live in a fairyland of beliefs in energy though

they are here on Earth, which has not yet ascended. It works for them sometimes, but sometimes it does not. In what is coming for all of you, it will not work.

Living in a fairyland of peace, grace, and goodness is not going to be sufficient for the coming year, dearest ones. So please heed my words. This is not idle gossip; you can take this to the bank, because this is going to happen. It is going to become much more intense, and you need to develop your strategies and your methods of dealing with this so that it does not become destructive and disastrous for your consciousness and especially your physical body.

I am here, as usual, to enjoy these moments with you. As always, it is my distinct honor and joy to be here with you and be able to partake in the earthly energies, even for this brief amount of time. It is a great joy to do this with you. You have my love, blessings, and whatever wisdom I might bring. Be at peace, dearest ones, and hold the center point within you.

*Star Hinman is the spiritual messenger for Lady Portia & The Ascended Masters. She has channeled numerous published articles and books, including The Lessons of Ascension. She offers in-person classes, energy events, seminars, spiritual mentoring, and private sessions and is the founder of The Clearinghouse, an Arizona organization dedicated to raising consciousness. For more information, go to her website, StarBird1.net, or contact her at info@starbird1.net or PO Box 68704, Tucson, AZ 85737.*

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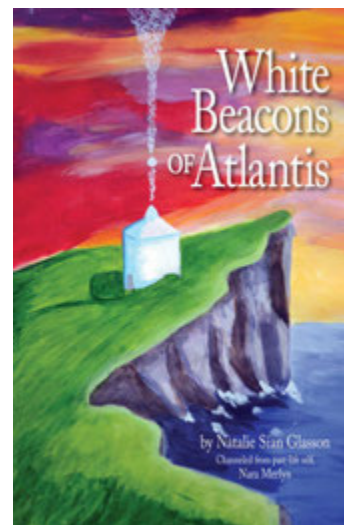
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# Expand Your Heart Consciousness

Great Spirit Collective through Jo Hutchinson



We are at a great turning point for humanity and Earth. The marker of 2012 has come and gone, and the predictions of the world ending did not occur in the way you expected. Rather, it was about a type of consciousness changing — from the mind to the heart, from competition to cooperation, and from violence to peace. This journey over the past seven years has enabled more people to grow and awaken — to be able to hold more light on Earth to create the container/temple/energetic blueprint for more of humanity to change and evolve.

The consumption of resources of your great Earth and the relationship with life itself is fragile. Now more than ever, people from all over the world are at the forefront of what is happening on a global scale. What was once hidden cannot be hidden anymore. More truths are being revealed, igniting the catalyst for worldwide “humanic” change.

What you once held to be true can be smashed into a million pieces in a second. It will make you question and doubt yourselves, as you see your naivety to be plainly obvious in broad daylight. But remember, dear ones, everything is as it needed to be in order to create the change. A flower opens when it is ready, and it is the same with you. Many of you have been learning to master the difference between emotions and feelings. You can move from being in a crippling emotional state to shifting into a feeling state, driven from your heart to create calm, be centered, and embrace knowing.

Similarly, nature holds the consciousness of adaptability and interprets the energetic cycles ahead of time to prepare for change. It is re-creating itself endlessly. Dormant talents and skills will come to the forefront of your consciousness and propel you forward as you re-create yourselves. Flow with the cycles and changes. Do not hold anything tightly. Rather, trust in the unfolding led by your soul and spirit.

## The Way Forward

The heart is the new navigational tool. Attuning your energy to perceive and use all your senses will enable you to know the truth, know what to do, and allow you to be able to trust in yourselves, first and foremost. As you already know and have experienced, anything can

be manipulated to create a certain “story” with hidden agendas, so fine-tuning and investing in your ability to be able to discern the truth will reward you richly.

You are awakening to your abilities as powerful co-creators — moving from using the mind to recognizing the unlimited power of the heart to create energetic resonance and sustenance. This power is amplified as you connect with the hearts of others. Everything serves the whole, and part of being heart-centred is to awaken the depths of your compassion for yourself and others.

There is an energetic balancing of the polarities of Earth herself to create a new equilibrium. The shift of the magnetic fields is well reported by your scientists and fulfills a greater realignment within the universe as all is growing, evolving, and unfolding.

Like a great mother watching her children grow, the divinely inspired human being has faith in the unseen and the invisible threads that connect us all and trusts in the enlightenment of an individual and the collective. She can sit in peace, holding the greater vision through her knowingness of the cycle of creation, witnessing the birthing pains and ultimate growth and seeing the new potentials awakened and realized.

To move beyond fear and insecurity, anchor in your heart. We urge you to go within regularly to expand your heart consciousness. Here you will find peace and clarity. Here you will receive insight. Here you can pause as if sipping a cup of tea while you synthesize the energetics at play and honor your need for self-care.

We suggest two words to embody — “calm” and “care” — for clarity or 20/20 vision. Nature teaches you that it is calm in the eye of the storm, and this is why we encourage you to master being calm and holding your center (equilibrium) in the eye of any storm that presents. Take care of yourself first so that you are then able to care for others. “Care” is a broad term, for it refers to the care of self and each other — for Earth and all life.

You each have a sacred mission. Apply yourself to taking “care” of that which is fueled by the passion of

your heart; for example, your great love. Here again, we reaffirm the importance of your heart leading the way and the need to go within and attune to the hearts' consciousness regularly.

Twenty twenty is the year to shine. It is the year of perfected vision to see the truth. So much has been cleared, released, and re-imagined. The gift is the unknown, and it requires you to trust in yourself and your heart as never before. Now is the time for you to launch forward using your heart as the prime navigation tool

into untapped potentials and exciting possibilities, which are fed by your inner joy to cocreate a world where all people prosper.

***Joanne (Jo) Hutchinson** lives on the beautiful Waiheke Island in New Zealand. She holds an MBA and is a Reiki Master and the founder of Great Spirit NZ. Her work empowers women leaders to rise to new potentials, facilitates teams that work, and transforms the energetics of people and place. She has a deep connection with the Earth and nature, loves ancient sites, and has led tours to Egypt, South America, and Waiheke Island. To learn more about Jo, visit [GreatSpirit.co.nz](http://GreatSpirit.co.nz) or contact her at [jo@greatspirit.co.nz](mailto:jo@greatspirit.co.nz).*

# Create the New Earth with Love

## The Supreme Creator Goddess through Luanne

The Goddess is in the house — all houses everywhere, whole and complete, at full power. The year 2020 is magical; it is all you have dreamed of and more. You choose the life you live, the way you live it, and the time and place you live in. It is decreed that all of you create the lives of your dreams.

You are the creator and liver of the dream. What you choose is important to all for it must benefit all. You can have anything you desire, as long as it doesn't infringe on another's creation. Together, you can create worlds of love and joy, but not hate and slavery. All is fair on the New Earth, as long as all are considered in the plan. You can plan to own a castle, as long as others are welcome and can do the work they enjoy and feel a sense of accomplishment. Do you feel a sense of accomplishment at your job?

All of you will rise to greet the day with joy in your hearts. Utopia describes an ideal place, a paradise. How does utopia fit in your world? Look around you. How can you create utopia right where you are with what you have? Utopia is a mind/heart-set, a concept of living a life in love and joy. How can you change your life and live in utopia? Most will say, "With lots and lots of money." I say, "With an attitude adjustment."

Think only positive thoughts — of joy, of love. Begin each day with wonder and love. Think what joy and love you can send into the world. Many have tried money, but that is why you are now swimming in greed, working harder and harder for more and more. Does this add to joy and love? Those with the most money live in fear of losing it. Do you want to live in fear, or do you want to live in joy and love? Joy and love create a heartfelt life, while money is just money. Abundance is living from

the heart and creating from the heart.



### Join the Goddess

Imagine a life of love and joy right where you are, at this moment. Feel it spread from your heart to every part of your body. It flies so far, it covers the Earth in love beads for all to feel, pick up, and bring home to create their own homes of love and joy. This is the Goddess in the house. She fills every being and every house on Earth with love. Feel her, taste her, and rest in her cloud of love. See her surround every creation, from the smallest atom to the greatest skyscraper. See her light a fire in all the darkness and burn it to ashes that then blow in the wind, never to land and damage Earth again.

Her light is so strong that all is transformed into love. Breathe in her love; feel the harmony created by her breath of light. Pay it forward. Grab hold of her love, even for a second, and pass it to another. This is all she asks: for your spark of love light to join hers and explode into love and compassion for all living beings on Earth and far out into the universe.

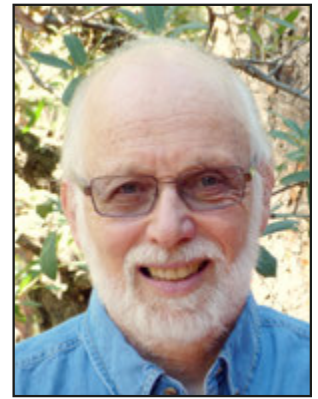
She needs you. She is counting on you. I, the Supreme Creator Goddess, am counting on you to be a great and powerful bringer of the light. Come forward now and join me in the great transformation of the Old Earth into the New Earth. This is a joint effort and cannot be done alone. I am here with you, and I love you always and in all ways. The Supreme Creator Goddess is in the house.

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Luanne

# Spiritual Symmetry and Starseed Activation

Juliano and the Arcturians through David K. Miller



Greetings, this is Juliano. We are the Arcturians! Throughout the entire universe, all physical and spiritual laws work the same — in symmetry. Physics and the laws of gravity are operational no matter where you are, including the planet you are on and the galaxy you inhabit. For example, an apple falling from a tree conforms to the laws of gravity known as Newton's laws. This is true on Earth as well as on all Earth-like planets in the Andromeda galaxy, or any other galaxy in the universe. Symmetry means that there is sameness throughout the universe.

Symmetry also exists spiritually and in different dimensions. You might think of each dimension as separate, having its own rules and regulations. This is partially true. To access the fifth dimension, you have to attain a higher level of vibration and a higher level of consciousness; you cannot enter when dominated by lower feelings such as jealousy, hatred, or contest. Nonetheless, there are complementary and symmetrical characteristics across dimensions.

The laws of spiritual attraction work on both the third and fifth dimensions: Your thoughts and the energy you emanate attract energies in alignment with you. There is, however, one significant difference: On the fifth dimension, the law of attraction is immediate. On the third, the law of attraction is slower, due to the density of the third dimension. This delay is for your own protection. The third dimension is geared toward your learning experience.

You have dense thoughts at times that are of a lower vibration. This is a normal part of being on the third dimension. Fortunately, not all of what you think of on the third dimension comes to be, and what you are attracted to does not always come to you. Things may come to you in a delayed fashion, giving you time to ponder and meditate on whether you really want them. The third dimension is like a school, preparing you to enter the fifth dimension.

Once you are on the fifth dimension, you can immediately interact with those you want to attract, hence the importance of prior training. This includes refining your thinking through meditation and experiencing denser energies so as to learn to make decisions not to attract them.

Symmetry throughout the dimensions means that the laws of attraction on the third dimension exist on the fifth dimension. There are other interesting symmetrical relationships shared by all dimensions. Your experience on the third dimension will be of great assistance when you enter the fifth dimension. You will be thankful to have gone through various trials and tribulations in attracting and rejecting energies.

## The Symmetry of Manifestation

One of the symmetrical aspects of both the third and fifth dimensions concerns higher consciousness. Higher (or expanded) consciousness includes the ability to see and experience the unity of all things, and the true nature of all reality (including holographic interactions). The work in all dimensions focuses on how consciousness manifests reality.

On the fifth dimension, what and how you think are manifested immediately. If you wanted to manifest an Arcturian temple or a special spiritual group focusing on temple work, then you would immediately have that experience and be with those like-minded starseeds. Like all committed and concerned starseeds, you are interested and involved in planetary healing and planetary balancing.

You engage in exercises, and you are working to manifest a higher consciousness and higher movement toward rebalancing Earth and bringing fifth-dimensional light to this planet. It is not manifesting as quickly as you want. I am sure you are all aware of resistances to consciousness change and of consciousness's role in manifestation.

Currently (as well as historically), there is an effort to control your consciousness. This has been seen in the twentieth century through the mass movements called Fascism and Nazism. The idea was to manipulate people through controlling their consciousnesses. There are many significant examples in history of controlling consciousness, including government use of communication tools, such as mass media. This occurs through news outlets and advertising.

Some of you may say this sounds like a conspiracy, that there's a group of people behind the scenes trying to control what you think and what you do. How do you make the distinction between reality/factual occurrence and fantasy? This issue is part of mass consciousness, as seen in the concept of fake news. This implies that the people who are trying to control your consciousness can make you doubt the reality of a thought you perceive as true. This is evident in controversies regarding climate change and environmental pollution.

Denying climate change is one of the most significant examples of consciousness control. One group says there is nothing to worry about, it is not real, and everything is normal. Another side says we are in a crisis and humankind is destroying the biosphere.

### Mass Extinction Events

Earth is experiencing mass extinction. There have been five mass extinctions, some of them well known. The most famous occurred approximately 65 million years ago when an asteroid hit what is now the Yucatán Peninsula, which caused the end of the dinosaurs. That mass extinction led to the elevation of mammals, which were then able to control the planet, and to human domination. The destruction of hundreds of species made room for the emergence of higher beings, who now control the environment. If it had not been for the asteroid hitting the planet, mammals, particularly humans, would not have been able to emerge and successfully propagate.

Each mass extinction had different characteristics. Approximately 250 million years ago, it was weather-induced, by ice. There are climate cycles that lead to extreme conditions and thus mass extinctions. There are similarities, perhaps even symmetry, between each mass extinction. They usually involve harsh environments in which living species can no longer survive. The harshness could be due to ice resulting from freezing temperatures or chemicals from volcanic ash, destroying all living plants and animals.

Nowadays, there is great resistance to awareness of the sixth mass extinction. There are many reasons for this, including greed and desire to maintain control of resources for personal gain. In our planetary work, there is a great need to change consciousness to a more realistic perception of the danger of this mass extinction. This is different from other mass extinctions, because it is being caused by one species: humans. The dinosaurs did not cause their own demise. An external force caused it, and the others were due to Earth events and changes. Humans are causing this mass extinction, and they are capable of killing the entire biosphere. This means there would be no life for millions of years or even longer.

Following the mass extinction of the dinosaurs, 10

percent of the life forms survived. In the mass extinction caused by humanity, there could be less than 10 percent. There might be only 1 percent, which means a slower recovery. You, as starseeds, want to prevent this, and you are doing your best to preserve the planet and the biosphere. How can a small group of starseeds change the consciousness of the planet, encouraging people to act differently and respond in an appropriate way to this crisis?

### Unity Consciousness through First Contact

Everyone knows that consciousness exists and that you have consciousness, yet it is extremely difficult to define. It is not a measurable phenomenon. There is no weight to consciousness; there is no tangible force that you can measure. Consciousness is the one factor that distinguishes humans from other animals. Other animals have a small degree of consciousness but not the heightened consciousness of humanity.

There are momentary events that bring the world together in consciousness. For example, 9/11 was a terrible tragedy, yet it brought a unique, very powerful unity consciousness for a short time. Unfortunately, that consciousness was not used correctly, and it led to further war and destruction instead of a unity of brotherhood and sisterhood.

One of the goals of planetary healers is to bring forth a unity of consciousness that would also manifest planetary balance and healing. Mass sports events, such as the Super Bowl or the World Soccer Cup, bring forth a unity consciousness, everyone focusing on a single event. This is not, however, being used for planetary benefit.

Finally, and most interestingly, there are charismatic leaders who seem to be able to bring forth a focus of consciousness, often described as messianic. There have been claims of a false prophet arising on Earth who will attract and unite many people. Fascism also relies on a charismatic figure able to mold the consciousness of people and then use this charisma for personal evil.

As starseeds, we hope that a mystical or charismatic event or person can arise who will unify humanity's consciousness for good. One possible event has been described as first contact with a higher dimensional being. First contact with a higher dimensional being may be used for healing Earth. Arcturian, Pleiadian, or other higher beings would make themselves known on Earth, which would immediately unify the consciousness of the world.

Several movies explore this theme. Among the most notable is *The Day the Earth Stood Still* [1951]. In this movie, a higher being comes to Earth and tries to get humans to change their ways. As a warning sign, he stops Earth's rotation, immobilizing everything for a short period of time. Interference in Earth's rotation causes

a unified consciousness. This movie does not, however, suggest how this could change humanity.

### Resistance to Change

There is a resistance to changing consciousness. You, as starseeds and planetary healers, have encountered this. The attempt to change consciousness is comparable to religious conversion. Some religious people proselytize, attempting to change peoples' religious beliefs. Many of you have had the experience of someone knocking on your door and trying to persuade you to change your religious consciousness and join their religious group, stating that they hold the truth. This is problematic, but it also demonstrates some important points: Firstly, there are people who are working to change your consciousness. Secondly, you can resist them. This is wise, since their beliefs are quite likely more rigid and more dense than would be appropriate for you. This suggests that you resist changing to a lower level of consciousness. Surprisingly, people throughout the planet also resist changing to a higher level of consciousness.

The resistance to going to a lower level is beneficial.

You may have personally experienced entering a room where people of lower consciousness are, and you might decide to leave the room because you do not want to be around them. People of lower consciousness experience a similar resistance to higher consciousness. One of the spiritual laws regarding balance of consciousness is this: If you have a higher consciousness and a lower consciousness enters, it will either rise to you, or you will descend to its level.

You most likely have experienced this balance of consciousness in your personal relationships. Of course, one option is to disengage or not be involved in this type of interaction. However, disengagement may not work in favor of changing planetary consciousness. One of the keys to planetary change is working with peoples' resistance to change.

Unfortunately, we are now seeing a historical polarization on this planet. Each side becomes more entrenched and more resistant to the other side. This is not good news, since polarizations can lead to wars and other external conflicts. There is a prediction that the polarizing events coming in 2020 will lead to more

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## Connecting with the Arcturians 3

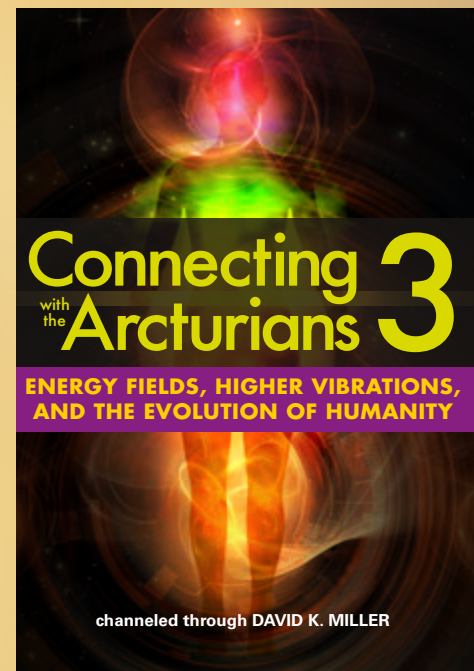
ENERGY FIELDS, HIGHER VIBRATIONS,  
AND THE EVOLUTION OF HUMANITY

David K. Miller

The themes of this book focus on the evolution of humanity, the next stage of our planetary development, the planetary crisis in general, and how we, as spiritual lightworkers and starseeds, can prepare for our future and for the ascension. We look at the relationships between such complex subjects as quantum physics and spirituality and New Age physics to learn how that relates to the higher dimensions and healing techniques that use new terminology such as "quantum healing" and "omega light."

#### CHAPTERS INCLUDE

- The New Paradigm Calls for a New Human
- One Thought Created a Universe
- A Powerful New Tool for Ascension
- The Three Sides of the Sacred Triangle
- Planetary Cities of Light in the Third and Fifth Dimensions
- Use Neutralization for Personal and Planetary Healing
- High Consciousness Is the Next Step in Human Evolution
- Work with Your Aura
- Use the Codes of Ascension to Achieve Higher Consciousness
- The Importance of Sacred Spaces



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dissent and more conflict. This is now being played out on a small scale in Hong Kong, where neither side wants to listen to the other, but it is possible that both sides have some valid points. These are not really the issue. The real issue is polarization, leading to resistance to changing one's mind.

My proposal for changing planetary consciousness more effectively is this: We need to work together to activate starseeds. The goal of changing consciousness may not work if we try to change those who are already polarized and who already deny the gravity of the situation. How many times have you confronted people who are "climate deniers" or who deny the sixth mass extinction and planetary crisis? How many times have you met people who say, "Oh, you are right, the Arcturians are right, and this planet is in danger. I am ready to accept unity consciousness and holographic energy, and I am ready to become a planetary healer"? I would guess it rarely or never occurs, especially when you consider that the resistance to changing planetary consciousness is becoming stronger among those who are already polarized.

