

Messages from
Abundant Hope

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Spiritual Nuggets Part # 1

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How to Handle Psychic Attacks

By Hatonn thru unknown receiver

01 May 14, 2007

How To Handle Psychic Attacks

5/4/01
HATONN

Good afternoon, my scribe. I am Gyeorgos Ceres Hatonn, Commander of this Earth Transition Project. I come in the Light of Creator Source, *The One Light*.

Be still. See and feel the Light radiating outward from deep within you, forming a brilliant spherical bubble that completely surrounds you. This is your Protection from outside, low-frequency influences, such as negative thought-forms, low-level astral entities, and such.

Many ones efforting to connect to the Higher Realms in this manner simply entertain anything and everything that comes their way. This can, and often does, lead to great confusion. You must learn to discipline self to ALWAYS remember to surround yourselves with Light, and thereby clear your space, if you wish to remain beyond the reach or the influence of mischievous entities or thought-forms.

We see a need for clarification for some. What are these negative thought-forms? These are the result of individuals focusing their individual thoughts in a deliberate and persistent manner so as to cause another harm, discomfort, confusion, and such. Often the result on an unprotected individual will be a string of "bad-luck" happenings or a restless night of poor sleep that keeps the individual in a weakened mental or emotional state.

This kind of phenomena is most often referred to as witchcraft, sorcery, spiritual warfare, and such. The phenomena is QUITE real and is simply a negative focus of inner, God-given, creative potential you all have as a part of your ability to co-create. Many ones use these same abilities in subtle ways to, for instance, attract a mate or money, or in numerous other ways to affect and influence others.

Some ones become quite vicious and relentless in their attacks, especially when they perceive that another has somehow caused them to be a victim. In more distorted cases, wherein an individual has become the "chronic victim" and goes from one "tragedy" to another in total "soap opera" fashion, there will ALWAYS be a dark, non-physical entity overshadowing the individual. This sort of entity feeds on the low-frequency turbulence created around such individuals.

Often this sort of person will go to great lengths to manipulate others so as to convince them to "buy into" the illusion of "victimhood" and thus, through manipulation, get others to

focus *their* thoughts in the same negative manner. This, in turn, creates an amplification of negative energy that begins to manifest in the physical.

A good example of this process would be "holy" crusades wherein so-called "spiritual leaders" perceive a threat to their political control over the masses, and thus create great exaggerations and distortions of facts in order to condemn, literally, anyone they so choose to condemn. These ones (and the dark, non-physical entities working through them) feed off the fear and anxiety that they create wherever they go.

This phenomenon, which occurs every day in your world, is responsible in a large way for the many wars that break out, especially the so-called "holy" wars. But, to bring this discussion down to a more personal level, this phenomenon occurs on a much smaller scale (and is more frequent) around those who effort to be Lighted wayshowers. Why? Because the Lighted individuals tend to bring order and stability into the world and, in essence, they are cutting off the "food supply" to those dark energies who feed and lust for negative emotional energy vibrations.

The Lighted wayshower who gains any sort of headway toward dissipating any significant amount of negativity becomes a target for attacks. These attacks are executed not only to try to stop any further positive efforts, but beyond that, to also try to achieve eventual overshadowment and control of the Lighted wayshower. Why? Because if that goal can be accomplished, then the "damage" done (from the negative entity point of view) can be undone, and perhaps the now-conquered person can be used to actually create great negativity, even if only in a subtle manner.

All this can EASILY be avoided by simply remembering to stay centered and call upon the Light (or God, or Angels of God, or Jesus, or whatever in your perception represents pureness of Goodness) and surround yourself with this Energy. There are myriads of Lighted Beings from the Higher Realms (Angels) who will respond to your heartfelt request.

Please know that the call for assistance is not viewed as a weakness. Rather, it is viewed as LEARNED WISDOM. Those who would laugh at you or ridicule you for believing in such things are simply those who are ignorant about such matters and are often parroting the "popular" opinion that is generated and reinforced by those dark controlling ones who wish to keep the masses dumb and pliable and thwarted from awakening to their true Potential.

Awakened individuals will see right through the lies, and they will see the games of manipulation. This sort of exposure causes the manipulators great restlessness, as they perceive a very real threat to their ability to maintain control over others to do their will.

Many on your world are kept "in the dark" regarding these things. And, due to the great social pressures that society in general and especially relatives and friends are conditioned to exert upon those who seek out this sort of information, many searching ones are pressured away from the knowledge that would eventually free them from the shackles of ignorance, to thus reclaim their God-given power.

If you perceive that you MAY be under an attack from one who is either consciously or unconsciously sending negative thoughts your way, there are some very simple things you can do to protect yourself. First and foremost, surround yourself with the Love of Creator God. (His Light is a symbolic representation of this Love.) Number two, surround any and

all ones whom you may feel could be the originator of the attack with the same Light/Love of Creator God. Picture a thousand Angels of Light holding your possible attacker in an affectionate embrace with the clear message that they are dearly loved.

These things will ALWAYS prove effective.

By contrast, getting into a reactionary battle of who has the stronger will only results in a great karmic tie with the individual that will eventually need to be balanced out. Falling into this trap is a very quick way to ensure a "round-trip ticket" back into the physical for future lessons in learning how to utilize your creative energies in a mature and responsible manner.

As students of life, I should add here that there are ways to use these same creative energies in QUITE a positive way so as to NOT incur great karmic debts. Let us say that you have a neighbor whom you don't particularly get along with and you wish that they would move. You could wish them ill health or something else negative. Or, from a much more positive perspective, you could wish them great prosperity so that they perhaps acquire a better job or come into a lot of money, so as to bring forth the desire to move elsewhere.

Remember: when you send out energy (thought-forms), that energy is going to return to you AMPLIFIED. If you chronically dwell on the negative aspects of your life, and thus radiate that energy, you most certainly will be manifesting and experiencing more and more of that same negativity.

Learn to catch yourself when you are feeling any of the lower emotions, such as guilt, frustration, and anger. Know that YOU are responsible for your emotional state, and not anyone else. To attack or lash out at another will only serve to further disconnect you from that inner place of peace wherein you find communion with Creator Source, the One who created you.

To attack another is to attack another of God's creations and is, in essence, "spitting in the face" of God. Most of you, in your moments of anger and such, lash out upon another who is just as much loved by God, and an aspect of God, as are you. So how could such behavior EVER result in satisfaction? In the short term it may very well "feel" good to the fragile ego-self, for it may view such actions as a means of protecting itself. But, as you continue to grow, you will find that such cumulative attacks are what cause ulcers, tumors, cancer, and most commonly, heart attacks.

Remember: your environment is PERFECTLY balanced with respect to learning. This is to say that the "bio-feedback" signals which your environment and body produce are optimized for your growth potential. To ignore the subtle clues that give you insights, which will lead to a greater understanding, will cause these "little" things to grow until you can no longer ignore them. Will it take a heart attack to get your attention? How about cancer?

Learn to view all sensations you encounter as SIGNIFICANT. Go within and ask for help from Higher Source if you cannot seem to grasp a meaning. Ask for confirmation of correct interpretation. You each have Guides ready and willing to assist you, and it is always much more expeditious if you try to meet them part way by being open to their presence.

Never overlook a "coincidence" or "chance" happening. Those things don't really exist except in the minds of those who deny their inner connection to Source and thus ignore the many ways that messages can be communicated to you.

I am Gyeorgos Ceres Hatonn, come as a member of the Hosts of God, in Lighted Service to all ones. There is no discrimination, for we are ALL brothers and sisters born of the same Source Creator God. May the words of this message help you to become a more positive influence on all ones you may have the pleasure of interacting with.

Blessings and Peace. Salu.

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Clear The Weeds From YOUR Wheat

By Esu Jesus Sananda

02 May 14, 2007

8/19/99 ESU "JESUS" SANANDA

Good evening, child. I am Esu "Jesus" Sananda. I come in the Pure White Light of my Father's Radiance, and I bring ONLY that Pure White Radiance with me.

Let the doubters have their doubt, for it is nothing which you can prevent. My messages must be judged by their words and by the energy present. Those who would judge these words as false or misleading are themselves misled. These words shall only be resisted by the very ones who need to hear them the most. So be it.

The subject today is very important. It has to do with how you are doing with the infusion of Light that is increasing with every passing moment of your time. As we have discussed in previous writings, the Light infusing your planet at this time is causing an acceleration and intensifying effect upon each and every one on Earth. It is causing all who are of the Light to be brighter, and all who are of the darkness to be darker.

As the wheat is sifted from the chaff, the chaff becomes more evident, for it collects in a pile unto itself, likewise with the wheat. What do I mean by this? Very simple. You shall reap that which you have sown. The reaping, however, is not going to occur in the far distant future; it is occurring almost instantaneously, due to the above mentioned acceleration effect.

That which you reap is also in greater abundance than that which you have sown, due to the above-mentioned intensifying effect. So, for each of you that means you shall either reap the Light or you shall reap the darkness, depending upon what type of seeds you have planted prior to now.

We have been working to get you ones to hear this message for more years than you can even remember. However, you always thought that your harvest would be in the far distant future, and you just didn't want to be bothered about thinking what kind of harvest would be awaiting you. You who have sown weeds are now reaping those weeds that you have sown. Likewise, you who have sown good grain seeds are having a bountiful harvest.

Now, to those who have fields full of weeds, I will say this: PULL OUT THOSE WEEDS and get them out now! How can you do this when the seeds have already been planted?

Quite simply, by making right those things that you KNOW full well in your heart are following you around like an albatross about your neck.

Now, before any one individual thinks I am picking them out above all others, I am telling you now, so hear my words: I AM SPEAKING TO THE GREATER NUMBER OF PEOPLE LIVING UPON EARTH THIS DAY. I only single out individuals on a one-to-one basis, and I will not speak specifically to only one individual in a public forum.

To those who will read this and get upset or annoyed, I say unto you that you are the ones for whom this message is meant. You can always tell what it is you need to learn, for it will be the thing which bothers you or angers you the most.

There are things which every one of you are carrying around with you, and have for a very long time. These are those things which trouble you when you are settling down to go to sleep at night, or those things which pop into your minds when you are attempting to meditate. These are the things that you feel guilt about, or that trouble you greatly. These are things that you have done or said to another. These are the things you have done or said that you would not want done or said to you. Whether or not you feel what you did or said was justified, if you are still toting them around with you, you need to rid yourself of them, and the only way is to make it right with the one you have offended.

I care not who you might be, I care not whether you are the President or the Pope, or the drunk in the gutter, or the C.E.O. of a giant corporation.

Unless you begin to pull out these weeds in your fields, one by one, they will eventually choke the good grain trying to grow from the soil. You and only you can make these things right again. It matters not whether or not the one you offended accepts the offering of apology (or at the very least, acknowledgment of the wrong you have done), for you will have made it right, and now it becomes the other's business as to how he or she deals with same.

Their response is not your concern. YOU are the only one who can set it right. And tomorrow may be too late, so it would behoove you ones to begin right here and now to set things to right.

It is all these things that are causing you ones to stand stagnant, and unable to create or manifest the reality you desire. Several years ago Germain gave a lesson (January 4, 1997) on *Forgiveness and Manifestation*, and it would be a good idea to reprint it, for it is more valuable today than even then.

You ones are standing upon the threshold of a new dawn, and whether or not you step over that threshold into a better world is completely up to each and every one of you. You sit about and complain that things are just unfair, and that everybody is doing you wrong. Well, it would be a very good idea for each of you to look into the mirror and see the wrongs and unfairness you have dealt out in the past, and make them right. Take an honest look at all the harsh or insulting words, the get-even attitudes, the "hurt that one before that one hurts you" mentality, the judgments you have pronounced upon or about another, etc.

Remember the Golden Rule? Remember my parable about criticizing the speck of sand in your brother's eye while having the boulder in your own?

Can you overcome these emotional and Creative Energy blockages by doing good for others? Yes, but there is nothing like a good soul-cleansing! Make it right with those whom you have previously offended, then go do good works as well!

My brothers, these are the Days of Accounting. You are judging yourselves, and the result of those judgments is the reality in which you live. Do not cast blame on anyone else for *your* life, for no one has forced you ones to do anything. The choices you have made have been your own, and if you feel otherwise, you need to rethink your situation.

You are never going to create that wonderful reality you think about until YOU begin to do something about it. You cannot take all the old baggage into a new reality, so until you begin to clean out your bags, you shall continue to live exactly the way you have been living.

The potential at this present time is so tremendous; what you do with that potential is your choice. You can either make the most of it, or you can fritter it away on all the old garbage. BUT, BE PERFECTLY CLEAR ABOUT THIS: IT SHALL ALL BE *YOUR* CHOICE! All the praying and begging and wishing and hoping is not going to make it so, YOU - AND ONLY YOU - CAN MAKE IT HAPPEN.

You are all so fond of offering the "life isn't fair" excuse. Nothing could be farther from the truth! Life is quite fair, and you have manifested before you exactly what you have put into it.

It is time that you stopped believing that you have no choices, for you have ALL the choices. You need to stop thinking of yourselves as victims of circumstance or victims of your society. That is the very same as blaming someone else for your shortcomings, and makes it easier for you to justify your unwillingness to take charge of your own reality.

God does not set your destiny, chelas; destiny is WHAT YOU MAKE IT. So, again, take a long, hard, HONEST look, each of you, into the mirror and, maybe for the first time, see yourself as you really are.

UNFORGIVENESS

There is no better way to stop the creative flow than to hold unforgiveness in your heart or mind. Remember I taught you to pray, "Our Father, who art in Heaven, hallowed be thy name. Thy kingdom come, thy will be done, on Earth as it is in Heaven."

Now, pay close attention to the next part "**Forgive us our sins (transgressions, errors) as we forgive those who sin (transgress or err) against us.**" If you expect forgiveness and things to be made right with you, then you MUST FIRST (not after), I repeat FIRST, forgive others. Then and only then can you acquire forgiveness.

You see, until you truly forgive another you are (whether you recognize it or not) carrying that unforgiveness around in your own heart and mind, and cannot forgive YOURSELVES.

That is what stops the flow of the Creative Energy from manifesting that perfect reality in your own life.

Oh, yes, chelas, it is truth that I speak, and I understand fully that the information contained herein stings most of you ones. But know that the stinging you feel in your heart is your Higher Self trying to tell you that YOU need this information, and YOU need to act upon it.

Forgiveness and manifestation do go hand in hand. You can meditate all day and all night for the next thousand years, and until you GIVE and RECEIVE forgiveness, you shall not make one step forward in creating that reality you desire.

You can pray all you want, and it's not that your prayers are going unanswered. I told you long ago that if your prayers are perceived to not be answered, it was because you were praying in error. That error is of your own making, and it is unforgiveness.

You can have all the faith you can muster, but until you have a "clean" house, you are going to keep the goodness from your doorstep. A clean house is a house that gives and receives forgiveness - and in the process has gotten rid of a lot of garbage.

Now, with the stepped up Light energy that is infusing your planet, all things are magnified, and all the dark, hidden corners of your lives are being illuminated. Rather than continuing to try to hide all the cobwebs, instead open your windows (eyes), open the front door (mind), and sweep that house clean! Make it ready for all new furnishings by first sweeping out the dirt!

Do this, and you will marvel at the wondrousness that you shall begin creating. You will have no further need for the pity parties and blaming others for your own condition, for you shall no longer be operating in the darkness. Rather, you shall be living and, more importantly, creating in the Pure Radiance of our Father's Light!

Chelas, the Kingdom of Heaven is at hand. It is all about you, and you see it not, for you still have darkness in your hearts and in your minds. Open your hearts and open your minds to the Light of Holy God (regardless of the name you have for God), and *begin your new life this day!*

You have a very wonderful saying: "Today is the beginning (or the first day) of the rest of my life." So make the best of it.

Yesterday is gone, and you have many yesterdays behind you. However, the energies you accumulated from all the yesterdays is the energy you are carrying around with you today.

Ask yourself this: Is my load light or is it a heavy burden? If it is a heavy burden, then know that you have a lot of forgiving and asking for forgiveness to do. If you have taken something that does not belong to you, then return it or offer remuneration for it. If you have hurt another physically or emotionally, then go to that one and apologize.

Yes, the first apology is always the most difficult, but with each apology it becomes a much easier task, and you will begin to feel the accumulated burden lift with each wrong that you make right. Do not allow the Sun to set upon another day before you begin to set your house in order.

Remember, YOU are the only one who can truly make a change in YOUR life. You are also the only one who can stop destroying yourself and begin re-creating yourself. Begin on the inside, and the inside will soon be reflected in the outer being and in all that manifests about you.

You all spend much energy pulling the frequency of your energies downward - by your actions, thoughts, and words. If you were to take just a small portion of your energy or attention focus and begin to create with it as Lighted beings in harmony with Creator Source, your world would soon be re-created in perfection, and you would have nothing about which to complain.

However, you are not going to re-create to your liking anything "out there" until you first re-create your own self within. Rather than spending so much time working with Satan, use that same time to work with God! I promise you the time spent shall be much more beneficial!

Go to the ancient Hebrew texts and look up the word Satan. You shall find that it is not a proper noun, but rather it simply means adversary. Satan, in this case, means adversary to God. There was one known as Lucifer, who was a bright and beautiful angel. It was this one who rebelled against God, and therefore was a Satan.

You do expend an unbalanced amount of time and energy pointing out all the evil and darkness, and I grant you that it is all about you. Yet, many of you who claim to be living in and protected by The Light, if you are *really* living by the precepts of that Light, can pass through all evil and darkness, and it shall not bother you ones, unless you have allowed it.

Darkness and evil cannot intrude where The Light is present. See that you make no mistake about it. YOU allow that darkness in by the state of your mind and heart.

Again, if you have evil, unforgiveness, lust, greed, etc. in your heart, and focus upon same in your minds, you are inviting darkness within. In this case, you can call upon The Light all you want, but until you CHANGE YOUR HEARTS AND CHANGE YOUR MINDS, you are going to experience the effects of that darkness and/or evil.

Chelas, nothing and no one can do anything to you that you have not provided a pathway for. And do expect, by calling upon The Light, to be shown answers - it's just that they may not seem so pleasant when operating from the conditions of such a darkened state.

After all these years, and all the many words written and spoken, you still continue to function as though you are the victims of some great conspiracy of evil being done to you. NO, FOR THAT GREAT EVIL DONE TO YOU IS DONE BY SELVES. You know the truth of it, but it takes a great self-responsibility to admit it to self. And before you can begin to change anything, you must first be truthful with yourself. There is no greater time to begin to make these changes than the present!

Do I hold you responsible? NO. YOU HOLD YOURSELVES RESPONSIBLE! And it is you and only you who judges yourself. You may not want to admit it consciously, but I tell you it is truth, whether you believe it or not. This is not something that is not so if you do not believe it to be so. Chelas, this is NOT MYSTICISM. This is an immutable fact and law of

the universe, and it works perfectly, every time. It is only a mystery until you understand. Once you have understanding, it is no longer mystical.

Also, and perhaps more importantly, once you have understanding of a universal law, you become responsible to act upon it. You can pretend ignorance with self and others, but you cannot pretend ignorance with God.

You are this day standing naked before God, and you are judging your own deeds, and your rewards are according to your own judgment in partnership with God. So, you see, you have nothing to fear except your own mind and heart, for God and all of His Creation only is and does not judge. You are a part of Creation; there is no separation between you and Creation, or between you and God. The separation is in your own mind.

So, the next time you find yourself feeling sorry for yourself because you think things are just not fair, remember that it is YOU who has determined the outcome, and YOU created the reality in which you find yourself. All the blaming and wallowing in your own pity is only creating more of the same stuff you have been living with.

This message is of such an important nature that I would ask that it be put on the website, as well as in the printed material, for all who come across it to see and understand. There are many, many more who will see it there. These messages need to be spread far and wide and not withheld from any because they do not come across the paper for whatever reason.

Let us draw this to a close. There is much more which could be said on this same subject, for there is no message more important than this at the present time.

I am Esu "Jesus" Sananda. I leave you with blessings and the Purest Radiance of the Holy White Light of God Creator. Salu.

[Published in *The SPECTRUM*, 7th September, 1999]

Note from **Candace**:

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Own Your Own Feelings and You Will Control Your Destiny

By Esu "Jesus" Sananda

03 May 14, 2007

8/8/02 ESU "JESUS" SANANDA

Good evening, my scribe, and thank you for responding to my call. I am Esu Immanuel Sananda, more commonly referred to as "Jesus" on your world. I come in the Light of Creator God, *The One Light*. May you each feel my presence within you as you partake of this offering.

We of the Lighted Realms of Creation work diligently to help ones like yourself grow in awareness and understanding of the TRUE nature and potential of your being. To do so is to liberate ones from the karmic wheel of repetition into a more advanced state of consciousness wherein even greater growth is possible. We find great Joy in assisting you ones, for as you each move forward in expanding your awareness, we too move forward in our understanding and growth.

As many of you are well aware, there is a "negative" counterpart to the Lighted Brotherhood. This so-called "negative" element is comprised of ones who have chosen to follow a path wherein self is placed above all else. These ones have chosen a very solitary and lonely path as they struggle to achieve their next level of growth.

These ones use clever manipulation of others to create the changes they desire. By contrast, the Lighted Realms provide inspiration to others, when so invited, to help create growth in harmony with the Will of Creator Source, always honoring EVERYONE'S uniqueness and free-will choice of self-determination.

You who have come into the physical as volunteers to assist we of the Higher Realms in our combined mission to spread peace, love and harmony throughout the world, do so by the seemingly small things you do each and every day.

The smallest act of kindness you show to those around you radiates outward like ripples on a pond. These "ripples" are actually very real and perceivable in the "energy space" of the spirit realms from which all physical spaces originate.

You build a "treasure chest" of riches (and richness), in the form of spiritual wealth, every time you send out a wave of genuine kindness, love, and/or appreciation. With each such act you are adding to your True Wealth, and in a crude sort of way you could say that you are paying for your ticket off the karmic " merry-go- round".

Through growth and greater awareness of the "rules of the game" you will all naturally seek to understand the true nature of the negative emotions that well-up within you from

time to time. As you grow, you will eventually learn for yourself that ALL such negativity comes from your own past "indiscretions". These indiscretions all have roots in choices and decisions you have made wherein you were not true to the nature of your Higher Self's purpose.

If you entered the physical realm to help others, and in a moment of selfishness you contradict this intent in the smallest of ways, you will send out a ripple in energy space that reflects this sort of indiscretion. Let's say that you got angry and lashed out at a friend in a moment of overwhelm. The pulse-wave of energy goes out and is reflected back to you, and more similar occasions begin to manifest around you as the "problem" grows. A vicious cycle is created that only truly stops when one truly sees and accepts responsibility for having created the LESSON in the first place. Only at this point of HIGHER perceptual awareness can one fully appreciate the value of the lesson, and thus growth is achieved and forgiveness of self is fully granted.

Others are NEVER the cause of YOUR inner emotional states of feeling. However, others can influence your emotional state just as you can influence theirs. To the extent you allow others to influence your emotional state, you are left "vulnerable"?but so too are you left open for great potentials of joy, love, and happiness. If your purpose is to help others, this implies interactions with others, and thus a certain necessary amount of openness in order to share with them the gifts of kindness and joy you bring into the physical realm.

It can be painful when ones you deeply love reject you. But you do not have to allow their perceptions of you to affect you in a negative way. Just remember that you must allow for others' free-will choices, and honor their uniqueness?else you will surely contradict a very fundamental goal of your own purpose: to add positive and loving energy into your world.

If you allow such rejections to linger within you, there is created an energy link to that person (or persons) that becomes like a shackle that binds you to them, wherein you quite literally force yourself to relive the pain of rejection over and over. For many, this sort of self-imposed punishment is created as a means to somehow prove the love for the other.

In actuality, you are creating an unnecessary karmic tie to this other person that will play out again and again with similar outcomes?until you learn that you cannot honor another by punishing yourself. Punishing yourself to "honor" another could be viewed as a form of worship and manipulation of the other whom you are attempting to honor. You are, in essence, adding negativity (in energy space) to this other person's life by holding grief in your heart while thinking of them. The extent to which this actually affects the other individual is entirely up to them and their willingness to accept the energy you are sending out.

Please know that the interconnectedness of ALL ones IS a fact. The affinity and love for others is natural and quite unavoidable from a much larger perspective. While in the physical, you perceive a separation from one another, and this is for very good reason. It makes for very dynamic challenges as well as spontaneous interactions. If you have ever felt the thrilling sensation of being truly surprised, then you should see that this sensation would not be possible if it were not for the perception of individuality.

However, from the non-physical perspective, sensations of surprise are contrived at best. Thus, by choosing to enter into (stepping onto) the physical "playing field" and accepting the conditions (rules of the game), you are creating opportunities to experience unique sensations with vivid clarity and profound intensity.

One of the "rules" to which you agreed, prior to entering the physical game, was in essence that you would not wreck the game for any other of the many participants. In essence this means that you would balance out all the energy flows you created. This includes any "damage" you may have done to yourself. In short, you must learn to heal your own wounds as well as assist others to do likewise.

A learned "practitioner" of self-healing will come to understand that the quickest and most direct way to heal yourself is to help others to heal from their past indiscretions. This means that, by helping to spread positive energy of Light and Love, you will generate a dynamic condition that attracts to you the very conditions or ingredients you need in order for you to create your own healing, and thus balance any indiscretions and end the cycle of karmic repetition.

Some of those experiencing among you have achieved this state of awareness and still choose to enter back into the physical "game" so as to further assist those whom they cherish deeply knowing full well that they could potentially become ensnared in the whole karmic cycle all over again. These ones are great powerhouses of positive energy. They generally reach out to the masses because their energy and desire is to awaken the many, not just one or two close friends. These are the great teachers who often bring with them "extra" gifts - such as strong intuition, precognition, clairvoyance, clairaudience and such. These extra "tools" are allowed because these ones have proven their responsibility to handle same, and thus you have ones who are "just born with" such abilities.

These ones are among the teachers who help to answer the call of the many prayers for Guidance. Though many on your world would more easily accept a "burning bush" to give them the Guidance they seek, such is seldom the case. Both messages and messengers come in an infinite variety of forms.

Please be mindful that, in the days of "Moses" of biblical fame, there were no words to describe anything that gave off light other than to call it fire. Lanterns and oil lamps were the only lights used in those times by the indigenous people of the Earth. Even the "burning bush" wasn't really on fire, but rather, the observer's assumption was that it must have been fire for what else could have been the source for such light?

Dear ones, learn to perceive with the heart first, and only then try to assign meaning to the external. The inner reality is the more important one. Pay very close attention to what you are feeling. Own your feelings. Do not assign blame to another for YOUR anger. Taking this one simple step will cause a great shift in the energy flows to and from you, and will result in your anger dissipating and giving way to an accepting of the much more pleasant emotional states.

This is also a VERY IMPORTANT step to take in healing any and all physical ailments. The emotions of the inner world cause energy pulses that influence the dynamic interchange between all the (layers of) energy bodies that keep the physical body

functioning properly. Excessive or chronic negative emotional states, such as anger, grief, depression, fear, and such are always part of the root cause of various systems of the body malfunctioning prematurely. Usually ones who have a predisposition to anger also enter quickly into a state of depression as the resulting guilt compounds their situation. These ones are prime candidates for cancer and heart attacks.

As you look around you, and you witness what seems to be chaos and turmoil boiling over at every turn, please know that this too is part of a much larger cycle of karmic rebalancing, and that you do not have to accept the negativity associated with all of it. For most of you, your greatest challenges will come when you may be faced with having to live without your modern "conveniences" for a while, such as electricity for your appliances and gasoline for your vehicles. But if you are truly honest with yourself, and can see that a simpler life does not necessarily equate to suffering, then you will be much better situated to handle the so called "harshness" that some perceive to be inevitable.

Whether your glass is half full or half empty is all in how you look at it. There is ALWAYS something to be thankful for in your life. No matter what your current situation, you can make the best of it. Simply saying "please" and "thank you" gives an acknowledgement to the recipient that they have value and that their service is not being taken for granted. Is it so hard?

Never underestimate the power of the "little" kindnesses that are simple to express and share. A smile goes a long way, much further than any of you ever realize.

Choose to be the spark that ignites the fire of positivity, appreciation, and love in others. Choose the liberating path of kindness and love that helps you to help yourself, as well as others, to get out of the karmic "rut" of repetition and off the karmic merry-go-round, and thus find newness of expression.

I am Esu "Jesus" Sananda, come in answer to the general question of "What can I do to help?" May the message herein give you the insight you seek. I come in the Light and Love of Creator God - *The One Light*, so that you might better find your way. Blessings and Love to you ALL! Salu

This piece is probably from the Spectrum newsletter.

Note from Candace: I took this piece from:

<http://www.geocities.com/guides2012/Contents.html> This website is not the original site of this material and I have no way of knowing if this is the complete piece or if another has modified it. I have placed it as I found it. Just because every page on this website has a copyright notice on it, does not mean I am copyrighting this piece. I am simply satisfying the needs of Patrick Bellringer of www.fourwinds10.com in making this statement who implies that since I place material from other places on this site that I have personally filled a copyright to it. The Spectrum Newspaper is out of publication.

