

BATHE IN MY STILL BLUE LIGHT
A COLLECTION OF TEN MESSAGES
FROM MOTHER NEBADONIA



MESSAGES

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INVITATION TO WALK WITH US (Message 1)

Mother Nebadonia through Rosie, 28th November 2012

R: You wish to give me a message, dearest Mother?
Shall I write it down?

N: Yes, my child, for this is how you cement your confirmation, how you can best convey my thoughts to others, and how you can reflect upon them in the future. You may thereby make my words seemingly more concrete. I say SEEMINGLY as my words are words of LOVE IMPRINTED ON YOUR SOUL, PERVADING ALL YOUR BODIES SEEN AND UNSEEN, PHYSICAL AND ETHEREAL. So actually, I never leave you. I live on in you even as you “die”, leaving your physical body behind.

My love is all-encompassing, though not widely recognised. In your world it is so normal to bend to the authority of a male voice, and to bow before your vision of a male creator. I am the “female” counterpart of that Creator, permeating “him” also, being an intricate and indispensable part of “him” also, to produce the perfect balance and blend.

To those parts of the universe which lack awareness of my presence, I send my emissaries to redress the balance and to increase awareness.

You live lives which are very much in the “physical”. That there are realms far and beyond this, involving a rich tapestry of experience, is presently considered ridiculous by the majority of present inhabitants. It lacks credibility. It cannot be documented for the incredulous ones among you, except in the way you now write, to preserve and show our thoughts and inclinations, and except our interactions with you who are prepared to enter into new realms without blocking off possibilities which seem impossible or dangerous or threatening to you. You may fear that you may become someone who is not “grounded” and who can longer be taken seriously.

I SAY “ENTER IN AND WE WILL RECEIVE YOU WITH LOVE. DARE TO PASS BEYOND THE BOUNDARIES OF PHYSICALITY, SPACE AND TIME”. For this will bring you gifts and experiences which embellish and heighten your experiences on the physical plane.

Your experience of OUR LOVE and BEING ONE with us will allow you to POUR MORE LOVE ONTO YOUR FELLOW HUMAN BEINGS. And so we invite you to search us out, ask for help and for pointers so that your lives are fulfilled on many levels.

You may imagine yourselves in a multi-storey car park. You – different parts of you - are in different cars on many levels, all searching for the space which is perfect for you and your physical vehicle. In this sense, you may be many people simultaneously driving many lives. And when you are tired of driving and searching, you park your physical vehicle – your body, usually at night. And you leave the multi-storey car-park on foot, leaving your body/vehicle behind to WALK WITH US.

Our invitation is that you start to do this more consciously and with greater intent, as this will serve you personally and us all. Remember that there are always inner connections of which you are not entirely aware and which await your discovery.

Turn your humdrum lives into lives of adventure, and your journeys through different realms and the fusions and relationships which you form with other beings will strengthen you, teach you the **GREAT JOY, GREAT LOVE AND GREAT COMPASSION WHICH YOUR EARTH TODAY SO DESPERATELY REQUIRES.**

This we say to you in deepest love. We await you and we welcome you. Nabadonia.

WORDS WITH NEBADONIA (Message 2)

Mother Nabadonia through Rosie, 1st December 2012

N: Dearest Nabadonia: I feel there are many emissaries of your light – of the DIVINE FEMININE – reincarnated on planet earth at the present time. What is their role?

Nabadonia: I will speak with you briefly* now my child. Those who are on my frequency and who are aligned with THE DIVINE FEMININE are spread throughout as anchors, like bright stars in a dark sky, to provide ORIENTATION, in the same way that the stars have often served you. If you are lost, you can NAVIGATE by the stars and REFINDE YOUR POSITION, and in this case, those who carry the divine feminine light are beacons and way showers, allowing those who stray in the dark to REALIGN OR REASSESS THEIR POSITION.

By “position” I mean their viewpoint, their state of mind, their perspectives or their position within a relationship or a society. A **NEW VIEW** on all issues can be gained from looking from a point of **INFINITE GENTLENESS, COMPASSION, INTUITION AND FLEXIBILITY.** It is these qualities which my emissaries aspire to carry to perfection. I will leave you with this dearest child.

