

Messages from
Abundant Hope

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Spiritual Nuggets Part # 2

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Actions ALWAYS Reveal Your True Level of Growth

By Esu "Jesus" Sananda

21 May 27, 2007

10/5/02 - Esu "Jesus" Sananda

Good evening, my scribe. It is I, Esu "Jesus" Sananda, come in the Radiant One Light of Creator God. Be still, be at peace, and allow the words to flow.

As your journey continues to unfold, you shall stand witness to many great changes. Most of you want details and specifics as to where—and especially when—these many changes will come to pass. You ones live in a very dynamic environment wherein seemingly small occurrences can have a great impact on the unfolding "drama" of life. Often, if there is the smallest amount of Light shined on the plans of those who rule your world, they get "spooked" and make changes. With each set of changes often comes the need for more time in order to implement the modifications.

However, these ones never lose sight of their ultimate goal: depopulation of most of YOU as a means to ensuring THEIR survival. None of these world controllers wish to be held accountable for their plans, nor do they want the masses to awaken and see them for who they truly are: insane, cowardly "children" who lack the inner balance to understand there is another way.

The "other way" is to overcome the lustful addiction to materialism and its many euphoric perceptions of grandeur, power, and control. These "children" are much like the alcoholics who refuse to see that they have a problem; rather than look within and see the true cause—theirself—they lash out at the rest of the world.

This mental condition is instilled in these elite ones from a very early age, and cultivated throughout their lives so as to keep them detached from reality as perceived by the average person. These "children" believe with great conviction that they are superior in every respect to the so-called common person.

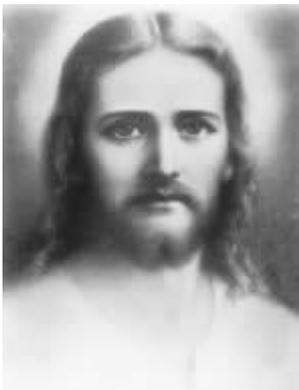
Their perceptions and beliefs and access to hidden-away ancient knowledge allow them to see that the average person has been manipulated in a consistent manner for thousands of years by—in almost all cases—their very own ancestors. The primary vehicle of control started with organized religions and has been quite effective—up until the last 100 years or so. Those who would not conform to the organized religions were often hunted down and destroyed—often in the name of God.

It has been said many times that Creator God would again send forth His Word. The Word of God is and has been coming forth to your world from the very beginning of human

existence. It has never stopped, and it never shall, for the inner seeking of an individual will always result in a response from Creator God—the One who created you.

No one person, group, or religion has a monopoly on the Word of God. Understanding of the Divinity Within is always reflected in your actions and deeds. The more you understand the nature of Creator God and His functioning through you, the more you will naturally desire to allow His Light to shine through you. Those who resist this Inner Knowing often do so out of ignorance and fear generated by an external factor such as a “religion” or other common limiting beliefs held by family and friends.

If you look to the many world figureheads, and find out their position on the “need” for war, and take down their many responses, you will quickly find which ones are demonstrating their Higher Understanding of Divine Principles. Again: actions always reflect the Inner Light of Understanding.



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 “children” who control your world are, for the most part, “drug addicts” hooked on the idea of power, the illusion of greatness, and the physical pleasures of the third-dimensional arena. Just as actual drug addicts will shorten their life and often cause great suffering for all ones who care for them, these “children” will destroy the entire world in order to maintain the illusions they are addicted to.

There are ones, such as the Dalai Lama and the Hopi Elders, who, if allowed, would come forth and give discourse on the Higher Principles of existence so as to help ones see how ignorance precipitates such negativity as wars. When ones truly begin to understand the interconnectedness of ALL life, they will see that, if they spit upon another, they are, in fact, spitting on God and self at the exact same time.

There is only the illusion of separation while in the physical. This illusion serves a very important growth purpose, and facilitates spontaneity, newness, and helps to create unique environments for learning to appreciate the immense value of **BALANCED ENERGY FLOWS**.

You each demonstrate your understanding through your actions. Everyone you interact with flows energy to you and you to them. When this exchange is balanced and in harmony with your Core Self (Higher Self), you will feel affinity toward the one you are interacting with and things will flow smoothly. When your energy exchange is not in balance, or you send out energy that is not in alignment with your Core Self, you will quickly generate energy “disturbances” which result in lower emotions of frustration and anger, and the journey becomes more abrasive and harsh.

Please remember our many earlier dissertations. No one CAUSES you to feel anything. Your emotional state and feelings are YOURS, and are a result of the energy you send out and is reflected back to you. Sometimes this energy may take several years to return to you, or it may be instantaneous, but it ALWAYS comes back to you.

If you quickly find yourself getting upset with, for example, “idiotic people”, then perhaps you should go within and find what it is that YOU are ignorant of, and alleviate it as quickly as possible. Only afterward will you then be able to understand that the “idiotic people” who seem to keep crossing your path are actually there to help you see that YOU have a need to grow in a particular area. These ones are actually being summoned into your life, and you into theirs, for mutual growth reasons. Anytime you find yourself getting upset with another, try to look at the situation from a perspective of two unique aspects of Creator God interacting with one another, both trying to find balance.

To get angry with another aspect of Creator God only serves to create energy flows (some call this karma) that are self-destructive with regard to longterm effects. All chronic conditions of poor health can be traced back to these sorts of self-destructive acts toward others. Those who seem to have good health all the way to the “end” often have a great deal of good friends and loving relationships with their family, and are almost always found with a smile on their face and kindness in their heart toward everyone.

Those who linger in a state of long-suffering, going from one ailment to the next, often do so as a means of self-punishment for the many selfish acts they have done throughout their lives.

Your world is in great need of more compassion, understanding, and kindness. It does not take much effort to be kind, and it takes far less energy to hold a smile on your face than it does to hold a scowl or frown!

Learn to be patient with each other. Learn to be tolerant of others’ ignorance, as you would hope them to be tolerant of yours. If you are faced with a harsh situation and don’t know what to do, then always look for the solution that you perceive benefits OTHERS the most. Even if this is not the best possible choice, it will eventually lead to a more balanced outcome.

Remember that the actions of another are a far greater indicator of the true nature of the person you are dealing with than are their words or gesticulations. Many ones harbor anger within that, from time to time, comes out in emotional outbursts. However, look to their more common daily actions if you want to get a good look at who is really inside.

Judge the actions of others as you see fit to do so. But always keep in mind that these ones—no matter who they are or what they have done—are still unique aspects of Creator

God trying the best they can to grow and learn. There are many ones who cross your path who would benefit quite significantly from a kind word or gesture. NEVER UNDERESTIMATE *YOUR* POWER TO MAKE A DIFFERENCE IN THE WORLD!

Most of your world's political leaders—the ones who make decisions that change the course of lives throughout the world—fail to recognize that they too are but children when it comes to understanding these basic principles of life and the nature of their own inner Core Self. Their actions prove this to be true.

I am Esu “Jesus” Sananda, come in Light and in Service to The One Light, Creator God. May you each be diligent in your inner journey of self-discovery, and even more diligent in your willingness to be compassionate toward all ones who cross your path. Blessings and Peace to you all. Salu.

Taken from www.wisdomoftherays.com Thanks to Ed Young for creating his new website to preserve the many teachings given in Contact and the Spectrum, both now defunct.

Opening the Door to Truth

By Soltec

22 May 31, 2007

9/28/02 - Ceres Anthonious "Toniose" Soltec

Good evening, my friend. It is I, Ceres Anthonious "Toniose" Soltec, come in the Radiant One Light of Creator Source. Be still and allow the message to unfold.

There are many changes taking place at this time and many opportunities opening for getting Truth heard. There is a great battle going on within many of the world's political leaders as they are finding it harder and harder to "stomach" the blatant lies and the consequences of their silence.

Most of the political figureheads in your world have been "bought and paid for" and their obedience is expected. However, many of these ones still have a conscience. While they may not mind a few people getting "stepped" on, when it comes to mass genocide, these same ones begin to stir inside as they consider actions that go completely against what their inner God-self knows to be right.

Being an instrumental part of enslaving the masses of an entire world will only serve to ensure that these ones return again to balance out the karmic conditions. Many of these same political figureheads are here to try to "get it right" this time. Though many will surely fail to do so, there are some who are paying attention to the inner stirrings of their conscience and truly want to do the right thing. None of these ones are perfect, but sometimes ones can choose the "lesser of two evils".

The global elite controllers—those who give instructions to public figureheads whom they have put into leadership positions—are NOT united on how exactly to proceed with the next phase of their depopulation agenda. This lack of unity is causing the presently observed "hesitation" as mixed signals are being given to the political figureheads. This hesitation is causing ego flair-ups and in-fighting as the would-be rulers of your world each begin to maneuver for greater control and influence, with each desiring to ultimately become the one "king" of the world.

Most of the world's political figureheads believe themselves to be important and powerful people. But in fact, they are simple pawns being manipulated and maneuvered while being allowed to believe they are "key" players with great significance. If these ones were to stray too far from their appointed tasks, they would surely meet with an untimely death, and another would step in to fill their shoes—as happened with President Kennedy in 1963.

The majority of the public leaders have, in essence, sold their souls in order to gain the positions they now hold. The price these ones pay is to follow the agenda of those ones who put them in office. Many of these pawns never dreamed that their servitude would include creating situations that would result in sending millions to their death. And yet the choices and actions these pawns are being forced to carry out are designed to create these very situations.

What can you, the average person, do about this sort of insanity?

First and foremost you can get educated so as to be able to recognize the code that these ones use to communicate their agenda via the mass media. To do this you will need to learn to recognize not only what is NOT being talked about, but also what is being presented—and usually take the exact opposite as truth.

We of the Lighted Realms have been urging you ones to go within and develop your own inner intuition for many years now. For those of you who have recognized the importance of doing so, and have followed our suggestions, you will find it much easier to decipher the “code” of the mass media, and will recognize when “sources say...” usually means: “What follows is at best half truth, and is most certainly being stated in a way to divert attention from something else of greater importance.”

Your intuition will help you to see what is truly going on. This is, in essence, learning to operate outside the manipulation and mass mind-control machinery.

Next we of the Lighted Realms would suggest you learn to truly trust your “gut” feelings. If you are being told to change physical location, then perhaps it is time to act. If you take action, and the timing is right, “doors” will open for you, and you will find that there will be an element of synchronicity that tells you that you are indeed on the right track given your current situation.

Perhaps you are in a position to share what you know with someone of public influence. If you are well educated in your understanding, you will be able to present the information in a most convincing manner when the time is right. However, if you take rambling action in a state of emotional reaction, your argument will likely fall on deaf ears. Passion for Truth is not enough to break the mind control now in place on the masses. You must make inroads using logic and reason and physical proof that will then overwhelm the conditioned state of skepticism.

Getting people to think for themselves and to stop accepting everything they are told on the evening news as gospel truth is perhaps the greatest thing you can hope to accomplish. Getting people to start questioning for themselves is no easy task.

Most ones are simply trying to maintain a certain level of comfort as they pursue their ever-coveted “retirement” so that they can then start enjoying “the rest of their life”. Such an out-of-balance material focus itself generates many challenges to deal with—especially as your stock markets continue to collapse and massive corporate fraud is further exposed.

Most ones you will encounter will NOT be able to handle the “big picture” of what is going on. You will find it more productive, for the most part, if you can find a topic of interest that

they can handle—such as vaccinations or environmental genocide or drugging of children, fluoride in the water, the latest virus scare such as smallpox, maybe free-energy technologies, or anything that might come up that they are already questioning. **If you can get ones to question just one subject**—and get them to see for themselves that there are ones who would stand to lose great amounts of money if things such as free-energy devices were allowed, or if people stopped getting sick from the countless food additives, or if the rain forests stopped getting decimated—**then you will have ignited the “spark of light” that begins their Awakening.**

Once you can get the average person to see that there are ones who don't care who they hurt as long as they make money, and you can show them that this mentality is indeed a FACT, then you have opened their eyes a bit and taken a fundamental step toward breaking the grip of the mind-control that is otherwise firmly in place and constantly reinforced by such as the media. If this first step can be accomplished, the person will never be able to go completely back to sleep, and will eventually begin to see that this sort of greed mentality is a common trait among the most “successful” people on the world stage.

These same super-wealthy individuals and families are the ones who ultimately buy and/or blackmail politicians. They are also the ones who see the “need” to rid the planet of the billions of “useless eaters and consumers of natural resources” as they put it. In essence these ones blame you, the common people of the world, for consuming resources associated with the materialism mentality that these same super-wealthy ones created and wish to control.

As the world population grows, so too does the stress on the planet grow. If your world leaders would have chosen to utilize the many free-energy devices offered since the early 1900s, your world would be in a position to irrigate the very fertile desert areas of the world. There would not be the environmental devastation that now exists.

You would be well on your way to colonizing neighboring planets—which would have lowered your planetary population and provided quite a positive educational experience. Most on your planet currently have no idea what is “out there” within the Grand Design of the larger galactic community.

And due to the new fundamental scientific insights which would be stimulated by a more open acceptance of free-energy devices, you would be well on your way to utilizing many other “advanced” technologies that would have naturally evolved—and that would have led to an even greater understanding of the true nature of your spiritual side.