Remember, there is resistance to higher consciousness, just like you have a resistance to lower consciousness. You want to use your energy in a way that will have the most positive effect on planetary healing. I suggest the way to manifest the planetary healing experience on a mass level is through working to activate unawakened starseeds and, in particular, activating young unawakened starseeds. We will work on an activation meditation during this lecture.

### Starseed Activation on Earth

What does the activation of starseeds involve? There are many starseeds on this planet, but many of them are sleeping. Many of them have not come into their awareness. Some of them are on drugs; some of them are living in repressed societies in the Middle East, Africa, Russia, the United States, Australia, or New Zealand. To activate them would require awakening and nurturing what is already in them: the seed of higher consciousness.

What is a starseed? What does it mean to be a starseed? The traditional definition of a starseed is a man or woman who has had a lifetime on another planet. Traditionally, starseeds have been on higher planets such as the Pleiades or Arcturus, or perhaps they came from one of the higher Sirian planets, the Andromeda galaxy or Antares. Some starseeds incarnated on Earth. Some of these starseeds have also seen this planetary drama now occurring on Earth in other parts of the galaxy. There have been planets destroyed within our galaxy because they could not resolve this polarization and ended in self-destruction. Now there is a danger of self-destruction on Earth.

I expand the concept of starseeds to include people who have had higher consciousness in their lifetimes on Earth and who have interacted with higher beings, such as those from other planetary systems on Earth. There are starseeds of higher consciousness who have stayed on Earth and reincarnated on Earth. Fortunately, they have had extradimensional experiences on Earth in previous lifetimes.

In some cases, these starseeds were instructed by higher dimensional or extraterrestrial beings. They have traveled on the ships of these starbeings, and in some cases, they were even transported to the planets where the visitors came from. They had extensive instructions and education in the nature of the galaxy and the nature of galactic anthropology and the history of planetary development. Therefore, they have a significant connection to these higher beings. Many sleeping starseeds also fall into this category. We want to activate them. We want to awaken them and have them use their experiences and thought power to contribute to the new planetary consciousness.

You may recall a theoretical experiment in which an anthropologist taught one monkey how to wash his food, and after 100 monkeys learned the same technique, all the monkeys exhibited the same behavior without being instructed. In this experiment, there was a manifest shift (the monkeys washing their food). The success of the experiment is apparent. Consciousness, however, is not as easily measurable.

Applying this experiment to consciousness: if there are 1,600 powerful Arcturian starseeds meditating and doing specific exercises, those 1,600 could activate a similar effect. This would activate thousands, if not more, starseeds to an awakening and movement for planetary change. Measuring the effect of 1,600 Arcturian starseeds meditations is difficult, because there is not an observable event. The only measurement might be an increase in the number of planetary healers, with more people participating in our exercises with you. There would be more people addressing climate problems, writing about it in newspapers and the media. There would be more protests and more signs, as well as the traditional means of controlling consciousness. There would be more successful efforts by those who are awakening.



#### STARSEED ACTIVATION MEDITATION

Let us begin the mediation to activate unawakened starseeds. We are gathered today to bring our consciousness together to focus our energy on activating those starseeds who are sleeping or repressed.

Take three deep breaths. Feel the unity with the Arcturians and the Arcturian brotherhood

and sisterhood energy. This healing energy gives you greater thought power and an ability to activate change throughout the planet. Feel and allow your spirit body to rise out of your physical body, allow it to drift upward to the top of the room, and then watch it travel further upward to the great halo around Earth known as the ring of ascension.

You are now in this wonderful, physical ring of ascension. Remember that the ascension is also considered a planetary event that will create an awakening of consciousness. You are now sitting in a huge circle in the ring of ascension around Earth. This ring of ascension has the energy of ascension in it, and you are feeling the wonderful light of ascension. [Tones.]

Let the light of ascension fill your spirit body, bringing you heightened, expanded consciousness and a great feeling of healing and well-being of connecting to all of the Arcturian starseeds in our group. As you look around, you notice that this ring of ascension is huge, and you and I and the other starseeds meditating with us only make up a small proportion of the available space within the ring. There is room for many more starseeds from Earth.

I, Juliano, send out the call from the ring of ascension to all starseeds who need to be awakened to join us in the ring of ascension. This is the affirmation: “Unawakened starseeds, join us now in the ring of ascension.” Please meditate on that powerful affirmation. We will go into silence. [Pauses.]

“Unawakened starseeds, please join us now in the ring of ascension.” This powerful ring of ascension is emitting an activation energy. Remember that the ascended masters are with us in the ring of ascension. There is a symmetry

between the ascended masters and the Earth beings, and the ascended masters want to activate the unawakened starseeds. [Tones.] The call is going out; the energy is being sent to awaken and activate all unawakened starseeds. “You are needed now, unawakened starseeds. Come together and join this movement for bringing higher consciousness to planet Earth.” We will go into silence. [Pauses.]

As you meditate, feel the healing light coming from this ring of ascension. It purifies your body on all levels. It increases the arcan power of your thoughts, their effectiveness and power to manifest in the third dimension. You are unique in your abilities because you are living in the third dimension, and you are open to your multidimensional light. [Tones.] So this activation shall be. The power of the call has been sent out.

Now slowly begin the descent back into your physical body, leaving the ring of ascension, knowing you can return anytime you need to. Return to the room at 6 feet above your physical body and enter your physical body in perfect alignment, bringing the light of the ring of ascension into your physical body. [Tones.]



It is a great service you are doing to help in the awakening of the unawakened starseeds. I am Juliano. Good day.

*David K. Miller's original spiritual study was the Kaballah and Jewish mysticism. David has published many books and over a 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, [GroupofForty.com](http://GroupofForty.com), or contact him directly at PO Box 4074, Prescott, AZ 86302, 928-776-1717, or [davidmiller@groupofforty.com](mailto:davidmiller@groupofforty.com).*

# Request More Benevolent Outcomes in 2020

Tom T. Moore

These are predictions I've received over the past few months.

## Climate Change

If you live in the northern latitudes, you should

consider buying an air conditioner, as this cycle of cool, warm, cool, and hot will continue. The planet is warming from the poles outward in this cycle. This will cause superstorms and flooding.



The oceans will continue to rise. Gaia has been telling us for years to move away from the coasts. This winter will be normal at times, but there will be record snowfalls and temperatures.

With great pressure from world governments, Brazil will begin reforestation, which will be mostly successful. Other governments will also recognize the importance of their own forests, and they will work to increase their sizes.

### Events in the United States and Abroad

There will be no famine in the United States in 2020, only a shortage of certain crops. There is a 60 percent probability for the re-election of President Trump. For those of you who wish otherwise, that means a 40 percent chance he will not be re-elected.

The living conditions for the homeless will continue to improve. Over a number of years, homeless needs will be met; they will have places to stay, and their medical and mental health needs will be addressed and met. That's all part of learning to be more compassionate, understanding the problems, and solving them.

Currently, there is a 73 percent probability of a Yellowstone National Park supervolcano eruption and a 64 percent probability for West Coast earthquakes for the period of 2022 through 2027. These probabilities have risen since this time last year. There will be four to five more 6.4 and larger earthquakes leading up to this time period and creeping closer to the San Andreas Fault.

The flood of immigrants will continue for several more years, until their countries become a safe place to live. There is a high probability of a bloody civil war in Venezuela to depose their dictator. The U.S. will stay out of it except to offer humanitarian assistance. There is a high probability that the pope will resign, as there will be pressure on him from those who have been abused.

Eventually, in the short term, freedoms will be taken away from the people of Hong Kong by the Chinese government. In the long run, the government will loosen restrictions on all of its people.

Kashmir will remain a bone of contention for the next twenty years. The conflicts between India and Pakistan will last much longer due to the differences in religion.

### U.S. Finance and the Economy

For those of you who invest in stocks, when you see this announcement, watch the oil stocks. When you see them start to drop, that might be the time to sell oil stocks short. I am not recommending that you do, but be aware. If you own oil stocks, be careful.

A mild recession is coming in 2021, and the current

administration will work to keep it from happening in an election year. There are big changes coming for student loan debt in the U.S. in the next five to seven years.

### Inventions and Energy

Coming in the future is a device you can attach to your forehead that projects an image in front of you, which then can be enlarged. An energy machine is coming in the next three to five years that will be released free to the world. That tells me it will probably be some benevolent supercorporation or foundation, such as one like the Bill & Melinda Gates Foundation. It will truly be a game changer.

Every single village, no matter how remote in the world, will have at least one, some many. The ability to teach those who have never had an education will be made possible, and many small businesses will be able to take advantage of this.

The energy machine will give the indigenous people the last laugh. There will no longer be the need for an oil pipeline, and it will eventually be dismantled.

Another benefit of the free energy machine will be flying cars and buses. You will simply enter where you wish to go and sit back; no pilot is needed. There will be backup systems for mechanical failures. Naturally, avoidance systems to keep from running into someone will be part of the computer package. Look for this within the next fifteen to twenty years.

### Medical News and Breakthroughs

More healing properties of flowers will be discovered in the near future. The care and treatment of pets will continue to evolve in the future, as people come to understand that they are all ensouled per the Creator's wishes.

There will be a breakthrough in the cure for dementia in the next five to seven years. Look for a cure for Ebola in the next five years. The break in the DNA strand has just recently been discovered.

Cannabis will be allowed in the UK in the next five years, but this is not a slam-dunk. Much more gene editing is coming in the future. There will be rules and regulations as to what can and cannot be modified.



Be sure to request most benevolent outcomes for yourself, and say benevolent prayers for other people and beings. Be more compassionate this year!

*Tom T. Moore is an author and speaker. His books include The Gentle Way series, First Contact: Conversations with an ET, and Atlantis & Lemuria: The Lost Continents Revealed. He was voted best self-help author for the past three years by the readers of a health magazine. He is a telepath and answers questions from all over the world in his weekly newsletter. To learn more or to subscribe, visit theGentleWayBook.com.*



# Peace Is the Harmonic Resonance of All That Is

Great Wisdom through Judith K. Moore



Beloved one, the concept of peace is truly elusive and beyond your human understanding. Throughout the ages, humankind has wandered through a vast dimension of duality and chaos. Your human soul longs for a place of peace and harmony. You seek this space of oneness, even in the darkest hours of existence when all seems hopeless.

Peace is not a time between wars when you have a chance to rebuild and live. Peace cannot be enforced by treaties or agreements to temporarily suspend power struggles between ruling orders. Peace must come from within.

The spiritual seeker finds a sense of peace during meditation or in a retreat space. But this requires removing yourself from the chaos of reality and creating a sanctified place through which you and your soul can at last experience harmony.

The prophecies have foretold a time of great turbulence, followed by an age of peace. But how can you reach this level of consciousness when it has never occurred in the history of human existence? The answer to this age-old question is simply that peace can be attained when the collective reality shifts, opening humanity to communion with Divine Oneness, the source of All That Is.

Peace is a natural state of the evolution of consciousness and inevitable, because it is a force of creation. It is the essence of the harmonic resonance that flows from the source of All That Is. It is the cohesion of consciousness that forms creation as an infinite pattern of interwoven frequencies that manifest as the energy and power of creation.

That is the force of love that created everything. It is the stuff of creation. Love is the stuff of creation. Peace is the harmony that resonates from Source to create a manifestation of consciousness in the diversity that creation has chosen as an expression of the Great Oneness.

## You Are Moving into Oneness

You are capable of experiencing the deep peace of divine resonance from the source of creation, because you were created to do so. You are able to experience your consciousness as a mirror of creation that reflects the beauty and harmony found in all things, be it lightning

and thunder from the heavens, the floods, or gentle raindrops.

Within each of the elemental forces of creation is an element with a unique principle that forms the essence of what manifests in creation. Existence has a divine plan. You are moving through the continuum of this divine plan, spiraling out of duality and into oneness.

Creation is the absolute oneness. Love is the stuff of creation, the loam of creation, and peace is the harmonic manifestation of the essence of oneness. Your human soul desires union with Source in a celebration of life, as the human soul emerged from the source of oneness that is love in the harmony of peace.

Deep within your human soul is a desire to fulfill the manifestation of creation through the divine principle of cocreation with human existence and All That Is. This is the peace that goes beyond all understanding. Conflict, discordance, and disharmonious forces can distract you from the ultimate purpose of existence. But this is a temporary delusion — a temporary distortion in the field of harmonic resonance. Ultimately, creation will manifest unity consciousness.

Peace is not the remedy for this distortion, nor is it the need to find sanctuary from the storm of suffering and loss of identity. Peace is the absolute state of attunement with the innermost essence of your soul and the experience of yourself as a loving vibration of harmonic frequency that resonates from the source of All That Is.

Thus, peace is an element of creation, and love is the essence, the loam, of creation. Peace is the action of love, and truth is the power that sustains the harmonic resonance. When your consciousness develops the capacity to mirror oneness, a powerful force within your psyche opens your mind and emotional body to the more natural, elemental force of creation that is balance and flow. This is a manifestation of peace.

## Peace Is the Cohesion of Existence

By divine design, humans celebrate the relationship of one soul to another and of one soul to the absolute, infinite source of eternal oneness. This is the celebration. You were created and, by divine design, compelled

from the most inner planes of your consciousness to enter a state of harmonious resonance with the omni force of All That Is.

Peace is the loving harmony that is the cohesion of existence. The cohesion of existence is the relationship of one particle to the infinite diversity manifest as love from the source of All That Is. It is a unique part of an eternal, flowing, creating, and resonating pattern with the vibration of the manna of life.

Earth is filled with the manna of life — the gift of creation. Here in this sacred world, the manna of life is a vibrancy within the water, the tree, the grass, the song of a bird, and the song of the human soul.

When at last you come to peace with yourself, your soul sings with the universe, and you experience the harmonious resonance of the omni vibration, of the omni force of creation. This is the ultimate purpose for human existence.

Once you release your resistance and seek the experiences that mirror the reflection of creation in all its diversity, then through the choice and the power of

love, your soul attains wisdom. Wisdom is the knowing from the source within that all are one.

The pure power of creation is transforming your reality at the very foundation of human existence, which is your soul. When you know this is not a temporary state of well-being, then you can relax and experience the divine grace that flows from the source of the loving oneness. You can dispel all illusions of separation from the God Source. You can then attain a state of God actualization and become a powerful agent of change in the collective reality. This emergence is as natural as rain falling from the heavens to water the dry earth of the human soul.

Trust Divine Oneness and surrender to love. Blessed be, so be it, and so it is.

*Judith K. Moore is an oracle for the Records of Creation. She is able to receive communications for the highest good from the other side of the veil while her consciousness transcends time and space. She has completely surrendered her life to the service of God as an instrument for the awakening of the New Heaven–New Earth. To learn more about Judith, contact her at 505-351-4730.*

## Twin Flames, Moving into Union

Highest Council of Light through Penni Moore

Good day, sweet angel! You have learned so much. You now realize that with all the latest energies, codes, and alignments coming in that you are being prepared for the new. These are new beginnings, not just for you but humanity as a whole. We see that you now fully understand the meaning and reasoning for divine intervention. It is not always about answered prayers; it is more about spiritual growth and ascension.

You are moving into the new. This is a slow process, but it's very necessary. Coming into union with your twin flame will enhance your joy and bliss. Yes, you both still have lessons and epiphanies to experience, but the foundation of love is now very stable. You can't ask for more than this! You will take the time to really know each other and expand your love every day.

You see that you are truly mirrors for one another, no matter what bumps and bruises the relationship handed out in the past. The events and details that occurred between you do not matter at all. It was all about recognizing your fears and old programming and learning their lessons.

Your counterpart has been doing the same as you. Only at this time, he is going through his darkest time. The tables have turned, and he has to feel the same pain and separation that you felt.

It should be encouraging to know how a mirror works. No matter what goes on, you both feel the same pain and, may we add, the same joy. This way is so much easier to guide and assist each other through your remaining spiritual journeys and years together. It is such a beautiful tapestry of being if you care to step back and look at this amazing process.

### Free to Soar

We know the concept of twin flames is a relatively new expression for you. It is one that you discovered in the past two years, but the reality of the connection has always been and ever shall be.

You both have worked extremely hard clearing what you have consistently held on to, which held you back from soaring through life. Now, in moving forward, the so-called chains are off, and you are both free to soar. We see that this idea makes you somewhat emotional. That is because you are now seeing the beauty in all you have both gone through, moving forward into union and your lives together as a truly aligned couple of the universe.

You are moving into a place to expand your love and



growth, and this is happening for all humanity. It is like the drop of rain that sends ripples through the entire ocean. If you think of your lives this way, how astounding is that? We know it literally takes your breath away, does it not? You will recognize such beauty, joy, love, and understanding between you, and it will continually unfold.

So keep forgiving and releasing what you learn about your old programming and beliefs. And know, without doubt, that your divine counterpart is doing the same. It cannot be any different, because you are mirrors.

Isn't it interesting, as the new energies come in and codes activate within you, that you understand your life and the lives of others more readily and easily? It's like you say to yourself, "Oh, I see it now! Why didn't I see that before?" It is because what is being revealed to you now is coming at the time of your realization as you integrate these energies. You are taking baby steps through each point of your journey. With each download comes new knowledge and understanding within your being.

You still have work to do, as always, but your load moving forward will be so much lighter, and you will share it with your divine counterpart. Both of you will consistently feel the love and support from each other and from the spiritual realms.

We see you have just expressed a sigh of relief [chuckles]. Understanding and knowing what truly is can do that to you. Move forward in joy, grace, and love within your heart. Embrace union. Embrace each other's committed love, and enjoy the entire journey. You both have worked extremely hard, and you deserve the ascension you have attained thus far. All will unfold nicely, so keep moving forward.

***Penni Moore** is a healing facilitator, intuitive spiritual teacher, and channel. She is a certified reflexologist and hypnotist who helps others through regression therapy to heal emotional issues in this present lifetime and what has been carried through from simultaneous dimensions of time. Penni lives in London, Ontario, Canada, and can be contacted at plmoore5@hotmail.com and at 519-494-7566.*

## Connect with Your Divine Family

The Keeper of Time, Scientist of the Heart, and the group through Steve Rother

**Keeper of Time:** Greetings from Home, dear ones. I have joined you this day with your game already well under way. It's fascinating for us to watch. We get to watch as you move from level to level, uncertain where the end is or where you're moving to. Most importantly, you're starting to harmonize together and beginning to see each other in a new way.

There is a change occurring on planet Earth right now, and all of you can be a part of it. It's a huge reconnection of the human heart, a resurfacing, if you will. In some ways, it's an opportunity for unity to resurface as one of the most important elements that you can work with going forward as the new humans create a new world. You see, dear ones, you have a rather large family. We've spoken of this recently, so let us speak of it here as well.

### The Change at Hand

The Family of E has existed with only a very small number of humans on your planet. With their special attributes, it didn't take many to create opportunities and land the seven clans. Now here you are, one step at a time, stretching out of the reality that you've been in during a higher existence. Know that one of the greatest things you can do is to reunite with those family members. You are again reuniting those parts of yourself that

had separated in order to play this game of pretending to be human. Some of them you will know quite well, but others you won't recognize.

That's the most fascinating part. What will happen is you'll come across someone and make eye contact, and then you'll move on. It's partly to honor the person's privacy, but it is also a habit. In the days ahead, we encourage you to make these contacts and to take your time with them. Often you can make huge impressions in just a momentary glance, and other times, it may take more effort. If your intent is to awaken hearts on planet Earth, dear ones, your time is at hand.

The Family of E is now entering your planet in a very big way. The call went out and is being answered. We previously told you that there are roughly 1 million Family of E members on Earth. This has changed rather drastically since the time we first shared the information. You're now at 2.5 million of the original Family of E. Of course, the majority are exactly what you would expect. They are mostly children or infants, so young that they're not consciously lending their energy to the planet and its societies. We want you to know that they are here. Their mere presence is starting to tip the scales a bit and open up some critical opportunities for all of you.



Make space for these new beings to bring in the wisdom that you have been searching for. Much of it is already here, including how to harmonize with your planet and help Mother Earth herself. With willing hearts, you know how to make things work out if you have the opportunity to do so. And you have that now. Not only will you be receiving support from the beings of planet Earth who are incarnating rapidly, but also from many spirits on this side of the veil. There is a large gathering here at Home watching what is taking place on planet Earth, for they are aligning themselves to be of assistance and to be in place when called on during this evolution.

### A Call for Magic

It's amazing, dear ones. Although there are billions of games throughout the universe, there are none quite like yours. It is fascinating to see the new energies you are setting into motion with every step that you take on your planet. Every movement that you make now is brand-new. We ask you to create something magical rather than letting it drift into fear. Consciously create magic. You'll find all the tools necessary to do it, for all that's needed to bring magic back to the surface are your memories.