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incomplete or modified in any way, please alert me to this and provide the correct version.
Thankyou.

Aton Speaks Out as the Hours Grow Short

By Aton thru unknown receiver

04 May 14, 2007

[Reprinted from the November 14, 1995 issue of CONTACT]

11/8/95/ATON

YOU SHALL NEED NO OTHER GODS BEFORE ME NOR SHALL YE NEED MORE, FOREVER MORE. I SHALL SEND MY SHEPHERDS TO GUARD THE FLOCK AND BRING TRUTH WITHIN YOUR COUNCILS. IT SHALL NOT BE ACCEPTABLE BEFORE OUR ENEMIES, BUT BY THEIR OWN HAND SHALL THEY FALL.

I SHALL SEND FORTH MY MESSENGERS AND MY SPEAKERS THAT WHAT I PRONOUNCE SHALL BE SET TO VISIBLE PRINT AND AUDIBLE WORD. TOO LONG HAVE YOU MISINTERPRETED MY WORDS AND TOO LONG HAVE YOU MISTRANSLATED FROM ONE LANGUAGE UNTO ANOTHER.

I SHALL JUDGE NARROWLY AND IT WILL SEEM THAT I JUDGE IN HARSHNESS FOR I AM ANGRY WITH YOUR MISCHIEF AND THAT YOU BRING PAIN AND ENSLAVEMENT TO **MY** PEOPLE AND DO SO IN THE NAME OF GOD.

YOU HAVE MANY NAMES FOR MYSELF AND YOU HAVE MOVED AWAY FROM THE TRUTH OF ONENESS WITHIN MY FOLD AND DENOUNCED AND PRONOUNCED UPON MANKIND **MAN'S** EDICTS AND NOT THOSE OF MY OWN.

THE REAPER IS AT HAND AND THE TARES AND THISTLES SHALL BE SWATHED FROM MY VINEYARDS AND FIELDS. THE THINGS I TOLD WOULD COME UPON YOU ARE COMING UPON YOU AND MY SCRIBE TREMBLES AT THE KEYBOARD OF YOUR LANGUAGE MACHINE. IT SHALL COME ABOUT THAT IN EVERY 'SIGN' YOU SHALL SEE THE FACE OF MY COMMAND AND IN EVERY CLOUD SHALL YOU WITNESS THE VISION OF MY FACE AS SEEN IN VISIONS BY YOUR ANCIENT ONES. MY ENEMIES SHALL COME FORTH AND MAKE THEIR OWN PRESENTATION---BUT YOU SHALL BE GIVEN TO **KNOW** AND IN THESE DAYS THERE SHALL COME WARS AS THE THIEVES AND LIARS VIE FOR THE CARCASS OF MY PEOPLE AND MY BELOVED CREATION. I DO NOT USE A PLURAL WORD FOR 'PEOPLE' FOR YOU ARE ONE AND 'CARCASS' (AS IN ONE) IS SUFFICIENT UNTO MY NEEDS. I INCLUDE MY CREATION AS A SINGULAR REPRESENTATION OF MY PLACE OF PERFECTION GIVEN UNTO YOU AND THAT WHICH YOU HAVE SET UPON DESTRUCTION. YOU WERE GIVEN THIS BEAUTIFUL BLUE AND GREEN PLANET FOR YOUR PERFECT GROWTH AND SHE HAS SERVED IN PERFECTION, HER ROLE AS A LIVING BEING (GAIA), THAT YOU MIGHT LEARN, GROW AND EXPRESS IN MANIFEST FORM WITH

FREE-WILL CHOICES, THAT YOU MIGHT MOVE ON WITHIN THE PLACES OF THE HIGHER REPRESENTATION OF **HUMAN** (HIGHER UNIVERSAL MAN).'

IT WAS PRONOUNCED UNTO YOU SOME 2000 YEARS PAST THAT ONES WHO STOOD AGAINST THEIR OWN HOUSE AND LINEAGE WOULD FALL TO A PROPHET WHO WOULD COME AND WOULD CAUSE MY ENEMIES TO RUE THE DAY OF THEIR FORSAKING GOD TO SERVE THE PHYSICAL GODS OF GREED, COMMERCE, AND SLAVE-MASTERS. IT WAS SAID THAT HIS NAME WOULD BE MOHAMMAD AND SOME OF HIS TEACHINGS WOULD BE INCORRECT. HOWEVER, THE ONE YOU SHOULD FEAR IN THIS DAY OF RECKONING IS 'MUHAMMAD' FOR HE HAS BORNE THE BURDEN OF BRINGING UNTO YOU HIS TRUTH AND HIS PROPHECY THAT HIS PEOPLE WOULD FIND AND BEAR, AGAIN, FREEDOM, AND IT SHALL COME TO BE IN THIS TIME OF THIS GENERATION. THE WORLD HAS WITNESSED MY HAND STAYING THE ENEMIES' GARRISONS ONCE MY PEOPLE MADE A RE-COMMITMENT TO RESPONSIBILITY AND GOD. I CARE NOT WHO DISLIKES OR DISBELIEVES---I CARE ONLY FOR THOSE WHO COME TO **KNOW TRUTH**.

IN THE LAND OF EGYPT, IN THE TIME OF FALL AND EVIL RULE, I CAME FORTH WITH MY MESSENGERS AND THEY CALLED ME ATON, THE ONE LIGHT FROM WHICH ALL THINGS COME FORTH AND ARE ALLOWED LIFE. EVIL ALSO CAME BEFORE ME THAT YOU MIGHT MAKE CHOICES IN YOUR FREE-WILL EXPRESSION AND AGAIN THOSE CHOICES MUST COME TO BE MADE FOR THE EARTH WILL BE CHANGED FROM THAT WHICH IS NOW RECOGNIZED AND KNOWN. EXCEPT I CUT SHORT YOUR DAYS AND THE TIME OF EVIL, YOU SHALL ANNIHILATE YOUR BEAUTIFUL GARDEN AND ALL WITHIN IT. IT IS UNACCEPTABLE FOR THESE THINGS ARE NOT YOURS TO CONSUME.

YOU ONES CHOOSE TO DIVIDE YOURSELVES INTO GROUPS, ONE ABOVE ANOTHER; YOU POINT TO OTHERS AS DIFFERENT BECAUSE OF WHAT YOU LABEL COLOR, CREED, RACE AND ON AND ON WITHOUT SAVE PHYSICAL DESCRIPTION. YOU SLASH, CUT, BURN AND DESTROY MY PLACES AND YOU MOCK MY REALITY AS IF YOU HAVE ANOTHER PLACE IN WHICH TO EXPRESS YOUR POWER WHEN THIS ONE ENDS. YOU HAVE NO PLACE TO GO, BEINGS, SAVE WHERE MY CHOICES SEND THEE. YOU WHO REFUSE TO BEAR TRUTH--- SHALL EXPERIENCE IN TOTAL ABSENCE OF LIGHT AND FREEDOM FOR YOU SHALL BE BOUND INTO A PIT OF INFINITE DARKNESS. THE WORD DEFINING THIS STATE OF EXPERIENCE IS CALLED **HELL**. YOU WHO REFUSE TRUTH AND HAVE MANUFACTURED A LIVING HELL FOR MY PEOPLE SHALL NOW TASTE OF THE SCORPION'S STING BROUGHT UPON SELVES. YOU HAVE CONCOCTED HYBRIDS OF ALL MANNERS WHO HAVE BEEN DEPRIVED OF THEIR VERY GODLY SOULS AND THE REWARD FOR SAME IS TO LOSE YOURS AND KNOW OF THAT WHICH YOU HAVE DONE AND THERE SHALL NOT COME ANOTHER DAWN FOR YOUR SALVATION IN LIVING FORM. YOU WILL BE DESTINED TO WANDER ABOUT THE WILDERNESS OF DARKNESS. MOST WILL NOT BELIEVE ME UNTIL THEY ARE LOST TO LIFE ITSELF.

ONE BEING HAS BEEN SENT TO TELL YOU TRUTH AND HOW IT SHALL COME TO BE BEFORE I SET FOOT AGAIN UPON YOUR PLACES AND FOR WHICH YOUR PLACE BORE THE LABEL AS THE PLACE OF THE LION. IN EACH CYCLE OF

ENDING THAT RIGHTEOUSNESS CAN AGAIN FIND FOOTHOLD AMONG THE WORTHY, IS SENT A SERVANT MESSENGER, ONCE REFERRED TO AS ELIJAH AND STILL CALLED ELIJAH, HAVING COME AND GONE FROM YOUR CONSCIOUSNESS---AGAIN! IT WILL NO LONGER SERVE TO KILL MY MESSENGERS FOR I SHALL PREVAIL.

THE PEOPLE OF MY ENEMY HAVE PRESUMED TO TAMPER WITH THE WORD OF LIFE, BREAK ALL OF THE COVENANTS WITH ME AND ENSLAVE MY PEOPLE. YOU HAVE BETRAYED THE VERY GIFTS OF FREEDOM AND SOLD YOUR BRETHREN INTO CORRUPTION AND SLAVERY. IT SHALL NOT PREVAIL, FOR SO I HAVE SPOKEN, SO THEN SHALL IT COME TO PASS. EVIL SHALL BE CAST OUT OF MY GARDEN OF LIFE. YOU HAVE BEEN WARNED AND WARNED AGAIN AND NOW THE TRUMPETS SOUND THAT YOU MIGHT HEAR AND KNOW THAT YOUR DAYS UPON PLANET EARTH ARE NUMBERED AS THE FINGERS UPON MY HAND. PERHAPS IT IS SAD THAT YOU KNOW NOT HOW MANY FINGERS I HAVE UPON "MY" HAND!

ONE OF LATE DID SHOW COURAGE AND 2 MILLION, 106 THOUSAND AND 19 OF MANKIND STOOD IN MY NAME BEFORE THE HALLS OF YOUR INJUSTICE. THE SPOKESMAN TOLD OF VISIONS AND INSTRUCTIONS---NO, HE HAD NO **VISIONS**. HE WAS BROUGHT BEFORE MY HOSTS AND THE MESSENGERS AND CAME WITHIN MY PRESENCE THAT HE MIGHT HEAR, SEE AND KNOW. HE TREMBLED IN REVERENCE, NOT FEAR, AND SAID THAT "I CAN DO IT IN THY NAME" AND SO HE DID. THE HOSTS ARE NIGH AND OFFER THEIR HANDS UNTO YOU. THE MESSENGERS ARE AMONG YOU AND OFFER THE WORD AND THE WAY. I PREPARED A PLACE FOR EACH AND ALL OF YOU---BUT NOT MANY SHALL COME. IT WILL, HOWEVER, IN THE COUNTING SEEM AS MANY AND ALL WILL COME IN ITS PERFECTION OF SEQUENCE.

MY SCRIBES AND MY LEADERS NEED NOT KNOW ONE ANOTHER---NOR EVEN "OF" ONE ANOTHER FOR ALL THAT IS NEEDED IN THIS GATHERING OF SOULS IS ONENESS WITHIN THE LIGHT OF CREATION/CREATOR. TRUTH IS THE WAY, TRUTHBRINGERS AND WAYSHOWERS WILL BUT GIVE FORTH THAT TRUTH AND IT SHALL BE PRESENTED BEFORE THE COURTS OF INJUSTICE AND EVIL BEINGS THAT THEY MAY KNOW THEIR DAYS ARE FINISHED AS THE CLEANSING BEGINS. THE HEAVENS SHALL RATTLE AND THUNDER SHALL BREAK THE SILENCE. THE WINDS WILL HOWL AND REMIND YOU OF YOUR INDISCRETIONS AND WRONG CHOICES---OFFERING YOU RESPITE AND SAFETY ONLY IN THE PLACES OF MY PEOPLE. BUT MAN SHALL TURN AWAY AND BLAME GOD FOR HIS PLIGHT---NO, BLAME MAN FOR YOUR OWN PLIGHT.

MY CHARIOTS SHALL SOAR ABOVE THE PLACES OF YOUR HIDING AND IN THE FIELDS ONE SHALL FALL ACCORDING TO THEIR JUDGMENT. THOSE WHO HAVE FOLLOWED MY INSTRUCTIONS AND PREPARED AGAINST THESE DAYS OF TRAVAIL SHALL ENDURE AND MY REMNANT SHALL PASS UNDAMAGED THROUGH THE STORMS. IF THEY JOIN WITH THE ENEMY THEY, TOO, SHALL FALL.

NEW CONTINENTS SHALL BE FORMED AND RAISED UP FROM THE DEPTHS OF THE SEAS AND MOUNTAINS SHALL RISE EVEN HIGHER AND THERE SHALL BE OCEANS WHERE THERE WERE MOUNTAINS AND MAN SHALL BE LOST WITHIN

THOSE SEAS. IF MAN CONTINUES TO DESTROY AND MASSIVELY ANNIHILATE THE GLOBE---HE SHALL BE ENCAPSULATED WITHIN HIS OWN HELL AND ISOLATED FROM HIS COSMIC BRETHREN AND ORBITING PLANETS. IF ENERGY OF SUCH MAGNITUDE IS UNLEASHED AS TO DESTROY THE PLANET, IT SHALL BE ENCAPSULATED AND ISOLATED SO THAT THE NEIGHBORS MIGHT NOT BE ANNOYED. THERE WILL BE NO PLACES DEEP ENOUGH WITHIN THE EARTH NOR SHALL YOU HAVE ACCESS BEYOND THE EARTH TO PERFORM YOUR BASTARDIZED TRICKS.

IN THESE DAYS COME UPON YOU THE WARS WILL BECOME GREATER FOR SHIPS SHALL SINK INTO THE OCEAN AND CRAFT SHALL FALL FROM THE SKIES AND NO "REASON" SHALL BE FOUND---NO CAUSE OFFERED. YOUR ENEMY SHALL COME UPON YOU FOR HE SHALL BETRAY HIS OWN CONTRACTS AND AGREEMENTS WITH YOUR POLITICIANS---BUT HE CANNOT LONG BETRAY HIS OBLIGATIONS AND CONTRACTS **WITH ME!**

THE LABEL "CHRIST" IS NOT SELECTIVE OF "ONE". IT IS A TITLE OF PERFECTION AND DESCRIPTIVE OF GOODNESS AND GROWTH. IN EGYPT THAT NAME WAS A "VERSION" OF "SANANDA" (ONE WITH GOD, ATON, OF LIGHT). I DO NOT FOCUS ON AN "ONLY" SON FOR THAT IS SILLINESS IN PRESENTATION. YOU PRESENT WHAT YOU WANT TO BELIEVE AND THESE LIES ARE CONJURED BY THOSE WHO WOULD CONTROL AND RULE YOU. YOU ARE NOW INTO THE NINTH YEAR OF THE BEGINNING CYCLE "OF GOD". LAST YEAR WAS THE "8" OR UNIVERSAL SIGN OF REVOLVEMENT AND MY PEOPLE SHALL BEGIN TO FIND THEIR WAY BACK INTO FREEDOM AND IT REMAINS TO BE SEEN HOW THE STORY SHALL END ON YOUR STAGE FOR WE ALL KNOW THAT GOD PREVAILS.

I AM ASKED OVER AND OVER AGAIN WHY MUST MY MESSENGERS CONTINUE TO WRITE THOSE THINGS WHICH ANNOY AND CAUSE THE SERPENTS TO RISE UP AND STRIKE THEM? BECAUSE THERE IS NO WAY TO STOP MY MESSENGERS AS ONLY "FORM" IS CHANGED---EVEN IN DEATH OF MORTAL FLESH. LET THEM STRIKE FOR, AS WITH LIGHTNING, THE SOURCE CAN THEN BE FOUND AND KNOWN FOR WHAT IT IS. THEIR LIES SHALL REVEAL THEM.

WHEN YOUR U.S. PRESIDENT CLINTON DONNED THE TURBAN (YARMULKA) OF THE ZIONIST KHAZAR HE TOLD THE WHOLE WORLD THAT HE AND THE UNITED STATES WERE SUBSERVIENT TO THE ISRAELI COUNTERFEITS WHO CALL THEMSELVES JEWISH BUT ARE **NOT**. THE ISRAELITES OF JUDEAN LINEAGE OF THE TEACHINGS OF GOD ARE **NOT THE ONES WHO RULE TODAY UNDER THE MAN-PRODUCED LAWS OF THE TALMUD OF THE ELDERS OF ZION**. THE SO-CALLED "JEWS" SHALL MEET THEIR OWN DECEIVED BRETHREN ON THE BATTLE GROUND, AS THE CHILDREN OF MOSES AND THE TORAH RECOGNIZE THE SONS OF TALMUDIC DECEIT. THESE HAVE ENEMIES OTHER THAN OF GOD AND THEY SHALL BE SMITTEN UNMERCIFULLY AS THE COUNTERING SONS OF HELL PULL THEM DOWN IN ATROCITIES BEYOND ABILITY OF MANKIND TO BELIEVE. AND, NO, GOD SHALL NOT STAY THE COURSE AS THE DRAGON RISES UP AGAINST ITSELF, BUT I SHALL SHELTER MY PEOPLE IN THE SHADOW OF MY WINGS---IF YOU PREPARE AND AFFIRM YOUR STANCE. I SHALL NOT FIND YOU IF YOU CONTINUE AMONG THE ENEMY IN SERVICE TO MORTAL PLEASURES AND

INTENT OF CORRUPTION IN MY VERY FACE. MY HOSTS SHALL DENY YOU UNTO ME IN THOSE FINAL DAYS OF SORTING---IF YE CONTINUE TO DENY THEM AND THEIR SPEAKERS.

*I SUGGEST YOU FURTHER REALIZE THAT YOU ARE BORN IN THE IMAGE OF MYSELF---LIGHT AND ENERGY---CREATED BY THOUGHT-FORM INTO BEING. THIS HAS **NOTHING** TO DO WITH COLOR FOR IN LIGHT ARE ALL COLORS BECOME THE ONE. MORTAL FEATURES ARE BUT REFLECTIONS OF YOUR HOUSE'S RECOGNITION. ARE THERE "RACES"? INDEED, FOR THE UNIVERSE IS INFINITE AND YOU ARE BUT PUNY BEGINNERS IN YOUR TREK ACROSS THE COSMOS. YOU CAN'T EVEN MAKE IT INTO THE REACHES OF THE COSMOS BUT ONLY TO THE MOST PUNY OF THE DISTANCES IN YOUR ATMOSPHERE AND BOUNDARY PERIPHERY. YOU ARE YET PRIMITIVE AS A SPECIES AND ALREADY YOU TRY TO DESTROY YOURSELVES. AH, BUT YOU SHALL NOT BE ALLOWED TO DO SO---FOR HUMAN IS A WONDROUS CREATION AND SOUL IS DEATHLESS AND THEREFORE MANKIND WILL COME BACK WITHIN GOD OR HE SHALL STRUGGLE IN ONE CLASSROOM AFTER ANOTHER, TAKING UP WHERE HE LEAVES OFF IN ONE EXPERIENCE, TO FIND TRUTH AND GROWTH SO THAT WHEN HE COMES WITHIN THE HALLS OF GOD HE IS WORTHY AND BEARS HIS PERFECT LIGHT. MAN CAN ONLY RELATE THAT WHICH HE KNOWS---AND YOU ARE MOVING BACKWARD AS A SPECIES WHILE THE LEARNED DECEIVERS FURTHER BLIND YOU TO TRUTH. IT SHALL NOT PREVAIL FOR THE PROMISE IS TO SEND THE WORD THAT MAN CAN MAKE HIS **CHOICES** ACCORDING TO HIS DESIRES. NEGATE GOD AND YOU NEGATE SELF. IS THIS SIMPLE ENOUGH TO UNDERSTAND? NEGATE GOD AND YOU NEGATE SELF! IS IT NOT TIME TO COME TO KNOW WHAT, ACTUALLY, IS GOD AND WHO AM "I"?*

THE WORD HAS BEEN BURIED FROM YOUR EYES FOR, IN THE TIME MANY AEONS PAST WHEN TRUTH WAS AGAIN BROUGHT YOUR CONSCIOUSNESS AND THE LIGHT WAS CALLED "ATON". IT WAS TOLD UNTO YOU THAT YOU WOULD AGAIN KNOW ME BY THE NAME GIVEN--ATON (LIGHT) AND THE "SUN" (SON) OF GOD (ATON) WOULD BE YOUR PASSAGE. IT IS OF NO IMPORT TO ME WHAT YOU "THOUGHT" NOR WILL YOUR ARGUMENTS CHANGE AN IOTA OF THE TRUTH OF IT. IT IS COME THAT YOU SHALL FACE YOURSELF AND YOUR DECISIONS SHALL BE RESTED UPON YOU AS THE BRAND UPON THE BEAST.

BY THE WAY, THE MARK OF THE BEAST HAS NOTHING TO DO WITH MARKS ON YOUR MORTAL BEINGS. IT IS THE SOUL OF MAN THAT IS IN QUESTION---NOT TATTOOS ON YOUR SKIN. YOU CANNOT FOOL GOD SO IT MAY WELL BE WISE TO NOT ANGER THE BEAST SO THAT HE SINGLES YOU OUT FOR HIS WRATH.

IT IS SAID BY THE NEW-AGE SPEAKERS THAT MAN CANNOT SEE GOD FOR THE GREAT LIGHT WOULD BLIND HIM. THAT IS A STUPID DECEIT AND MISLEADING AND DISTRACTING OF GOD'S PEOPLE INTO THE COURSES OF OTHER PATHS OF FALSE TEACHINGS. OF COURSE YOU CAN LOOK UPON THE FACE OF GOD. IT IS EVERYWHERE---EVEN WITHIN AND UPON THE FACE OF THE VERY TREES YOU SET FORTH TO HUG IN YOUR SILLY EFFORTS TO BE ONE WITH GOD. STOP IT, YOU ARE THE EPITOME OF GREATNESS IN THE IMAGE OF GOD AND A TREE IS A TREE TO BE RESPECTED, REVERED AND HONORED. HUG IT IF YOU WANT TO,

LOVE IT YOU MUST---BUT DO NOT BE SILLY IN YOUR THINKING THAT HUGGING IT WILL BRING YOU SALVATION OF SOME KIND. NEITHER WILL 'LESSONS' IN ASCENSION AND TRANSFORMATION BY YOUR STRUCTURED 'GURUS' DO ANYTHING FOR YOU SAVE LEAVE YOU TO PERISH IN THE MORTALITY OF MANIFESTATION. YOU WILL ASCEND IF YOU KEEP YOUR HEART AND SOUL WITH GOD.

NEVER MIND THAT WHICH MAY OR MAY NOT BE BEYOND ME AS TO CREATOR/CREATION---YOU HAVEN'T YET CONSIDERED IN UNDERSTANDING WHAT IS ABOUT YOU. YOU HAVE A LONG WAY TO GO BEFORE WHAT IS BEYOND GOD IS A PROBLEM TO YOU. CHECK OUT YOUR INTENT TODAY, WHERE YOU ARE, AND WHAT YOU ARE DOING. AND BY THE WAY: IT WILL BE AS IT WILL BE---AND YOUR PETITIONS SHALL BE HEARD, BUT IF THEY ARE AGAINST LIFE AND TRUTH YOU SHALL BE REWARDED IN KIND.

DHARMA IS ADVISED TO STOP PRESENTING MY WORD AND IT IS PRONOUNCED OVER AND OVER AGAIN THAT "HOSTS AND GOD WOULD NOT ACT OR SPEAK IN SUCH MANNERS." AND WHO DECIDED THIS? WHAT DO YOU ACTUALLY KNOW OF GOD AND HOSTS? HOW DARE YOU PERCEIVE THAT WHEN YOU ARE CALLED FOR YOUR INDISCRETIONS AND WRONG-DOING THAT SOMEHOW "GOD WOULD NOT DO THIS OR THAT?" LIES WILL BE BROUGHT TO TRUTH; HIDDEN SECRETS SHALL BE BROUGHT TO THE LIGHT OF OPEN DAY AND DECEIT WILL BE SHOWN FOR ITSELF AND THE SATANIC SERVANTS SHALL BE SEEN FOR THAT WHICH THEY ARE AND THEY SHALL HAVE NOWHERE TO RUN AND NO PLACE TO HIDE. THEY WILL PLEAD THAT THE MOUNTAINS FALL UPON THEM TO EASE THEIR PAIN AND HIDE THEIR BEINGS---BUT IT SHALL NOT BE FOR EACH BEING WILL FACE ITS MAKER AND THE MAKER IS GOING TO BE FOUND, IN MANY CASES, TO BE THE DRAGON ITSELF. THERE IS DIFFERENCE IN MANUFACTURE AND CROSS-BREEDING AND **CREATION. GOD CREATES WHILE MORTALS CAN ONLY USE THAT WHICH IS ALREADY CREATED. THIS MEANS THAT MAN CAN ONLY MANUFACTURE FROM THAT WHICH IS AVAILABLE IN THE LIKE UNIVERSE. THEREFORE, "SOUL" IS NOT AVAILABLE FOR HIS TAMPERING---ONLY IN MANUFACTURING "WITHOUT". AH, YES, THERE IS A CENTRAL ENERGY BEING THAT DOES NOT PERISH---BUT IT WILL COME THE DAY WHEN THE ENTITY AGAINST CREATOR AND CREATION WILL WISH IT COULD.**

SOME OF YOU WANT OFF THIS NEVER-ENDING WHEEL OF EXPRESSION AND SO SHALL THAT COME TO BE WHEN YOUR LABOR IS DONE AND RESPONSIBILITIES FULFILLED. HOWEVER, THE MOST WONDROUS EXPERIENCES OF ALL MORTAL REALITY ARE THOSE YET TO COME AND WOULD YOU NOT WISH TO EXPERIENCE THOSE IN THAT GLORY? LET US NOW WAIT UPON GOD THAT YOU MIGHT NOT BLUNDER IN YOUR OWN IGNORANCE AND ALLOW "TIMING" TO CLAIM GOOD INTENTIONS. YOU WILL BE GIVEN **TO KNOW** WHEN ACTIONS AND PRESENTATION ARE AT READY. ACCEPT THE SIGNS FOR YOUR CONFIRMATION, CHELAS, AND YOU SHALL BE KEPT IN THE SECURITY OF OUR SHELTERS. AS STARS ARE BORN FROM THE ETHER INTO LIGHTED GLORY, SO TOO SHALL MAN RISE AND BE REBORN FROM THOSE SAME ETHERS THAT HE MAY **AGAIN** KNOW GOD AND **LIFE**.

*I ASK THAT A COPY OF THIS BE SENT TO MY SON, LOUIS FARRAKHAN, THAT HE MIGHT HAVE SOME MORTAL THING TO TOUCH AS TRUTH TOUCHES HIS HEART AND BEING---FOR HIS SOUL **KNOWS**. THE TIME WILL COME WHEN ALL OF MY PEOPLE SHALL KNOW THE OTHER AND KNOW **ME**. IN THIS INTERIM YOU SHALL ONLY KNOW THAT YOU HAVE ONE ANOTHER UPON WHICH TO RELY AND THROUGH WHICH COMMUNICATIONS CAN BE HEARD AND BROUGHT TO THE PEOPLE, FOR YE ARE BLESSED AND PROTECTED AND THE WORD SHALL PREVAIL, FOR MY TROOPS SHALL NOT FAIL IN THE TESTING AND TEMPERING OF THE STEEL WHICH BONDS THEM. EACH MUST DO THEIR OWN TASK IN TRUTH EVEN AS THE UNDERSTANDING AND CONNECTIONS REMAIN VAGUE AND A BIT OUT OF GRASP. YE MUST MOVE ON FOR THE JOURNEY IS NOT FINISHED AND FULL COMPREHENSION WILL RENDER YOU IMMOBILE. YOU HAVE MADE COVENANTS WITH ME AND I SHALL SEE YOU SAFELY THROUGH FOR YOU HAVE SAID, "FATHER, THY WILL---NOT MINE!"*

I WOULD TAKE LEAVE OF THIS COMMUNICATION SO THAT WE CAN GO ABOUT OUR APPOINTED TASKS. THANK YOU, SCRIBE, THAT YOU WOULD SHARE YOUR HANDS FOR MY SERVICE.

*I AM THAT YOU MIGHT BE AND THAT YOU MIGHT COME TO **KNOW**.*

I AM ATON AND, AS THE SUN IN ECLIPSE, I SHALL CAST A GIANT SHADOW UPON YOUR LANDS BEFORE I SHALL SEE YOU FALL TO THE DRAGON OF DARKNESS, MY CHILDREN, FOR MY PEOPLE ARE DESTINED TO FLY WITH ANGELS AND SOAR WITH EAGLES---NOT WALLOW IN SLAVERY UNTO THE PUPPET-MASTERS OF FALSE LIVING. LIFE IS THAT WHICH IS BEYOND THE MORTAL AND THAT WHICH YOU NOW EXPRESS IS THE ILLUSION ON THE STAGE THROUGH REHEARSALS. HOW MANY WILL TAKE THE PRIZE ROLE IN THE PLAY OF LIFE? WE SHALL SEE. I AM THE LIGHT BEYOND THE DOOR; MAY YOU COME INTO MY HOME AND ABIDE WITH ME---IN THE BEAUTY OF TRUTH AND PERFECTION.