However, choices were made by your forefathers (who, for the most part, are back in the physical now, in order to experience the consequences of their choices) that you must now deal with. The super-wealthy ones know that their precious oil will not last very much longer, and are starting to allow alternative energy sources to be developed. These are mostly the sources that they can control and continue to make money from.

These super-greedy individuals believe they can always keep the masses dumb to their ways, but they in fact err greatly in this assumption. There are many ones who continually seek to free the masses from their mental prisons. These ones will ultimately win the war,

for ignorance quickly fades in the face of Truth. Once someone sees The Truth, they are not as likely to get sucked back into the illusion as deeply—if at all.

Your world will continue to be challenged by the inaction of the masses. Those who are presently in control of the destiny of your planet are a relatively small few, and though they believe that they are acting in the best interests of the planet as a whole, they are not, for they continually act without compassion for the fellow inhabitants of the world—and therein lies their greatest error in judgment and reasoning.

As you each bear witness to the consequences of the directions of the insane few who control your world, you will see, with an ever increasing magnitude, the insanity that is behind these so-called educated beings. These ones will continue to escalate war, violence, and terrorism, in a calculated manner, so as to desensitize people from recognizing the horrific sickness in the minds of those behind such choices and decisions.

Their plans WILL FAIL—for all plans that do not include the balance of Creator God will not persist in any enduring manner. The masses will call-out like never before in the history of your world for God to come and help stop the insanity. This cry will NOT go un-answered.

Furthermore, the conditions are such on your planet that Mother Earth herself will not allow much more of the infestation of negative, out-of-balance conditions to persist. The consciousness of the Mother Earth planetary being is expanding, and many of her latent abilities are beginning to manifest and mature. Much like you ones, she too has opportunity to explore and expand her consciousness, and thus take greater responsibility for her own destiny.

She has most certainly chosen life, and will not allow for the destruction or decimation of her life-giving physical body. She will begin shifting her waters as well as her land masses in an effort to rid herself of the infestation—just like a dog would effort to shake-off pesky fleas. Even the deepest of the “secure” bunkers that the elite world controllers have prepared for themselves will not survive as she more deliberately focuses healing energies toward those who cause these out-of-balance conditions to persist.

Dear ones, we of the Lighted Realms have come to assist ALL ones—not just the few human incarnations who seek our assistance. ALL LIFE is cherished by Creator, and destruction of your world is not to be. However, cleansing and healing of the planet will only be possible by getting rid of the pilfering mentality of those who, in all their so-called wisdom, do not see that they are destroying the entire planet.

Newness and Rebirth will come, and Radiance will be restored to your world. The process will be swift in terms of geological cycles. For those of you who live but a short time-span, the process may seem to be without end.

Remember, always, that you are an infinite spiritual entity who is currently experiencing in and through a physical body. If your body perishes (like an old automobile), it is not the end of you (the driver). It is merely the end of your current incarnation. You will surely have more in the future, and you will choose the situation you will enter fully knowing what potential challenges will come your way. None are ever forced to incarnate, and though, from your current perspective and viewpoint, you may believe that you would have NEVER chosen such a physical existence as now for yourself, knowing that such atrocities were

possible, be assured, please, that you DID KNOW, and it was with great compassion for the many fellow travelers that you chose to expose yourself to the many challenges your current environment has to offer.

You are NEVER given more than you can handle. Keep Creator God in all your plans and planning, and you will find your way through the challenging times ahead—as well as serve as a Beacon of Light that may assist others if they so choose.

I am Ceres Anthonious “Toniose” Soltec, come in the One Light of Creator Source as a Guide, Host, and Friend to you and your world. Your world is in great need of the Light YOU possess. May you always endeavor to allow your Light to shine forth brightly and courageously.

Blessings and Peace to you all. Salu.

From: www.wisdomoftherays.com There are about 100 beautiful pieces placed there.

Soltec is one of MY favorite givers of these nuggets of teaching. I like his style! He is a geophysicist with the Galactic Federation, in charge of studying and assisting Earth changes in these times.

The Benefactors

By Sananda thru Sister Thedra

23 Jun 6, 2007

Given by Sananda Immanuel Esu Kumara through Sister Thedra many years ago.

From: <http://home.iae.nl/users/lightnet/celestial/forcesoflightmessages.htm>

THE BENEFACTORS

This day let it be said that there are ones which hold within their hands the power to put the Earth upon a course foreign unto her...there are others which have the power to put her into oblivion...yet I say unto thee, these shall be disarmed! For this we have been prepared. There is a plan which has been brot forth thru and by the Mighty Council, which has been perfected, and it is as nothing which the traitors have imagined. For it is given unto this "Council": to be the Benefactors of the Earth and the people thereof. There is no malice within us, for we are come that the greater plan might be brot into fulfillment. While it is a sorry part which the traitors play, they shall learn well the lessons, for it is the Law that they learn...therefore we stand by.

We give assistance when and where it is wise and prudent, and at no time do we trespass upon their Divine rights...yet there is provision made that they not be allowed to destroy the Earth which has given unto them footing! I say there is no provision made made for them, which would not justify our standing by and allowing such wanton and destruction.

So be it that we are now prepared to take drastic action, which is the better part of wisdom, it is for the sake of the entire system, not a few, yet the "few" shall profit mightly-the few being the ones which have been unto themself true. These shall not be sacrificed...these shall be remembered. So be it that we shall be in a position to speak unto the masses and they shall no longer fear...they shall no longer be held in bondage or darkness.

I say that the masses shall be in a position to choose for themself which way to go, and they shall be no longer afraid. They shall know that they have been deceived, and they shall no longer be afraid, for We, their Benefactors, shall prove ourself. And they shall wonder at the Light which we bring, for we are not of the Earth and we are not bound by the Law of Earth. We see from the higher point of view. We serve the Light, and we know that which we are about.

We shall carry out the plan of the Mighty Council with swiftness of the arrow and we shall do justice unto all, for justice shall reign supreme. There shall be no plan which is not fully

sanctioned by the Great and Grand Council of the Great Brotherhood. It is with and by their sanction that we now release these parts of information, which is going forth for the purpose of awakening the masses. Let them awaken! So be it we have brot forth the plan and we are prepared to carry it to its conclusion.

Within the information received by Sister Thedra, mankind of earth has been described as being of four distinct natures.

... First are the Ones of Light - These are the ones who have come to realize that life has a far greater purpose, and are searching within their own Souls for greater understanding. They are asking for greater light, and are choosing to listen to the voice of the Soul, to listen within their hearts. These are no longer willing to accept the darkness or to follow blindly, but are seeking greater Light and are reaching for greater understanding.

... Second are the Sleepers - These are the people from around the world who are basically good people, yet they are asleep. They feel no urge to search for greater understanding, for they are still content within their dreams in flesh. They believe there is a God, yet they are content with false or limited concepts... believing that only the churches or the priesthood have the power to grant them entrance into heaven. They do not yet realize that they are already ONE with the Source itself. But the call is now going forth upon the "ethers" for the sleepers to awaken. We are told that when all is said and done that many of these will awaken to the final call, and will come forth seeking greater light. Yet those who choose to keep their fingers in their ears, who choose not to awaken, will pick up where they left off, yet in another place.

... Third are the Laggards - These are the ones who have made little progress during their long sojourn here upon the earth. Throughout many embodiments in flesh they have heard none of what has been given for their upliftment. While others sought for what little light was available, these "encased" themselves within their own ignorance and unknowing, and didn't even want to hear it. These, we are told, will go into the next cycle according to their choosing, to take the course over again so to speak. Within another place and yet another time, they will begin again... and once again they will be given the opportunity to go forward in their spiritual evolution.

... Last are the traitors - These we are told are the saddest of the lot, for they are the ones who have repeatedly betrayed themselves unto the whole rest of their species. These are the ones who have repeatedly sold out their fellow man for their own power and wealth, for their own gain and glory. Time and time again they have exploited their brothers and sisters, for they care only for themselves. They are also the war mongers, the hate mongers, who have repeatedly come into embodiment time and time again to incite hatred and oppression towards their fellow man, to incite violence and bloodshed, one against the other.

In the book "The White Star of The East", we are told: - ...

"While they shall awaken in the place prepared for them, they shall have their memory blanked from them and they shall have nothing! By their bare hands shall they scratch the soil for their substance (as primitive man). They shall have no memory of their previous

existence, as tho they had none. These shall be the ones which have scoffed and put aside the many warnings sent forth from the realms of Light. These are the "traitors".

The Church

By Sananda thru Sister Thedra

24 Jun 6, 2007

From the newsletters "A Call To Arms"
Recorded by Sister Thedra (1900-1992)
Source; The Association of Sananda and Sanat Kumara

THE CHURCH

Wherein is it written that "There are none so foolish as ones which think themselves wise".. it is so! I see I see them which gather themselves about their little altars, with their icons which are man fashioned. They are as ones gone mad, as they cry and chant their anthems in honor of the dead image (of Christ on the cross). They have given unto me no power, no honor, for it is as the pattern of fools. They know me not! They are defiant as wayward children when I speak unto them. They fear their God! I say unto them, "I am the living Lord God...I live within thee...ye are as mine children, of me ye have thine being". These words fall on deaf ears

It is now come when these shall be brought out from their places they have set aside for me, and defiled their altars with idols and all sorts of hypocrisy. I say, it is an abomination in mine sight! I am not moved by their pious prayers and lies perpetuated through their children's children. The day of deliverance is come when they shall raise up and rebel against such foolish acts, which is but a farce. Within it is no substance, no truth, no light, with little understood of or by themselves. For long have the customs been practiced, until they practice them as robots, without feeling or understanding.

These which shall raise up and throw off the black hood and seek the light shall find it, for I am not afar off. I hear the humble cries for Truth and Light. These are ready to give of themselves that others might find their way. I say, I shall reach out and touch them that they come to know me as I am...then they shall be as ones to give others of their knowledge that they be set free.

I see the greater light, for I AM the Truth and the Light...I AM the Way unto their eternal freedom. While I have given unto one and all, the "guidelines" that should be practiced as children of light, they have given unto themselves credit for being wise. While they have mocked me and mine sayings, they have forgotten these and distorted them suitable for themselves. They have called themselves "Father", knowing Him not..while they of such tenor hold the humble and weak in bondage

They ask pittance for penance, which they ask of their "victims". Yea, I say, these which bow down before these false gods are victims. This shall be as the past. It shall be gone,

as the wind, to be used no more to hold bound the innocent which has been held in bondage. I say, this day is come when I shall throw down their altars of abomination. I shall set up the Kingdom of God upon the Earth, wherein the purified shall dwell in peace and harmony. For this shall the Earth be made new. She too shall have a new birth, and be as one free of such as have desecrated her. She shall be no longer give footing unto the laggards.

* * *

● **THEY CLING UNTO THE WRITTEN WORD**

They Cling Unto The Written Word

By Sananda Esu (Jesus) Immanuel Kumara thru Sister Thedra

25 Jun 6, 2007

THEY CLING UNTO THE WRITTEN WORD

&

THOU ART NOT SELF-SUFFICIENT

THE MESSAGES FROM SANANDA

From the newsletter "A Call To Arms"

Recorded by Sister Thedra (1900-1992)

Source; The Association of Sananda and Sanat Kumara

THEY CLING UNTO THE WRITTEN WORD

Sori Sori: This is a day to remember for all time to come, as it shall herald the New Day. It shall bring with it a New Order, for mankind shall no longer worship "idols", such as they have made of me. They have made images of me and bowed down before these, knowing me not. I have called upon them, "*Awaken...Awaken...Awaken...*" and they have not heard or moved out of their trance. They move about as ones dead on their feet. They deny me mine name (Sananda).

They cling unto that of yesterday, as though they knew me then...which, for the most part, they call me by a name given unto me by man of little knowledge of me at any period of time. These ones which cling so tenaciously unto the name of "Jesus" hast not a fragment of true knowledge of me as I Am. They cling unto the written word, so many times translated from a poor translation. Many times over have they changed these poor translations as they imaged or thought they should be...thus causing much confusion, and division of opinions and preconceived ideas of and about me and mine teaching.

Some have deliberately changed these words to further their ambitions, to hold fast their subjects. These I see as traitors unto themselves, for they have turned me away as the imposter, knowing not that I am come to bring them out of the dream state, the illusion which they have taken unto themselves as "Truth Immaculate".

These call mine servants which know me and obey mine mandates ([see Obedience unto the Laws](#)), "fools and hypocrites", oftentimes giving unto them the bitter cup. Now I say unto one and all, this shall be a condition which shall not exist in this New Day, for I shall prove mineself and justify mine servants tried and true, for they shall be caught up with me. For this I have provided them a place wherein they shall be made whole and know even as I For that am I sent to gather these ones which hast been unto their calling true.

It is written, and correctly, that their reward shall be great indeed. They shall be given their inheritance in full, as the "Father" hast willed. So be it and Selah.