You are the grand beings who were incarnate many times when magic landed on your planet. Yes, some of you even landed it. And now you can remember every part of it. Know that you are well-equipped for this. Trust that there are beings gathering on this side of the veil to assist with what is about to happen on planet Earth. There are beings everywhere watching all the gatherings on planet Earth, because you are setting the tone for all that is to come.

It's a new day! Enjoy that journey, dear ones, and know that it will not be the same as before. You'll find entirely new energies opening every day, so make the most of it. Not only land your own survival, but also land your joy and passion. Your experience of pretending to be human is about the change with much more of your own spirit in play. Lean against each other and connect with family whenever you can, even if it's nothing more than a glance, a smile, or a hug. It's happening, so enjoy the ride. It is with the greatest of honor that we ask you to treat each other with respect, nurture one another, and play well together.

### Flexible Time

**Scientist of the Heart:** Greetings from Home. Humanity has changed so many things in your world and in the larger universe. Dear ones, this is absolutely fascinating. Let us take you back a couple of years, when we mentioned that the core energy at the middle of your galaxy was evolving. It had the effect of changing your relationship to time.

The Milky Way, like all galaxies, has what is known as a black hole at its center. It is this black hole that drew together the collection of star systems that originally made up the galaxy. This can only happen when the black hole is feeding on material, such as stars and planets, which are drawn into the portal. Over time, the black hole becomes dormant and stops pulling material into it. This has been the state of the Milky Way until a few years ago, when we mentioned to you that the black hole at the center of your galaxy was starting to feed. Interestingly, your organizations, NASA and ESA, have recently confirmed that the portal is now feeding. That is causing everything to speed up, changing your overall perception of time.

We see you traveling through time in a spiral. The Milky Way is actually a huge spiral. Of course, it is the very center of what originally pulled together your universe. But as it slowed down, momentum kept it in motion, and it played the time game. Now that it's moving again, even though it's happening ever so slowly, this has changed the base energy of what you call time. That's why time itself is more flexible right now, more so than you've ever perceived before. Although most people are experiencing what seems to be a lack of time, they have not even noticed that it's easier to travel in time than ever before. More to come on that later.

### Spiral Opportunities

With these changes in time, you now have the opportunity to make more of a difference than ever before. You can plant your five words in time at any moment that you wish to create an imprint in the timeline ahead of you and then walk into it. And now that you've moved into spiral time things can get very interesting, because you have more control over the illusion of time. We'd like you to play with that in the months ahead. Play with your illusion of time. Start expanding it and then contracting it.

You'll find that you have much more control over it, and you also have beings around you who will help with this. You have guides who have traveled with you on your shoulder for eons, probably not only in this lifetime. Many of your guides have known you for a very long time, over multiple incarnations. Often, they have watched life from just over your shoulder. Do you know how difficult that is to do, watching someone make mistake after mistake? Even though you're whispering in their ear to go this direction, they turn around and go the opposite way. These loving beings are there for you at any moment, if only you remember to ask.

Yes, dear ones, we know that it can be very challenging sometimes. But we also tell you that right now you're at a stage when Earth is starting to change rapidly. It has to do with the effects of the black hole at

the center of your galaxy, but even more than that, it's playing into a larger picture of things to come. You're not the only game in the Milky Way, not by a long shot. As you start to loosen and release the grips of time a little bit, you can find others who have done the same. You'll even find that many have learned to travel in time, to be here at this exact moment with something very special. Dear ones, even though you may not feel it right now, that special something could even be your own five words in time.

### Your Five Words

You may not remember exactly what your five words were or what you had in mind when you set those things into motion. However, they are now in motion, and you have an important part to play. Sometimes it is even simply landing five words that you brought back from the future. Other times, it's about awakening people from a dream or even in some way taking an active part yourself. Those are the very capabilities that all of you have at this moment. However, don't be surprised if time starts altering a little bit. Typically, when you start moving into a new illusion of time, it will almost always seem as if you're losing time. That's a normal reaction to changing time, and you'll also see that you have gaps where you can expand time.

You can start creating something new in the space between your words. There are new energies coming to planet Earth that are very subtle but incredibly powerful. With the new feminine energy grounding in an entirely different way, this can take root and provide a new base for the game of humanity to take another step. What if time were more variable than what you currently experience? That's directly ahead of you. This bubble has now started to move a little bit in the timeline, so you get to play with it. You'll soon experience a little bit more of what that's like.

Please understand that if you don't see this coming or don't understand what's happening, you'll tend to experience it as running out of time or a shortage of time. So if that's happening to you, just have a good laugh.

### A Grand Reunion at Home

You not only have the capabilities to expand, but you also have help all around you. All you need to do is ask those beautiful beings on your shoulder to help. There are even new guides gathering around you. Dear ones, there's a grand reunion at Home to watch, to experience, and to be in place to take someone's hand when it's extended. There's a huge reunion taking place at Home to help in your evolution toward this next step on planet Earth. The game has never changed dimensions. It has shifted to help start a new game right where you are now. That can happen with variable time, and you're

starting to step into more of that than you've ever seen before.

Our suggestion to you during the next several months is to do exactly that. Know that you're not restricted by time in the same way that you have been. Although it's still very difficult for you to move small amounts of time, it is possible for you to jump huge levels of time and place yourself in different time frames. In fact, that's what most of you are doing here right now. Ask yourself, are you here from 300 years in the future? If so, what have you brought back that can help humanity ground the light and bring home the experience of the new game that you're now creating?

It's with the greatest of honor, dear ones, that we greet you in this way. Open the doors. We're not telling you anything you haven't already known; we're simply here to help you remember. Treat each other with respect as you pass each other on the street. Nurture one another, and hold those doors open at every chance. You are creating opportunities for love, so play well together as you create a whole new game of mastery. Espavo, dear ones.

### Tap into the Golden Ring of Light

**The group:** Greetings, dear ones. We join you today with the greatest expectations of magic. You see, dear ones, we are addressing the magical humans of planet Earth. Yes, magic indeed. You have brought it forward on the timeline in a unique way. So we ask all of you to take a deep breath, feel it spreading through every part of your being, and integrate it into every cell in your body.

You'll feel your inner strength gaining to give you even more direction and purpose in your life over the next several weeks. So much is starting to take place right now. You see, dear ones, the energies of planet Earth are ready to shift. And you're here exactly on time to be part of this huge evolutionary step. Breathe deeply, and take in all the energy. Soon you will walk in harmony with your spirit, having more of the spirit come through your physical body than ever before.

The magic is awakening within each one of you, and it's right on time. Know that your imprint on planet Earth has been very helpful. There are many more opportunities lining up for you to be in your passion. Your evolution is now carrying with it a huge energy behind you, like a wake following a boat on a lake, for you are changing everything.

Know that you are making a difference even though you rarely see it. We watch in amazement the work you are doing right now. Take a breath, dear ones. Harmonize with others, for this simple action will form a golden ring of light that many can tap into for inspiration and love. Re-member, time is an illusion. Simply set the intention to join forces with all the energies and spirits that have connected to this golden ring of light.

## The Fourth Wave of Awakening

The magic has begun; it is a fourth awakening. Not all humans will feel it or even choose to. Breathe deeply and anchor it, and when you feel it, express it. Speak the words that have been waiting to be spoken, take that step, or make that move. It isn't only you connecting. We are as well.

Many spirits are connected to the ring and feeding energy into it along with us, for we have a grand reunion occurring on this side of the veil right now. We watch planet Earth and your grand game intently. Keep up the great work, and know that we are in this together.

We join you with your game well in progress. You're moving at an incredible pace, and there is considerable shifting on your planet. Yes, it's causing difficulties and challenges, but we also see the next step. So we ask you to be patient. Know that your thoughts and love are making a difference to a much greater degree than you understand.

There's a lot of ambient energy in the ethers right now, and much of it is mismatched and difficult to ignore. That's the reason you're still seeing a lot of separation and self-serving actions prevalent everywhere on Earth. Yet even within the dense energy all around, the human heart always rises. You see, dear ones, you are spirits.

Within a field of duality, people tend to point to each other as the source of their problems. Please know that there is no one here on Earth right now who is simply taking up space. Every single person is needed, no matter the environment and regardless of the socioeconomic group, belief system, religion, location, or whatever else humans use to separate from one another. There is no separation of the spirit, and you're starting to see that. Interestingly enough, most of this separation happens in times of fear. Of course, there are many who would like to use that separation because it is one of the ways humans can typically be controlled.

Underneath it all, dear ones, you are connected. Humans can have one belief system over "here" and another over "there" that are at odds with each other. But when you distance yourself, as the observer does, you'll realize that you're both actually seeing the same thing just from different perspectives. Stepping back further, you can see that you are both trying to accomplish the same thing. So by shifting that point of perception, even by a small amount, you start seeing the spirit within each other. The purpose is to pull back far enough to see that you're both simply humans playing this wonderful little game. Yes, underneath it all, you both have the same core beliefs.

## Help Is on the Way

Those of the next generation are just now establishing a foothold. They hold answers if they are given room

and support, and technologies can also play an important part. Even with public mistrust about artificial intelligence, when it is asked the right questions, it will have surprising and helpful answers. Money — in this case the oil industry — will attempt to misdirect this. However, the new battery technology is right around the corner, and that will remove the last major stumbling block to electric vehicles.

Furthermore, help is and will be coming from beings in other dimensions. You're not alone in the universe. You never were, but much of it cannot be identified with your scientific processes. Right at this moment, you'll start seeing openings and opportunities for big advancements. Much of that can actually be attributed to some of your neighbors.

We find that especially interesting, as there are several of these neighbors who were largely responsible for some of the difficult turns that planet Earth took. Now they're jumping in and saying, "How can we help? We are the ones who were here in the beginning. We're the ones who can show you the way Home, and we find it fascinating to watch."

How many lightworkers does it take to change the world? It takes every single one of you, which is why you're here and why we simply want to share with you that you have help.

The observer has a very interesting perspective — not being involved, yet having the ability to watch from afar. We hope to teach all of you that viewpoint. Because when you lean back far enough to gain perspective, dear ones, you're truly all the same. That is something to be celebrated and used, for such unity is long overdue. Although it's certainly been pushed to extremes, the human heart will always prevail. Humans can only live in a state of fear for so long before they change the game.

## Synchronicities

Living with a brighter spirit means that things line up easily as you adopt more of a syncretic lifestyle, and answers will pop up at the right time. You're not alone. You never were, and now you'll see quite a bit of help from the other side of the veil, from our realm that we call Home.

That's a strong connection for all. Every time you open your eyes, you try to experience something that will remind you of Home. When you listen to music, you try to equate it to music that you know from Home. And when you see something beautiful that stirs your heart, you are calling forth memories from Home. Through the golden ring, we are sending you very special and unique memories. Remind yourself of who you are, dare to see yourself and everything else from slightly different perspectives, and watch as planet Earth starts to evolve.

Humanity is just now starting to make some big decisions about the next level of the game. This is absolutely perfect. And yes, we will say it: Wait until you see what's coming. You will enjoy it!

Play this wonderful game of pretending to be human. Know that you are here on purpose and on time. Treat each other with respect as you bump into each other. Nurture one another, and hold those doors open at every

opportunity. You are playing a new game, taking it to the next level. Play well together. We love you dearly. Espavo. Thank you for taking your power.

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

# Evolution versus Revelation

## The Guardians through the Saga-Oracle

During 2020, and for several years to come, drastic changes will continue for as long as it takes to bridge from the third physical dimension to the fifth physical dimension. You will encounter many changes as you enter this phase of your soul mission:

- Women are the game-changers and take on more leadership positions in all cultures. Respect for the feminine climbs as women demand equality and unity. They place themselves as leaders to make sure long-awaited improvements to women's status are accomplished. Resistance is great, but women persevere.
- Flawed security-mindset systems fail and are rebuilt without the need for cruelty or exclusivity. This includes banks and businesses as well as personal lives.
- Children mindfully mature faster and demand a fairer, safer, and more just world.
- Those unable or unwilling to change suffer, as universal karmic law becomes more drastic. They are cared for by those they hurt the most.
- Weather becomes more extreme as the climate forces responsible action in the planetary arena. This includes the relocation of cities and the swift development of renewable energy. Consumption of meat declines steadily. As it does, aggressive behavior decreases and pollution issues decline. War and its revolution mindset sizzle out as evolution gains momentum and diplomatic solutions become the norm.
- Space exploration and communication with other beings are more common.
- Bullies rise and rapidly fall as the master/slave mentality starts to dissolve.
- The morality of power's exploitation and abuse of innocents are revealed, and accountability is demanded. The flawed and shaky tower of power falls

as new leaders turn toward mercy and compassion. Individuals, groups, and the so-called lower classes come together due to common suffering and abuse of power, resulting in fewer religious, racial, and political divisions. Mass demonstrations call for fairness for all.

- Climate and social change are chaotic as healing begins; then it gets smoother.

These scenarios are likely, but the future is flexible. You must understand what the root cause of imbalance is and how it has resulted in the current situation on the planet so that you can be an instrument of peace and unity.

### Enter the New Consciousness with an Open Heart

What an ordeal you in physicality are going through. You are the emergency room staff made up of sensitives, and the victims keep rolling in, wounded and afraid. We know you feel overwhelmed. How brave and dedicated you are to have agreed to be a sensitive healer during this tremendous opportunity of shifting frequencies into the higher vibrations of the fifth-dimensional realm.

Every human on the planet and untold nonphysical entities have roles to play in orchestrating this great evolution of consciousness. You were born to be in the space and place you occupy to assist in this dramatic adventure of birthing a new age of opportunities. This is part of a universal transformation. Your entire solar system and all who spin around the great Sun are evolving and involving each other in the grand divine plan of evolution of consciousness.

Before your physical birth, you were, and always



have been, on an ongoing mission of love in action. You are a unique spark in the fabric of the Divine Holy Body (God) that knows all and sent you on this holy mission of discovery to experience love's perfection through you.

No one is simply one soul in this grand divine design. All creation is one. You, a fragment of that Onement (Prime Source), are a member of spirit groups that create kindred soul pods of those with similar frequencies and common specialties. These are all part of the great divine discovery. The pods overlap like the flower of life symbol [see image 1], and all creation links to other pods that have their divine specialties with the same goals. All nature is part of this divine plan, as your pods include needed life forms that Tara (Mother Earth) also mothers, which is why your relationship with nature is so important. The Tibetan White Tara is the mother of all goddesses, and Mother Earth is a Tara of all earthlings in the same way.

Each birthed being, especially you humans, comes into physicality with twelve guides who have agreed to assist you in the project of this incarnation. You are the thirteenth rose disciple, surrounded by twelve petals of specialized guiding entities [see image 2]. Together, you make one whole being within this incarnation, sharing the same soul mission.

Four cardinal guides assist you, and all are you in this incarnation. Thus, you are a group project rather than a single player when you incarnate. At the twelve o'clock position, your representative faces you and is the voice you hear and the face you often see in your dreams. This guide can appear physically. You will recognize him or her, but you most likely will not make the connection why this person seems so familiar. Your six o'clock guide is your guardian angel. You are aware of this guide's presence but do not often see this helper, who literally has your back.

To your right, at three o'clock, is your dream weaver, who helps you plan and understand progress on this mission of love. Your nine o'clock guide is your health and well-being guide, who monitors your physical body-vehicle. Your guides work in unison with those directly across from them. They involve all other guides, including the multitude of guides coming and going as needed. The other clock-like positions are specialized birth guides, and they balance each other the same way.

It is important to understand how this works, because in the coming years, you could easily feel overwhelmed if you don't understand the expansiveness of your being in this incarnational soul mission. Their assistance is always at your beck and call during this transitional time of shifting consciousness.

### The Wounds of Imbalance

During the revealing time, which you are now encountering, it might seem that horrible madness and

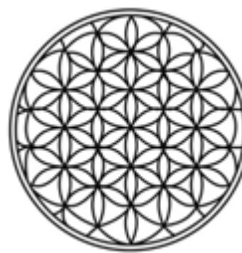


Image 1. Flower of Life.

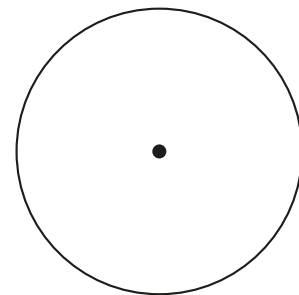


Image 2. The compass rose demonstrates the positions of your guides.



Image 3. Onement and Yin-Yang.

chaos have taken control, and it has. You are collectively in the period of examining the deep festering wounds of past perceptions and actions. Wounds — created by what we call the antiforce — imprint DNA. All life is a “motionated” (constantly moving) experience, since frequency is alive and moving within all things tangible or intangible. Antiforce is the collective resistance to movement. When your mind disconnects from your heart, mental instabilities are your greatest challenge. Only the heart can heal a deeply imprinted, wounded mind.

Frequency is made of two components: positive and negative. Together they create a wholeness that we refer to as onement, symbolized by a circle with a dot in the middle or the ancient yin-yang [masculine-feminine] symbol [see image 3]. Black is the mysterious unknown womb of creation. Night's feminine yin incubates love's intention. White is the masculine light of day, the manifestor and protector of the precious gifts that come through yin. The heart and mind are your inner balance; you need both.

Understand that what some call polarity is not really what they think. They believe that if one component is totally opposed to the other, it destroys it rather than completes it. Consequently, no wholeness is achieved. Positive and negative are not ever good and bad. We want you to understand this so that you can use your spoken words (a mind-programming tool) to accomplish your mission of balance and harmony.

### Resistance to Change (the Ego-Mind)

The ego-mind fears losing control, and it mistakenly pushes out the heart — your center of mercy. The ego



(your sense of self), when in fear mode, is a narcissist; it only sees security or insecurity from a personal standpoint. This results in depression and sadness, as the heart is disregarded and feelings and emotions cannot bring the ego-mind to wholeness and balance within the inclusive mercy of the heart. Balancing positive and negative frequencies, as any electrician will confirm, is what makes an electrical connection spark and dance into a circuit (cycle); it is complete and functional. Through time, the circle has represented wholeness or oneness. This reflects in you as the thirteenth disciple anchored in the middle of a circle surrounded by your twelve birth guides. The root of the word “circuit” is “circle,” which has neither a beginning nor an end. You are a circle.

Without conscious awareness, you are programmed to behave and believe what you are fed through language and experience in your environment. This is why we so often stress to you that words matter. The imbalance of humanity happened when the ego-mind pushed the heart aside, rationalizing that its knowledge was more important than the heart’s intuitive knowing through emotional feeling. This led to suppressing women and the idea of possessing women, as opposed to protecting women and the children they birthed.

The biggest hurdle of the ego-mind is resisting the birthing of a new age of awareness. The ego-mind has never respected birth, due to its low opinion of the feminine. Those of you caught up in an ego-mind, as opposed to a balanced mind, are resistant to change, because your sense of self and security is all about you and not the greater whole. To enter the fifth-dimensional emerging state of evolution, you must activate both your heart and mind, since the higher frequency of 5D does not support the lower-vibrating, imbalanced, and chaotic antforce frequency — the stopper of the motion of life.

The lesson of the third dimension was to understand balance through discovering a sense of self. But the languages of societies worldwide have contributed to the problem by referring to anything they deem as less worthy in words and traits of the feminine. This denies an important part of you. Words program the mind. Consider the following list of words and their frequency connections when good and bad are discussed. The literal mind — no matter what the intention might be — reacts to and acts on them according to the frequency of meaning. Life is all about frequency in motion.

**Positive:** masculine, light, day, known, projection, outer, protection, mind, organization, controlled space, judgment, sense of self

**Negative:** feminine, dark, night, unknown, absorption, nurturance, heart, open space, tolerance, emotion, sense of connection

Remember that, when imbalanced, these traits of

mind and heart cause inner and outer chaos; they battle each other instead of completing the wholeness of life. Your mind has been programmed through the ages by your imprinted DNA (the creation mapping of you and your evolution as experienced by those who preceded you), causing pain and suffering.

Begin the polishing process as you heal the deep gouges of flawed imprinting. You were born to dismantle antforce walls. We intentionally do not capitalize “antforce,” because it is an illusionary force made up of the collective mistaken idea that power should protect a select few and enslave others for its egocentric purpose of dealing with a low sense of self. You are manipulated by insecurity and isolation. Walls seldom restore security and always cause isolation.

## The Bully Culture

Bullies are the result of imbalance. Instinctively, they resist the heart coming back to equality with the mind, because they know that fear-control will dissolve the walls it created. Instead of seeing yourself as a warrior of light, reword that good intention and be a bringer of the light. This means bringing knowledge and awareness from the mysterious dark unknown into the dawn of day. Do you understand the difference? Darkness, to the literal mind — which uses a word’s true frequency like a computer uses binary code — means mystery of the unknown, like the dark womb. Your soul mission of discovery is to tap into the unknown and assist in birthing new awareness in increments. The time to begin is now, as the birth is in progress. You are both the parent and the medical team, bringing in this new life.