* NB. I did not have much time ...

A MESSAGE FOR ALL ON THIS PLANET (Message 3)

Mother Nabadonia through Rosie, 11th December 2012

Beloved Children of mine, for my children you are, and precious in my eyes, though my eyes extend far beyond the surface of your small planet and the happenings thereupon. They extend to all my creations – my co-creations with my partner representing the father spirit, the one many of you call GOD.

My eyes also extend beyond this. My awareness encompasses also the creations of others, knowing that these are – by devise of ONENESS – also mine. It is my design to extend YOUR CONSCIOUSNESS, growing in multi-layered and multi-dimensional directions, as opposed to growing in one linear direction, which is what you generally perceive as the time-line, starting at birth and finishing at death. Remember that many of you have passed through the birth/death cycle many times, and that fresh encounters today may well be reunions of yesterday.

You perceive of your lives and structures, your waking and your sleeping, as separate boxes, with orderly progression from one to another. I would encourage you to think of these of circles within circles which often overlap or complement each other. I am here to assist you with the PUSHING AWAY OF THESE SEEMINGLY SOLID WALLS TO REVEAL NEW REALITIES.

Much has been said about the opening of the heart. What does this mean to you on planet earth at this time? In the literal sense, it means responding from a heart level, even if the mind interferes and discusses and argues and revolts. On another level, this means opening up to INTUITION, opening up from POSSIBILITIES to BOUNDLESSNESS, opening up to the SYNCHRONICITY DEvised BY DIVINE HAND, opening up to the existence of other unseen realms and stages where helpers are only too eager to come out from behind the curtains and interact with you.

Imagine yourself in a beautiful meadow. You can walk down a path through the meadow at a rapid pace, because the day is hot and because you wish to throw yourself into the lake at the end of the path for relief. Or you can tread slowly, pausing here and there, open for the message of each flower, aware of the perfect curve of each petal and of the process which birthed it into being, aware of the primeval forest this once used to be, where the same flowers grew, aware of the people who left their energy imprint on this very same ground centuries ago, placing your foot into their footprints. And when you raise your foot again, be aware of the grass which has been pressed down and which, just seconds after you pass, starts to move back upwards into a vertical position, stretching towards the light again. If you can WALK LIKE THIS, CARRYING CONSCIOUSNESS OF ALL CAUSES AND CONSEQUENCES OF EVERY STEP YOU TAKE, THEN YOU WILL “ENTER THE KINGDOM” – the place of deep and holy serenity, of joy and responsibility, your spiritual centre which radiates love and which cannot do harm. Regard the harm being perpetrated on your planet, dear ones. Walk with us and walk in all consciousness.

ATTEMPT NOT TO DIVIDE YOURSELVES BUT TO EXPAND YOURSELVES. I will give you an exercise which can be carried out by all. Take an idea, or a situation, or another person, or a relationship, or YOURSELF, which appears to be limited or causing you concern. Take this person or situation and place them in a box in your mind’s eye. Unfold that box as if it were a paper cube. The paper is now lying flat on the ground. Refold the box so that the **INSIDE IS NOW ON THE OUTSIDE.** Visualise the box changing shape and loosing its corners **TO FORM A PERFECT SPHERE.** Every corner, angle, aspect or vestige of the situation or person is **NOW ON THE OUTSIDE, IN CONTACT WITH SPACE, IN CONTACT WITH INFINITY AND INFINITE EXPANSION. EVERYTHING HAS UNLIMITED POTENTIAL. ALL PEOPLE AND SITUATIONS ARE UNIQUE IN THEIR CAPACITY FOR CHANGE. ALL MERGE WITH EACH OTHER IN THE SPACE OF INIFINITY.**

Now imagine many boxes opening up and reforming into spheres like this. They are all golden spheres of light. All breathe in, drawing in light from the other spheres in the infinite space, and all breathe out, spreading their own accumulated light, in constant pulsation. The spheres become ever brighter. They become almost transparent and porous in the sense that they can move through each other’s skins. Thus can a smaller sphere rest in the middle of a large one, inspiring each other, lighting each other’s way, and creating new light jointly. Thus YOU rest in my sphere always, and thus we ALL rest within the greater light chambers of the **ULTIMATE DIVINE CREATOR SOURCE.**

TRAVELLING WITH NEBADONIA (Message 4)

Mother Nebadonia through Rosie, 13th December 2012

There are those of you who continually triumph, dear ones, who perceive themselves as warriors, leaders or champions, followed by foot-soldiers or minions. They see themselves as pioneers, RIDING ON THE CUTTING EDGE OF HISTORY.