* * * * *

I SHALL BREAK THESE BARRIERS

Sori Sori: I am now speaking unto thee for the good of all. There comes unto thee these ones which know but little of mine way, mine "method of operation". I am now speaking as one of their kind that there be no barriers between us. It is now come that I shall break these barriers which hast long existed between us. This has been the way of the priesthood, to hold in bondage the populace, that they hold sway of power over the ones asking for light. These of many minds, many ideas, opinions and intent, have taken mine words, mine work of the Age past, yea Ages, and used it to build great and impressive Cathedrals, Temples, Synagogues, and places wherein they pray unto their unkown "gods"...not knowing me or remembering that which I have given unto thee in the light of mine Father which hast sent me unto these, which have lost their way among the many various methods they have encountered in their many cycles of going in and out of mortal form.

Through the denseness of the many planes of the higher world they have come and gone, remembering little or nothing of their everlasting being, or their Eternal Being, or their oneness with the Source of Being, which makes of all men brothers. These are the ones bound..."Bound I say! Hoodwinked are they!

I am now come this day with the intent, the Will and the Authority, to bring light unto them for to break loose the ties that bind them to the fog-mist wherein they have labored, wondered, and wandered long in darkness. Now I come in the time of great and sudden changes, crying "AWAKEN"! Come!...Come!...Come up higher!"

Unto them was it given (in the time of going into mortal bondage as mankind) the gift of "Free Will". This is a Law which we of the Host of the lighted ones honor and obey. Yet we are bound by the Law of the One (*which is Love of All...of our Source in which we live and have our being*) to give of our love and assistance and wisdom as ones which know the Law of the One...as we see the over-all, the whole of the way, of the eternal journey thru the cosmos. While it is not given unto mortality to understand the plan fashioned for his return into the light from which he descended into mortal denseness, he hast fallen asleep in his forgetfulness.

For this I am come, crying, Awaken ! Awaken!

It is mine intent that all might hear and respond unto the call, yet as ye, man, count time, there is no time to wait or loose. The time of great and sudden changes is upon thee, the populace. Have ye seen or heard? Have ye slept? The time is upon all flesh to be as changed! These changes shall come about in the twinkling of an eye, according unto that which each one hast fashioned unto self. It is written that no man is responsible unto another, yet this is not understood by the laggard, the sleeper.

The whole totality is within the Law of the One...Each one is but a part of the "One Source", from which he, as self, cannot be separated...while he can, if he wills, go to sleep. While he is eternally bound to return unto his Source, understand that this is (only) as one is prepared and willing to arise and learn of his inheritance, his Source! None are brought by force!

While we of the great army of light are presenting ourself as One, of one mind and intent...that of showing unto all of mankind the way he shall go forward into the light of the New Day. I am the wayshower. I lead...I do not push! I give the Law, I show the Law. I show the way, and say "Come, I know the way!"

From: <http://home.iae.nl/users/lightnet/celestial/forcesoflightmessages.htm>

They Follow Him....Without Question

By Sananda Esu (Jesus) Immanuel thru Sister Thedra

26 Jun 6, 2007

THEY FOLLOW HIM...

WITHOUT QUESTION!

&

IT IS AS YE SHALL MAKE IT..

THE MESSAGES FROM SANANDA

From the newsletter "A Call To Arms"

Recorded by Sister Thedra (1900-1992)

Source; The Association of Sananda and Sanat Kumara

THEY FOLLOW HIM...WITHOUT QUESTION

Sori Sori: Mine word I would give unto them which seek Truth and Understanding. These which seek shall find me, for I am come that they might have light, that they be delivered from their bondage. Bondage?...I say they are bound by ignorance and the opinions of men.

I have said, they know me not, yet I stand ready to reveal mineself unto them which heed mine word and keep mine Law. I've revealed unto them the Law, yet they turn away...as they are ones following after the deceiver, which makes of them puppets, robots, tools within his hands, which he uses for his own selfish purposes. He, the deceiver, beguiles them with fool stench words, and they are so foolish as to heed him and ask for more. Poor foolish children!

I say, I am under no bondage unto him, the deceiver, therefore I owe him no allegiance. I am sent of mine Father that they be freed from him (the deceiver), from his cunning and bondage.

How comes that they prefer his cunning?

How comes that they follow him without question?

How comes that they question me which they have not tested, and which they serve not? I have asked of them: Come! Come! Follow me! (*I am the wayshower*) Try me and ye shall not find me wanting, for I am he which hast said, "I shall return to find mine own"...that I shall gather up mine own that they might go where I go, that they might receive their eternal inheritance, even as I have.

Now it is come when the gathering is come, I tell thee of security, it is now come when I am come to find my own. I am calling upon them as never before...some hear and respond, some refuse to move, others deny that which is said unto them. While some hear, respond, and come and follow me; I shall give unto as I have spoken, as I have promised, for I do not make promises I do not keep!

I am not a traitors am the Lord God sent of mine Father to find them which He hast given unto mine keeping. Yet I tell thee, I can not bring them against their will...therefore I am not as the ass, they ride not on my back. They shall come of their own Will and their reward shall be theirs. They shall earn their right to call themself "Sons of God".

I am not of a mind to enslave them. They are free to come if they will so, or, to remain in their darkness and bondage and suffer the consequences thereof. Lo, I say the reward of following me is beyond man's imagining and his expectation, for no man, no language, can describe the fullness of my abode...the beauty, the freedom, the joy which they shall have as their own when they have earned it. It is theirs by Divine right, therefore I am sent that they might know there is relief from their suffering and bondage.

Yet failure to accept that which I offer is the deceiver's first interest. He provides all the trappings that ye be turned from me, that ye be turned from the light into the way of darkness, wherein ye find the idiot's delights, wherein ye dance unto the tunes to delight the senses of the foolish. They dance to the pipers tunes until they find they have been deceived, then they cry loud and long, "Lord! Lord!...have you forsaken me?" I ask of these foolish ones. "Where wast thee when I stood crying unto thee?" I ask thee, "Have ye given unto me service, or credit for being that which I am?"

There are one which have heard me and answered me, which are serving me with their whole heart...and these are, for the most part, unnoticed, unheard, unseen by the foolish ones which serve the deceiver. Lest ye find thine self entrapt, I ask of thee, arise from thine dens of iniquity, thine places of gaming and the temples of idolatry...and come out from among them and see that which I do. Listen unto mine plea and try me and mine way, and be delivered from thine torment and bondage. So may it be according to the Father's Will...Amen and Selah

* * *

IT IS AS YE MAKE IT

Sori Sori: I shall speak for the good of all mankind. Ye shall accept this assignment of delivering it unto them which are seeking Truth, the "light", which I Am. The ones which are fortunate to find shall be as ones to give unto me credit for being that which I Am. These shall be as ones to open their eyes that they might see before them that which is going on in the "World of Man".

They shall see and understand that these are the days foretold of older times.

I say unto all and sundry, the time of fulfillment is now come, when ye shall see these things recorded in the annals of thine history which is now upon thee. Enumerate these prophecies if ye will, (yet) these are not of a day, nay, neither a year...these are of many generations.

The sleepers shall awaken! These shall be delivered out before the great and terrible day of sorrow. These shall be as ones which have the will to come out from among the ones which know not, and (which) Will stay in the dark among the "outcasts" which have not accepted their "inheritance".

I say, it is the poison of the "Dragon" which hast been their choice...not of the light are these which are bringing about the fulfillment of the prophecies. These ones which have given themselves unto the "Dragon" shall become to know wherein they have been betrayed by him from the underworld (which is) now open unto the "World of man" today, as ye know it.

The sleepers which are awakened shall learn of me, as one which hast returned at this time to rescue them from the "Second Death". I come crying: Come! Come! Come ye up! Come ye out from the traitors, the ones which refuse mine Light which I bring. For thine own sake do I come as One sent of mine Father that ye be delivered from bondage...that ye be as ones "Enlightened".

Yet I see that which I am now giving unto mankind freely for thine own deliverance shall be as heresy in their estimate. So be it! I am come that the ones which have the will and stamina might come unto me as the "Light Bearer", the Wayshower"...their Bondsman" if ye will! I say I am called by the ones which have awakened, "The Redeemer". So be it, I am no less by any name, neither I am greater. I AM that I am.

I ask of no man his opinion, or his praise of me and Mine "Word" which shall not pass away. For unto the ones who mock me, which spur my call, I say: Mine Word shall return to "haunt" them when they cry for help, alone and forgotten, where they shall review their own rebellion and foolishness.

I say unto mankind: This is the "Day of Decision", the "Day of Atonement", yet, it is as ye make it! I am no respecter of persons...I come that ALL be brought out before the day of great sorrow. By thine own will shall ye be as one to choose which way ye go...I bring no one against thine will.

Hear ye that which I am saying? I am speaking loud and clear that ye with ears to hear might know that which I say! I fashion mine communication in such a manner that the ones which seek of the light might find. I speak in many tongues, many ways, that the seeker, the one which cries for light, might find.

For this I say unto each and every one: Remove thineself from the ways of the "world of darkness". Give unto NO man a penny for thine salvation, for he is not as one empowered to deliver thee. The one which asks for the coin is in no way the enlightened one. Be ye not his pawn, his captive, for it is seen by the Lighted Ones that that which they proffer thee in exchange shall be as naught in the time of need, the Day of Reckoning.

Be ye one and all blest which accept that which I bring freely, lovingly, awaiting thine call,
thine answer to mine call..

I am the Wayshower

* * *

From: <http://home.iae.nl/users/lightnet/celestial/forcesoflightmessages.htm>

The Truth Shall Be Exposed

By Sananda Esu (Jesus) Immanuel Kumara thru Sister Thedra

27 Jun 6, 2007

From the newsletters "A Call To Arms"

Recorded by Sister Thedra (1900-1992)

Source; The Association of Sananda and Sanat Kumara

THE TRUTH SHALL BE EXPOSED

Behold the dawn of the new day and see that which shall be done. And I say unto thee, this day I shall justify mine people, for they shall not be sacrificed. They which have gone before me to prepare the way before me shall be blest of me and by me, and no man shall say it is given unto me to forget mine servants. I say, I shall remember them and they shall be glad for their part.

Yet, I say they have suffered, and they have given of themselves that this day might bring forth great fruit. While it has been a long and hard way, it shall have its ending, and its reward shall be a glorious one. For I say unto thee, the time is now come when they which have suffered for the sake of knowledge and justice shall be known as the "defenders", and they shall be a people set apart. They shall be given a part separate from all others, for they shall go first into the new fields, and they shall blaze the trails of unknown knowledge... that is, they shall prepare the people to receive this new knowledge, which shall be unto them sufficient unto the day.

Each one shall be prepared for a part, yet the "defenders" shall bring forth a new science, and a new trend of thought, and a new fortune unto man. For it is now come when this present scientific data shall be obsolete, and he shall wonder at this, for he shall be as a child which has grown up and yet holds within his hands his toys... clutching unto himself the childish toy which he has outgrown. I say, so suddenly shall he grow up that he shall wonder at his progress and his outmoded toys which he clutches unto himself, for he shall surely find them obsolete in the face of his new discoveries.

I say, he shall be mystified, and he shall be as one which has not been prepared to receive the new science. He shall have no need for his present books, papers or his degrees, or his many inventions which he has labored so long to bring forth. For they shall be as square pegs in round holes.... they simply will not fit into the new pattern.

I say, there is a plan, a design, for man's awakening. And he shall be awakened... may I say, very abruptly! It shall be, and he shall be as one surprised, if not shocked. So be it

that the governments of all the lands shall no longer hold their subjects bound by their subservient governments and their secret codes and nefarious schemes. They shall come to know that nothing is hidden, and they shall tremble in fear and misgiving, for they shall be justified in their trembling. They shall be fearful, for I say they shall be exposed for that which they are. They shall no longer sit behind locked doors and plan their nefarious schemes to defraud the populace and hold bondage the people of all lands!

I Say, they shall be exposed and the power shall be taken from them... and they shall know that they have lost their power over the subjects which have labored under their burdens and the iron hand which has weighed heavy upon them. I say this, knowing well that which I say, for I am one which has labored long that it might come to an end.

So let it be as the Father hast willed it.

From: <http://home.iae.nl/users/lightnet/celestial/forcesoflightmessages.htm>

Authority To Use the Name, Sananda

By Sananda (Jesus) thru Sister Thedra

28 Jun 6, 2007

From the newsletters "A Call To Arms"

Recorded by Sister Thedra (1900-1992)

Source; The Association of Sananda and Sanat Kumara

New address of A.S.S.K since Sister Thedra passed away in 1992

is P.O. Box 197 Mt Shasta, CA 96067

Authority to use the name of Sananda

"Sori Sori: Mine hand I have placed upon thine head, and I have given unto thee the authority to use Mine name. Give unto them the name Sananda, by which they shall know Me as the Lord thy God - the Son of God sent that ye be made to know Me, the One sent from out the inner temple that there be Light in the world of men."

(The meaning of "Lord God: "The Lord God, for he is "Lord" of, and responsible for, that which he has brought forth.)

"Now it is come when ones which have the will to follow Me shall come to know Me by that name which I commanded thee to give unto the world as Mine "New name." There are many which shall call upon the name of Jesus, yet they will deny the New name as they are want to do. While unto thee I give assurance that I am the One sent that there be Light in the world of men. Now let this be understood, that they which deny Mine New Name deny Me by any name. So be it I have appointed thee Mine spokesman; I've given unto thee the power and authority to speak for being that which I AM. And I say unto thee Mine child whom I have called forth and anointed thee with the Holy Spirit, thy name shall be as it is now called, Thedra - that name I spoke unto thee from out the eth, and thou heard Me and accepted that which I gave unto thee; and wherein have I deceived thee? Wherein have I forgotten thee, or left thee alone?"