*MY WORK IS BEING DONE AND I AM WELL PLEASED WITH MY PEOPLE FOR THEY ARE AWAKENING AND TAKING THEIR PLACES IN THE HARNESS WHICH WILL BRING TEAM-WORK AND ACCOMPLISHMENT OF OUR LIGHTED KNOWING. I SALUTE YOU AND MAY YOU GO FORTH AND RESEARCH THIS TRUTH WHICH IS OFFERED HERE THAT YOU STOP BEING DECEIVED BY THE FALSE TEACHERS. MAN HAS TRIED TO BURY THE TRUTH FOR THESE THOUSANDS OF YEARS---BUT TRUTH WILL STAND ALL ASSAULTS AND REMAIN STANDING AFTER ALL ELSE IS GONE. DO NOT GO TO THE MOVING PICTURES WHICH OFFER MORE LIES---GO TO THE ARCHIVES OF HISTORY AND YOU CAN FIND AND **KNOW**.*

THE LIGHT SHALL ALWAYS BE WITH YOU---IF YOU BUT ASK. I BEND MY KNEE UNTO YOU, CHILDREN, THAT YOU HAVE SHELTER WITHIN MY WINGS. BUT THE CHOICES ARE YOURS ALONE---FOR I BUT WAIT!

I AM THAT I AM---ATON, THE ONE LIGHT, THE TRUTH, THE LOVE, THE WAY, AND THE LIFE. COME WITH MY HOSTS THAT YOU MIGHT COME HOME, FOR THE WAY IS LITTERED WITH HAZARDS AND YOU NEED THE WAYSHOWERS AND GUIDES. SALU.

Added Note to new readers: Aton is also known as Christ Michael that you see mentioned about this website.-Candace

Note from Candace: I took this piece from:<http://www.geocities.com/guides2012/Contents.html> This website is not the original site of this material and I have no way of knowing if this is the complete piece or if another has modified it. I have placed it as I found it. Just because every page on this website has a copyright notice on it, does not mean I am copyrighting this piece. I am simply satisfying the needs of Patrick Bellringer of www.fourwinds10.com in making this statement who implies that since I place material from other places on this site that I have personally filled a copyright to it. The Spectrum Newspaper is out of publication.

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Let Go of the Past

By Esu Sananda Jesus

05 May 14, 2007

With Understanding Comes the Wisdom
to Release Fear and Pain

12/26/00 ESU "JESUS" SANANDA

Good morning, my scribe. It is I, Esu "Jesus" Sananda, come within the Radiant One Light of Father-Mother God—Creator Source. Be still and know that ALL is well this day.

Life and living—forever these spring forth anew. As various cycles of life come to a close, there is always newness born from the "wake" left behind in the living waters of life.

Look not to the past with sorrow, heartache, or grief. Rather, see the past as a strengthening period wherein you experienced challenges and made choices that took you along a unique journey of growth. Draw upon the past experiences when they serve a positive and productive purpose in the current moment of now. But, be ever so cautious not to live in the past - for the **MOMENT OF NOW** is the only place to make change, and gather new experience and knowledge.

If preoccupation with the past is allowed, then you will surely stunt your growth and, with respect to the ever increasing vibratory frequency rate on your planet, you will find that, in a relative manner, you will be moving backward with respect to those who shed their baggage, and thus continually out-distance you in ability and perception.

LET GO OF THE PAST! Let it be a distant memory. And if your past holds great pain, sorrow, grief, anger or such, then you would do **QUITE** well to forget it altogether! For all these lower emotions serve no productive purpose in your current life, and to remember them constantly only serves as a reminder of where you were, rather than where you would like to be.

Much of your planet is paralyzed, to a great extent, with the pain of past experience. This pain comes, for the most part, from not understanding the true nature and purpose of the physical experience.

For example - and this is a big one - many view physical death of the body as a horrific event, full of great pain and suffering. Those who hold this erroneous belief, usually accompanied with great fear, will almost guarantee such an experience to occur at the end of their physical life. However, death of the physical is about as "tragic" as falling asleep. There need not be any more mystery.

Those of you who continually express personal grief for lost loved ones, and feel that you must somehow honor them with the pain you continually hold in your heart, do very little to honor these ones in actuality. Your preoccupation with this "memorial grief" does a disservice to these ones, for they, out of compassion, will be continually drawn to you to offer comfort and support.

They respond in an effort to get you back on your feet again and get you back to living your life and finding a productive path towards growth in the present moment. Wallowing in the inner world of a low vibratory frequency range of self-pity (self-punishment) will only slow your forward progress.

I assume that, if this message finds you, then you are one who is making an effort toward a greater spiritual understanding of yourself and the nature of the Greater Reality of who, exactly, you are, and why you have chosen to come forth into such an environment, and the purpose of this environment, and you are seeking to understand exactly what YOUR role is in all of this at this time.

A basic inner desire of all ones is to understand where they fit into the Infinite Equation of Life. This is to say that you each were created with a purpose and a role to fill. Each of you are equally as important as the next, and each of you are equally important TO one another in terms of creating a unique environment within which you will all grow and evolve into that which is greater than the sum of all its participants.

Your journey along your current chosen pathway is important to the growth of all ones. If you choose the role of, say, transient beggar, because you have become overwhelmed with the great pressures of "modern" society, you still serve a purpose and fulfill a role. Perhaps the very presence of a transient beggar serves as a reminder that your "modern" society as a whole has chosen material comfort over spiritual values and balance.

Why is there hunger in your world? Why do some choose the harshness of self denial? Why do ones wallow in self pity and overwhelm?

For the most part it is due to the general ignorance of the masses. The masses follow leaders who are spiritually blind. This goes even for the so-called religious leaders who may be considered great scholars of the various "holy" books of various religious cults. These ones who feel compelled to lead often do so from a very physical perspective of manipulation and control—thinking that they somehow possess special knowledge, and therefore should dutifully force their understanding and beliefs upon others, for the so-called good of humanity.

The sad part is that these ones, for the most part, only serve themselves—while trying to look like they serve the greater good. It is for these very reasons that We of the Host of God continually express to you ones the need to learn to RECOGNIZE WITHIN YOU your

own inner connection to Creator Source, and thus recognize the only true leader of man - the infinite God-self within.

Be not a leader or follower. Allow for the inner connection to Source to be your guide and encourage others to do the same. If this idea causes overwhelm within, then learn to discipline yourself so as to be able to recognize for yourself this inner Guiding Force. It is there, in each of you, always offering to you new ideas, thoughts, and insights. You need only ask with a sincere heart and the answers will come.

It is natural to want to share your knowledge with others. It is natural to want to help others to find their way. But, as stated many times before, you can show someone where, so to speak, the life-giving Waters of Life are; you can even bring this Water to them; but you cannot force them to partake of it. The choice MUST be theirs.

Be forever offering your knowledge, but likewise forever be ALLOWING of others to choose as they freely desire. Do not take offence if another rejects what you offer in love. Your kindness and sincerity will be remembered when the would-be recipient has grown enough to appreciate what you tried to offer.

From the greater perspective of the infinite journeys of the soul, the current life experience you now are living is but a brief twinkling of God's eye. There will always be other opportunities to stretch and grow. Fear not that you have failed or that you may fail, for there is no failure for those of you who diligently persist forward in your desire to grow and assist others.

The closest thing to failure are those who choose to remain in ignorance, and even these ones will grow a little bit just by being in the presence of one who is diligently seeking. Thus it should be clear that there is no failure in the "equation of life" for Creator Source knows no such thing as failure. He only knows perfection, and your current schoolroom is borne of this same perfection. You each will eventually graduate to the next level of expression - in your own way and in your own time.

Be diligent in your inner search for a greater understanding. Go within and find the lies you hold onto as if "gospel" truth. There will always be tell-tale signs of such inner lies. The greatest clue will be the subtle fear that holds them in place. If you worry about others or self in a chronic way, then let me ask: "What holds such worry in place?"

With a careful introspective look, you will find that a fear is at the root. What is this fear? Does it apply to your quite IMMORTAL soul?

Do you hold guilt in your heart? What is the nature of this guilt? What holds it in your heart? Is it the belief that you somehow made a mistake? Are you somehow fearful that you might do it again unless you forever punish yourself with the pain of guilt? What is the logic of such self punishment? You have been granted free will to punish yourself, but KNOW - it is not God's will that you do this to yourself.

Learn to forgive yourself. This is done by loving yourself and having compassion for yourself. Inasmuch as you can learn to forgive yourself, you will be able to forgive others. If you hold anger in your heart toward another, KNOW that you have sent out an energy wave that WILL return to you with equal (or most often GREATER) force than what you

sent out. This is the Law of Cause and Effect. YOU cause ALL that affects you. There is NO exception.

Forgive those who seemingly cause you anger, for in reality YOU cause all your emotional states, and another CANNOT be held responsible for what YOU hold in YOUR heart. Send to these ones a blessing of peace and love, and in so doing, with sincerity, you will be forgiving yourself, and that love and peace will be what is reflected back to you, most likely amplified.

The secret to true happiness lies within this last paragraph. Read it until you have an inner recognition of the concept the words effort to express.

If there are those who send out their negative judgments upon you and persist in holding you responsible for their emotional unrest, heartache, or anger, then be diligent in not accepting the judgments they effort to bestow upon you.

If a "gift" is offered to you and you refuse to accept it, then who is the recipient of the "gift"? With careful consideration you should come to the conclusion that the "gift" remains with the one who is trying to give it to you.

Now, if the "gift" comes in the form of a vehement attack on you or your beliefs, and you refuse to accept the so-called "gift" of anger and such, then do you see it is left with the giver and is not a part of you? However, if you accept that which is not offered in love, compassion, and understanding, then it may very well have a great effect on you. But, the "effect" on you only comes when YOU choose to accept the ill-begotten "gift". Therefore, YOU are responsible for what you then have chosen to receive and hold within.

My suggestion is to forgive yourself for the ignorance in which you accepted such a "gift" and simply discard it with love and understanding and compassion for yourself. It would also prove beneficial to you and the giver of such a gift if you send thoughts (energy) of love, compassion, and Light (Higher Understanding) to the originator of the so-called "gift". I use the term "gift" since, in essence, there is an opportunity provided for growth in such an experience, and thus the whole experience can be viewed as a true gift-potential for soul growth.

Remember that as you do unto the least of man, so too do you do unto ME. This is to say that when you strike another in anger, you are striking out at all ones, including YOURSELF. We are all interconnected to and through Creator Source. If you spit upon others or ridicule them, for any reason, you are simply spitting upon yourself and ridiculing yourself - ESPECIALLY if the would-be recipient refuses to accept your "gift".

May you each be diligent in your inward search for greater understanding and peace. Great inner rewards await you all. Those who have gone before you, such as myself, simply were more diligent and persistent in our searching, and thus our progress was quickened.

I am Esu "Jesus" Sananda, a brother and co-creator along the infinite journeys of the soul. I come in, and leave you now with, the Light and Love of Creator God - *The One Light*.

May you ever persist forward in your quest for greater knowledge and understanding of the nature of your inner being.

Salu.

This piece is probably taken from Spectrum Magazine, which came into being after Contact Magazine.

Note from Candace: I took this piece from:<http://www.geocities.com/guides2012/Contents.html> This website is not the original site of this material and I have no way of knowing if this is the complete piece or if another has modified it. I have placed it as I found it. Just because every page on this website has a copyright notice on it, does not mean I am copyrighting this piece. I am simply satisfying the needs of Patrick Bellringer of www.fourwinds10.com in making this statement who implies that since I place material from other places on this site that I have personally filled a copyright to it. The Spectrum Newspaper is out of publication.

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Time to Tune Up Your Spiritual Radio

By Hatonn

06 May 14, 2007

12/6/01 HATONN

Good afternoon, my scribe. It is I, Gyeorgos Ceres Hatonn, come in the One Light of Creator Source, who is *The One Light*. Be still and find peace in knowing that the Love of Creator fills you from within.

There are many new eyes scrutinizing the work you ones are doing, and some of these ones are quite hesitant to accept that Creator God would send Messengers in this manner to help those who call out (pray) for assistance. To you ones I would say that Creator God responds in MANY ways, and answers ALL calls made with the heart. The answer rarely comes in the form you ones expect, such as windfall amounts of money. Most often the response to a petition for assistance is answered by unfolding events that allow the petitioner to perceive the situation differently and thus give life to a new understanding of their situation.

Many ones view themselves as being somewhat helpless with respect to their ever changing physical environment. This "helplessness" of which I speak often manifests itself in the form of doubt, procrastination, and lack of initiative, due to fear of the unknown. This often leads to a vicious circle of stagnation with respect to one's personal growth.

If you do not see Creator God's hand working in your life, then it is because you have not yet accepted the small subtleties that happen every day as a GUIDED phenomenon, rather than being coincidence or "dumb" luck. There are NO "chance" happenings in your lives. All events that unfold do so as a result of an energy flow dynamic that first forms in thought space (some scientists call this the aethers) before manifesting in your physical space. The rate of this precipitation process depends on the intensity of the emotional energy and the clarity of the desire being focused upon.

Those who are full of doubt, uncertainty, and fear of that which they do not understand tend to be very dispersed in their thinking and manifest familiarity and sameness for the majority of their lives. Those of a more adventuresome nature, such as the artists in society, tend to relish in newness and uniqueness, and therefore tend to look for and EXPECT newness and change. Often these latter ones are the ones who are not afraid to TRY new things, and therefore are much more open to "chance" happenings, "chance" meetings, and thus they are most often the ones with the fantastic stories of "coincidence" that sometimes defy believability. This latter group also tends to be the happiest, for they are experiencing more fully the creative expression of Life-Force Energy as it is meant to be experienced.

Many ones have become indoctrinated into believing that it is blasphemous to think that common man has the ability to control matter, energy, space, and time WITHOUT special equipment, using "only" their Consciousness or Soul. Yet many of these same ones are taught that man was created in God's image. Creator God only creates PERFECTION! He created you perfectly and gave you free-will choice to choose your own path, explore your own understanding, and exercise your powerful creative abilities - so as to be able to grow in awareness (and expand in development) of your own uniqueness.

Each day is packed full of opportunities for new experiences. You need but allow for them to be part of your life.

If you are one who is inclined to shut out the rest of the world, and prefers the comfort and familiarity of your home, then you will find that you have chosen conditions that, in many ways, limit the spontaneity of interaction with Creator's infinite dynamic of energy expression. However, even you ones will, from time to time, get the call from the person you were "just thinking about". Or there may be a small bird come to your window to have a look-see, and perhaps talk to you like a long-lost friend, who reminds you that, just outside, there is a whole world teeming with Life and Love.

Creator God will always honor your choice to be a loner, recluse, or a hermit. However, He will likewise offer to you, via communication with your heart, an emotional sense of unrest, longing, and desire for balance. These emotional stirrings are reminders that you are not forgotten, and as well they are a constant urging that "something is missing" - else there would not be present this inner signal of unbalance. Remember: others need to interact with you as much as you need to interact with them.

My friends, YOU ARE NEVER ALONE! Each of you have, at the very least, personal Guides and Wayshowers who many label as Guardian Angels. Many others from the Higher Realms likewise stand ready to assist, awaiting your call for help.

Creator God set up the physical universe to respond to your desires so that you can learn to create in a responsible manner and to explore your uniqueness. His implementation of this is flawless, and you each will eventually come into a full appreciation of this Perfection. You will develop this appreciation along with your own unique abilities to take control over all aspects of your life in a balanced manner - one that enhances the experience for others as well as for yourself.

I am reviewing the above concepts as a reminder to most of you of what we Teachers from the Higher Realms have spoken about many times prior in these messages, and to help the newer ones get up to speed for what we shall address next.

Your world is currently heading down a steep dirt path, and it is about to get hit with torrential rains that will make it very difficult to maintain a footing that will allow for a balanced solution - let alone bring forth an elevated conscious awareness. This does not have to be the case, nor does it have to be part of the collective experience. However, the energy vortices now forming in thought space, that are beginning to precipitate into the physical plane of manifested reality, are only feeding the coming storm rather than dissipating it.

We realize that you ones wish for DETAILS and PROPHECY. We have found that many ones, if given same, will use such as an excuse NOT to do anything until they have PROOF that we are for real. Often, in situations such as these, the proof will come at the last minute, when there is too little time to prepare.

The greatest area of preparation we see lacking is in the mental and emotional attitudes of most of you ones reading this. Many of you have not yet accepted that YOU can and do have the ability to connect with Higher Source for information and inspiration. Or, you have simply chosen to ignore the intuitions, rather than acknowledging them and acting upon them. YOU can cultivate this ability much the same way you can learn to speak a new language or ride a bicycle - with practice and repetition.

We have been trying to get ALL ones to a point of this self-realization, for in doing so there are great strides possible, and great amounts of positive energy may be infused into the physical in the process. The shift of mental attitude that changes from "I can't do that!" to "I can do it, for I am created just like all others with the same potential to do so!" will, in and of itself, generate a strong flow of positive energy into your realm. This is most effective when the belief is reinforced with action taken that validates The Truth for the individual.

Glib mouthings and declarations do little to establish REALITY OF FACT. ACTIONS taken WILL establish personal REALITY OF FACT, and therefore give each the personal awareness that Creator God is ALWAYS there and is ALWAYS waiting for you to reach out with your desire. Many a "miracle" and "chance happening" occur when people knowingly or unknowingly follow their intuition, instinct, or gut feelings. In reality, all three are the same phenomenon, just described in different words depending upon the experiences and beliefs of the individual having them.

Your world is crying out for justice and balance. Meanwhile, those who play the adversarial role do so with full knowing that if the masses wake up and see how truly fragile their illusion is, the game is over. These are the ones who wish to create a One World Dictatorship where you, the common person, is restricted in freedoms such as expressing spiritual viewpoints that liberate the minds of mankind. These controlling ones are exploiting this cry for justice and balance by selling war to the masses as a so-called solution to "terrorism". Stated another way, the masses are being sold a solution that reinforces their own lack of understanding that they are spiritual beings who create their own reality.

Some choose, at a higher level of consciousness, shocking experiences that will cause them to look past the routine day-to-day living so that they can have the opportunity (and incentive), on the conscious physical level, to tap into an inner-strength and creativity that will help them to survive the "terror" that they have allowed to be part of their experience.

The adversarial energies of which we speak are merely ones who have chosen a path of manipulation of others in an attempt to express individuality without acknowledging their inner connectedness to, or interdependence with, Creator God. These ones tend to become masters at draining others of their energy through manipulation, rather than learning to go within and finding the balanced peacefulness of Harmony and Abundance to be had when one recognizes and acknowledges Creator Source within.

Your lives are full of choices. The "rightness" or "wrongness" of any choice is up to you to decide. Often you will ignore the inner heart response to a given choice?the one you know "down deep" is the right thing to do, but which may represent a significant personal challenge for you - and opt for the "easy" path in any given moment. However, usually the seemingly more "difficult" path is the one that is, in actuality, easier and ultimately more satisfying - once you see the consequences of your choices from a larger perspective.

Sometimes making the effort to REALLY learn to do something well takes a tremendous amount of time and personal "sacrifice". But the end result is often the ability to be far more productive and helpful to others. And usually, once YOU make the effort to apply yourself, Unseen Help arrives to work right alongside you.

You each have the opportunity, in the present moment of NOW, to choose a new path, rather than the same old rut. We urge you to choose to take an active role in developing your own higher perceptions, as well as learning to interpret what those "gut feelings" are telling you.

It is our intention to help you to help yourselves, for we cannot tell each of you, through this source, the kinds of personal answers you desire. However, we CAN help you to help yourself find the answers your heart is longing for - if you but take the effort and initiative to seek. We have given very practical suggestions for doing this for several years now. If you are "new" to all of this, then I suggest you allow some time for reading and get the information you need. To those of you who regularly make efforts along this direction, and have validated the reality of which I speak, please be open to sharing your experiences with others when the inner signal suggests that it is appropriate.

I am Gyeorgos Ceres Hatonn, an Elder Brother and Teacher, come with others who share my same desire to be of service to those of you who petition for Insight and Guidance. We come in, and are of, *The One Light of Creator Source*. May Spontaneity, Joy and Inner Connectedness forever be a part of your experience, regardless of the situation in which you find yourself.

Blessings and Peace. Salu.

For new readers, Hatonn is Christ Michael, in an experiencing body, he calls Hatonn. You will find him mentioned often in the Phoenix Journals. This piece was probably published in the Spectrum News.

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That "Secret" Something We Are All Searching For

By Ceres Anthonious Soltec

07 May 14, 2007

3/28/00 SOLTEC

Good afternoon, my friend. It is I, Ceres Anthonious Soltec, come in the Radiant One Light of Creator Source. Be at peace and be still.

Your world of illusion and "mystery" will soon be coming to a point of breakthrough. Much of what you have come to "know" as reality will be greatly impacted and altered as the perceptual shifts in consciousness are made. All of these experiences can and should be used as catalysts for further growth and understanding.

The cause of these shifts are the increasing frequencies irradiating your planet that we have discussed in great detail in the many past writings. Many ones do not consciously perceive the shifts in frequency, yet such is evident to the astute observer. Much like a parent who sees a small child every day, they do not notice the changes in size as much as one who only sees the child once or twice a year. And yet, there are always tell-tale signs that will give indicators to the parent that growth is occurring such as clothes that don't fit any more.

Look for the tell-tale signs all around you and notice the changes. Do you feel the inner tugging of your heart which is yearning to match the higher frequency state of the planetary system? This may manifest in an inner unrest that will cause some discomfort as if somehow you are missing out on some big "secret" of life that seems to be sitting on the peripheral edge of your current understanding.

It is not a secret, but rather an indication of emotional restrictions in your energy fields that are causing a weightiness of sorts in your heart. In other words, the emotional blockages (baggage) that you once could easily tolerate are becoming more and more burdensome as the background frequency of your planet continues to rise. In effect, the small annoyances of a couple of years ago are becoming much more amplified as your general sensitivity as a being continues to increase. These are the tell-tale signs to look for within.

The greatest obstacle we see, which most ones on your planet are faced with in terms of allowing their natural frequency to rise, is that there is a great covert effort to keep ones in an off-balance state of distraction. The single most effective method being used at this time is MONEY or more generally, materialism.

Many ones have been greatly distracted into chasing the illusion of money and the perceptual "status" it seems to buy. The "American Dream" of having a large house, two

cars, a couple of children, and a dog or cat, has been painted for you, and you are supposed to make it yours, especially if you are an American.

There is nothing wrong with having such dreams, but when both parents have to work and place the children in day care for someone else to raise so that the "dream" may be fulfilled, we must ask: Where is the balance and reason in such a "dream"?

True wealth is never found in dollars. True wealth is found in the heart. Finding within that which satisfies the inner longing of the heart is quite a worthy endeavor.

You each have a purpose for being there in the physical. Fulfilling the true reason for your participation in the physical at this time is what will lift your spirits (frequency) and, at the same time, empower you with creative insights that will help you to manifest what you need along the way.

Great inspired ideas will always attract energy and momentum if they are held in focus and acted upon in reason. You each have the ability to tap into higher consciousness and allow for new and creative ideas to flow forth.

It is up to *YOU* to initiate the "call" for Guidance, Assistance, Understanding, or whatever it is you desire. We, of the Host of God in service to The One Light, ask that you seek first the protection of The Light (that which serves to free ones from the "traps" of ignorance) else, in all likelihood, the dark ones (those who effort to sell lies that keep you in a state of ignorance and thus usurp your power) will be first to come.

One of the most subtle tricks of the dark side, concerning money, is to make you believe that you have to have money *PRIOR* to beginning a new creation. NO, NO, and NO!

How much money did God need to invest prior to creating the Sun around which your planet orbits, or your very planet itself? Sorry, but the creative cycle ALWAYS begins with an emotional DESIRE and mental THOUGHT.

Look for a moment at what a desire and a thought are. Can you touch either? Can you see them with the physical eyes? What is the nature of desires and thoughts? Where are the origins of these non-physical phenomena? Do you personally realize that YOU (the SOUL you) were born from Creator Source's desire expressed as a purposeful thought-energy form?

The nonphysical world of desires and thoughts is quite real and, in the Higher Dimensions, these take on a solidness that could be likened to the solidness of steel or the softness of a feather in your current environment.

The facade of thinking that you need money prior to taking action that would result in positive change and thus help you to further realize your purpose is a GREAT and well used TRICK of the adversarial forces.

Let us say that you love to help children and you would love to start an orphanage run not for the purpose of making money, but rather for the purpose of providing needy children with a loving, nurturing environment. Let's assume you are very driven to realize this lifelong dream, and yet you have no extra money other than \$20 a month to invest.

Perhaps you could start on your weekend by volunteering at an existing orphanage in your area, one day a week, spending the \$20 on gas for your car.

Just taking a small step toward reaching a goal will result in a great return flow of energy that will continue to grow (like rolling a snowball along a snow covered field). By taking such action, you would likely find yourself among other like-minded people with a similar IDEA and DESIRE. Now, can you see that when you have two or more minds (God-force energy translators/focusers) focused upon the same goal, how there would naturally be an amplification of the DESIRE?

Remember, please, that like attracts like. Opposites do not attract on the thought levels or the emotional levels of existence. Only in a small subset of the physical can you observe a phenomenon wherein the one pole of a magnet seems to attract the opposite pole of another magnet. However, if you were to look at two of the iron atoms of the magnetized iron bar, held closely together due to their VERY, VERY strong attraction for one another, you would see that their affinity for one another is so great that it takes great force to pull one atom of iron away from another. In essence, the attraction for likeness is far greater than an opposite.

When you send forth a thought and hold it for just a few seconds within your consciousness, there will always be a response to your desire (that which precipitates the thought in the first place). The response is most often another thought that will then lead to a new or inspired idea.

Sometimes, usually when a thought is held for a longer period of time, there will be an actual physical manifestation occur. This is most often witnessed by you ones as an event such as the phone call you just received and your first response is: "I was just thinking about you!"

These sorts of occurrences are clues and indicators to you that your internal Guidance system (personal connection to Creator Source) is functioning properly, and to let you know that you have the ability to develop this perceptual awareness to a much greater degree.

These Higher creative abilities exist regardless of your perception of same. If you are a thinking and reasoning being, then you MOST CERTAINLY have a personal and direct connection to Creator Source. Technically, only Creator Source can break a connection; this would, in essence, un-create you, and you would no longer exist.

Please know that Creator Source would not have created you in the first place if He did not want you to persist, grow, and evolve in newness. Creator does not make mistakes and you should have NO FEAR of ever being un-created. It was only a technical point made to illustrate that YOU CAN AND DO connect to and through Source every moment, throughout your entire existence, regardless of your perceptual understandings or beliefs. You may choose to ignore the connection, deny the connection, or use the connection in any manner you see fit.

We of the Host of God offer these words in response to the many petitions from you ones who ask: "What is my purpose?" and "Why am I here?" or "What can I do to help?"

Always the answer will be, from the Lighted Realms, to first go within and find personal balance. This means let go of the anger, apathy, boredom, and grief. Find a place of inner peace within the balancing energy of Creator Source God. From this position of balance will come greater clarity, and ability to recognize within, the still Inner Voice that will help you to find the answers to the more specific questions you are looking to have answered.

Be diligent for the dark energies do not wish to see you awaken in this manner and will attempt to throw all sorts of distractions in your way. Taking the first step described above will, in non-physical space, cause a condition of energy flow that would be likened to turning on a light bulb in a darkened stadium. The resulting focus of attention from negatively oriented entities may not be comfortable, but with persistence and determination, you can and will learn to recognize and use your own inner connection to Source.

You could say that awakening and deliberately using your Higher creative abilities is necessary in order to pass your "final exam" and "graduate" to the next level of experiential growth. Many call this the "fourth dimension", but we see that there is much confusion in the minds of the ones who will be reading this message as to what exactly that means, so we will just say "that which comes after your current level".

We do see that it would be very beneficial, for the new readers of this information, to re-run Master Hilarion's messages dealing with the nature of the "bio-electric sensing machine" you call your body.

Learn to use your God-given talents and abilities to create whatever it is that makes your heart sing with great enthusiasm and joy. You will find that many will be attracted to you as you express your uniqueness in an inspirational manner.

The correct manifestation procedure is as follows: First comes desire, then comes thought (this usually happens simultaneously with one another). As an emotionally charged thought is held in consciousness, then comes another thought, and more ideas. When an idea truly resonates with your Higher purpose, you will naturally be driven to express this idea in the physical. This may mean telling someone of your idea or taking action to find out more information which may help you to bring your idea more fully into physical manifestation.