When you have the intent to “cut”, TO MOVE FORWARD WITH FORCE, NO MATTER WHAT THE CONSEQUENCES, DUE TO RIDGID CONVICTIONS SELECTED AND STRENGTHENED OVER DECADES, YOU ARE NOT WALKING MY PATH.

When you walk with me, you do not forge blindly ahead with your sword, in great public shows of bravery. Instead, you very gently take my hand, and put your other hand on your heart, sensing what is captive there, sensing what emotion of feeling must still come out if you are to express yourself freely, so that we can communicate easily, so that we can align on the same wave-length, so that we can atune to each other, so that there is no reason for separation, so that we can walk simultaneously and in synchronicity IN STEP WITH EACH OTHER TO AN AGREED DESTINATION.

What is this destination? It is a world where acute sensitivity to the needs of others and self rules, where each emotion is given room, where all hesitate and reflect inwardly before voicing criticism, where everyone is included and no-one overlooked. It is a world of absolute gentleness and tenderness, where it is normal and natural to embrace a stranger through the intrinsic knowledge that this is NOT A STRANGER BUT YOUR BROTHER. It is a world where you look at the stars and greet all those brothers and sisters far away, knowing you will be reunited with them one day. It is a world where everyone smiles always, and where everyone helps always.

Imagine this world of light, dear ones, and put your hand in mine, for this is the path we travel together on our holy journey.

THE END-OF-THE-WORLD ILLUSION AND THE NEW ERA OF THE HEART (Message 5) Mother Neadonia through Rosie, 22.12.2012

R: Dearest Mother Neadonia: I feel like today is a new beginning in the sense that a new era of the HEART has begun. So many people have used their mental capacities to determine END OF THE WORLD scenarios of all descriptions, which have turned out to be hollow and futile, and now there is the possibility of a shift towards using other tools to access knowledge, like following intuition and answers received during periods of stillness or meditation. It is as if the tools of intellect have failed, and that the tools of the heart are taking over....

N: The spirit of the Great Mother greets you most tenderly, including all those and ESPECIALLY those who sink into depression and acute disappointment at this time. Let me take you in my arms and rock you tenderly as if you have returned to the state of childhood, where nothing matters but the warmth of your mother's breast and love, a place where THINKING IS SUPERFLUOUS, where you INSTINCTIVELY TURN TO THE SOURCE OF LOVE SO THAT YOU CAN BE NURTURED BY THIS SOURCE.

And when I have calmed your fears and rocked your pain away completely, however long this may take, then may you feel complete relaxation: may you regain your strength and confidence; may you stretch your fingers into the outside world, feeling your way tentatively into new realms and new experiences, treading each step with awareness, one step at a time, in complete wonder and gentleness, astounded at the variety and depth of what surrounds you, excited by the smallest flower. May you drop onto your knees in gratitude at the beautiful sight of a glorious meadow of flowers, where the beauty of one tiny flower is multiplied a thousand fold. May you sigh in amazement at the sight of the stars. May you wonder at the huge variety of creatures of all shapes and sizes which are to be found in this world and which I and my consort HAVE CREATED, AS WE CREATED YOU, OUR MUCH LOVED CHILDREN.

And may you now move AS OUR CHILDREN on a voyage of discovery, SEEING NOVELTY AND POTENTIAL AND DIVINITY IN EVERYTHING. Imagine how it is to look through the eyes of a child, to instinctively move towards that which is attractive and interesting, to explore uncovered ground, to experience the exhilaration of movement on a swing or roundabout, to taste new fruits and to SMILE instinctively at all who offer you love.