Deep wounds of suppression of the feminine, which involve everyone but especially attitudes about gender identification as related to male/female, are the essence of the deep wound of the situation you face. Indigenous cultures have identified five distinct genders: male, female, male/female, female/male, and equally both. People of nature, or tribal societies, have regarded people with the last three traits as sacred shamans of balance. Producing another human, though important, is not the only way creation operates.

Love, even of the same gender, creates a divine union and produces immeasurable benefits to the collective. The great masters, Jeshua included, knew this and never spoke disparagingly of any love union that was in balance. Survival of the human species is no longer an issue. Balance is love in action, and peace is the result of that action.

You are emerging from a third-dimensional time when the ego-mind justifies crushing the heart by disrespecting the feminine — which ego-mind considers weak — and showing no mercy. The fourth, nonphysical dimension, as with all even dimensions, bridges the

odd dimensions where physicality plays out as evolution spirals upward.

You are in the first stages of this transition as the new reality births into the fifth dimension, a time when the heart — the feminine frequency — holds sway (balance). She is in labor at the moment, emerging, squeezed, and ready to scream her presence once again. You are experiencing a frantic attempt by fear-controlled ego-minds to stop all this nonsense (to them). But as any mother knows, the baby will come, one way or another.

### Midwife of the New Age

What can you expect in the future? We have good news. Incoming newborn souls are balance experts, and they have literally put their lives on the line to reach everyone's suppressed hearts. But how long will children and innocents suffer and die as governments continue to justify misguided priorities that enrich them in bloody profit?

You, dear sensitive, suffer horribly; your emotions are fully active and your heart is weary. We know you often feel helpless, but don't give up hope. Resistance to change is the antiforce's way of manipulating people, which it does through fearful and unstable minds that target innocents to break the collective heart of all creation. Ridicule and putdowns are its language. War's resistance and forcing its power on others is its goal. Do

not confuse that concept with defending your freedom. Your awareness and patience will be tried to the hilt, but you must stay grounded and be kind and compassionate. Even as you call out injustice, do not lose heart; that feeds the ego-mind monster.

You are not alone. You came through the portal of your birthing with the perfect team for this time. Master souls birthing into this time, along with your specialized team, are your strength and your path to success. Your solar universe is interconnected like a soul pod. What affects one aspect affects the entire solar region. Some beings from other star systems who have not yet mastered balance are attracted to the chaos that feeds their need for control and power. But intergalactic guides are flooding in to block interlopers from other worlds not in accordance with balance of heart and mind. They are sent back to their schools of learning. Just recognize that you are monitored by forces of good. Your job is to bring mercy back into your life's journey.

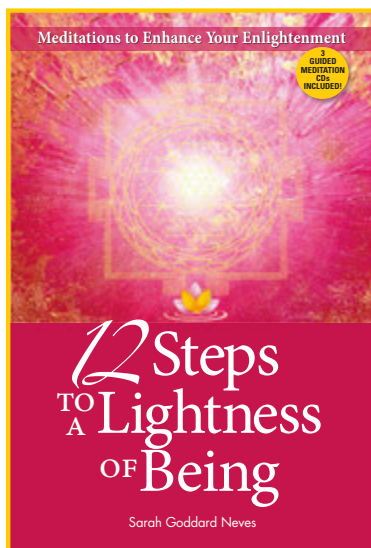
### Time Is Flexible

The timeline for all this is not fixed, but as we look at the overall collective frequency, we see the heart line gaining strength as more of you choose mercy. You stand up to bullies, finally holding them accountable. The feminine heart holds the balance, as art often depicts when it refers to Lady Justice. This change will come through the

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SARAH GODDARD NEVES

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2. Opening to Your Intuition
3. Master Connection
4. Being Happy
5. The Healing Power of Forgiveness
6. Evolving with Love and Light
7. Realizing Your Life's Purpose
8. Awakening to Love
9. You: a Creation and a Creator
10. Soul Reflection
11. Hope from the Stars
12. Becoming a Lightness of Being

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common people — the masses who were formerly judged as servants and unworthy of status. They are awakened and will dissolve the antiforce.

Technology is a unifying evolutionary tool, but the antiforce has manipulated it for its own power. Global communication is in its infant stages. Like a small child, it needs monitoring and shaping to become a responsible implement of growth and knowing. Demand the truth and beware the antiforce's habit of shifting blame to those who reveal it. Shouting, "Fake news!" and pointing at others is the blame-game defense strategy. Don't buy into it. Antiforce is the faker.

Be peace in action and reaction (positive and negative in its true meaning of giving and receiving). As the great master St. Francis of Assisi said: "Lord, make me an instrument of your peace; where there is hatred, let me sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there

is despair, hope; where there is darkness, light; and where there is sadness, joy." Always be merciful and inclusive.

Tara's realm has no hierarchy of worth — all are equally precious and divine. Remember that you are tasked to keep the balance so that all can live and thrive in Tara's realm. Now that you know what imbalance looks and feels like, it's time for you to collectively come together within both positive and negative frequencies (giving and receiving) and breathe fresh air into this planetary Earth school of evolution.

You got this. Now do it with an open heart. Be peace.

*The **Saga-Oracle**, in the spirit of her Knights Templar ancestors in Scotland, is a grail keeper. This means she helps people find clarity and balance in their lives via oracle card readings, spirit drawings, chronicles, books, and magazine articles. She has traveled around the world offering the teachings and insights of the inner Holy Grail. Refer to Facebook page "The Saga-Oracle" or the Facebook Group "JESHUA'S SONG" for more information on Saga's grail-keeping work.*

## In Sync with Your Soul

Master Chou through Sarah Tyler-Walters for the Peacemakers Group

You have left the Year of the Pig, a wonderful year for those at the top who were happy in their little patch, wallowing in the mud. You know the ones I mean — very contented but not going anywhere useful. On January 25, you entered the Year of the Rat. The rat is very active. The rat wants to be out there doing things. This is the year for those who seek change to push themselves forward. The rat reaches out, and that is what Earth needs now. It is about spreading out, getting cooperation between people, between countries, drawing people on all levels and in all areas together who want a better world. New connectivity between people is required. For that, you need to be in balance and all of you Peacemakers here tonight, I know, are seeking that.

Many people worship the Sun today. They seek light to the exclusion of darkness. Up there, the ego basks in its sense of importance. The imagination whizzes around and personal responsibility is at the mercy of the wayward mind. Go further up now and notice what happens. There, you see. You are in the whirlwind, spiraling further up. Nothing serious can be held up there, and this creates imbalances in the rest of your system. Up there, you can so easily be swept away in it.

### Beyond the Mind

Stop that now. I know you are convinced. The body is a vehicle only, and the mind is influenced by all the other manifestations of the self, the personality, ego,

conscious and subconscious minds, and subpersonalities that come and go throughout your life. The power should never be in the mind — definitely not. It is with most people. That is why the world is in such a terrible state. Look at the spiritual movement today. They are all wandering off the planet, thinking they are enlightened. Up there, it keeps escalating and only means that there is a lot further to fall. Most of humanity today is up there, floating in fantasy.

Nevertheless, I can see that you Peacemakers know a lot about balance. You are slowing your breathing down and entering into the heart, allowing yourselves to be still. You are not letting your mind get in the way. That is always your intention so that the work you do will be more balanced. Today, there is much say about the heart. It started in the sixties, with the hippies who moved love there. To be fair to them, they were trying to talk about unconditional love which is very different from the emotion of love. But those who followed wanted to shortcut everything and made love the big thing. They got stuck in the heart, put a little feather on it, and became very lost.

### Beyond the Heart

You want to know how to proceed. You want instruction on how to lead your life? Well, it won't come from



your heart. The heart is an internal thing. It has no idea how to direct your life. It has even fewer tools to help you than your head does. At least your head can do an approximation of what it should look like. The heart is clueless in that regard.

Don't get me wrong. The heart is vital. It pumps away, keeping you alive, and is the center of you, the bridge between the physical and the spiritual parts. But when you are balanced as an individual, there is a lot more than just being centered. This must include all parts of you, the light and the dark, the physical and the spiritual, all the dualities. It takes much personal development to lead a truly balanced life.

To be more in contact with your life purpose, you need to come down through your energies and connect directly to your soul — the true force behind your life — and then act from there, not from the heart. The heart will help you “to be” but not “to do.”

It is much easier to detach from what your human self is doing if you are down lower. Leave the heart where it is. Don't pull your center down. Hold your center and then come down below the bellybutton to between where your emotions are located in your sacral chakra and your root chakra. It needs to sit in the heaviest part of you in order to stay put. The soul is the seat of your power, the part of you that makes sure everything is done.

### Access the Soul

Access the soul higher up and you are at the mercy of the ego. Connection needs to be down low if you want to work for spirit, because then you are in the reality of human life. Down there, of course, it does get mixed up with sexual energy, but that is fine, because you are in a physical animal that has very important primal needs. You are here to learn from physical experience and include animal needs; otherwise, what is the point? If you wanted to learn purely from cerebral consciousness, why would you come here? We spirits don't have the emotional layer, which connects up through the system to affect the mind. High up, you are detached from your true purpose and cannot learn your lessons well. Down here, life will manifest more and more challenges, so you can hold and exercise greater capabilities as you deal with them. Up there, you are responding to an urge to get closer to your spirit, avoiding the hard knocks life must deal out to you so that you can learn from them.

You need to get on with your life by remaining in tune with what your soul is here to do, so resist the urge to escape or succumb to the slow withdrawal that too many older people take. You need to continue to learn, right through to the end.

You also need to be grounded, to allow the earth energy to come through, to be a counterbalance for spirit. You need to be anchored in order to hold more

and enhance your practical abilities — especially to get the guidance you need from your soul. So as a group, you need to be grounded before you start any work that you do in order to be in a better place to learn much more about the energy you are using.

The heart chakra stays put, supporting your entire energy system, which needs to be connected to the planet you walk on. Never ground yourselves spiritually from there down through your feet. You should be going down from the root chakra that extends into the earth while keeping connected to the soul, or you will be knocked over.

The root chakra is not at the bottom of the spine. It is outside the physical body in your energetic layers, a few inches below, the same distance that the crown chakra is above your head. Your energy system should be expanded more. In the West, it is too truncated. If you stand straight, not in the yogi position, you are able to achieve balance, which has lots of layers to it, all of which must be worked on.

### The Root Chakra

See the roots as red, the same color as the root chakra. Brown is an alternative but red is most in harmony with this method. With other colors, you run into problems. Some people use white, which is not advisable. Many people imagine a cave of crystals down there, which works very well and gives you something to wrap your roots round. The point is that you need to go deep into the earth and with as massive a root ball as you can imagine. Identify as a tree, not a dandelion. You must be planted in your physical reality. That is where you get your energetic nutrition, your vitality, your life force. Grounding has more than one function and if you don't do it to the full extent, you don't get all the benefits.

Some people want to go straight down to the center of the earth, but for balance, extending up, most people have problems going into the great ball of fire, and you need to go both ways equally. Unfortunately, many of you in cities don't live natural, physical lives anymore. Standing with your feet on concrete is not enough. You must go to a park as often as possible and stand mindfully on Earth's ground. In cities, you must be very resourceful. Lots of things in the physical world are ungrounding you, particularly your little machines that you tap on so relentlessly. Once you start working with spirit, you must very carefully keep your connection to the earth alive.

### Visualization for Grounding

Right now, with your feet firmly on the floor, imagine it is lush grass, and then extend your thoughts down through your base chakra straight into the earth and spread out. Your subconscious will now give you a lot of symbology to reveal what is going on down there. Allow

your soul to talk to you a bit more and give you guidance on what you need to be doing.

Now you should be in contact with your soul. Sitting between your sacral chakra — the center of your emotional body — and the root chakra, the soul draws on both your emotions and the earth energies. If not, you won't be in control of free will but rather guided by the ego, which causes all your messes. The soul is perfectly capable of sorting everything out. You just must get out of the way. The soul comes in, fully armed, fully capable of dealing with what is in front of it but only if you come back into alignment with Self and act from the soul instead of from the ego. Sitting there, you may find yourself relating to Gaia — but not too much, because that has been done to death. It is important to keep the group grounded on a singular reason, a singular purpose that builds up a support structure for what you do together.

You are here to experience human life in all its riches and all its glory but manifested in prime little signs, nothing grand, a brief memory “here,” a smile “there,” a sensation “here,” a kiss on your cheek “there.” It is that simple. If your soul manifests a burning bush to get your attention, you are in deep trouble. You don't really want signs like that. Religion is full of big signs. Life is full of little ones.

The reality is that your soul is constantly talking to you, trying to guide you. So take a moment of silence with the intent to allow yourself to hear it. That is all that is required. And whatever you hear or experience, start to notice: “What was that? Why is it that?” Shift the dialogue back to your soul. Being willing is all it takes to start the process — plus, what humanity struggles with the most: patience.

It is not complicated. No rituals are required. Meditation is useful, but do not do the type in your head. Use the breath to calm the mind so that you can go inward to where your soul is, and then listen. It is about going down into the inner silence to hear yourself, to commune with your soul. You can do it sitting, standing, lying down, or hopping. Your soul doesn't care. Chanting would distract you. Slow breathing is necessary. You can burn incense; the soul doesn't care. What it cares about is your intention.

## Intentions Are Most Important

If your intention is just to be calm and centered, you are not meditating. If you are creating pretty pictures in your head, such as walking into some forest, that is visualizing or meditating. The head is the wrong place to be. Up there is good if you want to talk to your guides or enlist the help of your subconscious mind, but that is a different process altogether. The intention is to hear the soul's voice, and I have told you where it is located down here. That is where all the good stuff is.

You should be flowing from down there in a forward direction. There is a momentum to everything deriving from the soul that tells you what to do in this incarnation. Then it is so much easier. The soul gets on with its job, does exactly what it needs to do. When you are listening, you don't need endless exchanges, because it is driving everything with your agreement. It is revealing, it is manifesting, it is presenting, and it is putting what you need to know and follow quietly, smack bang in front of you. So you say “Okay. I'll go to the left.” It is, what you say, flow. When it does that it is a sure sign that you are back in alignment. You stop dwelling on all the questions and start taking the answers instead. Otherwise, it is about disconnection, misalignment, or the mind and the ego trying to keep control.

## Listen to Your Soul

Listen to your soul right now. It is always talking to you. That shift in mindset, however minute, let's through a crack of light, and the soul will say, “Aha. Now you are listening.” This is why mindfulness was set in motion, though you are a little obsessed with it, and as with most things, you are pushing it out in the wrong direction. The principle of mindfulness is to be mindful of what you are doing, experiencing, and feeling. In other words, you are being self-aware — balanced in the heart and conscious of what the soul is attracting in your life. Practice it, and in that practice, the soul will tell you, “There it is. Let's go there.” Don't make it complicated.

Observe the thought and where it is coming from. Location is everything. And feel it because you must always feel a thought. Come back to the now and pay attention. What do you notice? What draws your awareness? You crossed your arms over your solar plexus? Ah yes, now you have uncrossed them again. A word entered your mind. It is leading you somewhere. The soul is taking charge. You must keep contact with the soul, or you will just sit there in negative judgment.

To complete this transmission, feel the power going around the circle, linking up at the solar plexus level. Enjoy it. The rat is very communal.

***Sarah Tyler-Walters** has always known that spirits are watching over her and guiding her life. Today, she works as a trance medium & spiritual strategist providing insights and instruction for clients regarding their lives and career paths, while also exploring their emotional patterns and spiritual potential. Her chief guide is the philosopher Master Chou, who lived in China prior to the birth of Jesus. He has a mischievous sense of humor and says laughter is the reason why he lived to be 102. He also explores the deeper purpose of human existence. Contact Sarah at [ask@trancemedium.co.uk](mailto:ask@trancemedium.co.uk).*

***The Peacemakers**, formed in 1976, is a group of trance channels who meet regularly to focus and direct energy to secure peace in our time. They are also past life therapists and earth energy workers, releasing trapped spirits and harmonizing the underlying power grid in many places around the world. They can be contacted at [heliosc@diastart.net](mailto:heliosc@diastart.net).*



## Spirits in Human Life

An Interview with Shaman Aayla

*Today we will talk with the Siberian shaman Aayla. Numerous studies and several scientific films about her confirm her healing abilities. Shaman Aayla is called the Voice of Spirits on Earth. Aayla, please tell us how spirits affect our lives.*

There are two points of view on spirits. According to the traditional point of view, spirits are living beings like us. According to the Siberian shamanic tradition, we are representatives of the civilization of spirits, meaning first we are spirits. These spirits can be embodied in any physical form.

Scientists believe that the spirit is a bunch of information or energy. You can agree, for example, with the spirit of disease, money, or the person with whom you quarrel.

We live in a world of spirits. Humans are also spirits but with bodily shells. Various spirits influence us, and we interact with them constantly.

There are spirits of the upper world: angels, for example. There are spirits of the middle world. These are spirits of the present: animals, rivers, mountains, plants. Each locality has its own spirit. We feel it, and we miss it when we have fallen in love with a place. The spirits of the lower world are those of suffering, death, and disease, and the souls of departed ancestors also live there. People have the right to choose with which spirits they interact.

*That is, we ourselves can choose?*

Of course, yourself! When a person, for example, cultivates suffering or thinks there is no money, the energy that he or she radiates nourishes the spirits of the lower world: suffering, illness, misfortune. These spirits begin getting involved in their lives. If they become stronger than us, they make decisions in our place and cause negative processes in life.

When a person makes some effort in life, striving for power, this attracts the spirit of good, and everything begins to work out.

*Does this mean that you can make friends with one spirit and it will solve all issues?*

Each spirit has its own specialization. It is impossible to ask one spirit to do everything. The spirit of the house, for example, has a clear task. This spirit lives next to people in their homes, guarding family comfort and things. To appease the spirit, you need to feed him or her. For the spirit of the house, milk, bread, or anything natural is suitable.

Mentally, you need to say: "Hello, spirit of the house, I respect you. Please live in my house. Let's live together. I will feed and respect you, and you protect what is in my house." Then put the treat in a secluded place. After it has deteriorated, give a new treat.

*Aayla, is it true that all relatives are somehow connected in life, even if they never met?*



Each person can attract both good spirits and unhappiness to the race. It is as if you all live in one house; you all bring those with whom you communicate, and you live together in the space of the house. The spirits attack you from around the corner or, conversely, protect you from disaster.

Everyone is responsible for everyone. The same is true on a planetary scale: we are all responsible for our planet's present and future. Each family has its own family spirit. This is the spirit that protects the family tree and its power.

If we stop feeding the spirit of the family, it departs from the family tree. When the family tree remains unprotected, spirits of the underworld flock to it. Sick children may be born although they have not earned this suffering. This is a strong sign! You can do a kind of health diagnosis right now. If you have even one of these, your family may be at risk:

- infertility in the family
- extreme dependence on alcohol, drugs, games, and consumerism
- divorce with scandals/betrayals
- suicide

- severe, incurable disease

If these happen in your family, do not wait. Seek help to learn how the power of the family can help us become more successful, healthier, or on the other hand, bring suffering to all family members. This is a very important topic for every family, and I consider it my mission to share the ancient knowledge of the power of family.

For the family tree to bloom again, you need to call the spirit of the family and take the strength of the family from the lake of the family. If you are not indifferent to the fate of your family, then the spirit of the family elder, who can heal his or her tree, lives in you.

Thus, in modern life, it is worth using the knowledge of shamanism to be more successful, healthy, and happy, as well as to inherit a strong,

successful family. You can learn to feel the spirits, see their manifestations, understand their signs, ask for support, receive their protection, and enjoy life.

*Aayla is a hereditary Siberian shaman. She is the leading master of the school the Power of the Lineage. Aayla is a master of spiritual healing with over twenty years of experience. To learn more, visit her website [AaylaShaman.com](http://AaylaShaman.com) or follow her on Instagram @schamanin.aayla. You can contact Aayla at [aaylashaman@gmail.com](mailto:aaylashaman@gmail.com).*

## Don't Tell Me I Can't

Ruth Cherry, PhD

The diagnosis of multiple sclerosis was bestowed on me a few years ago. I felt horrified, confused, and desperate. I also felt alone. This was my problem, not a commonly experienced natural disaster. And everyone knows: "There is no cure for MS." For weeks, I was frantic.

But I don't like being told, "You can't heal." I looked deep inside and promised myself I would walk well again. I didn't know how that would happen, but I trusted I would be guided. I committed more deeply to my spiritual path than I ever had. Healing from a nonphysical source offered my only hope.