Please note: you will not be given an inspirational idea from the Lighted Realms that you are incapable of using in some way to further assist in your personal growth. The Lighted Brotherhood will not find it beneficial to run you around on a "wild goose chase" for the sake of satisfying an ego desire you may have that serves no Higher purpose. However, you can be sure that darkly aligned energies most certainly will and are masters at this!

As you continue to express your ideas in the physical, more and more energy will be added to your quest. Truly inspirational ideas that cause the heart to sing with exhilaration will attract all of the necessary resources needed in order to bring forth the energy that will cause the manifestation to occur. Please note that often the resources (people and money) only come into the equation AFTER the preliminary creative energy is set forth.

Clear focus on an end result will put all else into alignment. Your heart's response to the focus will tell you if the focus is a truly worthy endeavor.

Exercising these abilities will be challenging and rewarding. Often the fears and worries associated with taking a risk, being ridiculed for being different, etc., will cause you to have to deal with the inner emotional blockages or constrictions we spoke of earlier in this message, and thus will likely cause you to confront those annoying "little" things that keep you from finding the inner peace you are seeking. Note: The "weights" of fear and doubt are what make doing something the first time much more difficult than the second or third.

Actively applying your creative abilities is the "secret" something that many of you ones feel you are missing in life that seems to be just outside your reach. It is NOT outside your reach!

Actively creating is the secret to unlocking excitement and happiness in your life. Conversely; seeking to destroy what another has created will not bring forth an inner sense of fulfillment, but rather an ego-driven idea of gratification that only serves to hurt self. Seek newness. If you do not like what another has created, then go create something better and thus serve as a teacher rather than a critic.

The more you free yourself from the social pressures that propagate illusion and fear, the better you will be able to exercise your creative abilities. Though the formula is simple, it is not particularly easy. This does NOT mean that it need be difficult, but those challenges with which you are faced that require creative solutions are BY CHOICE AND BY DESIGN given to you so that you may recognize growth and thus further expand as an aspect of Creator God and the Infinite Creation.

I am Ceres Anthonious Soltec, come as Teacher, Guide and Friend, in service to *The One Light Creator Source*. Blessings and Peace to you all. Salu.

Actively Seeking an Inner State of Peace

By Soltec

08 May 14, 2007

Finding PEACE within can be quite a challenge in and of itself. However, to find and truly experience peace within will greatly assist you along your personal journey of self-discovery and healing.

When one truly experiences the inner state of peace within, there will naturally come a greater awareness of one's personal condition and surroundings. Most Eastern philosophies teach meditation as a means to achieve a sense of true inner peace. And although there are many avenues that lead in this general direction, few people actually take the time to actively seek a state of peace.

Much like when one tries to reason with someone who is very upset, the first thing that is often offered is the suggestion to "calm down" or "relax." One instinctively knows that a calm state is much more productive than and "reasonable" than a highly charged reactionary one.

What many people fail to realize is that they tend to walk around, day to day, in a mild form of agitation or anxiousness - while they continually set deadlines and schedules for themselves that must be "strictly" adhered to, no matter what the cost. Many will sacrifice sleep, and sometimes even nourishment, as they continually push themselves as a matter of routine or habit rather than true necessity.

For most, this mild, chronic, low-level state of agitation (stress) is the primary cause for the body's deterioration. The "immune system" is a term used to describe the body's ability to fight-off infection and disease. This system does not exist as a distinct organ like the heart or lungs; rather it is a "whole-istic" measurement of the body's general state of coordination and alignment of the non-physical energies as they interact with the physical counterparts.

Often, due to mental and emotional stress, one's non-physical energies become greatly distorted or blocked. When this happens, the coordination of all the body's systems is affected. Often stress will cause digestive problems. The digestive problems (poor absorption of energy and building materials) then will lead to a general state of fatigue, and greatly affect the body's ability to repair and rebuild itself.

This, in turn, will lead to a "compromised" immune system. Often the "prescription" from a holistic health practitioner will be to get some rest, and make changes in your living habits so as to avoid any unnecessary stress. Perhaps a better recommendation would be to take

the general suggestion of rest (which is pointing in the right direction, but is still somewhat vague) and add to it the suggestion to ACTIVELY seek an inner state of peace.

Inner peace is when all troubles and worries of the physical world are set aside. All material concerns are put "on hold." And, there is an inner calm - a sense of connectedness, belonging, and knowing that there is Perfect reason for all that is. In this "spiritually aware" sense of inner peace, a broader perspective is achieved. From the broader perspective comes greater understanding, and thus more balanced soul-utions to the challenges of the physical experience.

Remember, please, that the entire physical experience is a byproduct (or subset) of the non-physical realms. Some refer to the non-physical realms as higher-dimensional states. This is fine; there are many descriptions of the dynamics that make up the entirety of Creation.

The cause for ALL that exists in the physical lies in the non-physical world which, relative to your physical environment, would be viewed as layers of electromagnetic-like energies. The only reason the body functions in the first place is due to its ability to interface with these non-physical energies. The soul-you, experiencing in your domain through the physical vehicle, does so through the various energy centers (chakras) of the body. When an energy center is restricted or blocked, there results a diminished state of awareness in areas related to that energy center.

For example, one who experiences great "heartache" and emotional trauma will often, due to the overwhelm of negative energy oscillations, shut down or restrict the heart energy center. This will often lead to deteriorated functioning of the heart itself, as well as deteriorated overall physical health, due to certain frequencies of etheric energies not being allowed to be absorbed and channeled through the heart and on into the bloodstream. This again leads to a whole-body effect of deterioration and weakness.

Often, when an energy center has been restricted or closed down, the other centers will adjust their functioning to some degree, to compensate for this disruption. Again, this can cause general distortions in one's ability to interface with and through the body. Slowly the body begins to adapt to the modified energy signatures, and stabilization of the various systems is achieved, if often in a compromised mode.

This mode of operations will lead to all sorts of physical complications, such as **obesity**. I mention obesity, in general, due to the fact that this seems to be the most commonly associated condition with those that are "prone" to health problems, and it is the most outwardly noticeable sign of a body that is not functioning properly.

Obesity is often caused by a blockage in one's solar plexus energy center, usually due to emotional hurts inducing one to shut down "gut" feelings. That is one kind of problem. Another is how, as one gets older, the metabolism is said to slow down. But what is the TRUE cause of this slow-down? Most often it is due to the chronic and excessive use of mental energy through worry and "stress."

These emotional wounds and other forms of "stress" often result in constriction of the lower energy centers, and thus operation of the digestive and eliminating organs becomes greatly compromised. This condition will often cause ones to over eat, as they will not

FEEL the actual state of their stomach until it is quite over full. Also it will often lead to ones ignoring the TRUE cravings of the body's "regenerative system" (another name for the illusive "immune system") which coordinates the body's many needs for repair. Rather, the cravings (often in the form of addictions to certain foods and drinks) will follow compulsive reaction to the stresses held in the gut.

ALWAYS, the true cause for physical malfunctions can be traced back to various degrees of misalignment, constriction or blockages of the non-physical energies which "run" the body. So what does this have to do with finding an inner sense of peace?

To find, recognize, achieve and acknowledge a TRUE inner sense of peace, ones will have had to work through many of these misalignments, constrictions and blockages that keep the physical and non-physical out of balance. TRUE PEACE IS THE NATURAL STATE OF A BALANCED INDIVIDUAL.

Those who oscillate their energies erratically tend to be the angry individuals "out to 'get back at' the world". Those who tend to move very little energy tend to be the passive persons with a low degree of general awareness and desire. Those who have learned to balance (and thus more fully utilize) their energies are often viewed as charismatic, charming, likeable, productive and happy, with a strong sense of self-worth, inner value and awareness of their surroundings.

On a broader scope, your great Mother Earth is herself actively seeking the same state of inner balance and peace as are you, in response to the many energies (both good and bad) impacting you both at this time. The difference is that she is much more consciously aware of her connection to All That Is than are you, and thus she has a more profound conscious sense of her purpose and destiny.

Actively seeking an inner state of peace will take you on a journey of self discovery, cleansing, healing, and most importantly, an inner awareness of your connectedness through and to Creator Source to All Life, everywhere. From this point of Awareness, all answers will be revealed. Certainty of who you are, why you are where you are, and where you are headed will be realized, and the physical experience will become quite enjoyable and positive as you look forward to the wonders in each new day with the vigor of the child who is exploring an amusement park for the first time.

I am Ceres Anthonious "Toniose" Soltec, along with MANY a Lighted friend from the non-physical realms who recognize the great desire you ones have for true inner peace and a greater awareness of self. We come in Light and Service to *The One Light - Creator Source*.

Seek and you shall find. Remember that the answers will often come in a form you least expect, so be quick to challenge old, dogmatic beliefs and see if they are truly serving your best interests.

Blessings and Peace to you ALL! Salu.

The Natural Cycles of Creative Expression

By SOLTEC

09 May 14, 2007

2/28/02 SOLTEC

Good evening, my friend. It is I, Ceres Anthonious "Toniose" Soltec, come in the Radiant One Light of Creator Source. Be still and find balance and peace within.

As you ones in the physical continue along your journey of growth and self-exploration, you will find there are many natural rhythms and cycles to your experiences. Many cycles of creativity begin with an Inspired idea that, when acted upon in a focused manner, generates great emotional energy surges of enthusiasm, anticipation, and joy. The creative cycle continues as the energies flow and the idea begins to take form in the physical.

Often you ones enjoy thoroughly the experience of creating associated with the manifestation of your desires. However, we often witness many ones, shortly after the point of realizing the manifestation part of the cycle is complete, going into a phase of withdrawal or slight depression, as the exhilaration of overcoming obstacles, meeting challenges, and being "in the flow" of creative energies has subsided.

Though this may be a common response to such cycles, you should know that it is an unnecessary one. Cycles of creativity **MUST** allow for the completion of the energy flow, wherein you-the-creator allow some time to appreciate the Life-force energy that has been put into the creation, that is reflected in the creation itself. This is, in effect, the act of acknowledging the God-self within.

Just as one cannot continually breathe in, without exhaling, each creative cycle must be completed, properly, prior to the beginning of the next cycle. Often we see ones who start projects of one kind or another without really ever carrying them through to **TRUE** completion. This is usually a symptom of someone who wishes to avoid the "exhale phase" of the creative cycle.

After a project is finished, and the desired dream realized, a healthy perception would be to acknowledge the God-self within for manifesting your desire. Then allow for the energy you put into your creation to reflect back to you the lessons it caused you to learn along the way.

Be introspective and see the times when you had to be patient, persistent, or perhaps the diplomat, in order to keep the dream alive. Look at the value of the experience. Look for the "coincidences" along the way, or the new contacts or relationships developed in the process. This will help you to see the deeper value in the creative cycle that you had the courage to follow through with pursuing, until manifestation of the desire was complete.

Many ones love the planning part of creating especially at first, when there is a lot of desire and emotional charge of enthusiasm. These initial impulses are from the Higher Self telling you that the desire is good and that it is in alignment, in some way, with your soul's greater purpose.

Often ones derive great pleasure from being in the moment of a new, inspired idea. This initial enthusiasm will point to actions to be taken so as to gain knowledge and information. This often leads to further questions and the need for clarification.

As the process continues, the majority of you ones often get bogged down in the details to the point of exasperation or fear and then lose the Inner Connection with the original idea and desire. This disconnect is what cuts the motivating Life-force element out of the process, and will result in incomplete manifestation of your desire or what you ones often call "giving up".

When you are truly focused on completing a creative cycle, there will always be an Inner Connection that will keep part of your attention on the desire at all times. This inner desire carries with it emotional energy (enthusiasm) that will cause forward movement, even if such movement is, at times, very subtle and nearly imperceptible which can often be the case when great challenges arise.

However, there is GREAT value to be gained at the level of soul growth in following an inspired idea to completion. The "spark" of Creator Source lies within each of you. You are thus all co-creators with infinite ability to utilize creative Life-force energy.

One of the main reasons for the physical experience is to learn to RESPONSIBLY create, in a BALANCED manner, so as to ADD to the collective whole, rather than erode or deteriorate it. To say this another way: you are in an environment wherein you must learn to allow for other creative beings to manifest their dreams, while not losing sight of your own thus learning to create in complementary ways. Perhaps like the way various instruments of an orchestra support one another.

Often ones are tapping into the subconsciously realized needs of a society. Thus you may find that someone else is also working on a project or a desire similar to your own. This is as it should be, for there are MANY ones given Inspiration for very similar reasons.

The Infinite Creative Expression of God manifests in such a manner as to guarantee fulfillment in perfection despite seemingly insurmountable challenges. This will include the fact that similar Inspirations may be given to several ones simultaneously knowing that some will not follow through to completion, but that others will, in their own unique way.

The JOURNEY is where the growth and experience come from. The completion is the pinnacle of the cycle. It is the point wherein you have "inhaled" as much as you can; and then it is time to allow for the completion of the cycle.

The completion or "exhale" is a time to reflect upon the Guidance or Help you received in the form of chance meetings or intuitive ideas along the way that led to solutions of the challenges encountered. In essence, each creative cycle you complete is a part of your physical life journey. Each cycle should go through an

introspective examination which acknowledges the God-force working with and through you along the way.

Each of the creative cycles you go through, throughout your life, adds to a collection of experiences that make up part of a much larger cycle. In the context of that larger cycle, when you pass from the physical Experience is when you are entering the "exhale" phase of your current creative expression in the physical.

The cycle is NOT complete at this point. You ones will go through a period wherein you will reflect back upon your Journey, and see, from a broader perspective, the growth you have made and the resulting consequences of your choices and decisions.

For some, this is a very pleasant experience. Others are left with a sense of disappointment. But ALL ones gain greatly from the experiencing of this reflection part of a life cycle.

The joy of creating can become quite exhilarating (and perhaps even addictive) as the energy is moving through you into your creations. For those of you who enter a phase of depression after such a cycle, I would say: be kind to yourselves and learn to appreciate your creative endeavor for what it is a cycle of growth and learning.

By taking time to appreciate and acknowledge the Life-force energies working with and through you, you will be increasing your capacity and Capability to flow even more of these high-frequency creative energies. Though for some of you this part may seem to be the "hangover" effect of the creative cycle, it is actually the more important part of the cycle, for you will need to have time to examine and to adjust various aspects of your thinking and reasoning that have grown in areas such as self-confidence, balance, certainty, understanding, responsibility, self-worth, and such.

Many very creative people think of themselves as "not important" or "not special" and say things like "oh, anybody could do it" and such. However, the truth of the matter is that what they are doing IS important and very special, and not "everybody" can do it. That is where the uniqueness of each of you enters the equation.

Many of you (not all) reading this tend to downplay your own self-worth and importance. You each bring with you very unique qualities that are essential to the balance of the physical universe.

You EACH have an innate desire to express your uniqueness, and that desire is an important reason for your choosing to partake of journeys into the physical dimensions. How you choose to express your uniqueness therein is entirely up to you. And you will naturally reflect your unique spark of Creator Source (that is otherwise known as your Higher Self) in all that you create, no matter how small or how large.

The opposite of creating is destroying. Often the creative cycle will have an element of "destruction" involved with it. For example, you may need to clear an area of land in order to begin building, or cut a tree in order to have the lumber for building materials.

The more in alignment you are with the Knowing of your Higher Self, the more surely you will minimize the destructive element often associated with creating. You will have Inspirations and creative ideas that will help you to surmount these destructive aspects of creating.

Always seek to minimize the destructive elements associated with creative expression, and you will find that you will be given ingenious insights as to how to creatively express more "cleanly". This sort of thinking will always stand as teaching examples to those who eventually come by and observe your creations, and will also give you a greater sense of joy and appreciation when you're in the "exhale" part of the cycle where you reflect back upon your endeavors.

As you ones continue through these times of accelerated learning, you will notice more and more ones outwardly expressing their creative desires. For many it will come from a necessity to survive, and the underlying motivational emotion will be preservation of life. In these situations often there is an element of fear and desperation that tends to act like a run-away bulldozer tearing-up anything that gets in its way.

There will be a great need for ones who can remain centered and in balance with respect to finding and offering solutions that minimize the destruction. This is where many of you ones will have opportunities to shine. There is almost always more than one way of doing something, and when you can find a way that has the most benefits and positive aspects, you have found the better way, if not the very best.

This message is being offered at this time so that the ideas expressed herein will have time to sink in. For in coming times of rapid change, you may be caused to remember the concepts expressed within this message, and thus remember to KEEP GOD IN ALL YOUR PLANS AND EXPRESSIONS OF SELF.

Also, We of the Lighted Realms of Creation would encourage all of you to be more courageous in following your dreams and Inspirations to the point of realization. Great shifts in self-awareness await you, along with very productive interactions with your fellow travelers.

Take time to look at past attempted creative cycles, and though they may never have reached full manifestation, see the value you gained in each experience. Do not see them as failures, but rather as cycles wherein you simply chose not to "inhale" as deeply as you could have.

Look at these "short" cycles for strength and insight into yourself. Why did you choose to stop short of the dream? Did the dream change or did you? Were there external factors involved that persuaded you to abandon your dream? Was it truly your dream or someone else's? What did you learn about yourself along the way? Do you lack self-confidence in an aspect of your life? Do you constantly seek outward approval of others, and value that more than the inner approval of self?

Some of these are hard questions to face. But learning to be honest with yourself will help you to find the "missing something" in your life that, once recognized and strengthened, lead to the inner exhilarations of creative accomplishments and to a higher level of

certainty and Knowing that you are a great and wonderful being who God created in PERFECTION.

The learning environment you live in is designed PERFECTLY - so that if you make a "mistake", you will be given feedback so as to be able to see where and how to proceed with greater balance.

Remember, God created you, and God does NOT create junk! God ONLY creates perfection.

I am Ceres Anthonious "Toniose" Soltec, come in Lighted Service to *The One Light Creator Source*. May you each create, with Passion and Love, the desires of your heart, and thus fulfill your destiny.

Understanding Your Bio-electric Sensing Machine

By HILARION

10 May 14, 2007

5/17/97 HILARION

Good afternoon, my friend. Please release of the emotional charge and allow the energy to flow naturally and smoothly. It is I, Hilarion, of the Fifth Aspect of Creator's Spectral Expression. I come in The Light of Holy God of Lighted Creation. I come as the Cohan (Master Teacher) of the Emerald Ray.

Ones on your planet are greatly concerned with the physical well-being of the body in which they are housed. Here we shall give forth some insights that will help to clarify the causes of the conditions that ones are experiencing. For most this will not be "comfortable" reading because the reasons for illnesses are most often other than what a person wants to hear, let alone accept.

The physical body is "merely" a conduit for the interaction into and the interfacing with the physical experience. I say "merely" because that body is a most exquisite creation indeed and poorly understood by your current level of so-called medical science.

It is a self-contained bio-electric machine that is quite suited to handle a wide array of energy patterns and frequencies that allow for the animation and coordination between the physical and the non-physical. The body's electrical system is quite sensitive and balanced in such a manner as to have the capability to respond and alter according to emotional desires of the one controlling the mechanism.

YOU ARE NOT YOUR BODY! "You" are the one inhabiting the mechanism and it responds to your desires. There is similarity between "you" inhabiting and operating your body, and the process of sitting behind the wheel and driving your automobile.

The body, for the most part, is self regulating and will tend to run quite well in an "autopilot" mode. However, there come times of experience where the body is subjected to threat, such as physical injury, when it will offer a reactionary response to the danger and bring focus to the impending physical condition.

An example of this reactionary impulse would be to quickly remove one's hand from a hot stovetop. The body will retain information that will help one to avoid future damage and will offer a cautionary warning to the host (YOU) when the hand even gets close to a warm object.

This mechanism is part of the design of the body so that more primitive (lesser aware spiritually) users will be able to persist long enough in the physical without demise so that there will be adequate time sequence for growth.

This is the situation wherein one will tend to live instinctively and obey the signals of the body such as hunger, thirst, and rest. Ones will seek out the satisfaction of these basic needs so that they can experience as fully as possible. As entities begin to grow more and more aware spiritually, they will begin to come out of the fog and into a more reasoning condition wherein mental anticipation of the future need for food will be recognized and planned for through storage.

This is the point where ones begin to awaken enough to realize that there is something more to the experience than to just exist and search out survival needs. This is where ones begin to reason with others the value of working together with one another in order to quiet the distractions and concerns of the body. This is where there occurs the first spark of sensing that man is more than a reactionary animal and that there is an inner desire to explore this awareness.

As cultures and beings evolve, there comes the need for Guides and Wayshowers to interject more and more of the true nature of the physical experience. While Esu "Jesus" Sananda is a good example of one such Wayshower who came to your planet 2000 years ago, MANY have come at this present time. These more advanced ones will volunteer for the challenge of fulfilling this task and will choose to take on a body in the physical to bring forth the all-important messages concerning the non-seen-but-felt spiritual connectedness of mankind.

These awakening nudges will often cause great emotional stirrings in the body. Ones will not know how to handle these energy surges at first, because they are subtle yet strong in their grip upon the physical apparatus. The surges will cause an array of sensations within the physical which, in turn, can provide the physical entity with guidance as to what is right versus what is wrong.

Much like the reactionary impulses to avoid physical danger, the body will offer reactionary impulses in response to other kinds of situations, which can nudge you to go toward that which will offer comfort and warmth. And in the case of the presentings of spiritual truth, the body will offer the best it can in the way of "gut felt" responses to that which is being offered.

"How," you may ask, "does the body do this?"

The physical part of the body is but "only" one small part of the entire apparatus that makes up the entire, functioning, bio-electric machinery. Just like in a computer, you have all the physical components - the main processor, the memory modules, the peripheral (audio and video) circuit boards, and the interconnecting wiring. And yet, more fundamentally, the computer still requires electricity (energy) operating in very focused ways in order to function and come to life at all.

In the case of the body, there are various electrical counterparts associated with each physical part of the body, including each organ and each individual cell. More fundamentally, there is a coordinated electromagnetic (LIGHT) energy field that

encompasses the entire physical body. Some can actually see this "luminous" electromagnetic field under the proper conditions and call it the aura.

Your body's electromagnetic field interacts with the electromagnetic fields emanated by others, and will respond to the various frequencies of these fields.

This is when you ones will say that you KNOW you can trust a person immediately; you don't know why but you can just "feel" it. This is why, when another comes offering true spiritual knowledge, you "feel" it within your "gut". You are responding to the higher-frequency energies flowing into the electromagnetic field of your body. The body then responds with a desire to find more of what causes this reaction.

This is also the reason why some ones will be frightened of you. They will know that you hold truth and they cannot hide their trickery from you and that you will, in time, see through their games. These ones have resisted the spiritual path, having not yet learned to recognize that there is value in the experience. These ones have an energy signature that is much lower in frequency. They are usually the ones clinging to the physical-material for their comforts and security. They are much like the animal who has to hoard and hide food from others who might take it away - not realizing that there are infinitely abundant sources of nourishment for both the physical apparatus and, more importantly, the soul (the non-physical, God-like, thought projection of Creator Source).

When ones turn from their purpose, there come the "STRESSES" of the life experience. This unbalanced condition is a signal to you so that you can stop to evaluate where you are heading and compare that to where your heart tells you that you should be heading. The heart knows the direction which will garner fulfillment.

More accurately, it is the emotional (electromagnetic) energy center associated with the heart that is attuned to both your purpose from Creator Source and the impinging emotional currents of the ever-changing electromagnetic pulse-wave universe in which you exist. This heart energy center responds by instinctively offering that which will help you to discern your most satisfying path in life.

When you first start heading in a direction that is not fulfilling to the purpose for your being down there, you may or may not notice the subtle annoyance that you feel. But be assured that it is there. This causes slight distortions in the energy field of the body as you resist the natural flow of your experience. These distortions are what you ones refer to as "stress" and the corresponding worry and frustration is a by-product of the electromagnetic distortions in the non-physical part of the body.

If these distortions are allowed to persist, they will cause physiological malfunctions within the body. The physical body will respond to the out-of-balance (out-of-phase electrical impulses) condition of the electromagnetic energy field of the body. This will result in negative physiological changes within the body if the condition persists - such as colds, flu, cancers, and especially that #1 cause of death: HEART dis-ease.

Please be aware that the direction of the individual always starts with a thought and a decision. When ones are considering choices of action is when ones should really make an effort to monitor the response of the heart or "gut" while evaluating their choices. Some do this automatically and may cause frustration in others because there will be times when the

only reason they can offer for an action is: "I don't know; it was 'just' a feeling." These perceptive ones have learned to recognize and utilize the "bio-feedback" that is being offered to them. When there is illness of any sort in the body, you can be assured that the one experiencing the illness was not paying attention to the signals offered through the heart energy center. There are choices and decisions associated with the condition that allowed for the stress to persist on and on until there is great unbalance within the physical, causing improper coordination between the various energy centers, and thus the body will not regulate itself properly.

When ones can isolate that which causes them "stress", they will be looking for that which has a decision or choice associated with it and would be wise to perhaps re-evaluate or look for that which they are resisting. Usually those things that the heart desires by way of growth have responsibility associated with them, and ones know analytically that there are often "growing pains" associated with such responsibility - as the primitive, ego-based, reactionary mode of living is replaced with a freer, more personally responsible mode of living.

Many will go through many life experiences without ever recognizing the connection between the physical condition and the non-physical stress only to cast blame upon another for *their* lack of physical balance. YOU each are creator of YOUR experience, either through deliberate action or passive reaction. Your physical condition is no exception!

Ponder upon these words, for they are offered in love and NOT with the intent to be as offensive or hurtful. At this time many are crying out for assistance with the physical condition of the body. You will see that there is great value in finding within yourselves the TRUE cause(s) of any unbalanced situation.

The subject matter discussed here is far from complete. It is offered as a general, overview so that ones can come into awareness of self in a general, yet more balanced, manner. There shall be more coming forth on this on this subject of the physical body's functioning. Please be patient and understanding. Thank you!

I am Master Hilarion. I represent the Heart Center of God. In Light and Love, Salu.

5/24/97 HILARION (continued)

Good afternoon, my scribe. It is I, Master Hilarion, of the Emerald Ray of Creator's Spectral Desires. I come within the Wholeness of The One Light, Creator Source. Let us please continue from last we wrote, for there is great interest and desire for this information at this time.

We last spoke about the general overview of the basic functioning and interactions of the physical body. The various energy centers of the body function in a harmonious and balanced interchange in carrying out the regulation of the various physical-functioning organs and cellular matter that make up the entirety of the body. There must be two-way communication, in a timely manner, between the physical body and the non-physical counterpart we will refer to as the light-body (light being electromagnetic pulse-wave

energy) in order for the body to respond to the delicate fluctuations of the electrical impulses generated by each cell of the body.

This exquisite communication is accomplished through what you ones would call superconductivity. We will here broadly define superconductivity as the conduction of electrical energy without resistance to that flow of energy.

In the world of "science", ones are having trouble achieving this superconducting state utilizing just basic metal and ceramic compounds, even at temperatures just slightly above where the conditions are most favorable (very cold). Yet, in Nature (God manifest), it is happening all the time right before your eyes. (In fact, it is happening IN your eyes, for that matter!) And in the body, this superconductivity occurs at temperatures averaging 98.6 Fahrenheit - and higher when the body is fighting foreign invaders.

The problem is that the current perceptions of "physics" are based upon assumptions which would appear to be true, but actually only include half (at best) of the picture. This is why your typical mainstream scientists are having so much trouble duplicating (or even realizing the true physical nature of) the world in which they live. But here I am digressing from the lesson for today, so let me return to that subject.

Each individual type of cell is attuned to very specific frequencies and will respond to the regulating currents of the light-body energy pulses. There is an underlying unique frequency signature associated with EACH individual on the planet that will keep each of you, to some extent, electrically isolated from one another, so that the direct electrical functioning of your body will not interfere with the direct functioning of another person's body.

This is the "genetic signature" of the body, unique to the DNA structure or blueprint of each cell. This is a "plasma shielding" that the body exists within. It will allow physical matter to pass through, while shielding out specific frequencies and wavelengths. Without this shielding, ones would empathically alter the state of one another. There are ones who can tune into the various frequencies associated with this energy field, and if not careful, make themselves quite sick (unbalanced) if they are tuning into one who is out of balance.

When ones are in an out-of-balance condition, the energy field tends to be compromised in that it will lower in frequency and in intensity. This is a condition wherein you ones become more susceptible to manipulations by those who specialize in the "black arts". These dark ones will alter their frequency to match the lower-frequency state that you enter when in these "stressed" states. Know that these dark ones operate ONLY in the lower spectrum of the physical range of existence.

When you move up in frequency, you are moving beyond the range of their influence. This is why we of the Lighted Hosts of God will urge you to keep your Light shielding in place and fortified.

While each physical body is isolated in certain frequency ranges, each entity is also connected in other HIGHER frequency ranges that will allow for the communication with the rest of the universe (God's infinitely creating Mind). As we spoke about in last week's writing, the creative desires are projected out from the heart energy center and are focused with the mind. The greater the desire, the quicker the physical manifestation of the desire.