At the same time, REMEMBER YOUR POSITION AS RESPONSIBLE ADULTS, WITH THE INTENTION TO IMPROVE THIS WORLD FOR THE BETTER THROUGH YOUR ACTIONS. HOLD THIS CHILDLIKE INNOCENCE AND CURIOSITY AND LOVE IN YOUR HEARTS AS YOU PROCEED.

These are my qualities, which small children have not yet lost. Observe them well, and note how their reactions and enthusiasm delight you, humble you, and REMIND YOU OF HOW YOU ONCE WERE. May you all return to this state of natural innocence and friendliness which has been TRAINED OUT OF YOU over the years through structures, concepts and fears of your own making, and let us now MOVE FORWARD TOGETHER TO HERALD THE NEW ERA OF THE DIVINE MOTHER, REINSTATED IN HER CORRECT POSITION AT THE SIDE OF THE DIVINE FATHER, RECOGNISED AS ONE COMPOSITE DIVINE ENTITY.

For those of you who do not understand the meaning of these words immediately, sit in stillness and contemplate where you are going in life and what is your ultimate aim. You will come to realise that it will not benefit you to visualise a linear progression of yourself as a particle moving along a road through time, with a specific goal in mind which your REASONING has determined. Leave your reason out of the equation and see your journey as a network, with yourself sometimes at the centre, sometimes at the edge, or somewhere inbetween, but always putting your hand on your heart before taking your next step sideways, upwards or downwards, and always stepping to THE PLACE WHERE YOUR LOVE AND LIGHT CAN LIGHT THE DARKNESS MOST.

It is not a question – as so many people have discussed during the END OF THE WORLD ILLUSION – of where or when the darkness will come. It is a question of WHERE AND WHEN YOU ARE GOING TO PRESENT YOUR LIGHT. FOR THIS IS YOUR PRECIOUS GIFT IN A WORLD OF DARKNESS.

As I have stated before, and as I state again with love in my heart: put your hand in mine and we will travel this road together.

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YOUR MOTHER CALLS (Message 6)

Nebadonia through Rosie, 26th December 2012

Dearly Beloved Children of Mine,

Who is this unseen being who calls you “my child”?

This question you may ask, and I will answer. When you hear the word “mother”, it conjures up an image of your mortal parent who cared for you when you were a small child. Later on, you grew independent of her and moved independently of her, although she may still have influenced your moves and supported you with her love. Eventually, like every soul sojourning in a physical body, she will move on into a new realm through the door of what you term “death”, and which we term “life”.

So who am I? I am not your mortal mother – a soul you chose to share a certain part of your life with, in mutual agreement. I am your MOTHER IN SPIRIT, A SPIRITUAL PARENT WHO NEVER DEPARTS, WHO ALWAYS SURVEYS HER CHILDREN THROUGHOUT THE VAST EXPANSES OF TIME AND SPACE.

For the majority of people on earth, I remain unknown, or UNREMEMBERED.

Do you remember, Beloved Children, the feeling of utter calm and relaxation which soaks into every pore of your body when you float in warm water?

THIS GENTLENESS, THIS SUBLIMITY, THIS PEACE DO I EMBODY.

Do you remember the great relief when a cool breeze brushes across your sweated brow?

THIS RELIEF, THIS TRANSITION FROM STRESS TO SERENITY, DO I EMBODY.

Do you remember watching the effortless flight and listening to the birdsong of larks as they dive through the air, while you are weighted to the ground?

THIS LIGHTNESS, THIS NATURAL SPONTANEITY, THIS EASE, THIS EXPRESSION OF JOY DO I EMBODY.

Do you remember the warmth and nurturing love which you received at your mother’s breast, or the comfort you received from a dear one?

THIS COMFORT, THIS LOVE DO I EMBODY AND PLEDGE TO YOU ETERNALLY, SO THAT YOU MAY FORWARD THIS GENTLENESS AND BOUNDLESS LOVE TO OTHERS AND TO YOURSELF, FOR YOU ARE YOUR OWN CHILD, TO LOVE WITH EVERY BREATH. AND ALL OTHERS ARE ALSO YOUR CHILDREN, TO LOVE WITH EVERY BREATH.