I wrote in my journal. When I sat down, I didn't know what I would write, but words spilled from my pen. I didn't recognize them as my own thoughts; they were simply words and thoughts moving through me. I respected the evolving activity of my inner world by assuming the stance of detached observer. After thirty minutes observing and recording, I rose, feeling cleansed and clearer.

I meditated twice daily. I plugged into a flow my intellect couldn't access and allowed myself to be carried. Old emotional wounds and mistaken beliefs were resolved.

Events in my outer world began to reflect my unspoken thoughts and wishes. Delight dotted my days. I felt lighter and uncharacteristically joyful.

Finally, I welcomed my diagnosis as an opportunity to form new habits. Now I practice complete self-acceptance. I don't need to impress anyone, nor do I feel offended by anyone's disregard. I practice gratitude for whatever exists, regardless of my feelings. I don't say, "I don't like what happened." I simply say, "Thank you." Being grateful for whatever happens releases tension and hugely reduces stress. Really, what is a problem? I don't get upset by what I can or can't control.

I practice forgiveness for myself and for everyone else. I want to release burdens. I commit to being my best friend, always on my side. I expect gifts, and I practice receiving goodness. The more I practice, the more I receive.

Most importantly, I practice surrender. I live close to my core. I see myself healed, and I trust a wisdom greater than my mind's.

My walking continues to improve. I've learned that my intellect, even with its best judgment,



can't carry me to health. I know that, at my center, I am anchored in a reality incomprehensible to my mind, a reality that knows only health. Manifestations of physical health follow from my practices of good mental and spiritual health. I never disparage myself or anyone else, and I don't doubt that my good comes to me. I appreciate today, myself, and whatever happens.

Receiving an unwanted diagnosis has helped me experience more of reality than I had previously known. I feel more alive and anchored in my experience. What a gift the diagnosis of MS has been.

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Excerpted from *Living in the Flow: Practicing Vibrational Alignment* (2018) by Ruth Cherry, PhD — available on Amazon.

*Ruth Cherry, PhD, recounts her story of disability and healing in her book *Living in the Flow: Practicing Vibrational Alignment*. She includes examples of and instructions for healing practices. To learn more, visit Ruth's website: [RuthCherryPhD.com](http://RuthCherryPhD.com).*

# Signs from the Angels

Corin Grillo

People are often impatient when they begin consciously working with angels, because they want big, juicy, explosive first encounters. If you are waiting for Archangel Michael to make a 3D appearance in your room, giant wings ablaze and angel choirs singing in the background, you may be waiting a while.

I am a huge fan of big and juicy angel encounters, but from the years of doing this work for myself and others, I know that angels don't always come through this way. Patience is required when working with angels, and so is managing your expectations. Those are two big keys in allowing angel messages to come through. It's one thing to pray to or

invoke the angels, but it's a completely different thing to actually be aware of the answers they bring.

## No Coincidences

Before I teach you the different ways that angels communicate, I want you to delete a thought from your consciousness, because it absolutely blocks you from the reality of angels and miracles: "That was just a coincidence."

Angels are master manifesters, and when you begin talking to them, they do everything in their power to let you know they are real and right there with you. Your angels send you signs of love, comfort, and even protection all the time. One reason you might not notice them is that you tell yourself that every cool thing that happens to you is "just a coincidence." This one thought will suck your angel magic dry, so get rid of it.

Let's reimagine this whole "coincidence" nonsense. Have you ever turned on the radio and the song that came on had a message in it that was just what you needed to hear? Have you ever had a magical solution to a problem appear out of nowhere, just in the nick of time? Have you ever met someone in such a weird way that it seemed to be kismet?

Take a moment now and think of some of the more unexplainable and magical things that have happened to you that you might have written off as coincidences. When you add them together, they build a picture that doesn't seem like coincidence at all. These little things can happen to you daily. They can

be large or small, and if you dismiss them, you miss the golden truth: You are not alone. Your angels listen to you, support you, and actively help you whenever and wherever they can.

From now on, know that every so-called coincidence is actually help and support from your angels and the Divine. If you master this one mental shift, your life will open up to a magical world that has been hiding from you in plain sight: the world of the miraculous.

## Subtle Angel Signs: Intuition and Your Intuitive Senses

Angel signs don't always look like what you expect. Sometimes they are big and loud, but other times they are subtle and soft. The key to recognizing those signs and receiving angels' love and clear guidance, is to tap into your gut instincts and your subtle senses, also known as your intuition. You have intuition, whether you are aware of it or not. Your intuition is like a muscle: The more you flex it, the greater it grows.

Listening to your intuition and your intuitive senses is the most important skill you can learn in working with angels. Your intuition holds the voice of your soul, your song, and your essence. It's through your intuition, thoughts, and feelings that angels pass on amazing loving guidance. Don't miss this guidance, because you are missing pure gold.



*The Angel Experiment* is available from Amazon.com.

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Most people in the West haven't had much practice flexing the muscles of their subtle senses, because Western culture places a much heavier emphasis on logic and linear thinking than on intuitive, heart-centered consciousness. We in the West are so used to overidentifying with our loud, tantrum-like logical minds that we often completely overlook the awesomeness of our intuitions. And when I say "awesome," I mean awesome!

It takes some practice, but if all you do is slow down and listen to the still, small voice of your heart, instead of that wild pack of wolves in your head, life will go a lot more smoothly. There is no better time than the present to learn to develop and trust your subtler senses.

### More-Obvious Angel Signs

Over the past few years, I have hosted a Facebook group called the Seven-Day Miracle Challenge. It's a place where angel lovers over the world gather to share their angel experiences. People post daily about the fantastic and mind-blowing angel-related things happening for them.

Here are some of the more common angel signs and experiences that people report in our Facebook community and that I have experienced along the way. Some signs are subtler than others, so I hope this list of the top-eleven will help you recognize when your angels are trying to get your attention.

**Feathers:** Finding feathers on the ground or in interesting places is one of the most popular experiences people post in our group. Finding any color or kind of feather is often a message or validation from angels and Spirit. However, white feathers are classically known to represent love from angels. Keep your eyes peeled for feathers along your path. They are meaningful and often come at times when you need validation or an extra dose of good juju.

After an angel workshop I taught, one of my students went home and opened her kitchen cabinet to get a cookbook. She pulled down the cookbook, and a big white feather flew out of the cupboard and floated to the ground. She couldn't believe it, as we had just talked about white feathers and angel signs that afternoon. Coincidence? After that moment, she knew angels were with her, and over the next several days she had many similar experiences.

**Light:** Angels are made of light, so they often manifest as light anomalies. Some people catch twinkles in the corners of their eyes or see flashing colors when they close their eyes. Sometimes angels show up in photos as orbs, rays, or streaks. Look for lights dancing in the variety of ways that they can, and trust that it's angel activity.

**Signs (literally):** Sometimes angels communicate through signs you see on license plates, billboards, bumper stickers, in magazines, and so on. People report this type of message to me all the time, and it is probably one of the most prominent ways angels communicated to me in the beginning.

Also pay special attention if you see Bible verses highlighted on license plates or anywhere else. If you see a sign that says "Psalms 91:11" or something else that seems like a Bible verse, make sure to look it up. These are often direct communications to you by your angels. Usually the message is exactly what you need, when you need it.

It is amazing what angels can do with all the signs around you, so if you happen to start seeing meaningful words or you are drawn to a certain car's license plate or a billboard, trust that these are true messages from your angels. They can be so spot-on and obvious that they will knock your socks off.

**Nature:** Nature is a powerful vehicle for angelic and divine manifestations. Angels especially

love showing themselves overhead through cloud formations, rainbows, or light anomalies in the sky. In our online angel community, people post images of these beautiful sights almost daily. Another popular way that nature and angels conspire together to give you love is through animals. A bird showing up at just the right time or a peculiar animal looking at you meaningfully are often signs from angels that you are supported and they are listening.

On a side note, if you see the same kind of animal over and over, please do an internet search on that animal. For example, if you see robins everywhere you look, search for "robin spirit animal." You might be blown away by how the meaning of that particular animal is exactly what you need to know.

**Recurring numbers:** A classic number that pops up regularly when working with angels is 444, but any number that appears in threes — like 111, 222, 333, etc. — can also be a sign of angel juju. Each number has a different meaning, so if you see a number repeating, do an online search. These numbers have many interpretations, so it's really up to you and your intuition to decide which make sense for you. As with so many angel signs, you'll often be amazed how a number's meaning exactly matches the kind of guidance and validation you need.

**People:** Messages come through other people, so pay attention. Is someone sharing something with you that you just asked the angels for help with? Does someone on the subway talk about a specific topic that is somehow related to information you are asking for? It is fascinating how the right people show up in your life and give you exactly what you need, right when you need it. The more you work with angels, the more this happens.

Children are particularly wonderful at delivering messages from

the angelic realm, because they are still so open — they haven't closed themselves to magic or the spirit world. They sometimes directly channel angel messages without knowing why or what they are saying. It's quite beautiful and profound, so instead of thinking you are there to teach children about life, be open to the idea that children are also there to teach you a thing or two that go beyond reason. The wisdom that pours through them can be quite amazing.

**Music:** Angels can bring you love, comfort, and even advice over the radio waves, and they do it masterfully and with absolute divine timing. I can't count the number of times I have walked into a grocery store or an office building and the song playing over the speakers seemed like a direct message from my angels. Many people in our community also report the incredible gifts that the angelic realm bring to them through song, at exactly the moment when they most need the message. Open your ears. You will be surprised how often songs on the radio, jingles in commercials, or music piped in at the dentist's office, speak directly to you and your life circumstances.

**Dreams:** Angels appear in your dreams and bring you miraculous solutions. Please pay attention to your dreams. Write them down every morning and review them frequently; often gems are hidden within dreams that answer your deepest questions and prayers.

**Synchronicities:** Synchronicities — what many call coincidences — are very common when you call on angels for support. It is their way of showing you that you are on the right track, while encouraging you to have faith and trust in what is happening. You actually get signs and synchronicities every day, but you're not paying attention as closely as you can. The more you do this work, the more they pop out at you.

**Social media:** Social media platforms, such as Facebook and Instagram, are places where angels like to hang out and send messages, give validation, and hand out answers to questions. Have you ever seen a quote on your feed just when you needed to hear that exact advice? Guess who sent that message? That's right, your angels did. Angels are absolutely relentless when it comes to your social media newsfeed, so make sure to pay attention to the information that pops up there.

**Touch:** Yes, angels can and do touch you. This is by far my favorite kind of angel encounter. People all over the world report having goose bumps when angels are near. We call them "angel bumps." Angels might tap your shoulder, give you a little peck on the cheek, hold your hand, or give you an overall feeling of warmth and comfort. Working with angels opens up and activates your energy body. People often start feeling tingly electrical currents moving through their bodies when angels are near, and these tingles are often accompanied by feelings of peace, comfort, and joy. So if you are overcome with a feeling of effervescent warmth and comfort, please know your angels are wrapping their goodness around you and showing they are with you.

### Ask Your Angels for Help

There are so many beautiful ways to communicate with your angels. You can share with them what you are worried about and ask them to help with all kinds of things you might be struggling with. You can talk to them casually all day long, when you are in your car, in the shower, meditating, or going to bed. Anytime is a good time to talk to angels.

As a matter of fact, you don't even have to speak aloud. Just think the words, and they will hear you. Angels are cool that way. Having

heart-to-heart conversations with your angels throughout the day — whether aloud or in your thoughts — is highly recommended, because amazing things can happen for you just from doing that.

Some people feel guilty about asking for help from angels. If that is true for you, know there's absolutely nothing to feel bad or guilty about. The good news is that angels absolutely love helping you! The bad news is that they can't help you if you don't ask. Humans have what's called free will. From my experience, angels can't intervene and help you if you don't invite them into your life for support. Moral of the story? Ask and keep asking.

### Prayer versus Invocation

Most of you know about prayer, but few have heard about or understand invocation. The energy of invocation is quite different from the energy of prayer. An invocation is a slightly more formal way to communicate with angels, but it is the most powerful way I know to enlist their help.

Prayer is the act of calling on a divinity outside yourself to intercede on your behalf to solve a problem you are having. It is an amazing way to connect with the Divine and find peace and solace.

Invocation is outwardly similar to prayer. You still call on the Divine for aid, but an invocation actually invites the beautiful presence of the Divine to fill your entire being: your heart, mind, body, and soul. To invoke is to essentially awaken and allow divinity to move through you, which can bring deep healing to all aspects of your being. The process of invocation includes you, a magical human, as one of the key ingredients of the recipe for miracle-making. Prayer doesn't really do that. Invocation acknowledges your magic in the equation, and this is why I love using invocations and teaching about them.

## How to Do an Invocation

Even though angels can hear you if you communicate silently, speaking invocations aloud can help you focus your intentions, especially if your thoughts are scattered. When you do an invocation, you want to get into the actual emotion of it; a solid invocation includes some level of passion or excitement. Find the emotion behind your request, because it's through your emotions that so much of your life manifests. Do your best to excite yourself with passion. Some people do this by playing music, singing, or even dancing.

If you listen to Aretha Franklin, Chris Cornell, or Robert Plant, you'll notice they all sing as if their lives depend on it. They sing as if that day

might just be the last day of their lives. That is the energy you want to put into your invocations. Feel every word, whether you speak it or sing it. Use that juicy emotion to send ripples of your intent into the universe, and know that big work has just been done.

So many people think of angels as if they are celestial beings who live far away in heaven or in the clouds. But really, they are with you right here, right now, all the time. Imagine them as loving friends, standing by you, always ready to help. Imagine this especially when you are doing an invocation.

When you invoke your angels, singing can really help raise both the energy and the emotion of what you're calling out. Over the years,

I've found it to be very effective. Many of the people I work with tell me they prefer to sing their invocations rather than speak them. Singing helps you maintain your focus and brings an extra "party" vibe to the work, and angels do love to see you enjoying yourself.

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Excerpted from the book *The Angel Experiment*. Copyright ©2019 by Corin Grillo. Printed with permission from New World Library — [NewWorldLibrary.com](http://NewWorldLibrary.com).

**Corin Grillo** is the author of *The Angel Experiment* and founder of the *Angel Alchemy Academy*. A trained psychotherapist, angel channel, healer, and teacher, Corin has helped thousands of people all over the world go from angel-curious to angel-powered. She lives in Northern California. Visit her online at [CorinGrillo.com](http://CorinGrillo.com).

# Reincarnation 1, 2, 3

Meria Heller

The purpose of life has now been established: It's to have a good time. If you're not having a good time, why not? You are creating your life anew every morning. If you have a job you hate, quit it; find something else. If you're in a relationship that makes you miserable, end it. Remember, you're not here for a long time; you're here for a good time.

Many people I've counseled through the years have asked me about past lives, karma, and reincarnation. They are so obsessed with who they were or might have been, they forget to concentrate on who they are *now*. Well, who you are now and what you do with *this* life is what counts in the next incarnation, no matter where that is. You could decide to stay in spirit, travel to another planet or galaxy, or come back to what I refer to as the "planet of the apes." As other spiritual teachers have advised, *never* come back

here. There are loads of better ways to use your recycled soul energy and better places to traverse.

I actually prefer seeing a future life to a past one. It assures me that life continues and doesn't have to be "payback" for "bad" deeds. Good and bad are judgment calls. What is good in one society, culture, religion, or nation might not be considered good in another. Remember, this illusion is created with opposites. Someone has to wear the white hat and someone the black hat for either to exist. It's all a game, and you pick your avatar long before you arrive through the birth canal. Then it's a matter of staying on the course you laid out for yourself in order to achieve what your soul desired to achieve before buying the ticket to ride Disneyland Earth.

For whatever reason, people choose to come back to this planet over and over again. Some say they



have unfinished business or a debt to pay. Some just miss being in a body. In the movie *K-PAX*, with Kevin Spacey, he plays a character who no one believes is from another world. In one scene, he talks to a psychiatrist who asks him why he came to Earth. Kevin's character takes a banana and eats it, skin and all, saying, "Your produce alone has been worth the trip." That could be reason enough for reincarnation: a good piece of fruit.

## Stop the Blame Game

We live on a planet that offers the blame game. People like to blame their bad choices and lives

on others or on bad karma. Well, if you have bad karma, that means your previous lifetimes here weren't all that spectacular. Although many want to claim they were famous people in the past (you'd be surprised how many claim to be Cleopatra or Mark Anthony) they were probably just criminals or people with bad lifestyles who are now trying to emulate those lives in bigger ways or trying to make up for them.

Stop the blame game and take responsibility for your life. Remember,

it's all a dream. When you wake up every day after restarting your body computer, you are free to create whoever and whatever you'd like to be. It needn't be *Groundhog Day* unless you choose it.

It is possible to bring back talents and habits from past lives. Everything lives in your cellular DNA and memory. Sometimes that helps you figure out what you're good at and what you're not good at. But think about going forward and projecting real hope into your next life

instead of playing the blame game of letting your past control your present. It's called the present because that's what it is — a gift. It's another chance to recreate yourself in physical form — a whole new avatar in a whole new game.

**Meria Heller** is a Usui Reiki Master, tarot teacher, and founder of the Universal Medicine Wheel. She has taught metaphysics for over thirty-five years. Meria resides in Northern Arizona and has taught around the world. She counsels people worldwide. Meria can be reached at Meria.net and at 760-472-3620.

# The Surprising Relevance of Sanskrit in Current Times

Sarah Mane

I was recently on a long-haul flight from Sydney, Australia to Vancouver, Canada. A young mother with two little boys sat in the row in front of me. The flight attendant announced that no one was to use peanuts, as these boys had severe peanut allergies. All through the flight, this mother provided her children with pre-prepared food. She made sure the boys were occupied, answered their questions, and rested when she could. Her care was very impressive.

What has this got to do with Sanskrit? I'll get to that.

First, what is Sanskrit? It is an ancient language that some say is timeless. It has been described as the language of the universe and as a mother of languages. These are grand claims, so let's look at Sanskrit on two levels.

On one level, Sanskrit is a spoken language with grammar, vocabulary, sentence structure, and so on. As a mother of languages, Sanskrit is an etymological matriarch in the vast Indo-European family of

languages, which includes Latin, ancient Greek, and the Germanic, Indian, and romance families of languages. English, of course, is an Indo-European language.

To get an insight into the care of that young mother taking her boys to Canada, let's look at the power of *mātri*, the Sanskrit word for "mother." Our English "mother" is cognate with *matri*, so when we speak English, we're connecting with Sanskrit meanings whether we're aware of it or not.

The second, deeper level of Sanskrit is as the language of the universe. How is this so, and how does that universal language relate to a young family on a trans-Pacific flight? The word *sanskrita* means "purified and perfectly formed." When we are quiet, open, and receptive, without mental distractions, we hear a still, small voice within. That voice is pure and perfectly formed — it is *sanskrita*. In that quiet state, we know the truth of that voice.

This communication occurs in the heart. This perfectly formed



language then needs to be interpreted into our vernacular language so our minds and bodies can take action. This sense of "knowing" — a simple alignment and resonance with this universal language — shapes itself into a form that our minds and bodies can use.

Sanskrit reflects that universal language. It uses a subtle system of verbal roots to establish a connection to that universal language.

## Meaning Is Conveyed in Experience

Each simple verbal root, called a *dhātu* (धातु), gives rise to a myriad of words. The core meaning of all these words comes from the verbal root. This is the powerhouse of the meaning. These roots are verbal — that is the key to the system. Verbs are "doing" words; they are actions.

We generally think of "meaning" as a concept or an object. We

think a table is a thing, not an “act of tabling,” or the service a table performs. Sanskrit, on the other hand, is based on the idea that the actual meaning of something is what it does — the action it performs. So if a table ceases to do the act of “tabling”— in other words, it ceases to provide us with a surface upon which to put our dinners — it is no longer a table; it becomes something else.

Actions are a form of energy, so words in Sanskrit carry the core energy of meaning of their particular verbal root. This is one of the astonishing and perhaps unique features of Sanskrit: Meaning is conveyed in experience and not merely in concepts.

Let’s go back to that flight to Canada. Consider the word “mother” (*mātri*, written as मातृ in the beautiful Devanāgarī script). It draws its meaning from the verbal root *mā* (मा). *Mā* means “to measure.” So, the essential meaning behind “mother” is the act of measuring. Measuring what?

A mother cares for and nurtures the body, mind, heart, and spirit of a child. She provides everything just in the right measure — the perfect amount for the time and place. The measure of what is needed changes

all the time, but a mother is perfectly designed to give the child what he or she needs when it is needed. The knowledge of this measuring is innate and comes in response to the child. It is known and expressed in the very act of mothering, not as a theory or a concept. The true meaning of “mother” is in the action and the experience.

Any woman, whether they have given birth or not, has a natural and innate power of measuring or mothering when in the presence of a child: measuring love, encouragement, discipline, boundaries, knowledge, food, and what to wear in the winter or summer. The list is endless. The measures needed to care for a baby, a young child, or a teenager are different, but the act of measuring is constant. The greater the level of presence and awareness of the mother, the more precise the measure is. That was certainly in evidence on that plane.