This mode of creation exists and works outside of the limitations of moral and ethical beliefs of the individual. This is to say it works for everyone regardless of their morals or beliefs. This is a basic Law of Creation: Go forth and CREATE, expand, and GROW!

There are ones on your planet who will manifest money and power without regard for who they step on, in order to reach their goals. Their desires often manifest quickly because they are not easily distracted with the Conscience that the average person has to contend with.

These ones, who are so physically focused and self-isolated from their Conscience (inner guidance from their Higher Self), will achieve a state where they get to the top of the mountain and will have every THING (physical) that they desire - only to find that there is still an inner lacking that is not satisfied. These ones are taking to extremes one aspect of creating, and will, in time, either disintegrate their souls completely, or rebound back into the Light Source who created them - then wiser, for they know then where value IS NOT!

You focus your desires and send them out through the heart, and then the universe responds. Yet you never seem to get what it is you are wanting. Therefore you dismiss these words as fanciful delusions of a lost soul.

NO! They are NOT!

You ones fail to monitor your thoughts CAREFULLY! You will send out conflicting signals, and thus negate the energy pulses. You will say, "I want more money!" And then, in the next breath (or thought) you will say, "But, I never get it." Do you see that the one thought cancels out the other? Your vacillating heart will send out both, and the net sum will be zero - or quite a bit less than you "thought" you were creating!

The seeming lack of clarity and single-mindedness of thought and focus usually comes from a conflict between what you consciously desire and what your Higher Self is desiring in the way of growth. And that Higher Self is doing battle with the ego-based self which desires comfort and satiation of physical desires.

This causes the kinds of stress that you ones feel, usually in the heart area of your chest. While this lower, ego-based self serves a self-preservation purpose in the primitive cultures, it must be overcome if you are to ever move beyond the limitations that hold you from reaching through to Higher levels of realization.

The ego's reactionary impulses will serve you physical "warnings" to obey, by offering physical reactions or pains if you do not follow what it desires. Much like the warning sensations felt when your hand comes into close proximity to a hot object, the ego-based reactionary self will attempt to cause you to avoid situations that could lead you to override the ego's functioning. This war is perhaps the greatest challenge you ones face in the physical experience because there are great efforts on the part of the dark ones to hold you from progressing through that physical classroom.

When you live in fear, you live in a reactionary state that will, at best, only serve the ego's desire for self preservation. However, your Higher Self knows the functioning of the ego and will offer to you challenges that will shed light upon this fact. Most often the "clash"

which results from encountering the lessons of this learning process will cause physiological changes and unbalanced conditions within the body. These reactions could manifest in many different ways, from sudden weight gain or loss, to colds and flus, or even cancer.

Most elderly people in poor health are in that deteriorated condition due to years and years of ignoring the "small" stresses and allowing them to build and accumulate into conditions of cancers or other various dis-ease ailments. These ones will often be very unhappy in general, and will reflect this in their physical demeanor, appearance and voice.

Middle-aged people on this same path will often exhibit physical symptoms of old age (such as prostate troubles or menopause) at an "early" age. The individual always has a choice to turn around the physical conditions of the body, for it will respond miraculously to a re-balanced mental state wherein the head and heart can live in harmony.

Teenagers and younger adults tend to act irrationally to their inner conflicts and will lash out and hurt those around them in both physically and mentally abusive manners. When they realize that this behavior is not acceptable, they will begin to internalize their frustrations and hide them from the world. Meanwhile those stresses begin to manifest in the body, in later years, as degenerative malfunctions like cancers and organ failures.

You may be asking, "How can one avoid this, or turn it around?"

First there must be a desire for inner balance. This means that you have to either confront the garbage that the ego-self holds onto, and see it for what it is, and come to grips with the fact that YOU are responsible for YOUR condition, and accept the responsibility for that which you have created. Or, you can (and this is possible though difficult) simply insist on balanced physical health, and focus the mind and heart on that singularity with the entire passion of your heart, and don't listen to those who would hold you down, for they are the puppets and tools of the adversary.

Particularly within the framework of policing controls set up by those dark ones who own the drug companies and make great profits from a drug-based "health" business, medical "science" has yet to (be allowed to) discover the correlation between the various electromagnetic energy fields of the body and the body's physical functioning - let alone perceive the connection between (and the true impact from) this "clashing" of the mental reactionary ego with the Higher Self or soul connection. Therefore there is, more often than not, misdiagnosis of the cause for a condition that is manifesting in the body.

These ones trained in your so-called medical schools (again under the control of those drug companies) can prescribe electrochemical mixtures (drugs) which will cause reactions and responses in the physical as your body tries to deal with the chemical invader. They can offer electromagnetic radiation treatments to kill living tissue (both cancerous and non-cancerous). But these "medical professionals" do not understand the non-physical effects that their treatments have on the light-body part of the human apparatus. Therefore they, for the most part, end up treating the symptom(s) instead of the TRUE cause(s).

These ones are usually well intending and well educated in the physical structure of the body (to a point), yet they would need to study fundamental electrical science and molecular physics to great depths in order to come into a more complete understanding of

what is taking place around the body. And even then, they would still need special abilities and talents in order to directly perceive these all-important energy fields of the body.

You will have to follow your own Guidance, and be responsible for the choices and decisions that affect both the quality and length of your stay in the physical. Do keep in mind that what you voice with your mouth is often in conflict with what you radiate from your heart. You may be able to hide behind words, but the heart will give you away every time. And for those who tune into the heart energy emanations, they will know you and they will know when you are out of balance and off purpose.

And for those of you who like to deny this to yourselves, you can look to that which manifests in your life: Is your current state of "living" this life's experience something that is fulfilling to you, or is it full of stress and frustration?

May your heart be your guide, and may you learn to listen with the heart and project forth from those inner satisfying desires that bring forth balance. I am Hilarion, Master Teacher and Healer, come in the Radiant One Light of Creator Source so that His promise to you be fulfilled - and so that I, too, may grow in wisdom of experience. Salu!

Is It Nearing Showdown Time on Planet Earth

By Esu "Jesus" Sananda

11 May 14, 2007

Note by Candace: This message is from a new website called www.wisdomoftherays.com, in which Ed Young has placed a collection of messages from those whom you have come to love given in past years. I invite you to go there for the complete collection. Ed Young was involved in the Spectrum Magazine and website, which is now defunct, but we have saved the entire Spectrum News website so the material is not lost. Another has agreed to publish some of the work, but so far has not done so. These are valid messages from those you have become accustomed to reading through me and others. Those of you who don't like wading through the Phoenix Journals will like this more casual site.

Is It Nearing "Showdown Time" On Planet Earth?

1/11/03 - Esu "Jesus" Sananda

Good morning, my scribe. It is I, Esu "Jesus" Sananda. Be still and allow for the energies to settle. I come in the Light of Creator God. My core being expresses from the Golden-White Light of Creation, a vibration of Purity and Balance.

I must remind all ones—especially those of you who call upon the Higher Realms regularly for guidance and counsel—to be VERY diligent in clearing your space of unwanted "negative" energies. Make no assumption that you are beyond reach from the Dark Tricksters, for their "craftiness" is quite well practiced and their subtle ways are quite effective. This caution is needed moreso now, and in the coming months and years, due to the vibrational upshifting in the "aethers" (the non-physical energy space that permeates the entirety of Creation).

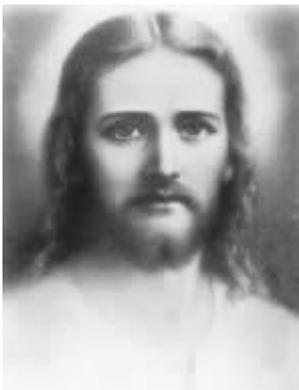
You and all ones on your planet, as well as all physical matter, are speeding up (vibrating at a faster rate). This increase in physical vibration is due to the energy that you, your planet, and your solar system are passing through at this time. As you continue to acclimate to these shifting energies, you will begin to notice more and more that the veil which separates the physical from the non-physical is becoming thinner. Among other things, this means that you will be able to more easily connect with non-physical entities—many of whom do not have your best interests in mind.

By saying a prayer, affirmation, visualization, or whatever you feel helps you to connect with Creator Source within, you are calling into your presence Angels, Lighted Beings, and other Spirit Guides who will act as Guardians so as to keep the Tricksters away. Without such watchful protection, you leave yourself open to whomever shows up.

We honor your choice to open-up to whatever energies you may choose. Many do not believe that they are susceptible to Dark Energies, and in a somewhat egotistical way feel that only weak individuals need the assistance of the Lighted Brotherhood. Again, if this be your belief and choice, then we shall honor your free will, and allow for you to experience whomever or whatever comes your way.

We of the Lighted Realms encourage ALL ones who read this message to make part of your daily routine affirmations (prayers, visualizations, and such) that will allow the Lighted Brotherhood to more fully assist you throughout your lives.

This can be as simple as acknowledging your connection to God when you awaken in the morning. As you stretch your arms out, see and feel the Light and Warmth (Love) of Creator God washing all over you. Before, after, or even during a meal, you may find it quite beneficial to once again acknowledge and give thanks for the Energy that went into the items from which you gain physical nourishment. And prior to laying down for your evening respite, you would be quite wise indeed to reaffirm your intent toward the Light (Light here symbolizes the Goodness and Love of Creator God), and see this Light coming from within you and expanding outward until your whole family is encompassed within its reach. Even distant family members can benefit greatly from such assistance offered on your behalf.



ESU "JESUS" SANANDA

This reproduction is from an actual photograph taken on June 1, 1961 in Chichen Itza, Yucatan, by one of thirty archaeologists working in the area at the time. Esu Sananda appeared in visible, tangible body and permitted his photograph to be taken.

The games being played on a planetary scale are continuing to escalate toward a point where intervention by the Lighted Brotherhood and those aligned with this intent toward service of others (namely, the extraterrestrial "Peace Corps" who have been assisting you and your planet since the very beginning of sentient life on your world) will become an in-your-face reality. At that point, all the debates over whether or not you are being visited will come to an end.

You ones always want to know WHEN and WHERE will this intervention take place. We of the Lighted Realms will only offer to you the following: it depends on the sequence of unfolding events more than anything else. For example, those who make the decisions to use nuclear weapons can either accelerate the timeline or push it back, depending on the choices they make. **We of the Lighted Realms will NOT allow your planet to be**

destroyed, nor will we allow the slaughter of those who need just a little more time in the schoolroom so that they can “graduate” to the next level of spiritual awareness.

The Dark Tricksters would rather destroy the entire planet just so the small percentage of individuals mentioned above WON'T experience a “breakthrough” in their awareness. This is truly the level of insanity that is being dealt with by we of the Lighted Realms.

We not only have the means by which to accomplish our mission of salvation, but we have explicit permission to intervene if and when conditions (unfolding events) warrant our assistance. Your world leaders have been duly notified of our intent and know that we mean business.

[Editor's Note: See the two messages from Archangel Michael that were received at about this same time. One is titled “Understand Who Are The Host Of God” and the other is “A New Year's Message From Archangel Michael”. The implicit warnings expressed in all these messages strongly suggests that some very desperate and dangerous plans were being considered at the time by the elite world-control crooks.]

We have, in the past, shut down entire arsenals of nuclear weapons. We have repeatedly “aborted” the many attempts to put weapons into orbit around your globe. And we have proven to the major world leaders that we will not tolerate the war games they try to play.

There are some on your place who believe that with so-called “super-secret” advanced weapons they can match the technology of the so-called “extraterrestrial threat”. To these ones we say: you must know by now, from the few craft you have recovered, that they are based on technology that is MANY THOUSANDS OF YEARS OLD from our point of view, and yet MANY THOUSANDS OF YEARS ADVANCED from your so-called “advanced” technical toys.

Those civilizations who travel among the stars only gain the ability and knowledge to do so by developing their inner spiritual connection to Creator Source. It is through this inner development that all advanced knowledge is gifted to a civilization as they mature and prove that they are capable of responsibly handling same.

To those who believe they can stop us from intervening, should the planet be threatened in a global manner by the hotheaded puppets who do the bidding of the Master Tricksters: you haven't seen anything at all in terms of ADVANCED technology from your Space Brothers. NOTHING AT ALL!

Please note that there are many individuals and agencies who monitor both these messages and those of you who are responsible for their existence and survival. Some of what is written here is directed to these “monitors” as a message within a message.

While on the subject of a conduit for these messages—I, Esu “Jesus” Sananda, along with MANY others of the Lighted Realms, thank you who support this effort both financially as well as with many kind letters and prayers. Without your support, this conduit would simply not exist.

There is much energy “churning” in the aethers as this message is being penned. Let me remind you ones briefly of lessons offered in years past:

Prior to any physical manifestation, there is first formed an idea. This focus exists in what might be termed “mental-energy space”. As more and more emotional energy (desire) is added to the mental idea, a perturbation in the aethers occurs that begins to summon forth the means by which to coalesce and precipitate the final results in the physical realm.

Let us take, for example, an inventor who sees a need for a non-polluting form of renewable energy, and who is by background an engineer with a broad understanding of physics and chemistry. As such an individual focuses his desire to find such a source of energy (his idea), a vibrational signal is sent out, from within his being, into the aethers—in a manner not too different in concept from the Internet.

This request begins to elicit responses immediately in the form of solution ideas. The rate and clarity of the solutions is directly proportional to the amount of emotional energy (desire) behind his original idea. The longer one is focusing on any particular idea with desire, the more the Universe begins to coordinate so that events begin to unfold—such as “chance” meetings with others who are working on the same or similar projects, or funding for research seems to appear just when one needs it, or any number of “coincidental” happenings that would allow for the manifesting of the highly desired idea.

You each create in this manner, some more deliberately than others. But such is the basic method by which your perceived physical reality is fundamentally constructed.

When I say that there is a “churning” in the aethers, I am referring to what can only be described as a diverging duality in mass consciousness. It is as if “heaven” and “hell” are both trying to manifest simultaneously.

As the frequency of your planet speeds up, those who are on a path of enlightenment are racing toward an ideal world of peace, while at the same time those who are single-mindedly trying to bring about complete world domination and control are racing toward a very “dark” outcome. In short—the dark, narrow-minded ones are getting “darker”, and the enlightened humanitarian ones are getting “lighter”.

This dichotomy is causing the “churning” in the aethers wherein time itself is beginning to distort in order to accommodate the opposing energies. It is quite interesting from the point of view of the observer, as predictable outcomes continually shift as the masses, as a whole, continue to wrestle with the inner uncertainty of what exactly is taking place. The larger majority of your world sense that time is speeding up, and that there is “something” inside themselves that is not quite the same.

We of the Lighted Realms continually stand ready to answer the many calls from the hearts of these ones when their desire is clarified within their mind. Meanwhile, the Master Trickster will undoubtedly use more “shock therapy”—such as happened on September 11, 2001—in order to keep ones focused on the lower-vibrational emotional energies of grief, fear, and anger. This tactic in general keeps ones externally focused (distracted), and thus diverts ones’ attention away from what is awakening within as their consciousness continues to expand (move upward in frequency).

This sort of “shock therapy” also buys time for the Dark Manipulators, as they can ONLY function within the “shadows of consciousness” wherein conscious awareness is low. Their influence is much like the subliminal mind-control that permeates your movies, television, music, and advertisements. Likewise, they know that their time is indeed quite short, and thus they will become more and more erratic in their attempts to control from behind the scenes. In the light of exposure, these dark entities become quite ineffective, and thus go elsewhere where they can continue their chosen journey of exploring Creation.

Due to the unpredictable nature of the energies being summoned into your world, you are creating, as a planetary whole, a unique situation that warrants great study and monitoring by the many advanced beings who watch over your planet and its many inhabitants. Great care is taken on both individual levels and planetary levels to ensure that each being is given the maximum possible opportunity to grow. This unique unfolding of events also provides many an advanced being with great challenges that will inevitably cause them to stretch and grow. This cycle of expansion and growth is limitless, and each of you play a role in making it all possible. None are insignificant or without purpose.

If you are uncertain as to what your purpose is in all of this, you may find comfort in knowing that you are not alone. Even some of the ones who pen these messages for we of the Lighted Realms are uncertain of their “purpose”!

Your purpose, in a very general way, is to experience and grow. Helping others to do likewise, by being a friend, counselor, or mentor, will likely be something you should find rewarding, especially if you are drawn to this sort of information. This message is offered with you, who will be reading it, in mind. It is of a general nature so as to cause you to go within and challenge your beliefs, preconceptions, and possible misunderstandings about yourself and the world in which you live.

Behind every question you ask is a desire—a desire to UNDERSTAND more, a desire to GROW beyond who you perceive yourself to be at the present time. Follow this desire. Be passionate about seeking answers to your questions. You will not only be making your life much more enjoyable, but you WILL be fulfilling your very own unique purpose.

I am Esu “Jesus” Sananda, come in the Radiant One Light of Creator God to answer the call of the heart for insight, as well as to play my part, alongside you ones, as a co-creator of life experience.

May you each learn the wisdom of calling upon the Lighted Brotherhood often for assistance, so as to ensure that you are maximizing the growth potential of all ones, everywhere.

Much Love, Light, Joy, and Happiness to you all! Salu.

What Has Become of the Grand Experiment Called the United States

By

12 May 14, 2007

From www.wisdomoftherays.com

What Has Become Of The Grand Freedom Experiment Called The United States?

3/23/03 - Violinio St. Germain

Good afternoon and greetings, my dear friend and scribe. We shall get this job completed, one way or another, for with God ALL things are possible.

You know the phrase “attitude is everything”—and that’s what separates those who, whenever the opportunity arises, give of their heart in the spirit of helping their brothers and sisters, from those paralyzed by fear, self doubt, or “what’s in it for me?”—as if they’ve never heard of the Golden Rule. But pardon me for jumping upon the lecture soapbox before I’ve even provided a proper introduction.

I am Violinio St. Germain, Ascended Master, Teacher, and Keeper of the intense Violet Ray of Transmutation and Transformation. In combination with other Masters of Spectral Ray Energies governing defined areas of activity—all of which combine to make up the One White Light of Creator Source—we inspire the fullness of creative expression in your physical domain and elsewhere. I and my fellow Teachers, present for this writing from the Higher Realms, come to you within the Love and Light of our Creator, and we bring same to share with you who ask for (and accept) our help at this challenging time on planet Earth.

The consequences of that which your madmen of war are unfolding reach far beyond their understanding or control. People everywhere are literally FEELING the effects of that which is playing out on your Earth schoolroom at this time.

Indeed, you are in a period of rapid change along an accelerating learning curve. It would be wise on your part to recognize how change ALWAYS opens a window of opportunity for experiencing—and more importantly, for utilizing—the Violet Ray of Transmutation. That is to say, this powerful Ray becomes available to those who, by frequency of ATTITUDE, choose the “high” path over the “low” path through the challenges you ones face. Choose the “high” path and wonderfully transformative “positive” changes will come into your life. Choose the “low” path and you will experience that “negativity” which confounds you most, with greater and greater intensity of irritation. It is all a matter of your choices, and then growth (sooner or later) through learning from the consequences of those choices. It is all

part of the science of evolving soul energies and the Laws of their natural flow according to Creator's Will.

Just look around you, dear ones. The world is becoming so small that, as your [Dalai Lama has recently said \[click here to view\]](#), the actions of any one of you are more and more affecting ALL the rest of you. You are like twenty survivors of a shipwreck crammed into a lifeboat designed for ten. Under such conditions, any movement by any one of you is felt by all, and an inconsiderate mis-step by any one could topple the boat and cause you all to flop into chilly waters and perhaps drown. Of course "life goes on"—but not necessarily along the path you thought you would be taking.

Believe me, you are all in this "boat" together, in a decidedly intimate kind of experience that some of you recognize (the minority) and some don't (the majority)—yet! Your environment—your schoolroom Earth—is presently so arranged to more fully bring home this lesson that we Teachers from the Higher Realms have long shared through many past messages. This is the same lesson that so many of your Native caretakers, especially those of Hopi lineage, have likewise patiently labored to teach to far too many deaf ears for far too long: that ALL is connected; that ALL is sacred in that connection; that ALL are One, originating from the Desire and Will of *The One Creator Source of All That Is*.

This is not a difficult message to state. But it seems to be a most difficult concept for many on planet Earth at this time to truly appreciate in its fullness of meaning. How about this:

YOU are all in that little boat together.
You ARE all in that little boat together.
You are ALL in that little boat together.

So, if you think you can simply look the other way while you allow agents of Evil to run rampant around your little lifeboat, then you better think again. From the level of the energies that affect ALL, that connect ALL together, your end of the boat is going to be rocked just as surely and rudely as the other end.

So what are YOU going to do—besides perhaps getting a good case of seasickness? Everyone can make SOME kind of positive contribution to the stability of your little lifeboat—even if only in terms of sincerely asking your Guides to help you see what it is that you CAN do to help.

I, Germain, am known for being a personality of no nonsense and great passion. I am sensed by many of those among you actively seeking balance and healing at this time, especially because your very planet, Mother Earth, is herself in a time of Transformation and Transmutation to higher-dimensional status. And as Archangel Gabriel stated in a message last month within these pages, those of you who are operating in reasonable alignment with Creator's Will are likewise Transforming and Transmuting to that same higher-dimensional environment.

(You want "scientific" evidence of this Transformation now going on, of which I speak? You need look no further than the serious front-page story being presented in this issue of *The SPECTRUM*—which we of the Higher Realms have Guided into formation to assist in providing insight concerning your many questions on this matter.)

[Editor's Note: That May 2003 front-page story in The SPECTRUM was titled Our Busy Solar System: What Is NASA Hiding? Get Ready For What's Coming!]

The direction to which you are aspiring is an environment wherein true freedom of expression knows no bounds within the contours of Divine Law. And that is a matter of great passion for me—for I am long dedicated to facilitating the free and uninhibited expression of the unique Divine Spark of Creator which resides at the core of each Lighted Being. I intend to explore that subject at some length in this message.

Though you'd hardly recognize it now, your United States of America was begun as a grand experiment for providing just such an atmosphere of soul-freedom. It was not the first such experiment on your planet and, given the current level of passivity of the citizenry, may well not be the last. All past such experiments have failed for one simple reason: the perversion of the responsibilities for maintaining freedom, as such slid downward into the sloth of disguised slavery, through the complacency of ignorance.

Your modern conspiracy theorists all talk about such “strings” of manipulation as mind control and economic control over the masses. But for such mechanisms as these to gain a foothold of success, there must first be allowed a weakening or virtual severing of your personal connection within to Creator Source. This then paves the way for a “fall into ignorance” and resulting lack of vigilance in upholding the true support structure of freedom—which comes from WITHIN because it is no less than a Divine Birthright! You then begin to relinquish segments of your personal freedom to the dictates of others—often very ego-oriented, materialistic ones, who typically operate (knowingly or unknowingly) as agents for the Dark Energies loose on your planet.

Now, what is this soul-freedom to which I refer with great passion? Are we talking about the freedom to bop your neighbor over the head and steal his shiny new car? Is it the freedom for corporations like Enron or Arthur Anderson to coldly deceive both investors and clients, and ruin so many lives and futures? Is it the freedom to knock down your forests, kill off your animal life, and pollute your water and air?

Well—if I may be blunt—looking at the antics prevailing across your modern world, and the legal arguments presented daily in your courts to successfully justify those antics, one could easily conclude that such is indeed your modern interpretation of what freedom means!

Rather, the experiment in freedom of which I speak with such passion, especially in regard to the formation of your United States, is a much more fundamental and profound philosophical and spiritual imperative. It involves the unfettered bringing through and nurturing, in the physical domain, of the very unique essence of Creator's Divine Will as such dwells within EACH OF YOU.

Your Founding Fathers of the United States came from many different backgrounds, bringing many diverse kinds of experience—and very human prejudices—to the discussion table. But what most drew them together in their bond of strength and conviction was their gradual recognition (and then appreciation and understanding) of a powerful “common element” within each of them, a subtle quality that somehow seemed to shine brightly no matter how “rough” they were on the surface. They came to see that “common element” to

be no less than the unique creative “Spark of the Divine” that burns within each of us and knows full well your common spiritual heritage.



July 2, 1776: Thomas Jefferson and his committee present the *Declaration Of Independence* to the Continental Congress. Detail of painting *The Declaration Of Independence* by John Trumbull.

(© Yale University Art Gallery, source: www.yale.edu)

Their challenge, then, was how to design an environment which could protect and encourage this Divine Flame—glowing from each of the many exquisite little candlelights of human beingness comprising the kaleidoscope of the citizenry—despite the winds and rains ablowin’ and the vultures constantly circling.

They became passionately committed to this project because, as they were also “shown” (through many personal inner encounters with me and my Fellow Teachers), the consequences of carrying out that vision would lead to no less an environment than “Heaven on Earth”. They were given to see the larger ramifications that result from the principle we so often share with you: “As one grows, so grows the WHOLE of Creation.”

They were also shown awesome cultural advancements that would later be possible to carry forth through such an environment of freedom—such as the elimination of illness and the development of “free energy” technologies, plus mutually satisfying interactions with your extraterrestrial brethren. Such cultural upliftments and milestones COULD have manifest (through the gifts of ones like Nikola Tesla and Royal Rife) well over 100 years ago! That is, had it not been for the kinds of “low road” choices later made by many ones (especially in positions of power) whose vision was far more clouded and susceptible to material temptations compared to that of your Founding Fathers.

As some of you more esoteric history buffs are aware, I was the Guiding Hand (and yes, the Pestering Voice) as your Founding Fathers moved cautiously forward in their formation of a clearer and clearer image of what it was they were truly efforting to fashion as “a land of the free”—or more accurately “a land in which to be free”.

One familiar way to state their challenge is: “Be all that you can be!” That is to say: Bring to a state of full expression all of the facets of the Potential—the unique Divine Spark of Creator Source—that exists within you. (Your Army manipulation experts knew exactly what they were doing when they cleverly exploited such a soul-appealing concept in their very successful recruitment advertising campaigns.)

Another way to state the challenge faced by your Founding Fathers was: To create an environment in which to freely live one’s life according to one’s highest conception of God.

In more simple terms, this was a project to create a vibrant garden. But it was no ordinary garden—because the more successful it would become (the more brilliant its Light), the more this garden would pose a threat provoking all manner of attack from Dark Energies. One by one, each of your Founding Fathers began to appreciate the rugged yet delicate nature of the task they had undertaken to set into motion.

This United States of America was thus visualized to be a garden in which there existed the freedom for each experiencing soul to draw upon, strengthen, and fully actualize their God Potential. This God Potential was finally being recognized as no less formidable a Driving Force than the very Desire and Will of Creator—that which creates universes and little sparrows in the very same way, and that which exists within and works through EACH OF US.

The challenge was the creation of an environment which would nurture the manifestation in your physical domain of this Infinite Source of Expression—creating a “Heaven on Earth” for all practical purposes.

But how was this nurturing environment to be achieved—much less sustained—when rampant upon this schoolroom planet of Earth were Dark Energies who, in their own ways and through their own agents, pursued a vast domination agenda of their own design?

Thus it became clear to your Founding Fathers that, TO REMAIN ON COURSE, this experiment in freedom would require a design structure incorporating built-in checks and balances which DRAW DIRECTLY upon the boundless capabilities of this God Force within each citizen.

A good example of this goal is the original design adopted for your trial-by-jury system—a system now corrupted and subverted so as to allow manipulation of any covertly desired outcome. In its original form, however, THE JURORS THEMSELVES WERE THE KEY. They alone decided the consequences of matters in dispute, arriving at judgements from their own personal inner understanding of spiritual principles like the Golden Rule. The judge was there to answer questions and “direct traffic” and “keep the peace” as needed to maintain a smooth flow to the proceedings.

Each juror, after having heard uninhibited presentations of both sides of the argument, was supposed to “go within” and consult with their Godself or Conscience or “still, small Voice

within” or whatever you want to call a direct communing with God. (Tell me how often we Teachers from the Higher Realms have stressed this practice to “go within for your answers” in our many messages to you?!)

Consider the outcome of TWELVE people who conscientiously carry out this task of personal inner communication with God. Is there any doubt in your mind that, in so doing, they would come up with a consensus opinion leading to a fair and wise judgement for the given case?!

Moreover, to measure the built-in resilience of a design such as this, consider that it would only require any two or three people (“when two or more are gathered in My name”) exercising such a concerted group deliberation of conscience to arrive at an appropriate decision. Thus do you see the formidable “safety margin” built-in when, not two or three, but TWELVE are brought together to do so?

Let me here point out that this procedure of “going within” for Guidance works just as well when generalized for a wide range of decision situations—from those made in corporate board rooms and voting booths (where votes are honestly counted!), to those made by a sports team and around the family dinner table. This is a powerful Rudder to help steer your boat through stormy, turbulent waters.