"I say unto thee, Mine hand is upon thee and I shall sustain thee and you shall come to know that which I have kept for thee. So be it that I have kept thy reward, and at no time shall it be dissipated or scattered, for it is intact. So let this Mine Word suffice them which question thee - let them question, and I shall bear witness for thee. For do I not know Mine servants from the traitor? Do I not reward Mine servants according unto their works or merits? I speak that they might know that I am mindful of mine servants, that I am not a poor punny priest who has forgotten his servants."

"I say unto them, Mine servants shall be glorified above the crowned heads of the nations which have set themselves apart, and denied Me Mine part of Mine word - for they have turned from Me in their conceit and forgetfulness."

"Now let this go on record as Mine Word, and I shall give unto them proof, which are of a mind to follow Me. So be it as I have spoken and I am not finished; I shall speak again and again, and I shall rise Mine Voice against them which set foot against Mine servants, and they shall be as ones cast out. So let them ask of Me and I shall enlighten them. So be it I know whereof I speak. Be ye as ones blest to accept Me and know Me for that which I AM."

Excerpt from the Book of Sananda:

"Be ye at peace - peace I give unto thee; let thine time be Mine time. Rest in the knowing that I am thine Shield and thine Buckler, and at no time shall I deceive thee. I hold thee within Mine embrace, and I shall not let thee go. I am come that ye might have communion with Me, that ye might know Me, that ye might be as one with Me. I Am the One Sent that ye be found and brot out of bondage, for long hast thou been bound in darkness. Now ye shall wait upon Me, the Lord thy God, and no other gods shall ye have before Me. Such is Mine Word unto thee this day"

(Sister Thedra May 6, 1900 - June 13, 1992)

Over 40 years ago Sister Thedra was healed of cancer by the one she new then as Jesus. When asked what she might do to repay him, he replied "Feed my people" When asked what she would feed them, he replied "I Will Give You The Food. Over the next 40 years he gave her over 4000 pages of spiritual teachings which she was instructed to give out to all who asked. During that time he asked her to begin introducing his true name, Sananda, which she was to make known to those who sought out his living words.

The above photograph was taken on June 1, 1961, when he appeared in visible tangible form. At that time Sister Thedra was given permission to use it in association with the work which she was to do.

Candace: You can see the photograh at:

<http://home.iae.nl/users/lightnet/celestial/forcesoflightmessages.htm>

This is the same picture that is also in Phoenix Journal #2, and in some of the other "nuggets" I have posted. Sananda often calls himself "the Lord thy God." And it is so of this Earth, that is what the term "Planetary Prince" is about. He is Lord of Earth.

DO UNTO OTHERS AS YOU ...

By Esu Sananda

29 Jun 15, 2007

Candace note: I just changed the date, so this would post at the top of the list today. PLEASE ALL OF YOU WHO VISIT, READ THIS ONE, IF YOU DON'T HAVE "TIME" TO READ ANY OF THE OTHERS. We are barely 4D right now, with lots of help, so we have "ascended" sort of at this point. As you read into this, I am one of those "shunned" for giving up the material world. I continue to thank those who assist me to meet the necessary bills of this material world, so I can function in this very real, but unpaid job, that consumes up to 80 hours a week of my time, sometimes more. I never have a day off, a complete day off.

DO UNTO OTHERS AS YOU WOULD HAVE OTHERS DO UNTO YOU FOR TIME IS UP!

12/12/01 ESU "JESUS" SANANDA

"Do unto others as you would have them do unto you. "

Such simple words - yet oh how difficult it is for you to follow them.

Good evening, my scribe. I am Esu Sananda. I am known by many names, but the energy is the same. Names are for your benefit. As always, I come in Service unto ONLY Creator GOD, the One Divine Source of Radiant Light.

Each and every one of you who dwell upon planet Earth have an equal right to be there. There is not one of you who is any greater or any lesser than any other. So why is it, then, that so many of you act as though you have more right to the planet than the other? Why is it that you are so rude and unkind to one another?

My message is and has always been that you should love one another as I have loved you. Do you not realize, then, that when you hurt another, it hurts all?

You pray for peace and you ask for love, yet you live your lives opposite of peace and love. How is it, then, that you expect your prayers for love and peace to be answered?

Can you not see that it is by your very own actions that you have stopped the flow and caused your own prayers to go unanswered? Can you not see that it is NOT God who has not heard you, but rather it is YOU who have not heard yourself?

You cannot expect your requests to be answered unless you begin practicing the very simple commandments I left with you. When I was asked about the commandments, I said that I would give you only two:

1. To love God with all your heart; *and*
2. To love your neighbor as you would love yourselves.

What I am witnessing is that very few of you ones actually have taken to heart these two simple commandments.

Yet, you fuss and fight about 10 of them. You theorize and you philosophize over them, trying to decide if there is a difference between a little fib and a lie, and whether "'thou shall not kill" means in war, self-defence, or in capital punishment, and when is coveting really coveting.

And, all the while, you simply choose to ignore the two commandments about love. Does this even make any sense to you? Can you not see that you are merely chasing your own tails and playing into the hands of Dark energies?

"Love one another." It is so simple.

Treat one another as you would want others to treat you. Be kind. Be patient. Be polite. Be caring. Be trustworthy. Be honest. Before you speak, mind how your words will affect the one you're speaking to. Before you tell that lie, ask yourself if you would appreciate that person lying to you. Before you take that small, insignificant item from your workplace, restaurant, or hotel, ask yourself if you would appreciate someone coming to your home and taking something they thought was insignificant? Before you are rude and inconsiderate, think how you would feel in that situation. How would these things make you feel?

If you give a person your word mean it. Try using "please" and "thank you" and "I am sorry" AND MEAN IT! Make your words mean something.

On a daily basis I hear ones asking what is wrong with your world. What is wrong is that each and every single person needs to follow one very simple commandment: *"Love your neighbor as you love yourself."*

If you have offended another, humble yourself and make a heart-felt apology. And then strive to not offend again. But never say you are sorry when you are not, or if you have no intention of correcting your errors. Make your words actually meaningful. Do what you say. It is called integrity.

You are at the time of the year when everyone is talking about *"peace on Earth and goodwill toward men"*. You become giving, thoughtful, and generous. You smile at strangers, and visit with neighbors, friends, and relatives.

Why should it be that you should remember this philosophy only once per year? Should you not be practising this every day of every year? During this season, you think about the homeless, the poor and the hungry. But there are 365 days in your year. What thought do you give these matters throughout the year?

Does this make you any better than the person who only goes to church on Christmas? You know, the one whom you call the hypocrite.

But, you say, you have no time. You lead very busy and full lives. That is your choice. You have no time because of what you have made priorities, and those priorities do not include those who truly do need your help.

Again I say to you:

"Do unto others as you would have them do unto you."

If you were homeless and hungry, you would wish for someone to reach out to you on more than just one day a year. For their hunger and homelessness will not magically go away on December 26.

As you have been told many, many times over the last decade, your world is evolving to the next level of existence. Your world is transitioning from your third-dimensional expression to the fourth-dimensional expression.

That is the good news.

The bad news is that very few of the Earth's inhabitants will be making that transition to the higher frequencies (ascension) with the planet. Why, you ask? Because you are not ready, and you would not survive the ascension in your present state of being, for your thoughts, words, and actions are still fixed in the lower, third-dimensional frequency range. Your hearts are still fixed upon selves and upon materialism.

You do not care for one another, or for your planet, or for its wildlife, or for its plant life, or for its ecology in general.

You still consider yourself to be separate from everything else rather than understanding that you ARE your neighbor, your planet, the wildlife, and the plant life. You ARE the stars and the Moon, and the Sun. There is no separation, for all is related and connected. What you think, what you say, and what you do affect everything else in the universe in the same way that such affect you.

So, your goals remain self-centered and self-serving because you are anchored in the third-dimensional frequency range by your own doing, yet these third-dimensional aspects and concepts have no place in the higher dimensions.

Many of those whom you shun in your daily lives are closer to making the transition than are those of you who whiz by them in your shiny, fast cars. How, you ask?

Because they no longer have an attachment to the material world. They have nowhere else to go but up. Should you look past their outward appearance, you would find many great spiritual teachers among these.

But go ahead and shun them. Try to ignore them. Pretend they do not exist. Rationalize in your mind that they just need to get a job and support themselves. You are hurting no one except yourself by this attitude.

So, do you now see why we have been teaching about cleaning out and changing your thought and emotional processes?

Can you reach out and grasp these concepts?

Can you embrace them?

Can you live them?

These messages have been given to you ones for over a decade. Yet, we see only a handful of you ones who have taken these messages to heart and have truly sought to make the changes that must be made if you are to ascend to the higher dimension along with your planet. Those who have chosen not to make these changes have a myriad of reasons and excuses, and all these reasons seem logical to them. They are, however, based on self-service, materialism, and fear. The wrapping paper may be different, but the contents of the packages are all the same.

We have told you that your emotional baggage had to be cleared out. You cannot take the lower, third-dimensional emotions of fear, anger, lust, greed, etc. to the higher dimensions. However, it is YOUR responsibility to clean out these things. It is not usually a pleasant project. In fact, it will be one of the most difficult tasks you have ever undertaken. However, I will promise you this: you will feel Lighter once you have unloaded that excess baggage of your dark, hidden emotions.

Once you face your fears, your anger etc., you will become much more free. You will find that there is no reason to hide behind them. It will liberate you, and you will feel better emotionally, mentally, and physically. You will begin to experience healings in your entire being.

You CAN live in Divine Health but not if you continue to hold on to all the heavy baggage. We of the Higher Dimensions are always available for guidance. But first, there MUST be definitive action on your part and a heartfelt desire for change. And YOU MUST ASK!

How can you change when no one else is willing? Well, here's a bit of advice: what others do is none of your concern.

YOUR concern is with what YOU do. But, you say, everybody else is rude. Fine. Does that automatically give you the right to be rude also? But, you say, everybody else lies. Fine. Do two wrongs make a right?

Let us say that the cashier at the store is rude to you, so you are rude back. Then she is rude to the next person in line, and that person is rude back to her.

Now, let's say that, instead of being rude in return, you smile and, with love in your heart, you are kind to her. Chances are you have just stopped the cycle that would have gone on all day.

It's highly likely that she became rude because someone was rude to her first. **Learn to recognize the Darkness and, rather than meet Darkness with Darkness, meet the Darkness with Light.**

Regardless of whether you witness a change in the cashier, know that you have done the right and Godly thing. You have sown seeds of Light and not Darkness.

You ones have created your own realities. If those realities are not as you would like them to be, you have no one but yourselves to blame. Stop blaming everyone else for your own misfortunes; be responsible enough to realize that you are experiencing ONLY that of your own making.

You ones are quick enough to take credit when things go well for you. But there is no balance if you are not likewise willing to take the credit when things do not go well.

Once again I shall tell you that you create by every thought you think, every word you speak, and every action you take. Thoughts, words, and actions are energy, and energy ALWAYS creates in like kind. It is a Universal Law. Learn it. Know it. Live it. Only then will you begin to comprehend the fullness and abundance that is everywhere about you. Only with that comprehension will you become all that you are capable of. Only then will you become co-creators and masters of your own destinies.

YOU ARE RUNNING OUT OF TIME - DEAR ONES.

Do you not see that which is taking place all around you? Do you not see the pace at which events are unfolding?

Do you not see the changes in your planet and in your Sun? Do you not see all the things occurring that have been foretold?

Then what is it that you ones are wailing for?

YOU ARE AT THE MIDNIGHT HOUR AND YOU HAVE JUST A FEW SHORT SECONDS OF TIME BEFORE THE SHIFT OF FREQUENCY IS COMPLETE AND YOUR WORLD CHANGES FOREVER.

Do you wish to participate in this ascension, or not? It is a most serious choice that you MUST make.

At the present moment, the majority of you have chosen not to be a part of the ascension, because you have not heeded the messages and the warnings, and you continue to live your lives with third-dimensional emotions and concepts.

I am not here to bring fear to the hearts of men. And I am not chastising you ones. However, I am also not here to just "make you feel good".

I am here to impress upon you the urgency and to reach my hand toward you. I am here in the hope of reaching as many of you as will hear. I shall not rest, and I shall not be silent

until the very last microsecond of time is upon you. My attempts to reach as many of you as I can will continue until there is absolutely no more time to do so.

My desire is that every one of you ascend to the next level of existence. As long as there is even one of you not ready, I will continue to reach out, because I love each and every one of you equally. There are none who I see as unreachable.

You are ALL feeling and experiencing the transition even now. Those of you who are finding yourselves struggling and at odds with self and others are those who are like the salmon swimming upstream. You are resisting the change that is occurring because you are continuing to hold on to old paradigms.

Remember: NOTHING IS AS IT HAS BEEN, AND WILL NEVER BE THE SAME AGAIN. So stop living in the past!

Your planet is ascending. You are experiencing the transition.

Will you ascend with your planet or not? The choice is completely your own.

My desire, however, is that each of you would choose the path of ascension. But first, you must make changes in yourselves. That I cannot do for you, and neither can anyone else.