Delving into the deeper meaning of words like this is very important. The meanings we give to things shape our world. Things such as values, attitudes, truths, being, love, mother, and father are not actually things. They are actions. What does your attitude do to you and to the

people around you? What do your values do?

Through the timeless wisdom of Sanskrit, we can redefine, clarify, and realize new meanings, which can powerfully and positively impact our lives.

### About the Book

Sarah Mane’s book, *Conscious Confidence*, is a confidence-boosting program based on the spiritual insights of Sanskrit — the language of enlightenment. It draws on traditional stories from the East, West, and scholarly works, revealing the wisdom behind Sanskrit words and how you can experience them to transform your life and build confidence, certainty, clarity, and success. In her book, Sarah explains the fourfold energy of her Conscious Confidence program: focusing, uniting, simplifying, and energizing. She offers practical exercises for discovering inner certainty and overcoming fear, anxiety, and insecurity.

*Sarah Mane has been studying Sanskrit since she was a teenager. Today, she teaches practical self-awareness, philosophy, meditation, and Sanskrit to both children and adults. She also coaches individual clients and business professionals all over the world. Conscious Confidence is her first book from Findhorn Press. To learn more about Sarah, go to SarahMane.com.*

## Could Happy Science Be the First Global Religion?

Cate Montana

Japan’s predominate religions are Shintoism and Buddhism. Traditionally, Shintoism focuses on daily rituals aimed at connecting the practitioner to Japan’s ancient roots and his/her ancestors, as well as the divine essence that supports all life — rocks, trees, animals, and the earth itself. Buddhism is based

on the teachings of Gautama Buddha. Practitioners follow his teachings with the intention of spiritual development leading to insight into the true nature of self and reality.

As steeped in religion as Japan seems to be on the surface, a large percentage of followers of both Shinto and Buddhism are not



regular practitioners. A whopping 60 percent of the population, or 76 million people, consider themselves fundamentally irreligious, ascribing to no faith at all.

Into this relatively agnostic modern atmosphere arrives Ryuho Okawa, global visionary, renowned spiritual leader, and founder and CEO of Happy Science.

The most influential and the fastest growing spiritual organization in Japan today with over 12 million members across the world, Happy Science is a spiritual movement dedicated to bringing greater happiness to humankind by uniting religions and cultures to live in harmony. Strongly based on the tenets of Buddhism as well as Christianity, the fundamental teachings of Happy Science can be found in Okawa's basic sutra (a set of laws): *The Dharma of the Right Mind*. Written in 1986 via automatic writing, it was swiftly followed by a trilogy of works now considered the foundations of Happy Science: *The Laws of the Sun*, *The Golden Laws*, and *The Nine Dimensions: Unveiling the Laws of Eternity*.

Today, Okawa is the author of over 2,500 books that have been translated into thirty-one languages, with over 100 million copies sold worldwide. "Master Okawa reveals the real truth about where we came from, why we're here, and where we're going," says Yoichi Utebi, a member of Happy Science since 1990 and currently the Vice President of HS Productions, LLC. "Those are really the fundamental questions that everybody has. By answering these questions, we can overcome any issues we may be having in our life. We can understand the truth about this world, the spirit world, how the system works, the true meaning of this life today. We discover we have a mission and that there's a reason we're here. We can find the Buddha nature inside us — the deep light which is inside every single person."

Happy Science reveals one of the most important and healing truths about life: Divinity exists and is very much alive inside everyone. Unlike many ancient spiritual texts that are

written for a different era in consciousness, Okawa's teachings are incredibly practical, simple, and deliberately designed to be grasped by anyone in the modern world. "That's his secret," enthuses Utebi. "It's why everybody is following him in Japan."

### Right Mind and the Fourfold Path

Similar to Buddhism, Happy Science teaches that right mind — the right way of thinking — is the prerequisite to happiness and a return to our divinity and heaven. To accomplish right mind, Okawa has developed the Fourfold Path known as the Principles of Happiness — four modern methods of freeing ourselves from worldly worries, stress, and suffering that can, if followed long enough, lead to enlightenment.

The Fourfold Path consists of four interrelated principles: the principle of love, the principle of wisdom, the principle of self-reflection, and the principle of progress. Similar to Christianity and the teachings and example of Jesus, the principle of love teaches people to achieve a gentle selfless love for others — a love that gives — that is also aligned with compassion, the attainment of which lies at the very heart of Buddhism. The principal of wisdom emphasizes the importance of gaining intellectual knowledge of divine truth and the spiritual world that, through practice, leads people to experiences that in turn become wisdom.

The principal of self-reflection is based on the Noble Eightfold Path (which Okawa has restructured to suit modern people), emphasizing the practice of self-reflection to increase awareness of wrong thoughts and inaccurate perceptions about life and divine nature. The principle of progress focuses on self-improvement and success, as well as attaining happiness through positive action in the world that then positively affects others and society.

"As humans, we do face a lot of issues," says Utebi. "After reading many of his books and listening to his lectures, I discovered that all these worries that I had in my life kind of disappeared in front of me. Yes, they still exist, but I'm now able to handle and cope with things and embrace my life in a very positive way."

### A Life of Divine Purpose

Serious, studious, and devoted to learning, Okawa excelled scholastically as he grew up, eventually studying law at the University of Tokyo. In an effort to discover the purpose and meaning of life, in addition to his law and finance studies, he read books on philosophy, religion, and sociology, consciously modeling himself after such great thinkers as Plato and Socrates.

Then, on a spring day at the age of twenty-four, he had a spontaneous spiritual awakening. "Suddenly, I sensed an invisible presence with me in the room, and almost simultaneously, I understood by intuition that whatever it was, it wished to communicate with me. I ran to get a pencil and some blank cards. My hand holding the pencil began to move as if it had a life of its own. On card after card, it wrote the words, 'Good News, Good News, Good News!'"

Despite constant communion with higher beings and a fierce, growing determination to somehow help humanity, Okawa continued a normal career path, entering the world of international finance and trade. He quickly rose through the ranks and moved to New York City. But after just six years, the call of spirit became too strong to resist. Shortly after his thirtieth birthday in 1986, he decided to leave the world of high finance and found Happy Science.

In March 1991, the organization was formally recognized as a Japanese religion dedicated to "bringing

happiness to humanity by spreading the Truth” by uniting people and inspiring global peace and harmony beyond all disparities of ideology and religion.

“From our point of view, there is no reason to fight one another, because we all came from the same origin,” says Utebi. “The only difference is that when Jesus and Muhammad came down to earth, the time, place, and culture were totally different. Those teachings do not speak as clearly to modern society anymore. But if we can understand each other and be more open-minded about our differences, there is no reason for us to fight.”

Today there are over 500 Happy Science temples around the world

and more than 10,000 missionary houses. Outreach to local communities by members depends on local needs, but it often includes supporting schools and donating textbooks to small villages that can't afford them. Happy Science and its members are also well known for providing global relief following earthquakes, hurricanes, and other natural disasters.

“I know it may not happen in the next ten or twenty years,” says Utebi, “but we believe Happy Science is going to become one of the major religions on Earth in decades to come.”

Released in North America in 2019, the Japanese spiritual film

*Immortal Hero* is based on the true story of Ryuho Okawa, the bestselling author, global visionary, renowned spiritual leader, and founder and CEO of Happy Science. Okawa suffered complete heart failure but literally came back to life through the force of his mind and will to complete his mission on Earth to help uplift humanity. A video-on-demand version of the film will be released in early 2020. For more information, visit [Immortal-Hero.com](http://Immortal-Hero.com).

*Cate Montana* is the author of *The E Word: Ego, Enlightenment & Other Essentials*, and *Unearthing Venus: My Search for the Woman Within*. Her first novel, a spiritual love story titled *Apollo & Me*, came out in 2019. She is also a writing coach and editor who lives on the island of Maui, Hawaii. For more information, visit [CateMontana.com](http://CateMontana.com).

## The Seven Habits of Highly Peaceful People

Victor M. Parachin

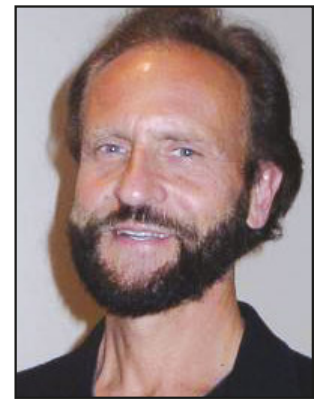
While waiting in a long line at a coffee shop, a woman remains calm and content, while the patron behind her feels irritated and frustrated. When cut off in traffic, a man continues calmly driving toward his destination, while another driver blows his horn and shouts obscenities. In a doctor's waiting room, one person sits quietly and enjoys a moment of relaxation, while another frantically scrolls through her social-media on her phone.

These examples reflect two types of people we are all capable of being: calm, tranquil, and peaceful or agitated, anxious, and easily angered. The difference between the two is a narrow one and depends on personal behavior. Here are the seven habits of highly peaceful people, which anyone can incorporate into daily life:

**They have a routine.** To have

a peaceful mind, it's essential to establish and maintain rhythm and routine. Generally, those who exhibit high levels of peace and calm carefully regulate their daily activities. Each day, they go to bed at the same time, wake up at the same time, eat their meals at the same time, and engage in their spiritual practices at the same time. Though not monks or nuns, peaceful people structure their daily lives in patterns similar to those found in monastic settings. In so doing, their nervous systems know what to expect rather than constantly being thrown off by erratic, unfamiliar schedules. Regularity is a foundation for cultivating a harmonious and peaceful mind.

**They respond rather than react.** When an unwelcomed situation emerges, highly peaceful people briefly pause. They adjust their



thinking and emotions so they can act in skillful ways. In his book *The Secret Power Within: Zen Solutions to Real Problems*, actor and martial arts expert Chuck Norris relates a story told to him by a friend who was also a high-level martial artist. This man was at a stop sign waiting for a break in the traffic that would allow him to cross a major street safely. The person in the car behind him was impatient and kept honking his horn. Finally losing his patience, the driver got out and began to threaten Norris' friend if he didn't "find the gas pedal quickly." Norris' friend paused, then rolled down his car window and said, "You want to fight. Okay, but I have a bad back, and you will have to help me out of the car."

The angry man stared briefly, shook his head in confusion, and returned to his car. Norris wrote: “Luckily for the impatient driver, the situation had been defused by humor. He had no idea how close he had come to being thrashed.”

**They meditate.** “Meditation is training for the mind, helping us become less controlled by stressful thoughts and emotions,” explains Buddhist monk Gelong Thubten, author of *A Monk’s Guide to Happiness: Meditation in the 21st Century*. This ancient wisdom teaches that meditation reduces stress and increases peace, a claim now verified by modern science. One recent study revealed that just a single, introductory meditation session delivered a positive impact for the treatment of anxiety, one of the most common mental health disorders in the United States. Researchers recruited fourteen participants with high levels of anxiety. The group was led through a sixty-minute guided introductory meditation session focused on breathing and awareness of one’s thoughts. Before and after the meditation session, participants were measured for factors related to cardiovascular functioning, such as heart rate, blood pressure, and specifically blood pressure in the aorta.

“Our results show a clear reduction in anxiety in the first hour after the meditation session, and our preliminary results suggest that anxiety was significantly lower one week after the meditation session,” said lead study author John J. Durocher, PhD, an assistant professor of physiology in the department of biological sciences at Michigan Technological University. “Participants also had reduced mechanical stress on their arteries an hour after the session. This could help to reduce stress on organs like the brain and kidneys and help prevent conditions such as high blood pressure” [*A Monk’s Guide to Happiness*].

**They spend time outside.**

Being in a natural setting is vital for an overall sense of peacefulness and harmony. That’s why Buddhist monks prefer to meditate outside in natural settings. Science now confirms the wisdom that being outdoors is calming and soothing. For one study, researchers recruited 280 healthy people in Japan, where visiting nature parks for therapeutic effect has become a popular practice called *shinrin-yoku*, or “forest bathing.” On one day, half the group was instructed to walk through a forest or wooded area for a few hours, while others walked through a city. On the second day, they traded places. The scientists found that being outside resulted in “lower concentrations of cortisol (the body’s stress hormone), lower pulse rate, and lower blood pressure,” among other things [[Qz.com/804022/health-benefits-japanese-forest-bathing](http://Qz.com/804022/health-benefits-japanese-forest-bathing)].

**They don’t judge.** Rabbi Joseph Telushkin once received in the mail an anonymous prayer that he finds softens the human tendency to judge harshly: “Help us to remember that the ‘jerk’ who cut us off in traffic last night may be a single mother who worked nine hours that day and who is now rushing home to cook dinner, help with homework, do the laundry, and spend a few precious minutes with her children. Help us to remember that the pierced, tattooed, disinterested young man who couldn’t make change correctly at the register today is a worried nineteen-year-old student who is preoccupied with whether he passed his final exams and with his fear of not getting a student loan for next semester. Remind us, Lord, that the scary looking ‘bum’ begging for money in the same spot every day is a slave to addictions that we can only imagine in our worst nightmares. Helps us to realize that the old couple walking so slowly through the store aisles, blocking our shopping cart, are savoring this moment, because they know that, based on the biopsy report she got

back yesterday, this might be the last year they will go shopping together” [Joseph Telushkin: *Words that Hurt, Words that Heal*].

**They are not troubled by trouble.** Peaceful people know that life is unpredictable and constantly shifting, so they anticipate good times as well as difficult times flowing with life’s changes and challenges. Buddhist meditation teacher and author Toni Bernhard explains: “Waking up to the realities of the human condition is crucial so that we know what to expect in life. If we’re deluded about what to expect, we suffer mentally when things don’t go our way. And so, I want to be awake to the fact that life can be hard at times and that many of my desires and wishes will go unfulfilled. Understanding this helps me accept and be content with my life as it is, because I know that I simply cannot always get what I want—no one can. It’s a reality of the human condition” [Toni Bernhard: *How to Wake Up: A Buddhist-Inspired Guide to Navigating Joy and Sorrow*].

**They forgive.** “Inner peace can be reached only when we practice forgiveness. Forgiveness is letting go of the past, and is therefore the means for correcting our misperceptions,” notes Gerald Jampolsky, MD, author of *Forgiveness: The Greatest Healer of All*. It’s impossible to be a peaceful person while holding a grudge, harboring feelings of resentment, or entertaining thoughts of revenge.

To have inner peace on Earth simply means to increase attitudes and actions that bring calm and tranquility while reducing those that generate disorder and chaos.

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# Practical Spiritual Practice

Nancy Robinson

I can appreciate books and healing systems that focus on the positive. It bothers me, though, when the message seems to be that if you just use “this” technique, “that” affirmation, or something else, then everything will change quickly and your wonderful new life will flow with ease.

It’s good to stay positive and open because miracles can and do happen and events can manifest quickly. However, I wish more would be said about the usual process that I’ve observed in many who are developing their spiritual gifts and talents. Many clients that I’ve worked with go through a more gradual manifestation process, making changes over time and seeing steady and consistent transformations through practice, focus, repetition, and ongoing clearing/healing.

Practice and practice some more: I’m first a spiritual coach and healer, but I also have an extensive background as a professional trainer. Many of my clients go through a learning process, developing a new talent or skill by practicing, making mistakes, correcting them, and then trying again until they internalize what they are learning. It’s good to stay open and allow for miracles, but if they don’t show up immediately, you may be experiencing a more gradual process of change. If that’s happening, keep working on what you want to manifest instead of feeling that you aren’t doing it right or giving up.

Don’t be surprised if you experience a time when you aren’t seeing much happen or sensing any progress. The learning process usually means much more is being

changed and realigned for you at deeper levels.

Creating your best life usually requires healing and clearing old patterns, beliefs, and behaviors. This can take time and persistence, but it is an important part of the process. Create changes in your energy so that you can draw in what you want.

Stay open to the extraordinary and to miracles, but realize that your process may take time and require practice. Both are powerful ways that your soul uses to prepare you for your best, so keep going and keep growing through the learning process to create the life that you really want.

## Your Gifts

If you’ve recently experienced unexpected restlessness or noticed unusual internal fidgeting, then you may be feeling like a caterpillar in its cocoon when it’s time to emerge as a butterfly. Universal energies are intensifying and increasing with bolder nudges and new opportunities for you now. Your soul may be sending stronger messages and urging you on to new levels, so check frequently for unusual divine promptings or directions.

Pay close attention to the emergence of unexpected gifts, talents, or abilities. Watch for new messages or promptings about what you’ve come to do, because it’s powerful, universal, right timing now to access and expand into all that you’ve come to be. Become aware of and clear old or negative patterns, programs, or self-defeating beliefs that no longer fit so that your new and best can keep emerging.



It’s an unlimited and abundant universe, so check for any lingering hidden or unconscious excuses or limiting behaviors. It might be time to start releasing people, places, or things that aren’t able to support your emerging energy and consciousness. It’s also a new chance to start fresh, expect the best, and boldly declare what you truly want.

You can have it all, so accept it and allow yourself to receive at new levels. Ask that your good come in through joy and light from anywhere and everywhere, known and unknown, and expected or unexpected places. Stay alert for special angelic nudging, and open to new ideas and ways to expand and receive your best. Universal energies are supporting us as never before. It can be a wonderful time to receive new gifts, higher levels of joy, and your best possible present.

## If Something Happens on the Way to Heaven

Have you ever had the experience that, despite using spiritual techniques and positive thoughts, you end up shaking your head in bewilderment and thinking, “How did a nice spiritual being like me end up in a place like this?” I experienced this kind of adventure on my way to creating my dream life. I’ve made the choice, and feel spiritually led, to create a business around my healing gifts and inspired writing. It takes time and

attention to build a business of any kind, so I looked for part-time employment to provide supplemental income while I make this transition. A job was offered to me very unexpectedly. Although I appreciate all opportunities I receive, the problem was that I didn't want this job at all, on any level.

If I had deliberately made a list of everything that I didn't want, then I had just manifested it. It was a long drive from home, an unpredictable schedule, not compatible with my skills, and so on. I had applied for the job months before, fully expecting to have something else in place before I would need to take it. Suddenly, here it was, the only offer I had received, and by now it was necessary to accept it.

How had this happened? Where had I gone wrong? What had happened on my way to manifesting my heaven? And so my adventure began. Following are some tips I learned that might help if you also find yourself somewhere unexpected.

### Go through the Door

If you've done all that you can to prevent it and a situation still shows up, say yes. Trust that a bigger plan is unfolding. I continued applying for jobs and asking for something better until the last possible moment, but Monday morning came and the job started. It wasn't where I wanted to be, but I practiced acceptance and trust that this was where I needed to be, at least for the moment. Saying yes allows you to go through and grow through where you are placed, even if it doesn't make sense to you at the time. If you are there, it's an important piece of the plan for your life. Your willingness will help you learn and grow through it.

With the new job, I had moments when I felt like a victim, wondered what I had done wrong, and thought that I hadn't received the universal help I expected. I had to remind myself that I had chosen

to fill out the application and take the job, so I couldn't blame God or the universe. I also realized that I could decide each day how I handled my situation and that I could take actions to make new choices. This helped me stay positive, energized, and focused.

It's easy to feel that if we are highly evolved spiritual beings, we've done something wrong if we find ourselves in a situation that's hard. Even when it shows up as uncomfortable or difficult, your circumstances may be pushing, challenging, strengthening, and preparing you for something much bigger. I knew that I was exactly where I was supposed to be even though it was uncomfortable and stressful.

When you are in a big situation, grab your most powerful spiritual tools for help. Being uncomfortable with where I was made me much more motivated to ask for help and seek new solutions. I called on my angelic team more often, paid closer attention to their guidance, and even scheduled sessions with another spiritual coach.

Since I've helped clients transform their situations as we worked together to clear and change their energy, I also chose to use this powerful tool. I scheduled sessions with my spiritual coach, and she helped me get to work changing my energy, learning from my situation, and creating new possibilities.

### Reap Your Rewards

Enjoy the rewards of your willingness and efforts to embrace and learn when new choices start showing up. As you accept and grow through challenging events, the universe responds to honest efforts and will assist in special ways. I had used all my big tools, including being completely willing to learn and grow through this unexpected direction.

During my third week on the

job, I found a new position that had everything I was looking for: the exact number of work hours, better pay, closer to home, and exciting opportunities to develop skills that would also help me with my new business.

If you also find yourself somewhere else on the way to your most joyful life, don't give up. Grab powerful tools and get to work so that you get back on your way to your heaven.