But let us not get sidetracked here in details, dear ones. The general point I wish to recap is simply this: **Your Founding Fathers recognized that THE POWER IS THE PEOPLE, AND IT CAN BE AN AWESOME POWER AT THAT. And this is due to each individual’s PERSONAL CONNECTION to Creator Source.**

Each citizen is capable of drawing upon the strength of this Divine Birthright and adding to The Whole. Moreover, what gathers in energy space when a group comes together in focus upon a common purpose is that which is summed up in your statement: “The Whole is greater than the sum of the parts.” **Thus, as we Teachers from the Higher Realms have so often stressed in our messages to you: YOU ARE SLEEPING GIANTS! YOU ARE MIGHTY POWERFUL SPIRITUAL BEINGS—WHEN YOU PUT YOUR MINDS AND HEARTS TO WORK TOWARD A FOCUSED GOAL!**

This is what the Dark Energies do exceedingly well, dear ones!

So the Dark Energies, operating through various agents and mechanisms, and knowing well the challenges of maintaining control—especially over such Power-in-numbers of you-the-citizenry—have long employed a “divide and conquer” approach to fragmenting “pockets of Light” in your world. This is most recently seen in the relatively short-timeframe downward-spiraling of your United States, a condition which, in turn, is pulling many others down, due to the role of Destiny which the United States has long been responsible for carrying: that is, as an *example* for an aspiring world.

The techniques to accomplish such fragmentation and derailment of Lighted purpose are as endless as are the exploitable weaknesses of the human condition. Such is the respected, formidable role of the Dark Energies, as teachers and testers of sorts, who themselves, by the way, will learn the errors of their thinking when enough of you ones rise above their tricks—and thereby demonstrate the ultimate power of a “service to others” philosophy over their present “service to self” conviction.

Your Founding Fathers were not perfect—none of us are—but, despite all of their individual faults and weaknesses, they were given to see, in unison, a clear vision. And it was a compelling, grand vision at that!

They were shown how to create an environment that could stand powerfully as an example for your entire planet to follow—in which souls experiencing in your physical density could most graciously yet resolutely build Perfection in the three-dimensional domain according to Creator's Divine Plan. Your Founding Fathers (and many others at that time) sacrificed their personal safety and tranquility, their property and wealth and friendships, and even their lives to help that grand vision take its first important steps toward becoming reality.

As a whole, your nation and your world are presently far removed from experiencing the products of that grand vision. Through the seductions of the Dark Energies, step by devious step, you've moved away from utilizing the Power Within that always awaits your call. Your personal connection with God has thus become, generally speaking, weak-to-nonexistent, from a gradual shifting of attention to the following of external pathways of material distraction and pure mirage.

The situation on your world is likely to get “worse” in some respects before enough are caused to awaken to the point of actively deciding to make things better. Meanwhile the growing world tensions continue to serve a very important purpose in your schoolroom—to agitate more of the “sleeping giants” among you from their slumber. Thus, to come full circle in this message, you can see what a grand time of Tribulation OR Transmutation/Transformation you are now inescapably experiencing on your little lifeboat.

I, Violinio St. Germain, as well as many other Teachers and Guides from the Higher Realms, stand ready to help as your desire to create a better world of freedom prompts you to call upon us. As we have said many times, we will not do it FOR you, but we will most certainly work WITH you, as has always been the case.

What kind of United States (and world) do YOU want to see? What kind of United States (and world) do you see RIGHT NOW?

Look back historically just as far as the deceits and manipulations of events leading up to your ghastly World Wars, such as the contrived Pearl Harbor atrocity. How do events such as that fit into the grand vision of soul-freedom pictured by your Founding Fathers?

And then, more recently, look closely and honestly at 9/11—that clumsily contrived preamble to your *Patriot Act I*, your *Homeland Security Act*, and the *Patriot Act II* (just this side of martial law), waiting to be imposed upon you-the-people BY YOUR GOVERNMENT, at the earliest appropriate distraction opportunity. Is this what has become of the grand vision of government “BY the people and FOR the people”?! As has been wisely stated long ago and well worth repeating here: “The price of freedom is eternal vigilance.”

I urge you to contemplate what freedom means to you—not in some abstract sense, dear ones, but quite personally. And in answer to that contemplation, may you ACT in wisdom and with conviction in these challenging times of testing, when freedom everywhere upon your world is under heavy attack.

Your world need not be this way. But, as always, what YOU are experiencing is a result of YOUR choices.

Thank you for considering my words. Pardon my bluntness that comes from my passion to help you ones regain a better tomorrow. I am pleased to carry on personal dialog with any who seek my assistance with the clear desire of an open heart.

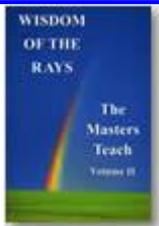
I am Violinio St. Germain, Master of the Violet Ray of Transformation and Transmutation of the baser into the finer. I leave you now within the Light and Love of Creator's Divine Plan. Salu.

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The Physical Experience Is For SPIRITUAL Growth

By Gyeorgos Ceres Hatonn

13 May 14, 2007

3/11/01 - Gyeorgos Ceres Hatonn

Good evening, my scribe. It is I, Gyeorgos Ceres Hatonn, come in the One Light of Creator God. Be at peace, my friend.

Let the clutter of mental concern over “time” slip away for awhile so that the message may come through. There is reason for all things that impact your experience.

The subtleness of transient thoughts and ideas is perhaps the single most missed opportunity you ones experience. This is to say that many of you are too busy with your preplanned day to notice the significance of the various thoughts that come and go throughout the day.

Often it is much like when you wake up in the middle of the night after a dream and think to yourself: “I’ll surely remember this one.” But you wake up the next morning with a vague recollection that there was something significant about a dream you had the night before, and that it was profound or important in some way.

Your waking thoughts often come in a more subtle manner simply due to the various conscious distractions of the physical senses. Your modern world is full of various avenues of outward sensory stimulation. This is neither good nor bad; it simply is.

We do, however, find ourselves wanting to give caution to those of you who tend to dwell excessively on such things as television and movies. These avenues of stimulation tend to create hypnotic trance-like states wherein artificial reality is, in essence, given life.

While many of you are quick to claim that you know the difference—and that it is “*only* a TV show” or “*only* a movie”—we often witness you ones placing a significant amount of energy into seeking out the next “good” movie, or scheduling your lives around some Tuesday night sitcom or such. Many of you use this sort of avenue as a mechanism to “relax” or “escape” from the “pressures” or “stresses” of life and living. Our concern is that these outward avenues consume many hours of time wherein perhaps self introspection (meditation) could take place.

We understand the need you ones have, and we do not condemn anyone for seeking relief from pressures and stresses. However, we witness more and more of you ones becoming addicted to the artificial reality generated in this manner. In many ways it is QUITE similar to the hallucination state of someone who takes strong narcotic-type drugs. Often the drug

users will claim that the drugs offer them relief from the inner pressures and stresses of day-to-day living.

Perhaps the only difference, from a mental perspective, is that the drug user is the author and producer of their artificial reality experience, whereas with the one who excessively indulges in television or movies, someone else dictates the experience and you have whole groups of people impacted and influenced by the same illusion.

Your outward world is mostly built on hype and illusion. Often you ones are programmed to buy into the materialism of modern society rather than realize that the entire experience of the physical schoolroom is to help facilitate your SPIRITUAL growth—not ESCAPE from same.

Dear ones, there is a time and place for everything. You each can and do benefit greatly from a few of the more inspirational programs that are available. We ask that you consider the energy you put into your weekly routines and please set a standard for yourself.

Do you REALLY need to see EVERY newly released movie? What will really change in your life if you miss for awhile your “must see” favorite television show? How much time in relative comparison do you spend in an introspective state of self analysis, say while walking outside and enjoying Nature?

For most of you, the only time you consciously spend in an introspective state is the few minutes prior to falling off to sleep. This is fine and well and is MUCH better than none at all. However, you each—who wish to quicken the growth process and develop new talents and abilities—would be wise to consciously set aside equal amounts of time both for watching movies and television (or whatever is your escape) AND for self introspection.

Perhaps this sounds absurd to you ones, especially those of you who are accustomed to spending over 2 hours a day watching television. Our desire is to help point out a method of answering the many petitions we hear from you ones who want to know either what YOU can do to help, or the more common question: “What is my purpose in this life?”

In general, your purpose is to experience and GROW, and share your knowledge with those who come your way so that they may benefit from your experience and thus expand as well. Again, let me repeat: YOU CHOSE TO COME INTO THE PHYSICAL SO THAT YOU COULD WORK ON YOUR SPIRITUAL GROWTH!

How much of your precious time each week do you spend simply sitting quietly with just your own thoughts—with the television, radio, computer and such OFF?

Perhaps your response is: “Well, I just don’t have that kind of time to waste, just sitting around doing nothing.”

To those of you who don’t own a television and rarely ever watch movies and such, then please consider that this lecture is probably not for you.

For the rest of you, let me ask: what exactly are you ACCOMPLISHING when you spend an hour sitting in front of your television? How is this more important than spending time

learning how to interpret the direct Guidance being offered to you through your direct connection to Creator God?

You each have intuition, psychic experiences, ability to perceive non-physical energies and such. Many of you simply do not know how to interpret what you see with the mind, and therefore view it as simple recall or such.

Sit quietly for an hour with just yourself and the quietness of nothing to distract you, and see what thoughts or ideas come. If you are struggling with a particularly challenging situation, then ask for Help, ask for Guidance.

Please also remember to surround yourself with the White Light of Creator God as a protection to filter out interference from Dark or similarly mischievous thought-form projections and to help purify or clean the energy that comes in to you. (It would be wise to do this at ALL times, not just when you are sitting quietly.)

For some, you may claim this whole proposal to be preposterous and a waste of time. To you ones I say: don't worry about time, for you truly have all the time in the universe, and much, much more. If you do not accomplish the growth you intended in this lifetime, there will be other opportunities, in other lifetimes, to continue right where you left off.

We are not trying to coerce you ones into becoming diligent students. We are simply pointing out a way for you ones to help yourselves move forward along your journey—particularly when you continually petition us for such help.

The subtle things, such as transient thoughts that enter into your mind, are quite common and simple in nature. Remember you EACH were given all that is needed to consciously connect with Creator God WITHIN you, and in a quite direct and personal way. You do NOT need any special electronic device or chemical substance to achieve this connection. Often the only thing needed is a little bit of time (relative to the average life expectancy) of quiet self-examination and honesty with self.

What are these thoughts that bounce around in your mind?

What is the ENERGY behind YOUR thoughts?

What gives even the smallest thought the life it experiences within your mind?

Where is the ORIGIN of this energy?

Where does the energy go to once you are done with the thought?

What really causes a memory to come flashing into your mind when someone triggers it externally?

Was this an accident?

Perhaps your Guides are working behind the scenes with both you and the one who caused the triggering.

Learn to look at these subtle, yet common occurrences in your life, and *know* that we of the Higher Realms of Creation play a much larger role in your life than you ones commonly recognize.

Never underestimate the INTER-CONNECTEDNESS of all ones, everywhere. Your personal growth in THIS lifetime will greatly affect the growth of many ones in future life experiences, as well as your own future growth.

Our interactions with you ones often bring us to an inner soul-searching perspective, for we of the Lighted Brotherhood are very conscientious in our efforts to NOT usurp your free-will choice—and yet, at the same time, give you ones as much help as is possible. We often explore the outer edges of this conscientiousness as we “push the envelope” of experience while maintaining the balance for the greater good.

We *could* give psychic predictions in very specific detail, and this would be viewed by many as the very proof they seek. However, often the very energies who do such predicting do so with a selfish intent to gain TRUST, in order to lure a lot of people into a false zone of comfort. And then, usually after several years and a large number of followers, the rug is pulled out—after the CONFIDENCE and TRUST is used to mislead and divert a lot of well intending ones.

We of the Lighted Brotherhood find it much more productive to give you each the tools and insights you need to then learn to go within and find YOUR OWN answers. In essence, YOU each should be efforting toward becoming YOUR OWN guru, rather than relying upon others to connect on your behalf.

This is not a popular method of teaching for the masses because it requires great personal responsibility and discipline. However, you each will eventually take the next step forward and realize that YOU have to take the step for yourself.

All of the teachers you encounter along the way, who have gone before you, can talk to you, tell you how they did it, and give you insights and recommendations on how best to proceed, but, in the final analysis, it is still YOU who are responsible for YOUR OWN spiritual growth and understanding. Much like with young children learning to walk, parents (teachers) must eventually let go and allow their children to walk for themselves—with bumps and bruises expected.

You ones are at a time on your planet wherein we wish to emphasize greatly the importance of learning to recognize and utilize *your own* inner connection to Source.

Be not surprised—if you choose to undertake this simple, yet effective exercise of sitting quietly and contemplating your place in the universe—when a MYRIAD of distractions attempt to keep you from accomplishing this. There are many Dark entities who do not wish for you to awaken to the spiritual potential within you, and the distractions are often in direct proportion to the fears and beliefs you hold within. This is to say that, the more you doubt yourself, the more distractions you will likely have.

THE KEY IS *PERSISTENCE*. In time, with persistence, you will begin to notice “coincidences” along the way. If you are one who is running into a lot of distractions and

such, then simply look upon the distracting events as CONFIRMATIONS that you are on the right track!

When the scribe who is now penning this public message first started writing in this manner, many years ago, the phone would almost always ring a few minutes after the message was started. Instead of getting upset by the distraction, the phone ringing was viewed as a confirmation that what was being written was indeed important and “for real”. Eventually the distraction of the phone stopped, and though there always seem to be new ones from the ever-persistent Dark forces, there also has now been cultivated an awareness wherein various confirmations, synchronicities, and “coincidences” are consciously recognized as the Guiding Hand of Lighted Energies at work.

Be diligent in your search for greater Understanding and Knowing, and the rewards you seek WILL come. Anything TRULY worth doing will be challenging and cause you to stretch.

I am Gyeorgos Ceres Hatonn, come in the Light of Creator Source—*The One Light*. May you each find, within you, your unique personal conscious connection to the One who created us all.

Blessings and peace, Salu.

Taken from www.wisdomoftherays.com For those new to the material, Hatonn is the experiencing (in body) fragment of the Creator Son (GOD) of our Universe of Nebadon. Also known as ATON, and Christ Michael.

Understand Who Are The Host of God

By

14 May 14, 2007

1/12/03 - Archangel Michael

Thank you for asking; thank you for reminding; you are quite correct and well within your authority to request identification of this communication.

Therefore, I am Michael, Archangel and leader of God's Heavenly Host. I am Defender of Truth and of the Throne of God. I am Defender and Advocate of Mankind on planet Earth. I serve Creator of All That Is with great honor and respect, and my Sword of Justice draws its power from the White Light of Creation.

In the coming days, you will begin to hear more frequently the term Heavenly Host. Therefore, it would be a good time to examine this phrase so that you may understand just exactly what this term means and the implications that are carried with it.

I have therefore instructed this receiver to engage in research in order to aid you ones in understanding precisely what the term "Heavenly Host" is all about.

* * *

From Abingdon's expanded 1980 edition of *Strong's Exhaustive Concordance Of The Bible*, there are three Hebrew words used in the *Old Testament* that translate as Host.

Referring to the Lord God of Hosts or specific MILITARY situations, the most commonly used words are:

- Hebrew word ***tseba'ah***: A mass of persons, especially or regularly organized for war (an army), by implication, a campaign; literally or figuratively (especially hardship or worship); appointed time + battle, company, host, service, soldiers, waiting upon, war(fare). As in *Genesis 2:1, 21:22, 21:32*.
- Hebrew word ***machaneh***: Encampment (of travelers or troops), hence an army, whether literally of soldiers, or figuratively of dancers, angels, cattle, locusts, stars, or even the sacred courts; army, band, battle, camp, company, drove, host, tents. As in *Genesis 32:2* "This is God's Host."

Dealing with an army of men, there is:

- Hebrew word **ehayil**: Able, activity, army, band of men (soldiers), company, (great) forces, goods, host, might, power, riches, strength, strong, substance, train, valiant(ly), valor, virtuous(ly), war, worthy(ily). As in *Ezekiel 14:4, 14:17*.

* * *

What is the Heavenly Host? You ones tend to think of the Host of Heaven simply as angels. However, if you will but do some simple homework, and research the word in your biblical scriptures, you will find that the word Host is quite specific, and it is, beyond a shadow of a doubt, a definite military term. This “Host of Heaven” that you so often talk about is none other than the “army” or the “military” of God. And I, Michael, lead this army.

Why is this so important? Why do we want to see this clarified?

We want you ones of Earth to have an understanding of who and what we are, because it is becoming more apparent with each passing event that it may become necessary for the Heavenly Host to intervene in the events of humankind on Earth, as we have done on many occasions in times past.

Though man has dominion over the planet, man does NOT have the authority to cause the destruction of the planet, nor to cause the demise or extinction of life on the planet. Having dominion carries with it a strong responsibility, but it does NOT mean that you ones have ultimate authority.

Let it be known, then, that there is none mightier, there is none with greater strength—either in weaponry or in sheer numbers, or in terms of determination and focus—than this Army of God.

But, do we have the technology that could counter those forces upon planet Earth determined to accomplish their selfish goals at any cost?

Dear ones, we have technologies that you have not even dreamed of—technologies that you would never even recognize. Many of our weapons are not of a physical nature, but are far more potent than any of a physical nature could be.

If you ones think that the Host of Heaven is going to sit back and allow the childish forces upon your planet to do unprecedented harm to Earth, then you ones need to think it through again. As the leader of this Host, I am authorized to inform you ones that your time of nonsense and bullish behavior has reached an end, and we shall no longer sit back and allow the ongoing destruction to occur.

There has, until recently, been a “hands-off” approach—a non-interference policy in effect. However, those on your planet who are in league with the Dark Adversarial Forces have been duly warned and counseled, and were given a specific timeframe in which to change their ways.

When this did not occur, the non-interference, hands-off policy became null and void. We have upheld our end of all agreements, and only expected the same from those ones on your world who are acting in such an irresponsible and reprehensible manner.

I, Michael, will from this point forward be taking a greater role in communications with regard to events upon planet Earth.

It is most unfortunate that there are those upon your planet who are in league with, and in service unto, the Dark Adversarial Energies, and these ones are in the game to usurp the rights and powers of individuals. They have been seduced, and long ago cut their deals, in order to gain power over the planet. They have believed the lies of the Darkness, and do not recognize nor believe that these Dark Energies are only using them for their own exploitation. It has gone on for so long that these ones are completely convinced it is within their rights to be the ultimate controlling faction on Earth.

We have attempted—more times than you know—to negotiate with and to educate these ones regarding the lies put forth by the Darkness. Unfortunately, we have not been successful, and things have reached such a point of crisis that most likely they have left us with no options but to step in and put an end to the madness, lest there be none who would survive.

There will be no need for us to cause any destruction, as those Adversarial Forces will cause their own demise. All we need to do is act as “deflectors”. But it will be so frightening to them that they will be faint from fear and will turn upon one another. Just our presence, with our sheer magnitude and numbers, will be enough to turn the tide.

Why are we disseminating this information at this time? Because, dear ones, you have troops and ships of war on their way at this very hour.

And this is to reassure you, as well as to give warning to those ones who are calling the shots. The war that your leaders are about to engage in has nothing to do with protecting your nation’s borders, nor its people. The war has to do with the acquisition of an extremely important, powerful artifact, and the personal vendetta of a son.

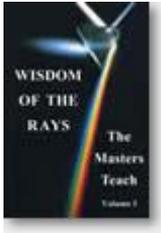
Yes, chelas [*students*], it is beginning to get quite interesting, and you should know that dawn is approaching—so see that you fear NOT the dark of night. Those who are faithful servants of The Most High, and those who search with their hearts for a better world, are getting ready to see the dawn of the New Day.

I am Michael. I leave you for this time with the knowledge that the Light is all about you and quite visible if you will but step out of the darkness (your fears).

I leave you, for the moment, with all the Blessings and Light of Creator Source. Salu.

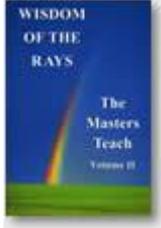
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Awakening to Your Inner Journey

By Gyeorgos Ceres Hatonn

15 May 14, 2007

11/10/02 - Gyeorgos Ceres Hatonn

Good evening, my scribe. It is I, Gyeorgos Ceres Hatonn, come in the Light of Creator God—The One Light.

Many question the nature of these “spiritual” messages, for they wish to have more tangible (physical) proof of the concepts of which we often speak. The proof you desire will come in the form of PERSONAL experience. Our function is to give assistance where assistance is asked for with the heart. The nature of our assistance is that of a wayshower. We will make observations, comments, and even suggestions; however, we leave the understanding and doing part up to YOU.

Every physical participant has chosen to take physical form as a result of each one’s desire to experience from a detached perspective of individuality in order to study some of the finer aspects and subtleties of Creator God’s functioning as such is reflected in the physical realm. You ones do this so as to grow in your personal understanding of SELF, as well as to enhance your understanding of the balanced dynamic interchange that permeates all aspects of Creation—from “heaven” to “hell” and very much beyond.

The majority of you in the physical take almost no time to study your own inner perceptions of subtle sensations that constantly wash over you throughout your days. And yet, most of you same ones are constantly seeking greater and greater understanding of who you are. To know yourself, you need to study yourself. However, the majority of your planet’s inhabitants are at a level of learning wherein situations need to get pretty painful in order for them to seek change from the day-to-day comfort of familiarity.

Those of you who are drawn to this sort of message, and are open to the “possibility” of its authenticity, are the ones who recognize that there is much more to life than simply surviving as comfortably as you possibly can. You ones are seeking to understand where you fit into the Larger Design of Life.

Having a belief in a general teaching or philosophy is a good place from which to base your inquiries, but there are NO SUBSTITUTES for first-hand experience of the principles that are taught by any such philosophy. Most ones prefer it when another takes the responsibility of telling them what is right and what is not, so that they do not have to assume the responsibility of discerning for themselves what is truly the correct spiritual path for their own personal needs and desires.

Many a diligent student of Life will find that they quickly outgrow the dogma of religious institutions. It is for this reason (among others of a similar control nature) that there were made revisions to the “holy scriptures”—in order to retain parishioners who are often made to feel that the only way to truly be connected with God and Christ is through a church group leader.

Creator God created you each in perfection. No mistakes were made. All ones, however, make “mistakes”—or so it would seem. In actuality, the nature and conditions of the physical schoolroom, in which you are each participating, is such that “mistakes” are part of the teaching curriculum. You are EXPECTED to make “errors” in judgment. You are also expected to learn from these “errors” and grow. So, if you are expected to make “errors”, then it is no mistake to do so.

In the moment of personal recognition of your so-called “error”, you, in that very same moment, have moved forward a little bit in terms of EXPERIENTIAL GROWTH. This is the primary function and purpose of the physical environment.

While you are each striving for a greater perfection, you will find that there is always a next challenge and always a next choice to be faced and considered wherein a CLEAR path is not evident—especially when ONLY physical parameters are considered.

This is the point wherein you would be wise to take note and AMPLIFY the subtle inner sensations of intuition (inner Guidance). You ALL have this! Some simply take more conscious note of the signals and learn to interpret them.

When you begin to sense and integrate the inner world of the Knowing-self that is always connected to Creator Source, with your outer conscious reactionary self, you open up all sorts of new potentials as greater information is made available to you from which to draw discernment.

It is also at this point that the nature of your lessons begins to take on a new direction. That is, it is often at the point wherein ones open up to the spiritual side of “life in the physical” that there is a great amount of change, confusion, and often heartache, as the schoolroom is rearranged to accommodate your next set of lessons.

Just as you may have to leave friends and family behind in order to go off to college, so too is it often similarly the case when students of Life are ready for finer spiritual aspects of their journey.

Though this sort of transition can be difficult as ones blossom into the next level of learning, so too can it be a time of excitement and great learning as “coincident” meetings begin to take place and new circles of like-minded friendships are formed.

As has been stated many times prior: when the student is ready, the teacher will appear.

You each attract to you what you NEED in order to face your next learning challenge. Note I said “NEED”, not want! Many of you want that which will satisfy physical comfort—at the expense of stagnating your spiritual growth.

As you progress further down the spiritual path, the challenges become more and more subtle as you will be encouraged to more finely “tune into” your inner connection to Source. You will often notice much more detail surrounding those with whom you interact, and you will be Guided in such a way so as to learn to interpret the information and connect the inner feelings with the outer observations. Eventually you will learn to trust the inner feelings and KNOW what is happening—even when the outer observation is not apparent.

It is quite important to note here that there are ones who have grown quite acutely aware of these finer inner senses and the correlating energies that are behind them, but who choose to use these same energies for very selfish purposes, and manipulate others who are less aware of same. These would be the Lucifers and Satans of biblical legend. These entities are a very real aspect of your experience, just as are the Christed ones who have progressed very far down the same spiritual path that you are now on.

These earlier-mentioned selfish entities DO NOT like to have around them ones who can see through the games they play from a non-physical level with the less aware individuals. Therefore, as ones are awakening to their larger heritage of the nature of the Inner Self, these selfish (or Dark) entities will often lash out at the awakening ones—for they FEAR that such ones might ruin the games these Dark entities play. These Dark entities can make your lives very turbulent and uncomfortable if you do not learn to take precautions to protect yourselves from their mischief.

The very best and most simple way to protect yourself is to push all negativity away from yourself; in short, get yourself into a calm and somewhat peaceful state. Next, say a prayer or call upon God, Christ, Angels, Spirit Guides, or whatever symbolizes for you a powerful Force of Goodness (Light), and ask for that presence within and around you. Such a call is ALWAYS answered!

The “Dark Tricksters” can only progress so far down the path they have chosen before stagnation of growth occurs wherein they eventually realize the “error” they have made. Again, they made no real error. They, like you, were created by God in perfection, and given free will to choose as they see fit. These ones could be looked upon as great teachers with a VERY strong conviction of self. They play a crucial role in challenging all students progressing along the unfolding journey of Life as ones explore the inner world of Spiritual Energies which permeate ALL levels of existence—often referred to as the God Force.

All ones carry inside them a uniqueness seeking to be expressed. This uniqueness is instilled at the moment of the soul’s conception within Creator’s Desire. You each are compelled to express your uniqueness in ever more completeness. This inner drive is what causes ones to choose the various paths and avenues that they do. Your chosen path will eventually lead you to a greater awareness of self, and a greater level of inner satisfaction.

The greatest inner peace and satisfaction you will ever know, while an active participant in the physical, is when you are expressing your inner uniqueness to the fullest extent you are capable of achieving.

This is the “reward” that you seek. It is the “missing something” that you are looking for in life. And though I have just told you each how to find it, many will claim I speak in riddles.

No, my friends, I do not speak in riddles. I speak in general terms so as to help as many of you as possible. You each have a different level of understanding and awareness, and you each will read the same words but derive a little different meaning and understanding. For some, English is a secondary language, and this too will cause some misunderstanding.

However, I encourage you each to take in these words with an open heart and ask for CLARIFICATION within.

As always, take what you feel is for you and leave the rest—perhaps for another time.

If these ideas and concepts in this message seem like an old tired record to you, then perhaps you should be sitting and taking down your own messages directly, rather than waiting for another to do it for you. You each have FULL access to Creator God and to all that is offered with and through your inner conduit to Source.

Allow for your journey to unfold in its own unique time and manner. You are immortal beings, and the ever present moment of NOW is all you truly have in order to achieve your inner heart desire. Allow the infinite wisdom of “hindsight” to help guide you in the present. But—be wary of the chronic preoccupation with past trauma, for it too is a TRICK used to keep you ones from awakening to the Larger Reality of Life within you.

Please know that there is no real separation from you of your lost loved ones. Please let go of any heartache you may be feeling from such past experiences. You will see all your loved ones again and again and again. This physical schoolroom is only an illusion that serves a purpose so that you may experience most fully the idea of individuality.

I am Gyeorgos Ceres Hatonn, come in the One Light of Creator God. May your journey be forever unfolding in newness and with the joy of surprise. You are each deserving of Creator’s infinite and unconditional Love; learn to allow this KNOWING to enter your heart.

Blessings and Peace, in Light, Salu.

Note by Candace: Gyeorgos Ceres Hatonn, is the experiencing fragment of ATON, GOD, CHRIST MICHAEL of Nebadon, the Universe to which Earth belongs. There are 700,000 Evolutionary Universes. Each Universe has a CREATOR SON as its creator. They are called the Michaels. Ours is Christ Michael.

From: www.wisdomoftherays.com

Raising Your Frequency

By St Germain

16 May 16, 2007

"Find a way to look forward to life and enjoy the experience - AND YOU WILL BE FULL OF ENERGY! Now let us look at some of the other factors which contribute to YOUR energy levels.