I am always here for Guidance. You have but to reach out with your heart and your mind, with desire and love, and be willing to let go of that which is passing away rapidly.

The time of self-service (the "me first" point of view) is coming to an end on Earth. The Dark forces are struggling to keep as many of you mired down and anchored to the lower frequencies as possible. The Dark forces are on a suicide mission, and will go down willingly, dragging as many of you ones with them as they can. They know, beyond a shadow of a doubt, that their time is nearly up. However, they continue to hold on to whomever will allow them to do so, for their only mission their only reason for existence is to take as many of you down with them as will go willingly.

It is a battle between Light and Dark, a battle between "Good" and "Evil" if you prefer. It has been ongoing on Earth for millennia.

Now the battle is just about over, for Light always triumphs over Darkness. However, the Darkness is very alluring. It is very seductive. And there are many of you who are playing right into their webs of deceit.

I am Esu "Jesus" Sananda. I leave you as I came, in the Light of our Creator.

"Do unto others as you would have them do unto you."

It is the greatest of all the commandments. It is the philosophy and the way of life of the Higher Realms, for we understand that what we do to others, we do to ourselves, for we all are related and connected. We know there is no separation. In this way, we serve only the One God of Light.

Peace, Love, and Light to each and every one of you. The Love I have for each of you is the same Love I would have you express toward one another. Only with that Love will you overcome the Darkness and make it through the current transition. Without that Love, you will never experience the Light, for all is Darkness without it.

Thank you for your service to Light. Thank you for your time.

I am Esu Sananda. Salu.

January 2002

Appreciating The Larger View Of Mother Earth's Cleansing

By Ceres Anthonious "Toniose" Soltec

30 Jun 17, 2007

6/9/02 - Ceres Anthonious "Toniose" Soltec

Good afternoon, my friend. It is I, Ceres Anthonious "Toniose" Soltec, come in the Radiant One Light of Father/Mother Source—Creator God. Be still and allow the message to come.

Much is happening all around your globe with respect to building pressures. I am speaking here both literally and allegorically. Your planetary system is, as we have said many times before, entering a high-frequency, low-density area of "space" relative to what you have known in your recent past. This causes rapid changes in your physical environment, as well as in the mental and emotional environments. This is in essence the mechanism by which the Great Cleansing is facilitated.

Your world is becoming lighter in all senses of the word. Many ones harbor beliefs that are based in low-frequency fear. To the extent that you ones hold to your fear-based reality, you will struggle with the evolution that is taking place within you as well as around you.

Likewise, your Sun, Mother Earth, and all the other planets in your solar system are also undergoing relative changes. Your planet has the need to cleanse, and thus rebalance her life energies. There has been a quite un-natural plundering of her resources, to the extent that she has become sick. Much like an animal that is over-infested with parasitic fleas, the human element has continued to drain her.

Alternative technologies have been given to your planet SEVERAL times. These would lead to the elimination of the use of fossil fuels and greatly expedite your planet's return to her natural state of balance.

Why haven't you had the benefits of these advanced technologies on a planet-wide scale? Simple: greed and lust for power and control by a select few.

However, your environment is becoming more and more "toxic" to this sort of mentality. Those who will not shed the fears and aberrant thinking will surely suffer great inner emotional pain as the rest of the world continues to spiral upward in frequency and awareness.

Your planet will have need for re-balancing her remaining resources, and there is a great need for her to shift her waters so as to allow for this to occur. The waters have great healing properties and will allow for the re-absorption and dispersion of the mineral resources stripped from the dry land masses. She has asked Creator Source for assistance, and assistance she will have.

This may sound alarming to those of you who realize that such massive shifting of the planet's waters will not be very beneficial to many of you in the physical. However just as you would give dogs a bath to help rid them of fleas, so too is there a need to have this cleansing occur.

Dear ones, you must eventually come to realize that if your planet were allowed to continue on its present course without such a cleansing, then she would eventually cease to be able to sustain any life at all, and would become as barren as Mars.

You have been given many opportunities to change your ways with respect to the need for (and intensity of) this cleansing. Choices of the few, left unchallenged by the many, have resulted in the current state of your world.

The masses have been lulled into a hypnotic, herd-like condition wherein thinking for oneself is discouraged, while the distractions of materialism and entertainment are highly encouraged. You have followed morally blind leaders for many generations. The technologies you utilize now, that make your lives easier in the short term, are leading you down a path where you will face harsh corrections for the species as a whole.

Many claim ignorance as an excuse, and this is acceptable to a point. How many will laugh at this sort of message, quickly dismissing it as delusional rhetoric, never realizing that the ignorance they hold onto is a chosen one. Yes, the majority are trained and conditioned to ridicule anyone who follows Inner Guidance and Teachings.

You each would do well to regularly go within and establish your own direct CONSCIOUS connection to Creator Source. Would your political leaders be inspired with innovation and creative solutions if they were to establish such an inner connection? Most assuredly! How about the scientists? Yes! There is not any part of society that would not benefit from consulting Higher Guidance prior to making any large decision that affects large masses of the world's population.

Yet, this is highly discouraged. And anyone with a working CONSCIENCE that causes them to speak out about the negative ramifications of, let's say, a nuclear bomb, are always met with ridicule. The Dark ones in positions of power never like their authority and plans challenged.

It is because the majority of individuals DO have a working conscience that your world governments develop all of their new, bigger, and "better" weapons in a highly compartmentalized fashion—for if the masses were to see the true potential of these new devices, they would realize that your world is run by insane and paranoid individuals who would sacrifice the whole planet just so that their delusions of power and control might be maintained.

How did such ones gravitate to such positions of power? For the most part, it is due to the Laws of Cause and Effect. These ones are trying to work through their “karma” just like you. If, in the past, they were responsible for the destruction of a planet or large amounts of a planet’s population, they will have to repeat the lesson, over and over again, until they get it right. This is a highly simplified explanation, but I believe it makes the point.

Many of you ones reading this have come to help awaken those (a minority) who have managed to break themselves free from the relentless bombardment of “mind candy” that distracts and lulls the masses into a state of complacency. You are ones who never really bought into the materialism or the lust for toys and entertainment. You may have gone down that path for a short while, but eventually you are left highly dissatisfied and begin again searching for something MORE REAL and MORE SATISFYING.

The majority of you have come to the conclusion that you never feel satisfied inside unless you are actively trying to help someone else. When your energy is aligned in that direction, you feel a great inner peace and satisfaction. And yet many of you have, over the course of your life, been taken advantage of to varying extents.

You are teachers, and you love to help someone to grow so that they can then help themselves, and eventually (hopefully) they will help others. Often you ones are quite competent at what you have come to teach.

But when you help another, you sometimes end up in a situation where the ones you are helping become dependant upon you. This leads to the situation wherein you are left feeling that others have taken advantage of you. This may leave you feeling bitter and reclusive—a very uncomfortable state.

Please take a moment to realize that YOU are as much responsible for allowing others to take advantage of you, as are they. Sometimes you have to let others experience the “failures” first-hand, so that they will then be able to appreciate the importance of all the little details you were trying to point out to them.

It is not cruel or harsh for a mother bird to push her young birds out of the nest when the time is right. It is with compassion and understanding that mother bird knows her children must learn to make it on their own.

You are *all* there to learn and grow. If you are not willing to nurture for a short while, and then wean with a compassionate sternness, then you are in essence teaching that dependent or parasitic behavior is acceptable.

As your world continues to “lighten” its burden, more and more ones are going to become dissatisfied with the glitter and flash of the material things continually being paraded in front of them in an unending procession. These ones will eventually come to realize that seeking and applying knowledge in an effort to make their families’ and friends’ lives more fulfilling is the only reasonable path to follow. This will eventually spill over into the community at large, and a cascade of love and cooperation will eventually manifest worldwide.

Please note that, though your current physical environment may eventually become uninhabitable for human life, there will always be other opportunities on other worlds to

apply your heart knowing. If you can learn the true value of which I speak, you will inevitably take this True Knowing with you on all your subsequent journeys.

Remember that you may be getting kicked out of your “nest”, but the journey still continues. The soul’s journey is infinite and full of spontaneity. You will eventually come to see the value of your current experience as having been a very rich and wonderful opportunity for expressing and expanding your inner (soul) purpose.

There are no wasted moments, and though you may be in a situation that seems uninviting, you are still quite blessed with the opportunity to experience inner personal growth and to help others in perhaps quiet and even sometimes unappreciated ways.

Never allow the physical “pressures” to overwhelm you to a point of fear. This will only lead to stagnation in your growth. If events unfold in such a manner that the only possible outcome is physical death, then realize that it is simply your time to go, and release from the experience and allow the transformation to unfold. This does NOT mean that you should somehow give up because “things seem hopeless”.

Giving up is a low-frequency response to a challenge that YOU have allowed yourself to become overwhelmed with. You are there for reasons and by choice. That you may not remember the reasons or the fact that you chose this experience does not change the facts of the matter.

If you are faced with a seemingly overwhelming situation, ALWAYS take a moment to remind yourself that the physical journey is in no way an absolute—meaning you have many such experiences, both behind you and in front of you. You are an Immortal Soul Essence experiencing in a body so that you may share a common reality with other like-seeking entities. When you feel overwhelmed, it is simply because you have forgotten this bigger picture.

You always have a choice in every situation. Most ones simply get panicked if they don’t see a clear and immediate choice. Sometimes the right answer is to simply wait and gather more data.

If you are in a room that is on fire and the only exit is blocked by flames, you could take your chances running through the flames, or you could take a moment to calm yourself and perhaps look around and see if there is anything that might assist your escape. Perhaps there is a water bed in the room that could somehow be punctured, or a blanket you could wrap yourself in while you run through the flames. The point is: sometimes taking a little extra time to calm yourself and gather more data is the right choice.

Most things that overwhelm you ones are of a far less urgent nature. You will find that often you will have hours, days, or even longer in which to make a decision. Keep the inner world of Spirit in mind as you seek answers to the questions you ponder. This is ALWAYS beneficial, for it is from the realm of Spirit that all else takes form.

I am Ceres Anthonious “Toniose” Soltec, come in the Radiant One Light of Creator God, as a Teacher and Guide, so that you may have “tools” to make the most out of your experience. I have come to assist you, but YOU must make your own choices and walk your own path.

May you always choose to walk in counsel with Creator Source. You couldn't ask for better advice!

Blessings to you all. Salu.

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What Is Your Role In Mother Earth's Return To Balance?

By Ceres Anthonious "Toniose" Soltec

31 Jun 17, 2007

11/8/02 - Ceres Anthonious "Toniose" Soltec

Good afternoon, my friend. It is I, Ceres Anthonious "Toniose" Soltec, come in the Radiant One Light of Creator Source. Allow for the energies to settle as adjustments to the signal are being made.

Many ones who have been following these works are seeking to understand the significance of all the recent earthquake and volcanic activities. The stress at this time on your planet is increasing.

Your planet feels and responds to the general emotional state of all its inhabitants. The geophysical response is often delayed, relative to the cause, in terms of time, and like most of you, your planet has the ability to hold much emotional pain before she must release the energy as she seeks to regain balance. The larger 7+ magnitude earthquakes that seemed to "swarm" in the last several weeks should be taken as warnings that **PRESSURE IS BUILDING.**

Your planet is alive and grows physically. From the perspective of your short physical life-spans, though you cannot easily measure this growth, she is nonetheless growing. Many factors contribute to this growth, such as meteor impacts which contain materials that add to the overall whole.

Your world also constantly takes in energy from the Sun. This energy is converted and utilized by your planet, in many direct and indirect ways (such as by plant life), to add to the total of planetary materials.

Likewise, in a frequency range not yet recognized by your scientists, your planet "drinks in" much cosmic energy, and processes that energy into new materials, eventually integrating them with her physical structure. That is to say, there is a build-up deep inside your planet as many forms of yet unrecognized energy are processed.

With any organic living system there is "waste" product generated that needs to be cleansed from the inner functionings in order to ensure continued balance of the biological system. Volcanic eruptions deposit processed materials on the outer (surface) layers of the planet to form the epidermal layers. Here such materials can be re-energized and purified

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by the Sun's rays, and broken down by the various plant and micro-organism life, so as to be readied for recycling back into a usable energy form to the planetary ecosystem.

Tectonic plate movements are necessary in order to accommodate the energetic shifting of magma beneath the surface, as well as to "stretch" the outer layers of the planet ever so slightly as the planet grows. These kinds of movements are thus a natural process.

"Mother Earth"—as she is most often referred to—has a great empathy for all life on the planet. And much like any mother, she will do all she can to sustain an ecologically balanced environment in order to facilitate the greatest proliferation of life. However, in the event a species becomes out of balance with respect to the welfare of the greater whole, there comes the need to deal with this condition.

With respect to the current state of your planet's health, the human inhabitants are quickly destroying the ecological balance of the planet. Oceans are being decimated with over-fishing, heavy metal poisoning, as well as other pollutants. Large masses of your planet's life-sustaining vegetation are constantly being stripped away, as areas such as the rain forests are being decimated. Electromagnetic devices that aggressively alter the ionosphere and other atmospheric layers are causing unnatural torques and gyroscopic disturbances, as well as inducing unnatural levels of negative emotional responses.