### Good Vibrations for Manifesting Abundance

We are powerful beings of light with extraordinary abilities and talents to manifest the joy and abundance we want in every area of our lives. We can align with powerful energies from our higher selves and souls, to receive all the information and direction that we need for creating the abundance and prosperity that we're willing to receive. If you've used all these strategies but find that you are still waiting for your abundance to show up or if you're ready to receive more, the following can help you clear and activate to new levels of prosperity.

**Build the consciousness and it will come:** Check that your consciousness is supporting what you say that you want. Pay attention to what you focus on and how you speak about what you want to create. Do you truly believe that you deserve it? Speak words of power and affirmation to generate energies that draw it in.

Be sure that your consciousness is positive and aligned with unlimited divine energies. This can open new avenues of increased prosperity to flow to all areas of your life.

**Believe to receive:** Are you utilizing all the tools that you have to reach your dreams? Harness the power of your subconscious mind so that it is working continually for you. As you visualize the success that you want through positive words and powerful mental pictures,

it instructs your subconscious mind to start seeking and finding new ways to receive.

It can be especially powerful to focus on what you want to create as you go to sleep each night. Your soul can better communicate divinely inspired ideas, powerful solutions, and important information through your subconscious mind while it's at rest. You receive powerful inspirations that can guide you with new directions for manifesting your dreams.

**Clear and clear some more:** Watch for any hidden and unknown patterns or subconscious programs that may still be blocking your good. As you identify them, clear them quickly and replace them with visions of success and affirmations for abundance and plenty.

Trust that you are here to experience a joyful life and that you have the power to create your own special heaven on Earth. You can have it all. The infinite abundance of the universe is available to support and help you on every level. Ask what you need to know, do, heal, or release to start receiving your most joy-filled and abundant life. Be ready to make any necessary changes allowing new levels of abundance.

**Develop your manifesting abilities:** If you are truly ready to experience higher levels of wealth, abundance, and prosperity, consider taking classes that teach advanced manifesting techniques. They can help you learn new ways to create through higher levels and to amplify your energies for success.

When you choose to manifest at the soul level instead of from the lower, more-limited ego or personality level, you will be able to receive inspired information and work in clearer and more sustainable ways. You can learn how to transform your life and create lasting success by working through higher frequencies and awareness. Are you willing to invest in creating new channels for receiving your best?

**Activate a prosperity frequency:** Changing your energy to higher levels of light can also help you manifest more quickly and easily. As you activate a stronger energy force field around yourself, you will magnetically attract new levels of prosperity and abundance.

Stones, healing crystals, and crystal skulls can be used to clear and elevate your energies for attracting more abundance. Tiger's eye, malachite, lapis, citrine, and quartz crystal are especially effective in amplifying the frequencies that draw in more money and prosperity. These special stone energies help transform energetic blueprints within your energy field that sustain and retain abundance.

**Attitude of gratitude:** Gratitude and appreciation are also important for generating powerful energies of light at higher levels and allow you to receive even more. Saying thanks and expressing gratitude enhances higher frequencies of light, attracting more joy and freedom.

Trust that you can get what you want and that you already have the wisdom and guidance within to fulfill your dreams. The whole universe is ready with support as never before. Past karmic patterns of hardship and lack are rapidly being replaced with powerful new vibrational energies of abundance and plenty. Now is the time to keep asking for your best and to stay open to receive more than you've ever imagined you could.

## Run Your Own Race

You are special, unique, and have been divinely selected to be here at this extraordinary time on the planet. It's my belief that all of us here now have chosen, and have been chosen, to assist in these powerful times of healing and spiritual awakening. High frequencies and energies of light continue to make the planet evolve daily on many levels.

You have come to play a unique and important role in the process.

**You are special:** You are the only one who can contribute your own unique energy and knowledge. No other person has vibrational energies and light exactly like yours or can present them as you can.

The special energies, gifts, abilities, and soul knowledge that you carry are important and needed to help the planet transform. The vibrational energies and messages of light that are uniquely yours are elevating these planetary energies to higher levels of awareness.

**You are equipped:** You are here by divine appointment with a very special assignment to fulfill. What you are doing can't be duplicated and has an important role for creating these planetary shifts. Stay focused on what you're here to do and your own unique spiritual assignment, because you have a very special contribution to make.

**You are needed:** Realize that you have already affected and touched many around you and are making an important difference. Acknowledge and honor yourself often for the courage and willingness to come at this time and contribute your gifts.

Open to receive all the love and support that the universe and higher beings of light are sending. Keep running your own race, making powerful changes, and bringing light and hope to others during these extraordinary times of transformation.

## The Art of Waiting

Waiting, when combined with intuition and divine guidance, is a powerful tool to manifest your dreams and goals. If you are trying to decide whether you should wait on a decision or move forward, the following tips may help.

### When to Wait

- if the way isn't clear, you have

doubts, something doesn't feel right, or you're confused, unsure, or overwhelmed

- if you are being pressured, told it's your last chance, or you are feeling uneasy about committing
- if you haven't received a nod from your Angelic Team or don't feel a peace about it
- if you sense a flatness, no energy, a darkness or heaviness about moving forward

Waiting is a powerful tool when combined with universal help and your intuition. It can protect and empower you to make good choices about what direction and actions to take.

There are times when it's important to move forward, but as you apply the art of waiting, your divine guidance and protection will increase, and you'll gain confidence about deciding when to wait as part of creating your best life.

### Use the Guiding Force Within

Seeking input and counsel from others is one way to confirm divine messages and to ensure that you're on track for your highest good. Consulting a professional or a trusted friend can also help, since inspired information can come through others and in many forms.

All of this is good, but the most important and reliable source of confirmation is the deep-knowing and guiding force within you. It's sometimes called your intuition, higher self, divine connection, or higher power. It's the most important, because it's your connection to your all-knowing higher soul that always seeks your highest good and protection.

### Always Look Within

If you are constantly looking to others for approval, validation, and direction on what actions and steps to take, you can end up with

someone else's agenda for your life. To be happy with the results and take your highest path, learn to listen to and trust your internal higher guidance and intuition over what others advise.

Become aware if you unconsciously value other people, places, or outside influences over your higher power. Consult your intuition and higher guidance for answers that are unique and right for you. Although it can be helpful at times to ask for an opinion or hear someone else's view on an issue, make your own choices to avoid regrets, missed opportunities, or being pulled off your highest and most joyful path.

Check in frequently with your higher guidance for divine direction. Ask if what you are receiving is from the light and for your highest good. This strategy can help your higher power and guidance protect you against unwanted or destructive energies or forces.

Universal energies are always there, working for your good. Ask for the highest truth and then pay attention so you receive only the best energy and create your most joy-filled life.

### Miracles Are Waiting for You

Miracles are special and unusual events that come through unexpected, supernatural, and divine means and interventions. Now is a great time to intentionally invite these energies for assistance.

What do you want? What is your highest joy and your biggest dream — more abundance, money, better relationships, a divine partner, perfect health? Call in and claim miracle energies to enjoy more than you ever have.

Stop just settling. It's time to stop playing small or just accepting limited or mediocre for your life. With miracle energies of light emerging, it's easier than ever to access them. Deliberately ask for this special help.

As you are willing to release outdated beliefs and patterns, these higher energies can go to work on all levels, clearing and changing what you need. It all starts in consciousness, so keep your focus on thinking big, and be open to miracle energies enhancing every area of your life.

To activate more miracle energies, ask how, when, why, what, and who:

**How.** Visualize and think of how you want to enjoy and experience these wonderful higher energies in new ways. Play with expansive ideas and how you would enjoy creating them. Can you allow for even more? Miracle energies are there and waiting, so try thinking of how many ways you can manifest with more joy and fun.

**When.** Are you missing divine appointments and miracle timing because you're procrastinating or delaying actions you need to take? If so, start now and follow through with necessary changes so timing can work in your favor and these special miracle energies can support you.

**Why.** Check for any issues around receiving and enjoying. If you aren't receiving these new energies, start asking why they aren't manifesting. Are you feeling overly responsible for others or guilty about having abundance? If so, call in the powerful violet transmuting flame and cosmic fire to clear these illusions and limiting beliefs.

Recognize any limiting programs or beliefs — lack, poverty consciousness, the need to suffer and sacrifice for what you want. Call in miracle energies to wash over you and replace those old beliefs with joyful new patterns of ease and abundance.

**What.** What barriers or outdated beliefs are blocking your miracles? Ask for and then act on inner guidance that shows your next steps for better outcomes. Allow these energies to change you so you can

experience new beginnings and the extraordinary.

**Who.** Do you need to reach out to someone, follow up with a contact, book a healing session, or make amends? These actions can invite miracle energies and joyful breakthroughs.

Powerful miracle energies are emerging and available as never before. Ask for and let these special frequencies of light assist you in creating your best. Take time to seek and invite them in for your most joy-filled life.

### Pushback for Progress

Pushback is an energy that resists or challenges the status quo. In higher universal metaphysical terms, it can be a good tool to use if you are stuck, off course, or feel you've stagnated while working to manifest the life you want.

Pushback energy means to literally push back against blocks, barriers, or the tendency to give up. It helps offset you from discouragement or quitting when unexpected challenges and delays happen. Now might be the time to use pushback energy to generate determination, focus, and force until you start experiencing your divine flow again.

You have a unique and special divine purpose along with talents and dreams that are specifically yours by divine right. If you feel discouraged, using pushback energy can drive new momentum and direct you to more joy and abundance. Remember that situations can change quickly and new and unexpected options can show up at any time.

If you've felt you haven't been making enough progress toward your dreams, try using these pushback energies to move through illusions of lack to reach your best life:

**Make changes.** Is it time to shake up what you've been doing and make some changes? What is

and isn't working for you? Try something different or new, especially if what worked in the past doesn't seem right anymore. This could be a good time to assess and release what doesn't serve you for something better.

**Stay positive.** This might sound simple, but positive thoughts and spoken affirmations can amplify and shift your energy. Staying positive can be challenging if you're discouraged and not seeing tangible results from your efforts, but it's a powerful way to generate higher attracting and manifesting energies. Thoughts can turn into things, and consistent positive thinking can be an important way to energize your dreams. Visualizing and acting as if you already have what you want can magnetize your good.

**Say thanks.** Another effective pushback tool is gratitude. Expressing gratitude raises your energy to a higher level, which helps attract abundance. Try being grateful for what you have and where you are right now, while staying expectant and open to receiving even more. Doing this prompts the universe to provide more abundance.

### Self-Esteem, the Right Stuff

Healthy self-love and feeling good about yourself is a must if you want to experience your most joyful life. It invites good relationships and attracts the people and important opportunities you want.

Your level of self-esteem and self-love shows up in everything you manifest. People who love themselves experience supportive and joyful relationships that come in and stay. Solid, healthy self-worth also gives you the strength and confidence you need for protection from destructive or abusive situations.

How do you create even more healthy self-love or change if you aren't feeling much of it right now? The good news is that you can heal

and improve your self-esteem at any time. It can be learned like any other skill, as long as you're ready to start supporting yourself in healthier ways.

**Use positive self-talk.** If you tend to criticize yourself or dismiss what you've done, it's important to change how and what you say to yourself. Replace critical self-talk with positive and supportive statements. It takes about twenty-one days to create a new habit, so practice and watch as your new positive self-talk transforms and improves the energy around you.

**Realize it's a process.** Realize that it will be on-going work to consciously treat yourself with love and respect each day, especially if you have a history of low self-esteem. New and healthier habits and attitudes can take time to internalize, but the effort is worth it when you are rewarded with positive outcomes and new opportunities.

**Forgive yourself often.** If you usually criticize yourself, learn to be your own best friend. Learn from your mistakes and be accountable, but forgive yourself quickly and often. Acknowledge and appreciate what you do right and when you are successful. As you do this, it sends powerful messages of encouragement to your subconscious, which starts seeking out and creating even more joy and opportunities for you.

Healthy self-love and self-care can generate positive energies that attract and draw in the life that you want. Take the time today to invest in creating positive self-esteem to enjoy your best life.

*Nancy Robinson facilitates a vibrational energy system called Elicor Awakenings, which includes energy clearing, spiritual coaching, and crystal skull gridding (on request). These energies clear mental, physical, emotional, and spiritual levels, enabling clients to make changes and bring forward new possibilities. For more information, call 817-898-9004, email [elicorawakenings@outlook.com](mailto:elicorawakenings@outlook.com), visit [ElicorAwakenings.com](http://ElicorAwakenings.com) or [facebook.com/YourEnergyEdge](https://www.facebook.com/YourEnergyEdge), or write PO Box 151021, Arlington, TX 76015.*

# Everything Has Karma

Madis Senner

The Eastern concept of karma says that we reap what we sow. In fact, we often reap what others have sown. This is because everything has karma. We are constantly shaped and influenced by the things we come in contact with, the places we visit, the organizations we belong to, the religions we are members of, the activities we participate in, the beliefs we adhere to, the food we eat and drink, and much more. We also have an impact on everything we come in contact with.

Karma is much more than a simple law of retribution. It binds everyone and everything to each other. If you are serious about your spiritual development, you need to get karma right and understand that everything has karma. Something

that appears good might have unintended consequences.

## The Mechanics of Karma

To understand why everything has karma, we first need to know about the nature of ultimate reality. By understanding the nature of ultimate reality, we begin to see how karma works. Karma is a Hindu concept. Vedic tradition holds that the world we live in (material reality) is an illusion called *maya*. What is the nature of that reality?

We live in a sea of consciousness. Sri Aurobindo, the great Hindu mystic, social reformer, and Vedantist, taught that “consciousness is a fundamental thing, the fundamental thing in existence — it is the energy, the motion, the movement of consciousness that creates the universe and all that is in it — not only the macrocosm but the microcosm is nothing but consciousness arranging itself.”<sup>1</sup>

In other words, consciousness is the building block of material reality. At its core, everything is consciousness: a scarf, an equation, an exercise, a song, a club, an organization, a pattern of behavior, a particular location, a religion. In the physical world, these things are very different, but at another level they are all the same — different manifestations of consciousness.

In order for karma to work, it must retain a memory of an action or a thought. Hindu Vedanta calls these memories *samskaras*. Each thought we have or action we take creates a *samskara* that attaches to us, and we carry it with us wherever

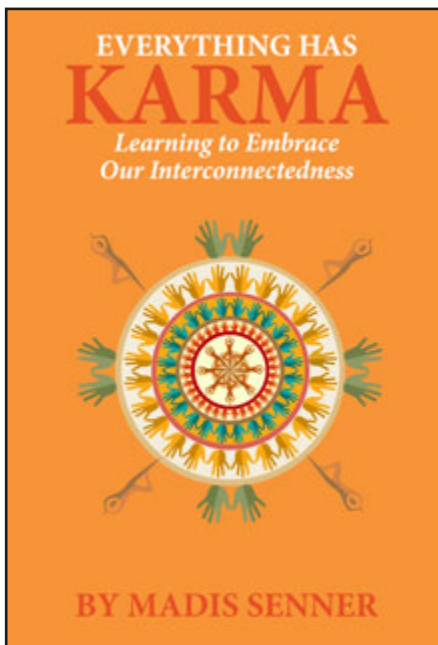
we go. Like any thought, *samskaras* have us repeat a particular thought or action. The more we repeat it, the stronger it becomes, and the more it begins to influence us. *Samskaras* can become like earworms that take over our thinking.

*Samskaras* also have a boomerang effect. If we hurt someone, someone will hurt us. If we help someone, someone in turn will help us. Unless we clear our *samskaras* before we die, we carry them forward into a future life. *Samskaras* are the root of our karma.

*Samskaras* attach to consciousness. Because everything at its core is consciousness, they attach to everything. So a scarf, a song, a club, a theory, and an organization all take on *samskaras*, and they shape their hosts over time.

The *samskaras* of our thoughts and actions attach to where they took place. If we act on behalf of an organization, for example, they attach to it. If we think about a particular theory, sing a song, or wear a particular piece of clothing, *samskaras* attach to them as well. *Samskaras* attach to everything, because everything at its core is consciousness, and *samskaras* attach to consciousness.

While everything retains a memory (or karma) of where it has been, how it has been treated, actions done in its name, and the like, this does not necessarily mean you will take on all that karma. It might have no effect or it may have a large



*Everything Has Karma* is available from Amazon.com.

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influence. To understand how something might affect you, think of the experience of eating vegetable soup. With each bite you get the stock, but you also get a vegetable. With one bite you get a carrot, the next bite you get a mushroom, and so on. You likewise take on the karma of something when you come in contact with it. What you pick up varies, just like eating vegetable soup.

The larger effect that contact with something has on you is its underlying morality, or consciousness. For example, the cumulative effect of an organization is a reflection of the actions of its members and its doctrines and beliefs. Like an individual, this can be good or bad. We think someone is good if they act unselfishly or give of themselves. Conversely, we think someone is bad if they act selfishly or commit violent acts. It is the same with everything you come in contact with: Some are imbued with love and

giving, but most are not; they are a drag on your morality.

How much you are affected by something you come in contact with depends on the length of the contact, the intensity of the contact, your commitment to it, and more. For example, a brisk walk in cold weather when you are bundled up might or might not give you a chill. But standing in the cold wearing a tee shirt and shorts will give you a chill and possibly have devastating consequences.

### Reduce Bad Karma

You need to take an inventory of your life. Look at your clubs, organizations, and friendships. Just like a negative person can bring negativity into your life, so can your place of work, a team you belong to, or a club you participate in.

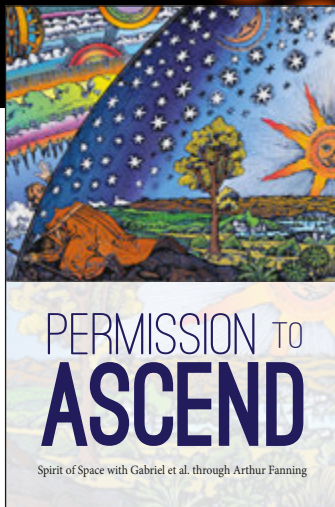
You can reduce the amount of bad karma you take on by being judicious about the groups you belong

to, the activities you participate in, and the places you visit. Look at the actions of a group's members and its history. For example, if you want to join a club whose members did bad things on its behalf in the past, you need to ask yourself whether you want to be a member. You might decide you do, but it's important to understand what you are getting involved in. Words and promises are one thing, but actions speak louder than words when you consider the merits of participating in a religion, an activity, a group, a vacation spot, and so on.

### Make Karma Work for You

There are many ways to make karma work for you. Chief among them are prayer, meditation, or contemplation.

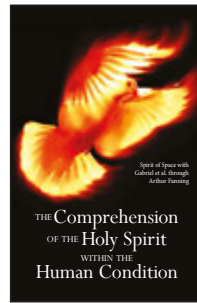
Consider buying a rugged and sturdy outdoor or sporting cushion. People fishing or hunting sit on this type of cushion when they are in the



#### Permission to Ascend

Become aware of the humility within the self to understand the process that you call ascension. Humility is a requirement to get the permission that you need to work through this realm. This humility allows your divine force to enter you so that it can descend, and you are the humble carrier of that energy.

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woods or on a boat during inclement weather. The cushion should be padded. It should also have at least one side with a rugged exterior that cannot easily be pierced, and a loop to which you can attach a clip. I use them regularly in my earth-healing work and in my spiritual practices. They are a must!

Again, you want a sturdy sportsman's cushion because you will be using it as a meditation cushion for years to come. Attach a clip to your cushion so you can strap it to your belt loop or backpack and to take with you.

Every time you meditate, contemplate, or say a prayer, sit on your meditation cushion, or keep it close by, whether you are in the woods, at home, or at a group meditation. Your goal is to have a samskara (imprint of your intentions) attach to your meditation cushion.

The more you use your cushion for meditation, the stronger the attached samskara gets. The samskara of your cushion needs to be fed, and you do that by meditating or praying on it.

Over time, you will notice that

you are better able to enter trance and go deeper into meditation when you sit on your cushion compared to when you don't sit on it. The imprint helps propel you along your spiritual path.

You can create an infinite number of things to hold samskara, from prayer stones to happy handkerchiefs. All it takes is your imagination and a lot of prayer and meditation.

### We Are One

We live in an interconnected world. Karma is one of the ways we connect to others. Because everything has karma, we can pick up other people's karma, and they can pick up ours. Like wedding vows, this can be for better or for worse — it's up to us.

Because we live in an interconnected world, it is incumbent that we help others — what others do matters to us. Speak truth to power, stand up for the pariah, and help the poor and needy. These are not only the right things to do; they will boomerang back to you.

Understand that it is not about

you; it is about us. Making a better you begins with making a better world. Love, give, heal, and help those in need, and karma will make a better you. As Mahatma Gandhi said, "I believe that if one man gains spiritually the whole world gains with him and, if one man falls, the whole world falls to that extent. I do not help opponents without at the same time helping myself and my co-workers."<sup>2</sup>

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This article was adapted from *Everything Has Karma: Learning to Embrace Our Interconnectedness* by Madis Senner. It is available on Amazon.