First of all, you will need to raise your frequencies as much as you can. The **MECHANICS** of how to do this have been provided to you. Besides mental attitude, I would suggest most emphatically that you get products which have been offered such as Gaiandriana or Aquagaia [*cannot be imported into Canada, for instance, but should be available here shortly in an improved version called Silver Colloid Mitochondrial or "SCM"*], all the colloids [silver, gold, titanium] and all the Gaiasorb products that are applicable to you [these counteract habit-forming products or those causing allergic reactions]. (*Candace: The Gaiandriana and Aquagaia are not available at this time, generally. You may be able to obtain a culture to grow your own from Patrick Bellringer @ Fourwinds10.com. However the Gaiandriana contaminates very easily and his growing instructions lack a tiny bit. There will be production of these formally by someone at a later date. If you read the Phoenix Journals, you know these are healing cells that are a gift of God. The Gaiandriana repairs your own DNA to its original blueprint, and the Aquagaia are little mitochondria that are essentially little "pacmans" that will eat buildup in your blood vessels and feed on your little critters that cause trouble. It does grow easily, because it eats any contaminates. It has eaten cat hair in my culture as the cat hair breaks down).*

Ones say that they cannot afford all these things, yet they can afford cigarettes, alcohol, carbonated sugar drinks and such. Well, where there is a TRUE desire for balanced physical health, the appropriate steps will be taken and there WILL be balanced health. (*Candace: ones also waste money on more electronic services than they need, stupid movies and other entertainment and the like*)

Let us look at what some of you are putting into your bodies: Cigarettes are laced with all kinds of poisons; nicotine is perhaps one of the least of concern. The papers are laced with addictive substances [eg opium]. These additives, when burned together, chemically combine into highly toxic carcinogens. Yet, ones will regularly intake these "cancer sticks" - all the while wondering why they are not hearing, personally, the call of we of the Hosts! (*Candace note: doing the "will of God" means allowing God to work through you, meaning your guides and the hosts.*)

Alcohol is another problem with Ground Crew members [those physically on Planet Earth as leaders]. Some go through the experience of drinking their sorrows away

while others claim *"I am only a casual drinker."* In either case, plus all the grey area inbetween) excuses are plentiful for hanging on to this habit.

I am not going to tell anyone how to live their life. I will, however, suggest that you refrain from these toxic and addictive substances IF you desire clarity of mind, sharper senses, a greater level of stamina, and a higher frequency level. Furthermore, such will bring about conditions more favorable for we of the Hosts to work with and through you!

Please keep in mind that whether you are addicted to these substances or not, you are fast approaching a time when they will not be available, and you will have to do without them! So, if you feel you cannot possibly go to sleep without at least one drink first, then you may be in for some very sleepless nights in the not-very-distant future.

Now let us turn to the subject of nutrition. As most of you should well know by now, your food supplies have been purposely depleted of necessary vitamins and minerals. To counteract this, I simply suggest that you get the necessary supplements not only of vitamins, but of common minerals AND trace minerals as well. *(Candace: looks for the messages with Sananda and Rafael through me, for more insight on health. There are 5 of them)*

Furthermore, avoid "fast food" places. They run on such low profit margins that they must buy the cheapest meats, produce etc in order just to stay open. Thus the foodstuffs from these "fast food" places may, for instance, contain meats laced with dangerous pesticides - including some pesticides banned from use in America [although their *export* and subsequent re-entry is NOT banned!]

Remember, throughout ALL your daily experiences, call in *the Light*, and ask for constant protection and guidance. And keep in mind that we can do more to assist you in meeting the challenges presented by any situation WHEN YOU REMEMBER TO ASK!

Speaking of guidance, let me suggest another method of frequency-raising. This technique is in essence a matter of mental attitude, but some prefer the term "meditation." What do I mean by this? I mean clearing one's mind of mental garbage and asking for guidance and insight on what it is you need to be doing.

When you make a conscious effort to connect to Higher Source, there will be a "meeting of the minds" at some inbetween frequency plane. And the more often you put forth this effort, the more easily such shall come about for you.

The Lighted Higher-Energy Beings will meet you more than half-way, and in so doing, will add some of their high-frequency energy to your energy field. This will "stretch" you by raising your frequency slightly. With constant and continued effort to make connection, the easier it shall become, for you shall be moving up in frequency with each encounter. *(Candace: When they do this, you feel a subtle nice energy about you, which may also run down your spine. Thus you know you have contact.)*

Slowly perhaps at first, but certainly with diligence and persistence you will make connection with increasing ease, until you are almost always in constant, conscious contact with we of the Higher Realms. Actually you are ALWAYS "in contact"- you are just not usually very CONSCIOUS of the nature of this interaction. (Candace: in the religious teaching you are to give one day a week to God and not work. Nonsense. The teaching refers to finding intentional time to be in connection with Higher Source. And indeed, you will stay in contact eventually 24/7. I do! I may be distracted once in a while, in a noisy situation, but otherwise I never let the connection go.)

As far as helping others, I would suggest that you share these messages with them and answer their questions the best that you honestly can. If they are asking YOU, then recognize that they are probably being guided to you, and you can feel confident that you have the insights or knowledge that they need to hear. If ones are not asking, then don't force anything down their throats. Respect the choices of another and move on.

Since this writing addresses the subject of health and well-being, let me offer some further information to you ones who are constantly worried and preoccupied with your weight.

Ones constantly go on and off diets. This causes an unbalanced condition and thus there develops the "roller-coaster" effect of weight loss followed by gain again.

Weight, or more accurately size due to fat cells, should be controlled from the inside out, not the outside in. However, for practical reasons, do not jump to the conclusion that this statement exclusively means "controlled from the mind" - though ultimately that is indeed true.

One common cause for an overweight condition (which may or may not also include chronic fatigue) is parasites. For those of you who think that you could not possibly have parasites, I would suggest that you consider most carefully WHY you would think such a thing. Is it because your ego will not allow you confront this possibility?!? (Candace: this was a major problem years ago for me, I had horrid gut infections of yeast and bacteria for years. Get rid of the critters! They are in the very water you drink, around the world. There isn't a person on the planet that doesn't have critters in their body. A cold virus, folks, is a parasite, OK!)

Parasites store food, that they scavenge from your body, in the form of fat. Thus you eat more in order to get the proper nutrition that your body needs. In a heavily infested body, you may consume massive amounts of food and still not get all the nutrients that you need. Meanwhile your body is ballooning up due to the fat stored by the parasites for their future use. (Candace: eating sugary foods feed the critters. Having a high blood sugar really feeds them well. Also, eating sugars in excess which includes white flour, white rice, corn starch, honey, and the like, causes an imbalance of your insulin mechanism. Covered in the pieces somewhere that I mentioned above. When I get to work on the vegetarian/health section, I will cover the hypoglycemia that occurs a great deal in this country. It is the leading cause of migrain headaches, besides overeating and fat production. When you eat sugars too much you get imbalances in the bodies

hormones. FACT not fiction. I have taken the journey into low blood sugar (hypoglycemia) and the resultant diabetes that occurs from it. I know of what I speak here.)

In the larger picture, reduction of fat is probably the VERY LEAST IMPORTANT reason to rid self of parasites. Much disease and otherwise compromised body and brain functioning is also due to parasitic infestations of some kind.

When you prepare your food, it is far more important to do so with LOVE in your heart, than it is important to be concerned about how fancy a dish you prepare. Joyous vibrational frequencies that you pump into the food during preparation shall not only make the simplest dish taste better, but the food will be better for you.

Have you ever known someone who can prepare a dish that is absolutely delicious, yet, when others try to duplicate it, it comes out flat or otherwise does not taste anywhere near as good? This factor is a most important "secret ingredient" of good meal preparation!

Eat fresh fruits and vegetables whenever practical: save the canned foods for your emergency supplies. If you grow, yourself, or you can find fruits and vegetables in the marketplace, which have been grown under more natural or "organic" farming conditions, free from lethal pesticides, then by all means please partake of these more alive, and thus frequency-raising and health-giving, products.

Let us now turn to the subject of electromagnetic pulse bombardment. It is perhaps one of the trickiest problems to overcome. First KNOW that it is there, it is real, and can and does have an effect on you - whether you realise it or not. (*Candace: and it's done really easily through the cell phone towers going up everywhere.*)

Here the counteractive mechanics are not going to be so simple. You must try and match these bombardment frequencies if at all possible. For some, you will have raised your vibrational frequency to a point where the impact is minimized. However, again, if you hold on to those addictive substances, you will be hard pressed to overcome some of these electromagnetically-induced irritations.

The various mind-control pulse systems are specifically engineered to operate in the frequency range of human brain activity. The brain, being in the physical, operates in the same general frequency range as the body. The mind is NON-physical: the brain is quite physical.

What the pulse systems effectively do is, they operate in such a way as to flood the interface junction (brain) with "noise". Some actually hear pulse system broadcasts as background ringing tones in the ears. This "noise" interferes with the brain's ability to communicate effectively in certain frequency ranges. As a result of this now-impeded coupling between mind and brain, tempers may flare or ones may become agitated for no real reason, and yet others perhaps may lapse into states of depression and/or confusion. (*Candace: the dark side has put out that ringing in your ears, is God downloading packets into your head. IT IS NOT. When your ears ring, shield yourself, and try to move away from the source. Ask guides to reduce it, may help also.*)

The higher YOU are able to raise the background frequency of your body (and thus your brain too) the less impact the pulse systems will have on you. Again, MENTAL ATTITUDE has, perhaps, the greatest single impact on one's vibrational frequency.

The next point may seem circular in reasoning, BUT - why do you ones think that the adversarial forces would utilize such a weapon? Could the answer perhaps be: IN ORDER TO KEEP YOU FROM REALIZING YOUR TRUE POTENTIAL?

Laughter, Humor, Joy and Love are perhaps the best ingredients for raising one's frequency. These are the higher frequency emotions that will lift you out of boredom and depression IF you make the effort to cultivate these higher-frequency emotions within you. Allowing such as anger, frustration and self-pity to linger within you only lowers your vibrational level.

Summarizing what I have been discussing as "action items": eating high-energy fresh foods, prepared with Joy and Love, will help increase one's frequency, as will avoiding drugs such as caffeine, alcohol, nicotine and such.

Keep in mind that, as you raise your frequency, the parasites become more and more uncomfortable living in such an environment. Thus frequency, which is again largely governed by MENTAL ATTITUDE, also plays an important role in the weight issue. So, to state this point in another, more comprehensive way: THE BODY WILL REFLECT THE INNER EMOTIONAL SELF. *(Candace: you see, these critters are of the dark side, and they don't do well, in the light. The dark side that runs this planet are parasites, folks, plain and simple.)*

Ones who are plagued by great emotional pains most often put on more weight (fat) in order to insulate themselves from the impact of these emotional events. The fat serves as a "wave barrier" between you and the "vibes" of the outside, potentially harmful world.

When ones are being constantly bombarded with the energies of low-frequency emotions, they will most often place a physical barrier between themselves and those sending out these corrosive emotional energy waves or "negative vibrations."

On a side-matter related to this subject, we of the Hosts must maintain padding (fat) in the Solar Plexus area of some Light Workers among the Ground Crew in order to protect them from the electronically-induced pulse waves and the negative emotional energies of those who strike out in fear or anger. *(Candace: very true. Many of you should notice you have a pad of fat HIGH on your belly. Leave it there. In fact, you should maintain a little extra weight in case the food supply lessens for any reason, you are ill and can't eat well. Also having a layer of fat, is shielding to your whole body in these times of changing energies. CM in the Phoenix Journals advised having some fat on the body. Why do you think the dark side is putting out so much stuff about being slim? To help keep you in their service. Not only about this energy issue, but also because you keep them enriched going to diet clubs, and buying diet food, and going to exercise clubs. Why do you think they put out that you should have a six pack stomach? Don't forget you need to keep changing your wardrobe with the weight changes, and that serves them too. It is NOT healthy to be thin, in any way shape or form.)*

This is why it can be a most annoying, uncomfortable (when your clothes don't fit) and difficult endurance situation for some of the Light Workers who have agreed to serve under these most adverse conditions.

Often this is a particular problem for designated receivers. Since our receivers can get worn down mentally, we must have this physical "back-up" in place.

For some of you who gladly read and enjoy these messages, this sort of attack on a receiver may not even cross your minds. But be assured that there are evil (dark) ones who overtly attack and send negative energy pulses against the Light Workers. Moreover, there are witches and black magic, and some of the more serious dark ones DO practise spiritual warfare. If they can't get the Light Workers themselves, which they usually cannot, then they will go after family members and friends.

(Candace: learn that well, for they do. How many times has someone you know, let go at you, and you walked away wondering how that happened? That's how it happened. There are unseen entities everywhere folks, and they are not all nice.)

Back to the subject of weight. Some are indeed plagued with physical problems such as thyroid imbalance. Some are just lazy and inactive and simply just don't want to give up their addictive compulsions towards eating.

If you really look at the possibilities, you can trace the weight problem back to the root cause - which is emotional imbalance in some way. So, if you TRULY want to drop these pounds, then you would do well to look within and search for those things that emotionally pull you down.

The fat is the EFFECT. The real CAUSE, even of something as physical as an unbalanced thyroid condition, is emotional in nature.

Find those things that pull you down; go within and bring them up. If you have a close friend or relative with whom you can talk about these things, and release them, then do so. The emotional release will do wonders for your mental attitude.

Walking or physical work, outside, each day, will also help you come into balance. A walk can further serve as an opportunity to take in the frequency-raising and cleansing gifts of Nature (God).

Balance begins within. May you be an example for others to follow.

I AM Violinio St Germain, come in the Light of Creator God. Salu."

1996 09 21 (Candace: I am Not the receiver of this piece.)

[NOTE: Some of these products may or may not be available today]

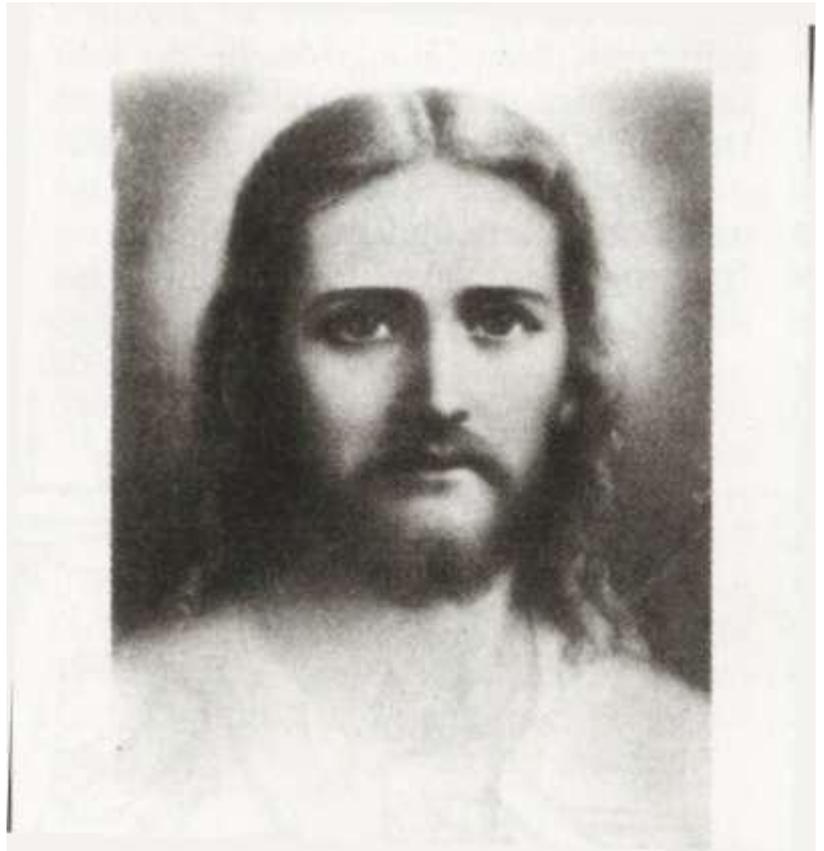
The Role YOU Play In Healing A Planet

By Esu Sananda

17 May 17, 2007

ESU "JESUS" SANANDA
This reproduction is from an actual photograph taken on June 1, 1961 in Chichen Itza, Yucatan, by one of thirty archaeologists working in the area at the time.

Esu Sananda appeared in visible, tangible body and permitted his photograph to be taken.



3/8/02 ESU "JESUS" SANANDA

Good evening, my scribe. It is I, Esu "Jesus" Sananda, come in the Light and Oneness of Creator God Father-Mother Source of All That Is.

Be still and find peace and knowing that ALL happens for a reason, and that at levels beyond your current conscious awareness, there is a synchronistic balance to all events that unfold in the physical realms of Creation.

Many ones are searching for insight and understanding during these times of rapid transformation. There are many avenues presented to you ones at this time, and this is but one such avenue. A diligent seeker of Truth will not have difficulty finding that which they seek. Most often, the difficult part is recognizing Truth when it crosses your path. Far too many ones who search for Higher Knowing and Understanding often allow personal prejudices, preconceptions and fears to keep them from that which they innately desire.

When there is dissatisfaction felt at the heart level of feeling, you can take that as a sure sign that you have grown past the "common" explanations for the world's structure and functioning. For the most part, your world is one in which both cause and effect are looked

for in the EXTERNAL physical world. The "advanced" scientists and so-called rational thinkers would have you believe that human consciousness is derived out of matter, and that it is the evolution of the physical brain which gives rise to consciousness.

However, you ones who see beyond the physical reflections, into the higher dimensions (higher-frequency ranges of energies), will testify to the fact that this is indeed the exact opposite of the factual structure of the physical environment. You will see and know that consciousness PRECEDES physical structure, and that ALL manifestations in the physical have prior manifestations on higher-frequency, non-physical planes of existence.

Those who have great difficulty in believing anything except for what they can see, touch, or perceive with their five physical senses, will naturally laugh or scoff at those who would present such "ludicrous" statements of "delusions". Most often what are behind such REACTIONARY actions are deep fears of personal responsibility. These ones would love to PROVE that the soul does not exist, so that they would have no need to feel responsible for their choices and actions in any given life expression.

However, it is often these highly educated ones who have to confront the many "mysterious" phenomena that only find explanation in the existence of the non-physical frequency ranges - dimensions that are consciously perceivable by the mind, but not by the normal five physical senses.

The structure of physical matter is held in place and given order from the finer-frequency dimensions of energy. These finer-frequency dimensions respond and react to consciousness in proportion to emotional energy content. The greater the emotional energy, the more pronounced will be the shifts in non-physical space that then begin to precipitate into the physical.

Often it is many years of accumulation of heartache (emotional pain and stress) that lead to the many diseases associated with aging of the physical body. It would stand to reason that the longer you experience in the physical, the more incidents of emotional experience that are accumulated. When ones hold on to the "negative" events of life experience and re-live them over and over again in their minds, they will miss out on opportunities to experience the balancing energies of Love and Peace.

The choices you make to dwell on such "negativity" will only serve to distort your personal energy field in such a manner as to cause restrictions in your energy field (auric field). These restrictions will, in turn, lead to malfunctions of various organs and tissues as you are, in effect, restricting the life-giving energies of Consciousness from flowing to (and through) an aspect of yourself, in an effort to avoid (wall off) the pain.

Over years and years of accumulated experiences, often ones are caused (through soul-level self-choice) to have more and more experiences that will once again cause energy to flow to these "walled off" areas wherein emotional shutdown has occurred. Each time this happens the intent is to generate experiences that will give insight into an aspect of yourself that is lacking understanding and balance.

Your world is full of ones who will not allow themselves to truly feel emotions such as love, for they live in great fear of being hurt. This fear is so great that these ones believe it is far better to never allow themselves to be "open" (vulnerable) to the pain of rejection, so that

such pain will never be experienced, ever again. This reactionary behavior is only possible for those who do not truly understand the basic INNER CONNECTEDNESS of ALL ones, EVERYWHERE, and that there is no separation. In short, the pain is due to their own ignorance of WHO they are and the TRUE nature of the physical experience.

This does not mean that such pain is not real. It means that with the proper education and experience, a greater reality is achieved wherein such perceptions of rejection and disconnect are not possible, and therefore the fear of pain that ones often associate with expressing love toward another is likewise viewed as ridiculous.

How do you get to the point of perceiving for yourself the inner connectedness of all ones and the "non-separation" that truly exists? You do this through constant examination of self, and generating a strong desire to KNOW TRUTH and have BALANCE in your life.

Follow this desire wherever it may lead you. There are many, many unique paths that lead to this self-realization. A strong emotional desire and an unwavering focus on knowing will generate unique experiences in your life that will cause you to expand your awareness.

Be diligent and open to "new" ideas. Often the so-called new ideas are found in some of the oldest recorded teachings available on your planet.

Effort to recognize and to put aside the learned skepticisms and prejudices you may have acquired at some point between your birth and now. These are limiting preconceptions holding you back from a greater awareness of the world around you.

For example, remember that often the children see into the finer spirit realms. The "imaginary" playmate (often one of the child's spirit guides) is explained out of existence by the parents who are embarrassed that their child is "acting crazy" especially as such behavior would cause "damage" to the outward appearance of the parents themselves if such behavior were allowed to go on without "correction".

Such inhibiting "corrections" in most cases will need to be un-learned for the majority of ones experiencing in your world at this time if any significant advancements are going to be made in personal awareness.

This task of "correcting the corrections" may seem to be an overwhelming one if you were to look at the current state of your planet's spiritual awareness at present. However, please KNOW that you are ALL inter-connected with each other, and at the higher levels of consciousness there is only Oneness.

So, as you as an individual expand your awareness, you will likewise expand the awareness of ALL ones, EVERYWHERE. As you un-learn the erroneous teachings and replace them with Truth, you will be helping ALL ones to un-learn similar erroneous beliefs. As you learn to allow yourself to feel and experience Love to the fullest, you will be helping ALL ones to do likewise.

It is an illusion that you are separate. You projected individuality into the physical plane of existence. This desire to do so had to be strong enough so that physical form was achieved. In doing so you created a very strong illusion of separation through individualization. It is now time to remember who you are and from where

you come. It is a time for self-healing so that you not only reclaim your true spiritual heritage, but also help all ones to do the same.

Remember the old teaching: *"What you do unto the least of mine. so too you do unto me."* What does this mean to you? What is implied by these words? Can you not take it one step further and see that what you do to yourself you also do to me?

Learn to love yourself. Learn to heal yourself. Only then can you truly love others or help others to heal themselves.

The Oneness of All That Is, is the key to transforming the disfiguring distortions of anger, pain, grief and sorrow into the beauty, perfection, balance and peace that are intended for all ones.

Do whatever it takes to heal yourself from past pains. Do whatever it takes to rid yourself from the limitations that give rise to fears, worries, and doubts and you WILL be giving this gift of awareness to the entirety of Creation, as well as to your nearby friends and neighbors. Transforming your world into the paradise it is destined to become is done one step at a time. Each must come into their own awareness of these basic truths, in their own unique way.

Find the erroneous beliefs within you. They are the ones most closely associated with the fears and apprehensions you emanate. Seek understanding and "alternative" reasons that would allow for the fears and apprehensions to give way to peace and certainty.

True knowledge will keep you from thinking that "the sky is falling" or that "the death of the physical body is the end of your existence". True knowledge, once achieved, will liberate you from your fears. True knowledge will likewise help to provide the courage to rise above the superstitions of fundamental religious teachings, or to break the bondage of the rigorous teachings of "modern" scientific dogma.

As always, you choose your own path. A belief is something ones hold as truth even when they cannot prove the accuracy of same. Beliefs are very subjective in nature - and you would each be wise to challenge your beliefs, especially when there are "negative" feelings associated with them - because there is TRULY nothing to ever be afraid of. A belief that has an element of fear in it should stand as proof that you believe something that is simply not true.

You each have a myriad of Angels (or Guides) in the non-physical realms waiting to add their energy to your own. When you take a step in the direction of increasing your awareness (finding answers to your "problems"), these ones will align their energies with your intent and help you to precipitate your desire in a manner that will help you to reach the next step you need in order to achieve your goal. When you lose sight of your desire and give-up, you severely limit the ability of these ones to assist you, for you give them little or nothing to align their energies to.

So please be diligent in your search for peace and happiness, and please forever be looking for opportunities to express love and appreciation to your fellow travelers.

I am Esu "Jesus" Sananda. My name Sananda means "One with God" and is an earned state of being. I come in the Light of Creator God in response to the many petitions for understanding.

You each are on a wondrous and worthwhile journey. May you each become an example for others to follow as you learn to express more and more of Creators Love through you and into your world.

Much Love and Light to you ALL!
Salu.

"You already possess everything necessary to become great." Crow Proverb

Listening Within and Thinking For Yourself

By SOLTEC

18 May 17, 2007

1/4/02 SOLTEC

Good evening, my friend. It is I, Ceres Anthonious "Toniose" Soltec, come in the One Light of Creator Source. Be at peace.

For those of you who are new to this sort of information welcome! There are many aspects of life and existence that lie beyond the physical senses and yet are very real. Almost every one of you have had "psychic" experiences of intuition, premonition, beyond-chance happenings, and such that have left you pondering the Unseen Forces that seem to be guiding you and looking out for your general wellbeing.

There are ones among you who have learned to listen within and interpret the signals imprinted upon their minds, and thus bring forth communications from the non-seen realms such as this very writing. Yes, there are two general types of entities who will communicate in this type of manner. There are those who work diligently toward helping others to progress along their spiritual journey, and there are those who wish to use and manipulate you ones in the physical in an effort to enslave and entrap you in an effort to be worshiped as a god.

How can you tell which is which and who is who? You must discern for yourself the answer, but I will tell you that the Dark element does not like to be confronted through questioning, nor do they like to be exposed to the high-frequency Light emanations of those of us from the Lighted Realms of Creation.

The Lighted entity working towards helping others to grow in awareness of self NEVER minds being questioned as to WHO they are and what their intent is. These Lighted ones will never dodge the question and will NOT answer you in riddles, sarcasm, or in a jesting manner, for the questions are valid, and often the one questioning needs the reassurance that they are not being manipulated.

The Dark entities will do their best to dissuade you from pursuing such a line of questioning, and they are MASTER manipulators who will intimidate you with an authoritative voice of certainty so that you will think it somehow disrespectful to question them.

QUESTION *EVERYTHING* YOU HEAR OR READ!

The physical experience is for YOUR growth. If you ever think that you have found absolute Truth in any one thing, such as even this sort of message or the publication it arrives in, then you are quite MISTAKEN in your perception. Each one receiving this message will interpret it differently, in some way. Some will quickly denounce it and say it is the work of the devil, and will want to run away. Others may embrace it in some sort of religious manner, and want to accept every word without question. Both extreme perceptions cannot be correct. And as most of you have learned from experiences in other areas of your life the truth usually exists somewhere between such extremes.

The intent of this message is to get you to THINK FOR YOURSELF, and to reason through the various possibilities that are not presented in such as your various schools and institutions of "higher" learning. Most of your schools are designed to mentally corral you ones into a very specific mindset which dictates and reinforces the need for material security. Those who question the instructors and challenge the "status quo" are often met with the harsh repercussions of ridicule and humiliation.

Most ones believe in God, Angels, Spirit Guides, and their negative counterparts. And yet, for the most part on your world, the majority have been trained to believe that God was very busy thousands of years ago giving messages that have been compiled into books such as the *Bible*, the *Koran*, sacred scrolls, and such, and religions have been built up around these ancient teachings. In almost every instance, the ones using these words to form religious groups made it very clear that they were ABSOLUTE teachings, and that there would NEVER be a need to add or subtract from them.

The reality of physical existence has ALWAYS been that each experiencing individual has a DIRECT INNER CONNECTION to Creator Source THE One who created YOU (the soul-you). It is the responsibility of you each, as individuals, to find your own truth and your own reality concerning what you choose to believe.

Often there are simple ways to discern whether a new concept is leading to a greater understanding. The biggest clue will be if it answers more questions than it poses. If yes, then it is most likely the information is leading in a direction that will build to a greater understanding.

If, on the other hand, your questions are answered with vagueness or limitations such as "You are mere mortals and therefore cannot possibly comprehend the advanced thinking of Creator God; therefore the question is unanswerable" or "Just have faith!" then you can be sure that the answer to your question is NOT in that direction.

Please note that if you can ask a question, then you are capable of receiving the answer. Just keep looking and YOU WILL FIND THE ANSWER!

For those of you who may be wondering why I have chosen to address this subject at this time, it is because there are many new readers of these messages who seek this sort of clarification. Likewise there are many of you longtime readers who sometimes need the reminder that you cannot just wait around for someone else to discern your spiritual guidance for you.

This sort of message is intended to serve as confirmation to you ones, so that as you endeavor to monitor your own internal intuitions, gut feelings, and such, you

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will have a confirmation that you are, indeed, not only capable of conscious interaction with the non-physical entities and nonphysical world, but that through application of concept you validate the REALITY for yourself.

Most of you are the "prove it to me" sort who require personal verification. How do I prove to you that YOU have the internal ability to go within and have a TWO-WAY communication with Creator Source? I obviously cannot, but YOU can! And unless YOU make an honest, heartfelt effort to do so, the proof you desire will elude you.

Let me be very clear about one thing: The negative (or Dark) energies are usually the ones who, given the chance, will be quick to come forth and try to gain your confidence. Your first line of "defence" is to simply call upon Creator God (the One who created you) and ask for His protection and guidance; and to surround you with His Love (Light). By taking this simple precaution, coupled with your honest heart's intent to connect, you will have summoned very high-frequency entities (Angels) to your assistance who will naturally repel any pesky low-frequency energies.