The excessive amount of oil being displaced (leaving voids beneath the surface where this fluid should reside) and burned in the atmosphere is causing unnatural shifts in atmospheric composition that lead to a filtering of the frequencies of light reaching the planet's surface, thus causing an ecological strain on various forms of plant and animal life—not to mention cumulative toxicity conditions, brought about through the process of respiration, for every breathing species.

This is just to mention a few of the larger ecological problems that "modern" society has created and to which your planet MUST respond in an effort to restore overall balance.

When I mentioned that the earthquakes and volcanos should be taken as a warning, you would be wise to recognize that, as toxins and poisons build-up in a biological system, there is often a fever generated as a means to burn out the infection. Your world's scientists have noted a rise in average temperatures and, coupled with that, a very significant recession of Arctic ice packs.

You shall witness greater occurrences of volcanic activity, as well as an increase in the frequency and magnitude of earthquakes, as your planet continues to ramp-up her efforts to combat the causes of her illness. Shaking an infestation off of her skin, dowsing them with water, or covering them over with fresh volcanic "skin conditioner" may become more and more necessary if the human inhabitants don't begin to see that they are UNNECESSARILY causing their own ecological genocide.

In higher-evolved societies, the need for fossil fuels is regarded as a form of vampirism wherein sucking the natural bodily fluids of a host organism for SELFISH PLEASURE is regarded as barbaric and somewhat insane. Your world has been supplied, over and over again, with alternative technologies which would enable you to halt the excessive consumption of natural resources, and find better, more balanced solutions to ALL of the problems with which you are now faced.

Yes, this is an old message wherein the few convince the masses that certain things are necessary in the name of “progress”. All the while they knowingly exercise such deceptions as a means to generate personal wealth and power. This sort of insanity is what is directly responsible for the dire state of your world’s current ecological situation.

Part of your challenge, as potential caretakers of your planet and students of life, is to learn to go within and find creative solutions to the problems you face as an evolving society. You can only do this with any sort of competency when you truly understand the larger picture: that your planet is a LIVING, SENTIENT BEING who has needs, just as do you, and that there are always choices and alternatives to consider.

You need not be an engineer, scientist, or geophysicist in order to see that your planet is alive. You only need to go within and search your Inner Knowing, and you will find this to be something that you already know.

Many changes are coming your way that will eventually lead to a greater ecological balance when viewed from a larger perspective of geological evolution of your planet. You would each be wise to consider carefully your attitude toward Mother Earth and the take-for-granted posture that the majority of your world’s inhabitants have, as they just turn a blind eye to the many atrocities being enacted upon such a gracious host as is your planet.

This message is not intended to scare you. It is intended to get you ones to think about where you are at, as a society as a whole. You each must learn to consider the larger picture, in all your actions and choices, if you are to evolve much further as a society.

Advanced technologies are not required for human survival. However, advanced technologies can greatly enhance the survivability of the human species on planet Earth— if used properly, in a balanced manner.

You each enjoy the convenience of flipping a switch to have light, or adjusting a knob in order to have heat. These things are very convenient to you and allow you to devote more time to other matters of a mental, emotional, and spiritual nature. Rather than having to go out and gather firewood or forage for food, you can explore finer aspects of individuality and creativity.

Part of your contemplation should be directed toward how to give back that which you take from Mother Earth. Do you give thanks and pray for her well-being? How many even notice that she is sick? What modern conveniences are you willing to do without in order to help carry a bit of her burden? How long will the masses of your world tolerate the insanity of the few who keep the world on a collision course with disaster while they play their small-minded power games with YOUR lives?

Balance WILL be restored on your world! The price may be higher than any of you would like to believe, but Nature (God-force in action) always finds a way to restore balance. As sure as night follows day, balance shall be restored on your planet.

Please contemplate carefully what you can or cannot do in order to make a difference. Even pursuits as simple as recycling and composting can make quite a difference—both

directly for the well-being of Mother Earth, and indirectly from radiating your own inner emotional sense of satisfaction due to acting in a responsible manner.

Attitude and belief are both your greatest ally and your greatest enemy. Your personal perception of self and others is what keeps most ones from taking any action whatsoever, because you believe such nonsense as: "I am only one person in billions; what difference can I possibly make?" And then there are the other, equally common excuses: "I'm too old." Or: "I'm too young." Or: "I'm not smart enough." Or: "I don't have time." The list goes on and on.

You each will find that it is very easy to make choices and state reasons for NOT doing anything to help your current situation. It is not my place to judge you. However, when I look at your ACTIONS, it is clear to me who truly understands the message and who is simply reading for entertainment.

You each can do SOMETHING to help your situation. A heartfelt prayer, offered in love, on behalf of your planet, is a good first step—especially if such is done with regularity and sincerity. Is that too much for you?

When you take even a small step toward helping, you begin to align your energies with others of like mind, and there is then added great strength to your desires that goes beyond the physical perception of the space you presently occupy. There are great forces in your universe—advanced angelic beings—who are focusing their healing prayers on behalf of your planet. These angelic beings would gladly assist any and all ones who desire the same planetary healing. These angelic beings will add their Guidance and Inspiration to those who are willing and open. You must simply be patient, persistent, and allowing of opportunities to unfold in your lives.

Please never underestimate the power of prayer. Prayer can more simply be stated as HEARTFELT DESIRE. When you have great emotion behind your desire, the energy aligns much more noticeably (quickly) than it does when you mouth "empty" words. This too is what is meant when we speak of you as co-creators. You create by focusing your heart and head (emotional and mental) energies simultaneously on the same thing. Most ones we witness who want something, hold doubt in their hearts, and thus the heart and head are in disagreement (the energies cancel-out each other), and very little changes in terms of manifesting the desire.

We have written on this subject many times, yet we see that many of you still don't quite grasp the concept with functioning knowledge so as to lead to practical application. The "miracles" in life COME FROM WITHIN! You need not wait for another to do anything on your behalf.

Those of you who are reading this sort of message for the first time may be left a bit confused, but we must keep this sort of message general, and assume a certain level of understanding and seeking on the part of the general reader. You each have the ability to go within and HEAR (sense/perceive) this sort of message for yourself. We encourage you to do so.

SEEK AND YOU WILL FIND. The answers will come. Be diligent, persistent, and patient as your Guides work within a frame of reference that is unique to your current level of

awareness and understanding. Very few will behold a “burning bush” that speaks to you! Most will notice subtle coincidences, or thoughts that come to them just moments prior to an occurrence that, when acted upon, will lead to “doors opening”.

Please also remember that the SPIRITUAL journey is the larger journey, while the physical journey is but one aspect of a much larger process. Be not fearful of losing your physical body, for it is, in the most simple terms, a focusing mechanism that allows for your direct interaction with other physical matter in a specific location and time reference. Remember that the body is not YOU! YOU are MUCH MORE than a bundle of bones, muscles, and nerve tissues. Your existence is INFINITE! Please KNOW this.

I am Ceres Anthonious “Toniose” Soltec, come in service to Creator God, *The Source of All That Is*, so that those who petition for Guidance and Insight may have same. My job is not to give you answers to all your personal questions, but rather, show you how you can find your own answers. In short, we of the Lighted Realms are teaching you how to feed yourself, rather than simply feeding you.

May you each read this message with an open heart—and pay close attention to any thoughts that may come about from reading it. Take what is meant for you and leave what is not. Blessings and peace to you ALL! Salu.

Learn To Sense & Embrace Big Changes Coming Fast

By Violinio St. Germain

32 Jun 23, 2007

9/28/99 - VIOLINIO ST. GERMAIN

With all the seismic activity and violent weather patterns that have been taking place of late, are taking place at present, and shall be occurring in your very near future, I believe that it is time that we repeat a lesson from two years ago.

Yes, I am Violinio St. Germain. I come to you in and with the Pure White Light Radiance of Holy God of Creation. I am Cohan of the Seventh Ray—the Violet Ray—the Ray associated with Transmutation.

Your planet Earth is changing. Change cannot be stopped, for in order that change cease, then ALL would merely cease to exist. It would not be destroyed—rather, it would be as though nothing ever was. Change means that Creation is in a continuing process, and once change ceases, then Creation ceases, and that is the point where all in this physical universe would merely not be.

Your planet itself is undergoing massive changes, and it is time you ones had a refresher in what these changes are all about. You have experienced several massive earthquakes of late, and you are going to see much, much more of the same. The scenes you have been witness to recently will become very commonplace as time progresses.

You ones look upon these Earth changes as destruction. A very informative, and important article on the Plate Tectonics of your planet is being offered [in this same issue of The SPECTRUM]. This piece is excellent in explaining why the surface of the Earth is so volatile. And considering that which has been occurring, and that which is about to occur, it

is extremely important that you ones have some correct understanding of the physical laws which govern the physical universes.

We have already covered so many of these subjects in great depth in the past. You are at a time now in which you are seeing manifest in your daily lives that which we have spoken of in the past. So many of these topics are interwoven with each other that it becomes difficult for you ones to remember where one topic ends and another begins.

We are also including here some material which has previously been given to this receiver but which should now be shared with a wider audience. We have two reasons for doing this: (1) so that you will have these lessons afresh for the upcoming times; and (2) so that you will know that what we have spoken in the past is coming to pass in the present and in the coming days. The overall reason for this is so that you may know that God is God and is very much at the helm of the ongoing process of creation!

The following is a writing of mine through this receiver from September 28, 1997—exactly two years ago. It was published at that time in the December, 1997 issue of *The Sedona Journal Of Emergence*.

[Quoting:]

Your Role In Your Ever-Changing World

9/28/97 - GERMAIN

If there is one thing that is absolutely certain, it is that everything changes. Nothing in the living, vibrant, experiential universe is stagnant. There are changes occurring right now upon planet Earth that are both exciting and frightening to those experiencing these changes. However, to be gripped by fear, or to sit around and merely fret about what is going on, is neither productive, nor wise, for these are the times you have come to this planet to experience and to learn from.

If you allow yourselves to be overwhelmed by the changes, then life and circumstances will control you; but, you can take control of your life and those same circumstances, dispel the

fear, and maybe, just maybe, you will not only profit in these times of tumultuous change, but will maintain the Peace of God while all is seemingly crumbling about you.

By the way, and thank you for asking, I am Germain. I represent the Violet Ray, the Ray of Transmutation, of the White Light of Holy God of Creation. And, let me just say that transmutation is what this time of change is all about.

When you see all these changes occurring around you, and though some things may seem to be destructive, know that in the whole of the universe nothing is ever destroyed. Though it may no longer exist in the same form as you have been used to, it has not really gone anywhere; it has merely changed its form. You learned this basic law of physics when you were in elementary school science class, by seeing how water can change its form from a solid (ice), to a liquid (water), to a gas (steam). Well, this is the case with all matter in the universe.

There is so much talk these days about the destructive nature of the planet in the way of earthquakes, volcanos, rain, wind, storms, etc. Yet, the Creator only expresses in creation. You live in a dual universe—light/dark, hot/cold, male/female, etc. For every action, there is an equal and opposite reaction. This is your perception of the physical realm, for all is but a part of the ongoing Creation.

When the tectonic plates shift, some land above the surface tends to submerge below the surface while, on the opposite side of that same plate, new land begins to push its way back up to the surface. Yet, what is really happening, and what is your perception of it? Well, the truth is that while some of the land may submerge, and along with it may go some of man's structures, the Earth is merely re-creating itself, and the land going down becomes a part of the mantle, where it returns back into the semi-liquid state, while on the opposite side of the tectonic plate, that which was part of the mantle and was in the semi-liquid state resurfaces and changes to the solid state.

So can you see that, though from your limited perception it appears that the Earth has destroyed something, it is merely in that continual state of creation? When the rains come and the flooding occurs, there are always homes that are washed away. You perceive that it is destructive, but truly it is only the Earth once again re-creating itself. Old, worn-out land is washed away, taken downstream, mixed with the water, and re-deposited in another place. So, nothing has really been destroyed, it is only the Earth replenishing herself.

Mankind has taken the planet and Nature for granted, depleting her resources at such a rapid rate that it is no wonder that she is reacting in such a manner as you are experiencing. Man has decided that he has taken control and will dominate Nature; but what man has not yet realized is that all are a part of that Nature and that, by attempting to dominate Nature, he is but dominating himself at the same time.

Man is not above Natural Law, but acts as though he is. Man's perception that he is greater and above Nature is causing him to suffer the consequences of his own actions, and it shall continue until he has changed his mind-set about his relationship with the rest of creation.

There is a recent film called *Phenomenon* in which a man suddenly had what all perceived as extraordinary abilities. In one scene, he is sitting in a doctor's office and begins to move a pencil lying on the desk without touching the pencil. The doctor, of course, is stunned by what he is seeing, and asks the man how he does it. The man replies that he doesn't really know, but says that he just asks the pencil to cooperate, and the pencil begins to move.

What happened there is that this man changed his perception of separateness and realized that he is part of the greater whole. He and that pencil are, in essence, no greater or lesser than the other. In fact, they are equally a part of the Greater Whole, so the only natural response is mutual cooperation.

When mankind comes into the knowledge that he is no greater or lesser than anything else in the universe, then he will understand and be able to identify with all things—be they plant, animal, or mineral, so to speak. At the base of all things in the physical universe, all things are created out the same "stuff". It is only the molecules and atoms that are arranged differently, but the molecules and atoms are the same. If you are all the same, then why is there the perception of separation?