And continuing this chain of love unbroken can change your world.
Remember me.
Let me carry you.
Remember the love you can carry, in acceptance of me.

Thus I speak to your heart, your loving mother, Nebadonia.

I BLESS YOUR NEW BEGINNINGS (Message 7)

Mother Nebadonia through Rosie, 10th January 2013

Whenever you stand in the half-light, on the cusp of leaving familiar comfort behind, when the cold wind blows on your naked shoulders, when no-one else but I, your spiritual mother, can see the troubles in your mind, then I will appear and bless this, your new start towards paradise.

I will strengthen your intent to discard all which is stale and unsatisfying. I will peel off the dried layers which have built up around you. Like brittle paper, they will fly to the wind. I will breathe love into every clogged pore, if only you will state your clear intent.

I will renew you, I will rebirth you, for I AM THE GREAT MOTHER WHO KNOWS HOW TO INSPIRE HER CHILDREN. I KNOW WHAT SOUL FOOD TO OFFER, TO MAKE YOU GROW.

For you are all my very own personal charges and creations, and thus part of myself.

May a mother's infinite love nurture and sustain you in all your NEW BEGINNINGS.

LEAVING THE NEST TO SING IN BALANCED HARMONY (Message 8)

Mother Nebadonia through Rosie, 28th January 2013

Dear Children on Earth; your mother Nebadonia speaks gently to you, yet clearly and firmly to you, because her heart is full in anticipation of her fledglings LEAVING THE NEST and approaching spiritual adulthood. Tides of great change approach, and no-one shall be left in a state of innocence. All will be known. No longer will you be able to plead ignorance, hiding behind your mother's skirts. It is time to resume responsibility and walk in adult shoes, realising that you have in fact been partaking in the "adult" game all along, while adopting a child-like stance.

Now is a time when the words FREQUENCY, VIBRATION and HARMONY will be in the mouths of many. For these will assume great importance. It will not be a case of grouping into different social classes or income groups or religions, as is presently the case, but of grouping into the same WAVELENGTH OF HEART CAPACITY. If your consideration for others is scarce, then you will find yourself EXPERIENCING this lower level of consideration at the hands of others. And if you offer a warm and joyful and open heart to all who cross your path, you will receive similar welcomes along your journey. This is THE GREAT RE-SORTING INTO NEW GROUPS ACCORDING TO FREQUENCY.

It is also the great and glorious new part of your earth's history where BALANCE and the resulting HARMONY shall flourish. Regard, oh children of mine incarnated

in male bodies, the way you may tend to take the lead, to initiate the beginnings and determine the ends, while acting brilliantly and speedily inbetween, as in a piano piece where the right hand plays the leading tune.

Meanwhile, regard, children of mine incarnated in female forms, the way you may step in at just the right time, intuitively finding the right chords to enhance, deepen and complement the brilliant right hand tune, enabling radical changes of mood from major to minor (though the tune remain unchanged), providing a rich tapestry of sound against which the leading voice can perform, on which it can rely for support, without which it would lose balance, in the same way which the left hand accompanies the right hand of a piano piece.

Let it be known that the COMPLETE BALANCE OF MALE AND FEMALE ENERGY, WHETHER BETWEEN MEN AND WOMEN OR WHETHER BETWEEN THE MALE AND FEMALE POLES WITHIN OURSELVES, IS ESSENTIAL FOR EFFECTING HARMONY IN YOUR WOLRD. SEEK TO COMPLEMENT AND FURTHER AND SUPPORT EACH OTHER SO THAT YOUR TUNEFUL CO-CREATIONS MAY MANIFEST IN AN ATMOSPHERE OF LOVING MUTUAL INSPIRATION. WORK TOGETHER. SEE TO EACH OTHER'S NEEDS. ASK ALWAYS HOW RELATIONSHIPS CAN BE IMPROVED AND HOW THE QUALITY OF YOUR EXCHANGES – ON WHATEVER LEVEL – CAN BE IMPROVED. BE LOVE TO EACH OTHER, ALWAYS BALANCING AND RE-BALANCING AFTER EACH NEW EXPEREINCE AND DEVELOPMENT.