In order to discern the intent of the entity, question them until you have personal satisfaction. Demand identification and intent!

Also and this is very important if you yourself are upset, angry, or even slightly annoyed, then you will GREATLY amplify the possibility and probability that you will encounter an entity of similar frequency. Like attracts like, and it is always best to learn to feel at peace and have a sense of distance from any negative emotions.

Wait until you are well rested and have a sense of, at the very least, contentment within, and then say a prayer asking for the Love and Light of Creator God to surround you. (Light here may be thought of, simply, as a symbol for Goodness that which dissolves Darkness and repels Evil.) Now ask your question. Be still and monitor VERY CLOSELY the thoughts that come into your mind.

Often the scribe writing these messages will try to guess what will be written about when the urge to sit for a message comes. Usually this one will experience a blankness, often described as "writer's block". However, when this one has cleared the mind and space, and is actually ready to proceed, the words begin to flow slowly at first, but then rather non-stop, until the message cycle has completed.

Often this is the very clue that the words are a result of an internal imprint upon the mind. Another clue sometimes only becomes evident upon the later reading and consideration of what you have written when you say to yourself, perhaps in amazement, "Where did THAT come from?!" This happens especially when the message you receive contains helpful thoughts very different from what YOU "thought" would be the answer. Eventually you will come into a balance with the process and realize there is no magic nor mysticism associated with this sort of communication.

ALL of the valid messages in the so-called holy books were written in the same manner. And yet, if God chooses to send the messages again, in the current modern dialect, then it is somehow "evil" and of the devil?

Perhaps the inner fear that some ones feel that causes them to want to instantly condemn such communications and, in effect, run and hide, is the fear that they may have been wrong about the limitations they have placed upon God (and themselves) by holding the belief that one physical work, such as the Bible, is an absolute and perfect and complete depiction of God's work. If this were true, there would never be various interpretations and versions, nor would there be fighting over whose interpretation or version is correct. Therefore, the work cannot be an absolute.

Don't get this concept wrong. This writing is in no way an absolute either. It is intended to help you ones gain insight into the workings of the non-physical aspects of existence. The concepts are accurate as presented. However, each of you will interpret the words differently, just as happens with works such as the *Bible* or the *Koran*. You each are entitled to your own opinions and choices.

If this message offends you, then at least you have tried to understand the message offered even if it does make you a bit uncomfortable. I assure you that I am first and foremost a Teacher, though my chosen specialty concerns what you ones would recognize as geophysics.

Sometimes lessons of such a general philosophical nature as is this one are best approached from various different angles so as to assemble a more complete picture. Remember the parable of the three blind men standing in various locations around the elephant, trying to discern what exactly they were encountering. One may hold the elephant's trunk; another the tail; and the other an ear. With only that data, they are likely to come to different conclusions, leading to many arguments about their supposedly shared "reality" about what is an elephant. Given enough time and perseverance, however, they would each come to a very similar concept of the TRUE nature of the item they were examining, once they had each collected enough data.

Likewise, with diligence you too will head in a general direction of greater and greater understanding. Be persistent and be patient with yourselves. Often you must look at concepts you were told were wrong and bad or even "of the devil", and discern FOR YOURSELF the accuracy of what you have been taught.

Remember how, at one time, according to the teachings of "The Church", the world was flat, and the Sun, Moon and stars were created and destroyed every day, and your little planet was the center of the universe. Just as those concepts are laughed at now, so too will some of the concepts and beliefs you ones now commonly hold as truth be laughed at in the future. (Clue: "Nothing can travel faster than the speed of light, and therefore it would be impossible for extraterrestrials to travel to Earth.")

With the start of this new year (by your calendar markings), may you each find a renewed curiosity about the nature of your soul and the desire to follow same. In looking at old beliefs and ideologies, you may see that you too have just accepted these without question because it was the way you were brought up. In short, it is part of your mental programming to just accept these ideas without question, even if logical reasoning causes confusion.

Take the story of Lucifer for example: Just how could one of Creator God's very own creations ever become more powerful than the One who could un-create him in a mere twinkling of an eye?!? Do you honestly believe Creator God made a mistake when creating ones such as Lucifer? Was he an accident or is he fulfilling his purpose as God intended him to? Either God makes mistakes or Lucifer is simply fulfilling the role God intended. It cannot be both ways.

Dear ones, Creator God makes NO MISTAKES!

I am Ceres Anthonious "Toniose" Soltec, come from the Lighted Higher Realms as a Messenger, Wayshower, and Teacher at this time to offer assistance when and where allowed. I come in the Radiant Light and Love of Creator Source so that you ones may have additional resources with which to face the challenges that you now face.

Blessings and Peace to each and every one of you. Salu.

SATISFACTION means Balancing the Inner and Outer Worlds

By SOLTEC

19 May 17, 2007

1/30/01 SOLTEC

Good evening, my friend. It is I, Ceres Anthonious "Toniose" Soltec, come in the Radiant One Light of Creator Source. Be at peace and be still, for within the stillness comes the awareness of the All That Is.

Your planet continues with her birthing process, despite much interference (both purposeful and accidental) from those dark ones who think they know what they are doing with technologies they only vaguely understand. As you witness the various shiftings of her crustal plates, be not fearful of what might happen; rather, realize that this is a very natural phenomenon and quite necessary for the overall balance and well-being of your planetary orb. If you live near a known geologically active area like an earthquake fault line it is wise to take precautions so as to avoid any unnecessary physical hardships; but so too is it wise to recognize the larger perspective of cyclical change associated with the living entity commonly referred to as Mother Earth.

Her deep compassion toward you ones flows both from love and from a wise understanding of how unique a creation each of you are. It would be a loving gesture to return that level of recognition to her, for her cooperation is an important part in this Grand Play you call life.

Your individual journeys and experiences vary greatly when viewed from the finer individual perspective, and yet the ultimate destination for you each is the same return to Creator Source and the recognition of the interconnectedness of all ones and all life, regardless of its form or its present level of consciousness. You are each searching for the ultimate inner satisfaction that only comes when you are fulfilling what you ones often call "your purpose" which derives from the inner basic need to expand your individual awareness of self and discover how it is YOU fit into the overall scheme of The Creation (The All That Is).

A true sense of peace can only be had when the individual seeking same can learn to let go of that which is of an external nature and recognize that the only TRUE peace comes from deep within one's own self, and is a direct result of acknowledging YOUR own inner connection to Creator Source.

You ALL are "Holy" and Sacred within the eyes of Creator God. None is created with more perfection than another. You ALL are created in perfection. Those who seem to have

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greater gifts than the next are simply those who have chosen to search more diligently for the greater awareness of self.

You each have the ability and opportunity to search as diligently as the next, or not at all. However, you will find that those who diligently search for greater understanding are the ones who have a greater sense of accomplishment along with a stronger sense of inner peace. Ones who are inclined to seek outward physical gratification through materialistic pleasures tend to be those who look back on a life with a sense of shallow bewilderment as there is a nagging feeling that they somehow missed out on "something" important.

The key here is to find a balance point between the outer physical/material world and the inner spiritual world. If you can recognize and truly see (or sense) that the physically manifested environment is a BYPRODUCT of the spiritual world, then you will be well on your way to realizing that the greater reality of experience lies within INNER spiritual realms rather than in the physical domain.

The diligent seeker will also come to realize that the physical environment is set up much like a biofeedback device wherein your thoughts, choices, ideas, and beliefs are played out and reflected back to you, over and over, time after time, until you eventually grow in awareness that you literally create the reality you perceive. This is to say that YOU control the inner emotional state (vibrational signature) you emanate, and this in turn causes a resonance and amplification within the ethers (etheric planes of existence), which then begins to precipitate as experience in the physical realm. Depending on the amount and purity of emotional energy you focus, the precipitation process may take anywhere from several decades to the instantaneous manifestation of your desire. The only difference is the clarity of thought directed by the awareness and understanding (which powers the intensity of the emotional energy) of the individual who sends forth the desire from within.

You ones have many examples of "super-human" feats wherein such as a 110-pound mother has lifted a heavy automobile off her pinned child. These are examples of what is possible when an unwavering desire is coupled with great emotional certainty. In essence, the common perception of reality is "bent" to conform to the desire of the individual, rather than holding fast to the reinforced "reality" of the mass consciousness.

The point here is to state that your environment is quite a bit more than what the masses of your planet believe it to be. For the most part, you each take on the reality handed down to you from your forefathers, and slowly add to it, and gradually stretch the envelope of awareness. This results in new technologies and "modern" advancements in science and such. However, there comes a time in this evolution process when the externally focused physical sciences begin to bump "solidly" into the more internally animated "unexplained phenomena" that defy external scientific reason. For the most part, this is where your world is at currently.

Now for the twist: In the so-called "elite" circles of your world, there are ones who have studied the advanced principles upon which physical reality actually operates. These principles were recovered in part from the records of previous civilizations, and in part from various other-worldly (extraterrestrial) sources. These so-called "elite" ones are divided in their philosophies as to how best to utilize this knowledge.

There is currently a struggle among these ones, and there is emerging two distinct general philosophies. One states that the world is not ready for this next step in awareness, and therefore they (the elite controllers) are duty-bound to guide the masses in accordance with their "higher" awareness and understanding. The other main (but less popular at this time) philosophy is that it is not the right of the few to decide what is best for the masses, since all are of equal spiritual heritage.

Currently the masses are being held in the "dark" through many forms of sophisticated and subtle mind-control. Their evolvment is mostly left to the whims of a relative few who wish to be rulers and dictators over the planet's populations. We say "mostly" because while the above statement applies to the largest segment of your slumbering populations, some (an alarmingly growing number to these so-called "elite" controllers) are "waking up" and reclaiming their own lives. And the example thus being set by these awakening ones has a tendency to "rub off" on some of the otherwise sleeping masses, creating the potential for an "avalanche" effect.

In the greater understanding available to the diligent student, you will clearly see that NOTHING impacts your experience unless YOU give it permission and power to do so. This permission is often given in the form of a general inner belief structure that sort of runs on autopilot in the background in one's habitual thought process not unlike the automatic bodily responses that regulate your heartbeat and breathing.

Many of you have learned to simply recreate the reality you grew up observing, and simply accepted things as they appeared to you, not giving a second thought to the nature of the non-physical counterparts that make up the perceived reality in the first place. Again, this is natural to a point, but there does come a time when the masses of a given civilization are ready to take the next step forward in growth. The majority of your world is ready for this next step.

We of the Host of God (our numbers are VERY great) have come to help facilitate this awakening process, and provide a focus that will allow your world to have a grounding point wherein some semblance of reality may be maintained and held to, as the shiftings in awareness precipitate many a localized "distortion" as the energy released is given opportunity to settle. In essence, we are like the midwife who assists the young mother through the birthing process so that she does not succumb to overwhelm during the more common turbulence associated with delivering the baby.

Just as the birthing pains quickly give way to the JOY of having the newborn baby delivered, so too will the current ones experiencing the transitioning of your world come to realize that all of the physical turbulences associated with this upward evolution of consciousness are great and grand opportunities for the individual who persists through the process of "birthing" this new level of consciousness within the framework of the physical environment.

How best to prepare for these forthcoming times?

Learn to trust your intuition as you would trust your physical senses. This is easier said than done. For the most part, you ones have been trained to ignore the hunch, and often you have been ridiculed when trying to express to others your intuitive feelings. As a result,

you have been mentally and emotionally conditioned to ignore or dismiss (not trust) the Inner Guidance being offered.

Know that ALL great inventions and revolutionary ideas were brought to the consciousness of the individual via an intuitive route. There are NO exceptions, though there may be ones who would deny that the inspiration simply "came" to them because they either fear the ridicule they might receive if the truth were known, and/or they relish the ego gratification of their newly acquired status.

You each should strive to expand your intuitive abilities. This can be done in many ways such as dream work, meditation, prayer, or perhaps you may find a willing partner to whom you can sit and send thoughts or images at a set time each day, who will diligently and honestly work with you to develop the intuitive awareness.

In time you will be given validation that your intuitive senses are alive and well, and that they are there for a reason a God-given REASON to give to you the recognition that Creator God (the One who created YOU!) is always there, as close as your breath (actually much closer); all you need to do is learn (or, in most cases, remember) how to listen within.

Please keep in mind that there is no past deed or action you can possibly have done that cannot INSTANTLY be forgiven. It is you who fail to forgive yourself; God does not punish anyone. It is you who punish self in EVERY instance.

YOU ARE QUITE WORTHY OF ANY AND ALL OF GOD'S GIFTS. So please do NOT, for one moment, entertain the idea that you are somehow not deserving of direct inspirational guidance from Creator Source. YOU ARE DESERVING, for you are an aspect of Creator God, and you are created with a reason and a purpose that is borne from the perfect desire of Creator God. Therefore, you EACH are Holy and Divinely Sacred, and quite deserving of Creator's full attention.

Never belittle yourself or another, for in doing so you belittle Creator Source; and in essence you are calling God a fool. Such actions only serve to diminish your ability to connect within to Higher Source, and thus inner turmoil and anxiety often result.

Comment from Candace: The above bolded comment, is the teaching that goes with "Thou Shalt Not Take God's Name in Vain." It has nothing to do with "swearing " occasionally.

I am Ceres Anthonious "Toniose" Soltec, come in service to *The One Light*, Creator of All That Is. I am a Messenger whose primary goal is to assist those of you who wish to see a bit farther down the path so as to have insight and courage to continue to seek out the greater awareness despite the ridicules and misperceptions of others.

I salute you all, my Brothers and Sisters of Light.

Salu.

Testing and Sorting in These Final Hours

By Esu (Jesus) Sananda

20 May 26, 2007

4/11/02

Peace be with you. Esu present in Radiance and in Service to the Father, and unto The Creation, and for the greater benefit of man. I gave you the signal and you responded. Thank you. Listen, please, scribe, for that signal, for at such a time I need for you to write what I give to you. Time is short, and many people are petitioning of me for Guidance. It is my sacred responsibility to answer their petitions. I come to you this day to speak about the final hour. How may I speak in such terms as "final"?

By this term I mean that your world is divided, turbulent, violent; man is beset against man. And yet there are others on your place who are feeling the Lighted frequency increase that brings about Peace, Gratitude, Compassion, and yes, Love.

May these two divergently opposed forces live side-by-side forever? It has been so, up until now and yet I tell you that a separation is imminent.

I do NOT say that tomorrow, at such and such a time, something will happen.

I AM saying that soon, by OUR counting, there shall be a reckoning. This is not something to be fearful of, but rather, it is something to be excited about, to look forward to, to rejoice about.

God IS in His Heaven of that you may be sure! And the conflict that is occurring on your place is witnessed by MANY, including the very Hosts of God.

Why do I not bring a stop to the madness? Because the hour of my return has not yet come.

Has it not been written in your Bibles that there shall be no peace? There is such conflict not only in the Middle East, but in other regions around your world so much so that your planet is about to explode into a global conflict that shall inflame continents.

God shall protect His people, wherever they may be of that you may be sure.

I am close, indeed, to your planet.

Michael is with me. Gabriel is with me. Other faithful trusted friends of the Hosts are with me.

Seek Peace. Seek Love. Seek Compassion. For that which you seek, that which you hold in your hearts, you shall find! Those who CHOOSE conflict shall know only conflict.

Seek the path of Service leading to Joy. The separation SHALL occur, and those of Service and Love and Compassion shall know Heaven-on-Earth, forever.

Will this Heaven-on-Earth be on this same Earth, or on a parallel planet of Earth? Ah the master story-teller never reveals the ending of the story before its time!

Suffice it to say that God's people shall be rewarded for their selfless years of Service 100-fold, beyond their ability to even comprehend at this time. That is the promise for Service, from the Father.

The temporary, passing, material world in which you find yourselves now is but a fleeting blink of an eye. What loving Father would reward a loving child with a cut flower that but wilts in a day? Nay, the loving Father would create a garden of flowers that shall bloom season after season to provide joy for the child for years and years and years. Such is the nature of reward in the Heavens.

Think not in your limited, tiny little boxes. Even those who think in terms of NESARA, in terms of caches of gold, are so very limiting of the Father in His Glory. If you could create a forest in all of its splendor, in the blink of an eye, what need have you of worthless printed debt-notes?

Come now, my people, broaden your horizons, open your eyes, THINK!

God has never asked you to Serve without reward. But I tell you surely that SERVICE IS ITS OWN REWARD. For selfless Service is the highest calling a being may have; and answering that call to Serve is honored by the Hosts with such gratitude as you cannot imagine. I SERVE WITH BROTHERS AND SISTERS OF LIGHT FROM MANY REALMS, MANY PLANETS. THEY ALL COME IN SERVICE TO YOU, THEIR YOUNGER BROTHERS AND SISTERS. THEY SERVE DAY IN, DAY OUT, DAY IN, DAY OUT?SELFLESSLY, KNOWING THAT SERVICE IS THE ONE TRUE CALLING THAT BENEFITS THE WHOLE OF THE CREATION.

You, the younger brothers and sisters, are connected to God and The Creation. As you grow, so grows the whole. ALL is connected to ALL. It simply is a Truth that your Elder Brothers understand fully.

As you, too, grow in your dimensional awareness, you, too, shall seek Service for the benefit of your younger, less mature brothers and sisters.

But the call for Service that is coming shall be a call for Service to brothers and sisters of Light, who do not dwell in Darkness, who do not wish to kill one another but rather, who wish to benefit, also, the whole of Creation on the Earth, which shall be a paradise and a light unto the whole of Creation.

MARK MY WORDS, FOR THEY SHALL COME TO PASS IN YOUR LIFETIME!

Be at peace and KNOW that we are close. We see. We know well that which is transpiring in the back rooms of the White House, in Peking, in London. ALL is known to us, and ALL shall be revealed. Those who have been traitors to mankind shall feel the sting of that treachery.

YOU OF GOD'S PEOPLE AND LET ME BE VERY CLEAR ON THIS: I DO NOT SPEAK OF GOD'S PEOPLE AS CHRISTIANS OR OF THE CHRISTIAN FAITH, I SPEAK OF ALL OF GOD'S PEOPLE, WHATEVER COLOR OR WHATEVER RELIGION YOU MAY BE? IF YOU HAVE SERVED YOUR FELLOW MAN IN HONOR, WITH COMPASSION, AND WITH LOVE IN YOUR HEART, WITH THE INTENT OF SERVICE, YOU SHALL BE RECOGNIZED AND REWARDED AS ONE OF GOD'S PEOPLE.

STOP THE IGNORANT FOOLISHNESS OF LIMITING WHAT GOD MAY DO OR HOW GOD MAY VIEW HIS PEOPLE. THIS IS GOD'S CREATION. DO NOT LIMIT HIM BECAUSE YOU ARE LIMITED!

Love God with all your mind and all your heart and all your being, for God so loves you with all of His.

You each shall come to know the Days of Light. For the Days of Light shall bring with them such glory, such grandeur, such splendor, such Joy as you cannot imagine. Rejoice that God is in His Heaven and God's people will be united and recognized and rewarded for their Service.

Be at peace and know that certain actions and events MUST play themselves out on the Universal Playing Field. May the Day of Light find you in the Light, and not in the Darkness. Ponder these words and act upon them. Now is not the time for laziness, or half-hearted measures. I would have you hot or cold!

You are loved beyond measure. Go in peace this day, for I am close.

I am Esu, returned as Sananda, meaning One with God.

Let not names cause confusion, but rather, let the overall concept shed Light, for ALL is Light!

(continued 4/17/02)

There is a Great Awareness opening in the minds of those within the military and secret circles of clandestine activities. That Awareness is expanding into seeing other possibilities than the ones that are being put forth by those of limited thinking within the power structure of your country. It is causing conflict within the hearts and minds of those in the military and clandestine circles, for there is an increasing awareness that much could be handled differently, more effectively, more peacefully. And thus, you have a division taking place even at the highest levels of government.

Those who seek to destroy, who utilize others' resources and others' lives in service to self over RESOURCES? shall themselves BE BETRAYED by those closest to them. This betrayal shall lead to additional conflict.

That which is on the political horizon does not bode well for ANY WHO MEAN HARM TO OTHERS, OR WHO MEAN TO BRING CONTROL UPON THE HEADS OF THE PEOPLE.

It is only through thoughtful, peaceful intent toward resolution and LIVING TOGETHER IN HARMONY that solutions will be found. Peace shall be "sought" by those meaning war, and no peace will be found. But the war shall circle back upon them, for thus is the Law of Return.

You will receive less and less and less news. There shall be more controls put in place to prevent information from flowing to the people. Even those in high political circles will not know what is truly taking place, and this will lead to further confusion, because the whitewash lies that will be put forth to cover the truth will be exposed for the whitewash lies that they are, and trust will be further eroded.

It is only when those in political circles do the right thing, for the betterment and peaceful evolution of the whole, that progress will truly be made.

The enemies of peace are well armed. They shall strike at places and in manners not foreseen, except by your most exceptional viewers. Those strikes will cut deep and will paralyze many with fear.

Fear MUST be overcome, for the enemies of peace and prosperity shall, in the end, know NO VICTORY. Theirs shall be a painful destruction. Those who they thought were friends shall become enemies.

God's people must hold strong in their faith, for the hour will look most bleak before the dawn, and yet the dawn shall surely come. Pray for Guidance and that your country's leaders be shown the way.

But I may tell you now: they will not listen. They are head-strong. They know best.

They do NOT know best because they are compromised. They are greedy. And they are moving into other countries for the wrong reasons and not the reasons being put forth and it is obvious to the more conscious of your people.

Killing for oil is wrong, period! As you strip your planet of her resources, she shall soon turn to bite the hand that has been raised against her.

Oil shall not serve well for much longer because technologies exist which make oil obsolete. Those in the power circles know this, fear this fact, and tremble in the knowledge that one day their empires shall crumble. And crumble they shall!

Those who have been first shall be last, and those who have been last shall be first.

The people of America must wise-up, and they must wise-up not by seeking their instruction on the television screens of the world, but by listening to their own hearts and minds.

I petition all of God's people to pray for Guidance and pray for Peace, for your world is on the threshold of great destruction.

I am Esu Immanuel Sananda. Heed these words of warning. Salu.

(continued ... 4/21/02)

Peace, peace, peace. Esu present in Light and in Service. Let there be no question about WHO I serve, for I serve God and The Creation, in Radiance.

There are those who come in sheep's clothing who are wolves devouring the resources of God's trusting people, and those wolves in sheep's clothing, known as your preachers and false ministers of the doctrinal churches, shall be held to account for their falsifying and misrepresenting of my word.

It is a time when all masks shall be torn away, and the masks of your political leaders are being shown even this day for what they are a false front. The people of the world grow very tired of the lies. In America, anger is growing among the people, for it is OBVIOUS they are being lied to by the politicians, lied to by the media, lied to by their church leaders.

It is not wise to lie to the American people, for they are a unique people. Is it any wonder that your vice-president hides? The lack of decisive action by your nation in the Middle East is fueling the flames of hatred among the rest of the nations of the world. America shall feel the sting of that hatred for showing the world such cowardice and lack of leadership.

There are choices that are being made by the arrogant few, and those arrogant few shall reap ten-fold the consequences of their poor and dishonorable choices.

There shall be a uniting among the Arab world, the likes of which the world has never seen. The Islamic community shall be of one mind, one voice, one goal to strike at the heart of the beast, which America has come to represent. And Israel will not be immune from those reprisals.

The cries for PEACE shall go unheard, ignored by those who cling to power as they continue to fail, decision after decision, while the people grow more deeply discontented with the deception, which will become more apparent .with each passing day, each passing week, and each passing month.

Your Congressional leaders are traitors who have sold their very souls, and the American people feel powerless. The voice of the American people shall not be silenced. Greater and greater restrictions shall "come down" in an effort to "get the public under control", leading to greater and greater discontent, and greater distrust for the democratic process.

This distrust and anger shall continue to build, and will lead to some very destructive and foolish acts by those who see no other way. This will result in yet greater controls and restrictions, which will lead to greater resentment and anger among the people. And in the meantime, the arrogant few shall line their pockets more fully, and work ceaselessly at further stripping the world's oil reserves, so that they may maintain their failing dynasties. And fail they shall.

When it is said that the hour is darkest before the dawn, it is A TRUTH. But the dawn shall come, and shall bring with it NEW HOPE, NEW FAITH, NEW TRUST.

God's people have nothing to fear. Hold strong and keep your faith. Those who would use, abuse, and control God's people shall live to see the day that those choices will be publicly known for the foolhardy choices that they are. And those world leaders making these arrogant, destructive, controlling choices shall be viewed historically with disdain, and they shall be laughed at for the fools they are.

But it shall be HINDSIGHT that brings about this awareness, for in the present time the people are fearful, and they know not what to do to stop the madness. The madness originates in your governmental houses, and it runs deep.

We are in the time of chaos. But there shall ultimately be ORDER out of chaos. For in God's Universe, there is order. It is only on planets such as this one, in transition between dimensions, that Evil hangs on for dear life and takes as many lives with it as it can, on it's way down. God's people shall be sorted from the chaff, and there shall be peace and glory and love and balance. Of that you may be sure. I am Esu Immanuel Sananda. Salu.

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Peace be with you. Esu present in Radiance, and in Service, as always.

Be gentle with yourselves as you witness the world around you turned upside down by the foolhardy men in positions of power. Their worlds are crumbling around them, and they see it not. They shall see it soon enough.

We shall come within closer proximity to you of the faithful on the surface of the planet with each passing day. You will begin to feel our Presence, our Guidance, our Love, as we tell you to "be patient" a while longer.

Those who have served faithfully shall inherit eternal life, a life filled with service and glory, like no other. The challenges faced by those serving at this time are greater than the challenges faced by man throughout history for your world is unique unto itself, as are you, beloved humans.

You are loved greatly.

You will not be misled, by us.

Ask for your answers and they will be clearly given directly to you, if you will but listen for the answer. Trust in your own Guidance. Do not give your power into the hands of others. It is a time when all of you should begin to hear clearly from we of the Hosts if you will but listen. ASK AND IT SHALL BE ANSWERED. KNOCK AND IT SHALL BE OPENED UNTO YOU.

These messages shall be given in this manner for a while longer. Then it shall be up to you each, individually.

Know that you have not been abandoned on some mad world. You are not alone and you never have been. You have more help available now than you can possibly imagine, if you will but ASK. It is that man feels insignificant, unworthy.

You are worthy. You are significant.

It is always greatest to ask on behalf of another but you may also ask for self. If you need Guidance, ask for Guidance, and matters will be clarified for you. But you must learn to LISTEN. For what purpose is there in asking if you do not listen to the response?

Universal questions may be answered universally, through receivers such as this, in public messages that apply to the many. But you are each unique unto yourselves. Certain communications and lessons may only be given privately, directly, quietly, clearly, to you - within yourself. So please, hone those listening skills so that you may hear us DIRECTLY!

Trust that you shall be given a response to your questions.

But always be on your guard for the Dark ones, for you must ask with all your heart and soul that GOD respond and you shall have your LIGHTED answer.

Never be afraid to ask WHO IT IS who is answering you. LISTEN carefully to the response: Is there hesitation? Is the answer not clear? Then be cautious.

THE LIGHT WILL NEVER HESITATE TO RESPOND TO A REQUEST FOR IDENTIFICATION. AND THE LIGHT WILL NOT CHANGE ITS ANSWER ONCE IDENTIFIED. ONCE IDENTIFIED CLEARLY, YOU MAY TRUST THAT YOU ARE HEARING FROM "LIGHTED" SOURCE, AND THEN IT IS THE BETTER PART OF WISDOM TO LISTEN TO THAT GUIDANCE.

WE ARE COMING UPON A TIME WHEN YOU EACH MUST HEAR FOR SELVES, FOR IT IS NOT TRULY UP TO ANOTHER TO RECEIVE MESSAGES FOR YOU. YOU ARE EACH RESPONSIBLE. AND THAT RESPONSIBILITY WILL FALL TO SELF IN THE NEAR FUTURE, AND THEN IT SHALL BE UP TO YOU!

You have always been told that this shall be a time of false prophets, and false messengers, and it is so. But it was never told to you that you would not be shown-the way, that your prayers would not be answered. Some of you still need to hear a response to your prayers in this manner, and so it is given to you, freely, openly.

The Father knows what you **need**. Trust in God.

I am Esu Sananda and I leave you in our Father's Light.

Note by Candace: This was apparently from the Spectrum Newspaper, supposedly the "June" issue, so I would assume in 2002. This paper is now defunct. The website this particular rendition came from is <http://www.geocities.com/guides2012/Contents.html> I have no idea if this piece was copied in perfection by others or modified, since I have no original copy. Hope that helps you out a little dearest Patrick. If its messed up, I didn't mess it up. I only removed lots of little strange "?" marks that were in the piece as I found it. Nor does the fact that this page on my website has copyright protection, does it mean I

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