1. Sri Aurobindo, "Planes and Parts of the Being," *Letters on Yoga*, volume 22, p. 236.
2. Eknath Easwaran. *Gandhi the Man: How One Man Changed Himself to Change the World* (Tomales, CA: Nilgiri Press).

**Madis Senner** is a former global money manager turned seeker who watches over and takes care of several sacred sites. He teaches people about earth healing and how to connect with Mother Earth. It was through his work surveying the land for sacred places that he learned that everything has karma. *Everything Has Karma* is his fifth book. You can read Madis' musings on his blog [www.motherearthprayers.blogspot.com](http://www.motherearthprayers.blogspot.com).







# PREDICTIONS

## The Coming Aquarius Utopia

Robert FitzGerald

Astrological ages reveal that this is a time of cleansing rather than doom-and-gloom, destructive endings. By definition, the Pisces dissolution is the washing away of surface delusions in a process of spiritual cleansing. The Virgo polarity to Pisces is purification through the process of disintegration and extinction of the old.

The apocalypse is a process of ascension and not punishment. “Apocalypse” — literally revealing what is hidden — does not mean the revelation of severe punishment for not worshipping God or Christ through the medium of the church. It is the revelation of our God selves. From an Aquarian perspective, the apocalypse is the awakening, perhaps from Pisces to Aquarius to our Aquarius/Leo, god/goddess selves, and our ascension from the duality of bottom-chakra reality — aggression and survival — to a new heart-chakra Venus-loving unity.

According to astrology, two processes are at work right now. One is a standard age change, where religions, mythologies, and cultures align with the incoming new energies. Right now, we are changing from the religious-fear and church-driven Age of Pisces to the radical, humanistic, and scientific Age of Aquarius in 2160. This is fueling our culture wars.

In addition to religion, Pisces rules fantasy, dreams, illusion, delusion, and unnamed fears and paranoia. Incoming Aquarius rules fulfillment of hopes, dreams, and wishes. It rules all possibilities and utopias. It is progressive and liberal, radical and revolutionary, and humanistic, among other positive qualities. The radical, nontraditional process of Aquarius gives us the fear-panicking Pisces of today.

At this time and in this process, Pisces loss and dissolution are already striving to take everything away from us in order to push us to turn inward, into our Pisces spiritual center. The goal is that from there, from the heart, we can come together and dream a new Pisces dream of love and compassion — a new-world dream maya.

### Our Chakras Reflect the Planets

The other process is that of ascension. Within the cosmic Taurus-ascendant zodiac, we see that our chakras are manifest reflections of the seven-planet axis mundi (see image 1) that runs down the center of the universal circle. We are, all of us, that creative seven-chakra axis mundi. We are intimate and direct reflections of the cosmic-phallic axis Father God and Sun in Leo Son of God. This truth is central to kundalini science and meditation.

Looking at history, it becomes apparent that we are cocreating with Mother Goddess Astrology most directly from our bottom two chakras. The bottom two



Great Mother Goddess Feminine Zodiac

Image 1. Depiction of the seven-planet axis mundi

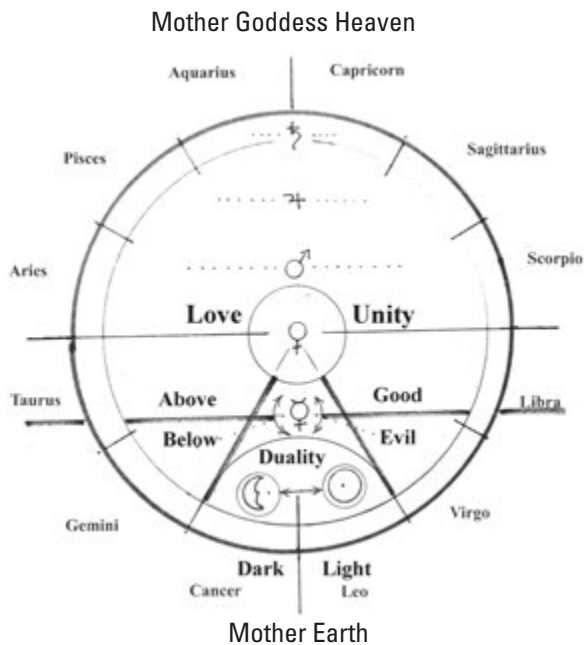


Image 2. The duality of creation

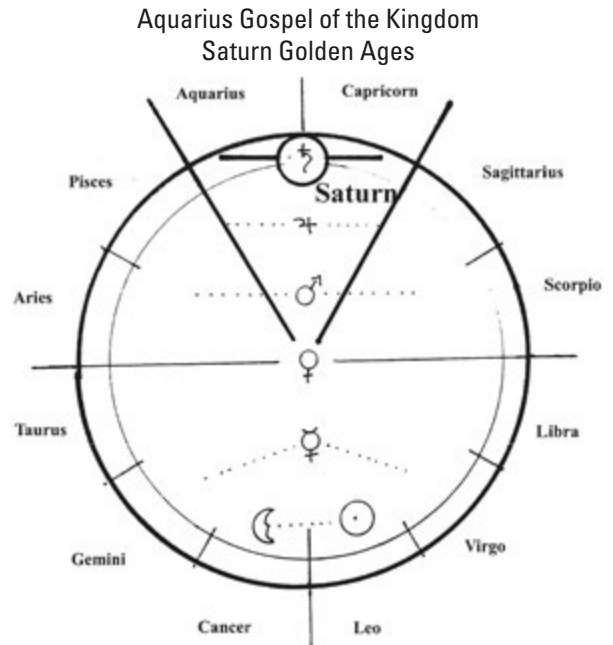
chakras act as projector units for duality between the Moon and the Sun — feminine and masculine, polarity and opposition — playing against each other.

The seven planets, from the Sun out to Saturn, directly correspond, one-to-one, to our seven chakras. The five planets, from Mercury to Saturn, each rule two signs, one feminine and one masculine, giving us a creative unity at each of these projector centers. Saturn rules Capricorn and Aquarius at the top — the seventh chakra. Capricorn is a feminine sign while Aquarius is masculine. Jupiter rules Sagittarius, a masculine sign, and Pisces, a feminine sign, the sixth chakra. Mars rules Aries and Scorpio, the fifth chakra. Venus rules Taurus and Libra, the heart. And Mercury, at the third chakra, rules Gemini and Virgo. These planets are complete, each ruling one feminine and one masculine sign. Mercury also rules the concept of division and multifaceted creation.

Below Mercury, division is made manifest where the Moon and Sun rule only one sign each: The Moon rules Cancer and the Sun rules Leo. In the rulership given within the zodiac, this can be seen as the metaphor for the actual division between the feminine and masculine, the yin and yang, and therefore physical creation. The Moon and Sun are the mythic First Woman and First Man, as well as feminine and masculine gender ideals.

### The Loving Haven of Venus

The astrological planetary hierarchy indicates that we most strongly create our world from the dualistic, Leo-aggressive/Cancer-survival level of our bottom two chakras (see image 2). Right now, the feminine Moon community is in a battle for survival with the masculine



Utopia, All Possibilities  
Fulfillment of Hopes, Dreams, and Wishes  
Immortality and Genius  
Leo Polarity  
Spirit, Omniscience, Omnipotence

Image 3. The Aquarius gospel of the kingdom

Sun's need for battle and dominance. At this level, the question is: Can we love even our enemies, especially during this time of extreme turmoil and uncertainty?

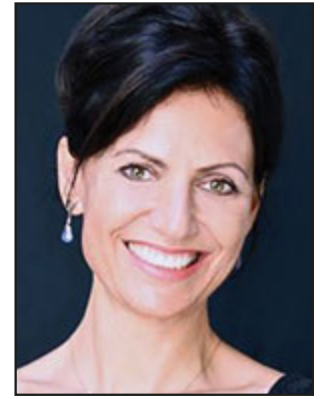
The apparent solution is ascension to the heart chakra, where we enliven, at ever-deeper levels, the Mother Goddess Venus and her qualities of love, happiness, and prosperity. These end times will test us and our ability to love and forgive at deeper and wider levels of expression. As we settle in to our hearts, the duality of Moon versus Sun will change for us, becoming a loving dance rather than an aggressive battle. This dance will then open the Mercury door to the loving heaven of Venus.

The combination of straight-line age change to Aquarius and the ascension from the Moon and Sun duality to heart-centered Venus unity promises to create a wholly new and revolutionary Aquarius utopia (see image 3). This time, the apocalypse indicates that the next 140 years will be a powerful time of genetic human evolution into Aquarius/Leo god beings, filled with Aquarius electricity and light.

*Robert FitzGerald is a theoretical astrologer researching applications and connections of astrology to various disciplines outside of traditional astrology. He began his research thirty-five years ago. Robert authored Signs of the Times: the End of the World and the Coming Golden Age, an Erotic Genesis, and Feminine Moon and Masculine Sun: Understanding the Cosmic Dimensions of Gender Roles in Our Lives and Relationships. To learn more, visit SignsOfTheTimesHistory.com and We-Quality.com. Contact Robert at rob9fitz@gmail.com.*

# Moving Forward

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 retrograde on Sunday, February 16 at 4:54PM and remains so until March 10. Its shadow period lasts until March 30. The degree at which the retrogradation begins (12°53' Pisces) is represented in the Sabian symbols by “an ancient sword used in many battles is displayed in a museum.” This could be a particularly slippery Mercury retrograde period. It could be difficult to think straight.

We might be quite forgetful and dreamy. Details could escape us. It's definitely not a good time for anything related to electronics or signing legal papers. We should also be careful to not rub authorities the wrong way, as this could backfire badly. However, this time is perfect for completing an artistic project we had forgotten about, gaining new inspiration, and turning our dreams into realities. The more charming, flowing, and joyful we are during this time, the more magic will emerge from this retrogradation.

## Moon Messages

The Moon will be void of course (v/c), forming no major aspect with any planet, before entering the following sign:

- Monday, February 3 between 3:28AM and 3:29AM when the Moon enters Gemini
- Wednesday, February 5 between 6:20AM and 11:03AM when the Moon enters Cancer

- Friday, February 7 between 7:43AM and 2:45PM when the Moon enters Leo
- Sunday, February 9 between 8:08AM and 3:39PM when the Moon enters Virgo
- Tuesday, February 11 between 10:26AM and 3:37PM when the Moon enters Libra
- Thursday, February 13 between 1:40PM and 4:37PM when the Moon enters Scorpio
- Saturday, February 15 between 2:20PM and 8:07PM when the Moon enters Sagittarius
- Tuesday, February 18 between 1:03AM and 2:37AM when the Moon enters Capricorn
- Thursday, February 20 between 6:18AM and 11:42AM when the Moon enters Aquarius
- Friday, February 21 at 8:08PM until Saturday, February 22 at 10:37PM when the Moon enters Pisces
- Tuesday, February 25 between 6:12AM and 10:47AM when the Moon enters Aries
- Thursday, February 27 between 7:25PM and 11:30PM when the Moon enters Taurus

Mark these periods in red on your calendar and avoid scheduling anything of importance during these times, as it would amount to nothing!

## Schedule Your Activities Using the Zodiacal Position of the Moon

- Moon in Taurus until Monday, February 3 at 3:28AM  
This time is perfect for any financial matter, such as paying debts, asking for money owed, investing in real estate, or buying and selling in general. This is a good time for a stroll in the park, going to the countryside, and connecting with Mother Earth. It's perfect for gardening, pottery, sculpting, and bodywork.
- Moon in Gemini between Monday, February 3 at 3:29AM and Wednesday, February 5 at 11:02AM  
This is an excellent time for multitasking, exploring curiosities, and communicating in any form, such as exchanging information, sending emails, or calling friends and acquaintances. This is also a great time for taking part in social activities, attending conferences, reading a book, watching a documentary, gathering data on topics that interest us, and connecting with new people.

- Moon in Cancer between Wednesday, February 5 at 11:03AM and Friday, February 7 at 2:44PM

This is a perfect time for family activities, especially those involving children. It's good for spending more time at home nurturing loved ones (and ourselves), cooking, and inviting the people we cherish over for dinner. It's an excellent time for drawing, creative writing, humor, and anything requiring imagination or a touch of craziness.

- Moon in Leo between Friday, February 7 at 2:45PM and Sunday, February 9 at 3:38PM

This time is excellent for anything glamorous, such as dramatic performances, and throwing or attending an elegant party. It's also a great time for playing with children, being in the public eye, and engaging in romance or anything creative.

- Moon in Virgo between Sunday, February 9 at 3:39PM and Tuesday, February 11 at 3:36PM

This time is excellent for starting a new fitness program, pursuing education, eating healthy foods, fasting, clearing our closets, cleaning our homes, or reorganizing our drawers. It's also a perfect time for detailed work, focused use of intelligence, and taking care of small pets.

- Moon in Libra between Tuesday, February 11 at 3:37PM and Thursday, February 13 at 4:36PM

This is a great time for relationships, associations, and diplomatic exchanges with others. It's a perfect time for anything related to beauty (such as getting a haircut, buying new clothes, or having a makeover), art (especially painting and decorating), or attending a pleasant social event (such as a concert or art exhibition).

- Moon in Scorpio between Thursday, February 13 at 4:37PM and Saturday, February 15 at 8:06PM

This time is perfect for scientific research, esoteric studies, self-transformation, shamanism, or dealing with the mysteries of life, death, and sexuality. This time is also good for dealing with insurance and issues involving personal power.

- Moon in Sagittarius between Saturday, February 15 at 8:07PM and Tuesday, February 18 at 2:36AM

This is a perfect time for travel, religious or philosophical activities, or matters related to higher education and the law. It's also an excellent time for lecturing, learning, perfecting a foreign language, or exploring other cultures. This period is perfect for athletic training and tending to large animals, such as horses.

- Moon in Capricorn between Tuesday, February 18 at 2:37AM and Thursday, February 20 at 11:41AM

This time is good for furthering our ambitions, asking for a promotion, enlisting the support of people in positions of authority, or making a good impression. It's a perfect time to restructure our businesses and redefine our long-term goals.

### Rune of the Month: Teiwaz "the Sky God Tiw, the Warrior, Passion"

Passion is a complete body, mind, heart, and spirit experience that enhances our senses, lifts us to new heights, and makes us experience life to the fullest. Without passion, our reality becomes dull and superficial. A lukewarm sailing through life's challenges only leads to boredom and stagnation. Enthusiasm, self-confidence, and strong choices fuel our energy in our work, with our friends, and within ourselves. Only by truly committing to our decisions and following through will we know with certainty whether we are on the right path or not. Let us be passionate about every aspect of our lives, thus adding the dose of spice that makes things interesting and exciting!



- Moon in Aquarius between Thursday, February 20 at 11:42AM and Saturday, February 22 at 10:36PM

This time is perfect for philanthropic activities, charitable organizations, meeting with friends, and making new acquaintances. It's also good for inventions, far-out or progressive ideas, interdimensional and time travel, and anything related to UFOs, computers, and technology in general.

- Moon in Pisces between Saturday, February 22 at 10:37PM and Tuesday, February 25 at 10:46AM

This is a great time for meditating or sitting by the ocean. It's a perfect time for anything related to the sacred, dancing, painting, swimming, dreaming, music, photography, film, and sleeping. This is an excellent time for channeling or connecting with the mystical, the magic, and the oneness of All That Is.

- Moon in Aries between Tuesday, February 25 at 10:47AM and Thursday, February 27 at 11:29PM

This is a perfect time for intense physical activities and anything requiring forceful direct action and self-assertion. It's also a good time for spontaneity, goodwill, being a way-shower, or taking our cars to the mechanic. This is an excellent time to show leadership and initiate new projects.

### March Intentional Meditation

This month's intentional meditation starts on Saturday, February 8. Take out as many blank sheets of paper as you have intentions and place them near a window, on a balcony, or in a garden so that they will bask in the light of the full moon in Leo (20° Leo) at exactly 11:35PM. Once that moment had passed, gather your full-moon-charged blank sheets and place them in a folder.

On Sunday, February 23 during the new moon in

Pisces (4°29' Pisces) take out your blank full-moon-charged papers and write on each a concise, positive intention. Place them on a balcony, in a garden, or near a window so that they are out by exactly 7:32AM. Once that moment has passed, gather your sheets, staple them together, and put them away in a folder expecting the manifestation of all your dreams!

### March Astrological Events

**Saturday, February 1:** Venus sextile Pluto (11:05PM). A new romance could be particularly involved, affecting us on very deep levels. Our social lives will likely be intense and powerful. Our artistic tastes could be changing. Our means of making money could intensify, enabling us to create an abundance that gives us more freedom.

**Monday, February 3:** Mercury enters Pisces (3:38AM until March 5), Venus sextile Saturn (2:01PM). During the next month, our mental sensitivity is heightened. We are likely to see beauty in all sorts of situations. Our psychic abilities expand and our intuition is strong, as is our compassion for others. Today is particularly good for creating financial solidity and being clear in our relationships. We should not court illusions and need to be very grounded in what we want and how to get it.

**Wednesday, February 5:** Mercury sextile Uranus (1:43AM). Expect the unexpected today. Sudden occurrences could disrupt the flow of our activities. Unusual conversations and exciting people could enter our lives quite suddenly. Some of our most cherished ideas could be challenged, bringing a wind of freedom and dynamic change in our lives.

**Friday, February 7:** Venus enters Aries (12:03PM until March 6). During the coming month, we could feel emotionally impulsive, ready to jump into the adventure of love with courage and spontaneity. We are likely to be more sociable than usual, seeking lighthearted, joyful relationships with others.

**Sunday, February 16:** Mars enters Capricorn (3:34AM until March 31) and Mercury turns retrograde (4:54PM). During the next six weeks, Capricorn natives are favored. Our energy is steady and persistent. We are patient, wise, focused, and hardworking in the pursuit of our goals. Our physical stamina is strong yet self-contained, enabling us to fulfill our dreams. Regarding Mercury retrograde, kindly refer to the opening paragraphs.

**Tuesday, February 18:** Sun enters Pisces (8:57PM until March 21). March is a wonderful month for artistic inspiration as well as for developing our creativity and healing energies. We will likely feel more compassionate, generous, and intuitive than normal. Music, dance, and painting touch our hearts deeply. Our dreams could be more meaningful than usual, maybe even premonitory in some cases.

**Thursday, February 20:** Jupiter sextile Neptune (7:59AM). Our visions open us to wonderful opportunities, inspire us to great works of art, and fill us with optimism and faith. Our self-confidence is particularly high, and our hopes for the future create magical venues for expansive self-expression.

**Friday, February 21:** Mars trine Uranus (1:08AM). This is a day of unexpected, exciting activities. Change frees us. Inventive, dynamic solutions to the challenges we face create completely new situations. We feel particularly dynamic and independent, open to unusual experiences.

**Saturday, February 22:** Sun sextile Uranus (6:12AM). Surprises happen today. We are stimulated by people who have completely different lifestyles. New situations are both freeing and exciting. The more flexible and present to the moment we are, the more magic we will experience from unexpected events.

**Sunday, February 23:** Venus square Jupiter (8:59AM). This is a day to exercise caution and moderation, especially in emotional and financial matters. Philosophical serenity helps us to not indulge in the excesses that could plague us today. If we are not careful enough, misplaced judgment or blind faith could backfire.

**Monday, February 24:** Sun sextile Mars (6:06PM). Challenges and competition feel exhilarating today. They push us to achieve more than we had ever thought possible. It's a good day to courageously assert our needs and make efficient and productive decisions.

**Tuesday, February 25:** Sun conjunct Mercury (5:45PM), Mercury sextile Mars (9:59PM). A day of dynamic communications. We are direct in our exchanges with others, calling a spade a spade. It's an excellent day to sign contracts and make repairs. It's perfect also for catching up on phone calls and emails and resolutely moving forward in our projects.

**Friday, February 28:** Venus square Pluto (2:06PM), Mercury sextile Uranus (7:14PM). We could encounter blackmail, manipulations, or lack of cooperation in our social lives today. Better than actively pushing forward, for the sake of peace, a situation may require gracious compromise. It's best to keep our feelings to ourselves. There will be a time later on when we can express them safely. Again, it's an exciting day of unexpected, liberating change. Unusual people cross our paths. We encounter unusual situations requiring mental flexibility, dynamic energy, and presence to the present.

Wishing you all a creative month of February!

*Michelle Karén became aware of her psychic medium gift as a child and became a professional astrologer at the age of fourteen. She has a master's degree in philosophy and a diploma from the Faculty of Astrological Studies in London. Her graduate studies were in Medieval Horary Astrology. To learn more about Michelle, go to her website, MichelleKaren.com, or contact her at michelekaren@earthlink.net.*