The new experiences will be many. The new experiences will push you to new extremes. Your spiritual mother – I, Nebadonia – am here to support you when you find yourself tipping too close to the edge. Call upon me, and whatever the pain, know that the balance can be redressed THROUGH YOUR OWN LEARNING PROCESS, AND THAT THE DESCENT INTO DESPAIR REVEALS THE OPPORTUNITY TO SOAR TOWARDS GREAT JOY. For there will also be great joy, little ones. Hold this my promise in your hearts, even as the walls crumble around you, for you will witness the SHINING NEW DAY.

BATHE IN MY STILL BLUE LIGHT (Message 9) Mother Nebadonia through Rosie, 12th February 2013

Come bathe in my still blue light where the tensions of your mind can be released into the flow, when pin-pricks of intense pain can spread and dissipate, diluted by my love.

This blue light, like water, can cleanse and revive. It can expand your concentration to include the vastness of infinity. It warms all extremities and joins all disparities:

Near and far are joined.
Inside and outside are joined.
Material and ethereal are joined.
Heaven and earth are joined.
Past and future are joined.
The “dead” and the “living” are joined.

The membrane of your skin, which separates you from all else, dissolves.

How can you orientate yourself in this vast ONENESS?

Your thoughts can take you ANYWHERE.
You can join with ANYONE
You can travel to ANY TIME.
Your power to travel is limitless.
Your LOVE for others can travel
TO THE END OF THE UNIVERSE AND BEYOND.

Therefore, shut your eyes, my children,
and enter my still blue light.

Opposites and conflict shall disperse in a sea of knowing. All separate paths shall lead to the same destination – an area of never-ending expanse. All “solids” will join to form indefinite amounts of liquids and gases whose particles are constantly on the move and interweaving with each other. All sounds will converge to form a single, homogenous, continuous hum. Shall this be a song of love, Beloveds?

If you touch one single particle in this blue light of ONENESS, you will touch EVERYTHING SIMULTANEOUSLY.
There is no distance.
There is no time.
There are no divisions.
There is only a perfectly balanced and UNITED US.

Close your eyes and imagine yourselves as part of this, dearest children; a priceless, unique and eternal part of ALL THAT IS, imbued with the same DEGREE OF DIVINITY AS ALL THE REST.

If you move, when you are in my still blue waters, you are pulling the STRINGS OF THE UNIVERSE with you. If you breathe, the UNIVERSE will breathe with you. If you send out a signal of distress or fear, or distrust, or love, everything in the UNIVERSE will receive YOUR MESSAGE, as you will receive theirs.

So enter the light and experience YOURSELF AS OTHERS, AND OTHERS AS YOURSELF, UNTIL YOU REALISE THAT THERE IS NO DIFFERENCE BETWEEN YOU, and until you realise that together YOU CAN CHOOSE TO CREATE PARADISE.

SING THE SONG OF LOVE TO THE VOICELESS ONES (Message 10)

Mother Nabadonia through Rosie, 6th March 2013

When you lie down with infinite weariness,
Think of me.
When your torturous thoughts turn in infinite circles,
Think of me.
When you cry in pain that all is lost,
Think of me.
For my heart is so large
That you can re-find
Everything.

I can fulfil your every need if you turn to me,
If you make me the end of every circuit of your journey.
Let me infuse you with my infinite love,

So that you carry it in every pore,
So that you **KNOW** it can never disappear.
And return to me again and again,
So that I may replenish you
In the times when you cannot see further,
When you are blocked by sadness,
Paralysed by guilt,
Or when your heart through fear
Has turned to stone.

For I will revive you,
Revitalise the softness of you,
Grow your antennae of compassion,
Inspire your own **SONG OF LOVE**
So you can sing to the voiceless ones,
So you can burn brightly in the fading light,
So you can be my emissary on earth.

For messages from Mother Nebadonia translated into other languages see the
foreign language sections of www.abundanthope.net