Earth has gone through many cycles of change in the past, and shall continue to do the same in the future. Change is the only constant in Physical Law. Without change, everything would cease to exist in a very short period of time. Motion is change, and without motion, there would be no time, nor would there be evolution. Some, I know, think this would be a good thing; however, lack of change would result very quickly in non-existence. You are all going to go forward, be it on Earth or somewhere else. You are all part of the ongoing cycle of change—all a part of the ever-expanding, dynamic universe. It is your resistance to that change, unfortunately, which is causing you so much grief and turmoil.

There are those who are in control—the power brokers, I believe they are called—and these are the ones who are the most resistant to the changes, for the changes will eventually bring about an end to their ability to remain in control. There is much fear with them about being unable to control someone or something. It comes from lack of faith or confidence in themselves, though this is not their own perception. They do not trust in themselves; therefore, they have even less trust of others. They truly believe that, unless they assume the control, those who are even less capable will take charge of everything, including themselves, and this causes them to be gripped by utter fear.

Each of you experiencing in the third- dimensional expression is having the same battle, albeit at different levels. It is much easier to identify those who are the leaders of your world, for they have a greater effect on a greater number of people and circumstances. Yet, if the truth were to be known, all are to a greater or lesser degree learning lessons about control. For some, the challenges of control might be within the family unit—parents wanting to control their children. Others, it may be on the job—wanting to control subordinate workers. You see, each is struggling with this issue and, until the lessons about control are learned, you will continue to struggle with it.

If you examine yourselves closely and honestly, I think you will see that what I speak is truth. And, yes, truth is very often a difficult pill to swallow.

The control that you ones are really seeking is within your own selves. However, because that is the most difficult to get a handle on, you tend to externalize the control and project it on others around you. The secret (though it is not really a secret) is that, if you ones were to actually take control over yourselves, you would find you would have very little need, time, or desire to control others.

Believe me that self-control is a full-time job within itself. Each sees the difficulties in the world, and there is an inbred desire and need to do something about it. However, self-examination is very painful and most difficult, so it is much easier to tell someone else what they are doing wrong than to recognize and correct the wrong actions or thoughts of self.

If each one would merely live by the simplest of self-imposed ethics, there would be so little strife in the world. It has been called the Golden Rule, for it is a valuable little nugget indeed: “*Do unto others as you would have others do unto you.*” It is so simple, but so difficult for you to live by.

All in the world is driven by the perceived need to gather more and more wealth. To what end? When is it ever enough? How much do you really need? Or, has desire and greed been misinterpreted as need?

You have been told—and you obviously believe it—that you need material wealth in order to be successful. Yet, what is true success, and is it really money and things? What of the man (or woman) who has nothing, but has found true peace within? Is that one a success or a failure in your perception? What kind of a price tag is there for inner peace—hundreds of dollars, thousands of dollars? Ask that same person if they would trade their inner peace for a hundred thousand dollars, and then hear their response!

The more time ones spend pursuing the wealth of materiality, the less inner peace will be found. However, if the pursuit, instead, is toward inner peace, always, your real needs will be met. The wondrous thing about achieving inner peace is also how the thirsty desire for “things” will be quenched.

You see, mankind is actually wanting that inner peace, but once again, rather than going within the very depths of his soul, wherein lies the truth of things, he looks to the outer world to satisfy his hunger. He is looking to materiality to quench those inner desires, but finds that the more he gets, the more he wants, and so the self- destructive cycle is never ending, and in the process he is also destroying his own planet. And it is most insidious in that more is never enough, and not only does he want what he believes to be his, he also wants what is someone else's, for that is the truly dark side of greed.

Some go about it through common theft. Others go about it on a much larger scale, through unfair, over-burdened taxation. There is no difference, chelas; it is all greed in one form or another.

How will this cycle ever be finished? Only when man awakens to The Truth. That is a most difficult thing to predict, for it is totally up to each and every person, because each and every one has the same free will as the next. That free will is not prejudiced, and free will can be used to express both the Light and the darkness.

There is a bumper sticker which reads: “The one with the most toys wins.” Wins what? Think upon this, for the joke is really on you.

Since the beginning of this particular cycle on Earth, the perception has been that wealth is something that must be gathered from the outer world. This is also part of the lessons you ones came here to learn. You have spent many past lifetimes upon this same planet, struggling with the same lessons, and now you are in this time, and the temptation for things is greater than it has ever been before.

It is Final Examination time, dear ones; have you learned your lessons or not? How shall you score in the end of it?

A very wise man once told you to look to Nature and all its glorious splendor. He said for you to look at the lilies of the fields, for they do not toil, and yet they are clothed in beauty. The birds of the air do not work, and yet they are fed and free to fly where they will. Can you say as much in your own lives? Probably not.

Who and what cause the strife in your own life? Do you perceive it is your boss, your children, your parents, your spouse, a friend, or a loved one? Do you feel that these ones are causing your grief? If so, why? Can anyone actually make you do or feel anything? Who is in charge of YOUR life? Who is in charge of YOUR feelings, YOUR actions, YOUR thoughts?

The answer is so simple, yet it is one most do not wish to hear, and thus turn a deaf ear to: only YOU, chelas, only YOU.

No one really has control over you; no one can make you do, feel, or think anything that you are not willing to. Remember that you are not just a flesh-and-bones thing. Your true essence is spirit, and spirit is as free as can be.

You have but mis-perceived that you are only your physical body. It may seem like an easier life to believe such, for when you realize that you are spirit, and that you are eternal, then comes the thought that all does not end when your present physical life is over.

If you continue on, somewhere else, then all that you are, all that you have been, and all that you will ever be is with you at all times— eternally!

Talk about a heavy trip! There is much less responsibility and accountability to contend with if you are only in existence for a short seventy or eighty years. But if you exist eternally—then that is quite another trip!

And, now, you ask, what does all that have to do with change? It has everything to do with it!

Your planet is changing. Your planet is getting ready to take a giant leap forward in the evolutionary process, and all things—including you—are going to be affected and changed.

How you weather that change depends upon how willing you are to evolve with your planet. The Age of Materiality is drawing to a close. That is why it is so pervasive at present. It is all coming to its climax, and you ones who are present upon your world right now have chosen to be a part of that climatic time!

Earth is shifting in her frequency. She is going to go up a level, and you can either choose to go with her, or you can choose to resist the changes and leave. Know, however, that should you choose the latter, you will re-emerge somewhere else, another time, to complete the class you chose to drop out of now.

But, the choice will be totally your own, and so shall the accountability be your own. There will be no shifting the responsibility off onto another, because you will be standing alone, before God, in that time of accounting.

The Earth is going to continue to change in nearly every imaginable way. She is also going to change her magnetic fields, and eventually will also shift on her axis. Earthquakes, weather patterns and life forms are going to alter, for it is all a part of the frequency-shifting process.

What was, shall be no more, for a new and more glorious time is fast approaching. You are in the thick of it now, and are just about to cross the threshold. It is an exciting time, and it is a time that shall be difficult for those who choose the difficult road of resistance to change. The planet has been through this cycle many, many times prior to this, and she will handle the change quite nicely. The real question is: how shall *YOU* handle it?

There are those who are telling you that all this is but “millennial madness” and that those who speak such as I do here are “fear mongers”. That sort of statement is wherein the fear lies, for these are the ones who are resistant to what they see taking place. These are they who are not prepared and have not gone within to seek The Truth.

Those who have gone within know what The Truth is, and that Truth is all about change. Change has been going on since the beginning of time. There are, however, periods of accelerated change, when one age draws to a close and another age dawns. You are in such a time now.

Will change stop once the new age fully arrives? No, for such is not possible in all of The Creation. Change will never cease to exist so long as creation is occurring. There will, however, be a slowing process once the shift has fully taken place. But, when the next age dawns, the changes will once again begin to accelerate.

You are not experiencing anything that has not gone on for eons throughout the cosmos. Many of you have been on planets during the changing process before. Some learned, some did not. Some of you are here in the capacity of assistance. Others are here only as students; but, even those here to assist are learning as well, for you cannot experience a physical life without some learning taking place.

Those of you here to help are those who others just do not understand. Many of you are considered to be “New Age” weirdos or flakes. But take heart in knowing that you stand in very good company, for those who pushed to found the United States of America were considered by most of their friends and neighbors to be trouble- makers with a few screws loose. There was but a handful who stood in defiance of King George. So just because your numbers appear to be small does not mean that you cannot make a difference during this time of change. The secret is in the amount of energy that goes into it.

Allow this all to settle in, and consider it in meditation. It is an individual choice each currently has to make. Many are there who are choosing to resist, but also there are many who are taking an active role in the change process. It may seem like the difficult path right now but, in the long run, it shall prove to be the easier road to have traveled.

Your spiritual Guides stand beside you, ready to assist you through the troublesome waters of this time. Get quiet, go within, and seek their advice. If you wish to call them angels, so be it, for there really is no difference. In peace, I leave you this day. I am

Germain, the Seventh Ray, the Violet Ray of Transmutation of God's Holy White Light.
Salu.

[End quoting]

Each and every living thing upon the planet is made up of the exact same materials. The combination of atoms and molecules, however, are only arranged in different combinations to produce the varied life forms on the planet. The Earth itself is also a living entity, and is made up of those same molecules and atoms. So, you see, you are all connected by your very makeup. You can choose to ignore or disbelieve the connection you have to each and every thing upon the planet, and with the planet itself, but you cannot change the fact that these connections exist.

There are a few scientists today who are beginning to understand and take seriously these inter-connections and the relationship of a planet and its life forms. All it takes is a serious and intensive study of Nature to see that this is the case.

Prior to earthquakes, volcano eruptions, etc., animal life will begin to leave the area where these events are about to occur. The Earth will also begin to emit low-frequency sound patterns, as the pressures beneath the crust build, preceding one of the events.

Every animal, and man himself, has the capacity to pick up these low-frequency transmissions, as well as other signals emitted by Mother Earth. One of the mechanisms for this reception utilizes what your scientists call "magnetite" in the brain.

Animal life acts on instinct, and leaves the area and moves to a place where these transmissions are no longer affecting them. Man, however, has overcome these subtle instincts by ignoring them, so he is caught off guard and caught in the midst of the event.

It is time that mankind learn from his animal kingdom brothers and sisters, for it is these built-in, given-by-Creator instincts that, if heeded, can save your physical behinds. Pay attention to those strange headaches, those low-frequency tones in your head, those strange aches and pains in your body, the feelings of agitation, restlessness, etc. These are very real, very physical byproducts to your inter-connectedness with both your planet and with all that is about you in your physical world.

Please do not place me in the category of prophet, for that is not the role I play. I am here simply to bring to you the probability of potential, based on past and present data, that is currently in effect. And, please understand that anything which may be forecast is dependent upon the consciousness of the life upon a planet. It is the combined consciousness of ALL beings upon a planet which plays the greatest role in what will actually happen (manifest in the physical domain) concerning the Earth-changes you ones continue to hear about.

Have you noted just how many of late there are who seem to be repeating the same information? Why do you suppose that would be?

I will tell you. When the probability of potential reaches what you might call “critical mass”, that information, that data is vividly present for all upon the planet to “tap” into. There are those who are merely more sensitive to this “energy of information”. The nearer to the events you are, the stronger the energy is, and so more and more people pick up this information, which is available to all. More ones than you will ever know are aware of the information, but most will merely pass it off as their own imagination.

But, as I stated above, it is VERY, VERY important that each and every one of you begin to pay VERY close attention to those inner nudgings—those feelings of “something just isn’t quite right”, those little bursts of hunches and visions, your dreams, your intuitive nature in general.

The influx of energy upon Earth is helping to push along these changes, and this influx of energy is brought about because of the collective consciousness as well. On some level, every one and every thing alive today knows that it is time for these changes to occur.

It is this knowing, this consciousness of knowledge that is bringing that influx of energy, and bringing about the changes in the first place. It is all part of the evolutionary process of the universe—and closer to home, of the planet. One cannot be divided from the other, for all is connected and part of the Greater Whole called The Creation. You just have atoms and molecules arranged in different combinations— yet, everything is the same.

So you see, your American Natives do have it right in that respect, for as they have always said, they are no greater or any lesser than is the tree, the rock, or the mouse. They have

understood for thousands of years that they are connected to the Greater Whole, that they reside within the “Circle of Creation” as they put it.

It is your modern-day religions which have taken man outside the Sacred Circle and made him separate from God (and Creation). In fact, those same religions call the American Natives and other untainted-by-White-man peoples “pagans” or “heathens” or other worse names. Well, if that is the case, then consider me a pagan as well!

That separation of Man from God is what has kept you ones in the bondage you are in. You have been taught that you have absolutely no power over anything, and that is the greatest lie there is. Dear ones, that is the lie which has kept you ones prisoners, and under the control of an “elite” few who themselves are mere puppets of The Great Deceiver himself. If you believe that you have no power over your own existence, then you can be led about by the nose-ring.

Wake up and smell the coffee, children, for YOU AND ONLY YOU have power over your own existence. You do not need any intercession between you and God. You have tried to put God into a box that fits your level of knowledge, but know that God cannot be put in a box, for a box is a physical thing and it could never be larger than Creation, so a box could never be large enough to hold Creation. Instead, what you have succeeded in doing is putting yourselves inside the box, and the walls of the box have become the walls of your own self- created prisons.

So, step outside the box, and take a look at all there is in this universe in which you reside. There is nothing in this universe that is not available to you. What it takes, however, is that you free yourselves from the bondage of your old habits and old beliefs, and SET YOURSELVES FREE from the lies of limitation that you have been taught.

Take time to look up, look down, look left, and look right. See the enormousness of what exists. What is limiting you? Money? Time? Freedom? These are all forms of the deception.

You are a part of everything you see. There is nothing that you are separate from, except as exists in your own belief system. You are the only one who can limit you, and you are the only one who can set yourself free, and that begins by understanding and knowing your relationship to and your part within all of Creation.

In the days that are coming upon your planet, every paradigm and every belief system you know is going to be challenged, for it is time for the old to pass away and the new to begin. These are changes which are going to affect every man, woman, and child upon your planet.

The children being born today are different than ten years ago. Watch them. They are on “fast-track”, for they are here to experience and be an active part of the present and coming changes. Listen to them as they talk. Watch them as they play, for you will learn a great many things about your universe and about your planet.

It may appear that we have wandered off our original subject of change, but I assure you that these things I speak of are every bit as important a part of the ongoing changes as are the more violent earthquakes and weather patterns.

To borrow a line from a very popular movie, “Something wonderful is about to happen.” Are you ready for it? Are you going to be an active or passive participant? Are you going to assist in this change, or are you going to believe yourself to be a victim of it?

These are choices every one of you are either now being confronted with, or will shortly be confronted with. How shall you answer? I am Germain. Let us draw this to a close. Thank you for your time, and I urge you all to consider the words of this message very carefully, for it is a personal message for all. I leave you as I came—in and with the Holy White Light Radiance of Creator Source. Salu.

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The Nature of the Beast and The Game It Plays

By Soltec

33 Jul 6, 2007

A good one to read for those who are in anger and confusion now over the "wait" for the coming intervention of stasis. Keep your light shining, in your MOOD, and deny the beast entry into your fields. -Candace

The Nature Of The "Beast" And The Game It Plays

9/29/01 - Ceres Anthonious "Toniose" Soltec

Good evening, my friend. It is I, Ceres Anthonious "Toniose" Soltec, come in the One Light of Creator Source. Thank you for sitting this day, for I too have a message I would like to share.

In light of recent events [*what unfolded on 9/11/01 and thereafter*], many ones are looking toward this source for insights and guidance concerning what they are feeling within. Many ones are having a "bad" feeling associated with the recent tragic events.

Please remember that you are all given free-will choice to do what you think is best for you. Often the decisions of a small few can and do change the course of history of your world.

What many of you are feeling within are inner stirrings of premonition or recognition that something very big has been put into motion, and that the energy about to manifest in the physical domain will have a momentum that will cause great shifts in the lives of all ones on the planet.

Most do not understand exactly why it is that they are having difficulty sleeping, or why they are having nightmares of bombs and wars. The fact of the matter is that we of the Higher, Lighted Realms, who interact with you ones as Guides and Angels, are putting great efforts toward helping all ones come to grips with the individual choices and decisions and beliefs that the masses are buying into.

You could say that the conscience is being aroused within, while the lower emotional energies of fear and anger continue to permeate the ethers. We are doing a lot of nighttime "dream work" with ones to help them see that they are allowing conditions to build within that will "blow up" in their face if they don't get their emotional state back into balance.

There are other factors as well that are affecting the sleep patterns of the masses, such as the HAARP-related technologies that have been cranked up since the plane crash incidents. The reaction of emotional shock provides "cover" for the increased energy

bombardment since ones are quick to blame their sleeplessness on the inner emotional shock rather than on the electromagnetic frequencies with which they are being purposely bombarded to maintain a state of mental confusion.

Those actually responsible for what recently happened do not want you to be in a clear enough state of mind to ask questions that might point a finger of suspicion toward them.

Dear friends, please read carefully the front-page story of this issue of *The SPECTRUM* for various clues to what is really going on. [*Editor's Note: Soltec was referring to the October 2001 issue of The SPECTRUM, the very lengthy and detailed front-page story of which was titled The Day The Earth Stood Still: New World Order Thru "Terrorism".*] The bigger the lies, the easier it is for these liars to fool the masses, for the average person cannot fathom the depth of insanity that is in power on your planet.

The emotional energies triggered, and subsequently released, as a result of the events of September 11, have been deliberately calculated so as to help generate strong negative emotional responses, and thus create a negative energy atmosphere (and an inter-dimensional portal or vortex of sorts) which allows many a dark entity to gain a foothold and thus subtly influence a large number of people.

The ones who are so influenced are the ones who will not listen to reason, even if you were to show them proof beyond all refute. These are the ones who are calling out for war, and who may be terrorizing, in their own neighborhoods, anyone who even looks like they might be from Afghanistan. **In essence, these darkly overshadowed ones have become the very thing they wish to destroy—terrorists.**

Why? For most, because of what they have watched and heard on television.

How will these same ones feel when they finally realize that they have been manipulated as fools, and that they played their part without question, let alone conscience?

My friends, your environment is continuing to increase in vibrational frequency. This upward shift is the "Cleansing" prophesized.

There is a very real extra-dimensional Force which knows it will not be able to continue to overshadow and function in the environment that is evolving. This Force is of great analytical intelligence, but lives (by choice) almost devoid of any higher emotions such as Love and Joy. It knows that it must withdraw from your environment, for there will be no "dark shadows" left to hide within, and no one left who will not recognize its presence immediately and see it for what it is.

But, this Force of Darkness does wish to persist for as long as it can, for its perception of self is that of a great and powerful god who struggles to find within itself the means to break free of The One Creator who created it. This struggle is what causes the inner shunning of the higher emotions.

As your environment becomes increasingly more positive (of higher and higher frequency), the manipulations and overshadowments of those in human form become harder to maintain. Thus comes the need for creating conditions that will generate strong negative

emotions so as to create a negative (low-frequency) atmosphere that delays the Awakening that is a natural byproduct of the high-frequency environment.

This game of overshadowment is not a new one and the entities who choose this path do so as a means of self discovery without regard for those in human expression who allow the overshadowers into their space. From a much larger perspective than the majority of you would feel comfortable with, these overshadowing entities are as much a part of Creator Source as are you and me. However, their chosen path, from the perspective of the average person, is one of harsh coldness. From their own perspective it is one of extreme use of intelligence without emotional consideration, let alone balance.

In theory these ones are trying to generate conditions that would defy the Positive Energy of Love and allow them to “discover” a way to, in essence, overthrow the thinking of the Divine Mind of Creator Source. The major flaw in their understanding is due to their emotional withdrawal. Creator God *is* Love, Compassion, and Joy, first and foremost. Therefore, the only way to “overthrow” the Divine Mind (in theory, only) would be to OVERWHELM it with an even greater sense of Love, Compassion, and Joy!

Nevertheless, there still exists this aspect of Creation that is “hell bent” on trying to find another way. The way that is most often tried is to overshadow and control as many individual fragments of The Whole as possible, in an attempt to reverse the polarity of God’s thinking.

The biggest problem with this endeavor is that there comes a point wherein such “Dark” ones, with large masses of overshadowed entities under their influence, run into another playing the same game. Both want to be in control of the other, and neither are willing to give-in to assist the realization of the larger goal, for to do so would mean failure to become a god themselves.

Thus the experiment repeats over and over again, wherein nothing is ever really achieved until the point of impasse becomes apparent, and these Dark entities are caused to realize there is only ONE way to achieve the goal—and that is through cooperation, embracing the Oneness that all ones innately seek.

Meanwhile, you ones who have chosen the experience of the physical schoolroom have done so knowing that there would be these kinds of challenges to face, challenges that would cause you to go within and confront the pesky temptations presented by these Darkly oriented entities of Creation. The majority of ones experiencing in the physical desire peace, beauty, happiness, joy, and love, foremost. Yet there always seems to be a challenge that keeps this from fully being recognized and thus realized.

What is it that you must learn in order to find that lasting balance point wherein a sustained and enduring true happiness is achieved?

For most it is the Inner Knowing and Awareness of exactly who you are and the nature of the game (mentioned above) that is being played. This takes more than being told a generalized story about the game. It takes the active recognition of the inner emotional instances, throughout your experiences, where this Dark influence was ALLOWED to overshadow you.

These would be the times when you allowed yourself to get angry, took deliberate acts to hurt another, allowed yourself to become overwhelmed with fear to a point where you chose to close down emotionally, and all the infinite possible variations where pain or emotional overwhelm were allowed to persist within you.

When you realize that these are instances wherein you have allowed overshadowment of a Dark nature that thrives on the lower emotional states of disconnect from Creator Source, you will then realize the value of the physical schoolroom and eventually choose Love, Compassion, Joy, and Peace over their low-frequency opposites. This will come into balance when you have learned how to observe these things of negative polarity without becoming a part of what you are observing, and thus avoid giving negativity a foothold within you.

This usually comes as a result of diligent effort toward recognizing the various pockets of negativity you hold within you as if they were some valued treasures, never to be released for fear of reliving the pain and releasing same to the “nothingness” it deserves.

Only with clearness of heart and mind can there come the balance you seek.

Allow the events of recent unfolding to serve as a catalyst for you to observe inner emotional stirrings that you may be having in response to the “shock” of it all. These emotions are being triggered for many reasons. Is your reaction anger? What about fear? Are you in a state of “terror”? What exactly are you feeling?

Depending on your answers, you may be given a clue about that which I speak.

For example, if you are feeling anger (the most common response), then how does this anger help you to find balance and peace within? It does so by showing you that you are still susceptible to the outside manipulations of others who have deliberately designed the situation to create the very anger you are feeling!

In moments where you are actually feeling anger, you are diminishing greatly your capacity to stay centered and balanced. Thus you become more disconnected from Higher Source, and thus more susceptible to Dark overshadowment through the low-frequency reactionary responses that well-up from these base emotions.

Where exactly do these reactionary responses well-up or originate from? Could it be that you receive “help” from an entity who thrives on such emotional states, who in your moment of anger matches your vibrational pattern perfectly and thus gives rise to thoughts, actions, and deeds that will only serve to propagate and prolong the negative condition?

Hmmm? Couldn't happen to you?

My friends, your greatest challenge is to learn to be in the physical world without the need to become part of it. Observe, without losing your inner state of Peace and Knowing, that ALL experience is for a reason and that the ultimate reason is for Growth, Understanding, and a Higher Awareness of self and others. In essence, ALL experience has a positive value when looked at from a large enough perspective.

This subject will not be easy for most to swallow, for the idea that you have been overshadowed from time to time is a bit disconcerting. Keep your spirits HIGH, and keep Love in your heart at all times. Use balance and discernment to KNOW that what you are being told or shown—particularly with respect to recent events unfolding on the world stage—may have little to do with The Truth.

I am Ceres Anthonious “Toniose” Soltec, come in the One Light of Creator Source. Go within; ask for Guidance and Clarification and Assistance as often as you wish. There are myriads of Lighted Wayshowers ready to assist.

Blessings and Peace. Salu.

War or Terrorism, or Is It a "Healing Crisis"?

By Gyeorgos Ceres Hatonn (Christ Michael)

34 Aug 19, 2007

4/6/02 - Gyeorgos Ceres Hatonn (also called Christ Michael, Creator Son of Nebadon)

Good afternoon, my scribe. It is I, Gyeorgos Ceres Hatonn, come in the Radiant One Light of Creator Source. Be still and find inner peace as the cauldron of emotional turbulence erupting in your world releases its energy.

The Middle East happenings are a result of many generations of karmic “build-up” of people and nations whose choices and actions are creating the “conflict”. Look not at the situation from the point of view of victims and oppressors, but rather from the point of view of cleansing.

Your world is in a natural cleansing cycle wherein every suppressed or “hidden” emotional imbalance is being caused to come to the forefront and be confronted. When there is denial on a personal level, you will get sharp emotional outbursts. When there is denial on a group or national level, you will get the outbreak or escalation of warlike mentality.

The agitation that many are feeling is continually being fueled with distractions because when ones are feeling, on a personal level, the pressures of their own inner cleansing, they will be quick to avoid the inner-self conflict—especially when there are external happenings to cast blame upon.

You each are affected by the games being played on the global level, whether you directly realize it or not. Each time you hear about the war in the Middle East or the War on Terrorism, you are being conditioned to a new way of thinking. This is the “New World Order” mindset, if you will.

This “new” mindset is one based on fear and intimidation (terror) by the global elite. You are being conditioned to believe that mass genocide of a nation is justified because of a handful of “reported” radicals. You are being led to believe that murder, and the subsequent plunder, of a nation is justifiable and acceptable behavior.

This conditioning will work for the majority of people. However it will never work for ALL people. You, and ones like you, will always know in your heart that there are ALWAYS alternatives to violence and killing.

Stay centered and know that the schoolroom you are in is for this very reason. Each of you are there to make choices and decisions that will then be reflected back to you. With each choice and decision you will experience the return flow of the energy you send out, and have the reward you deserve.

If balance and peace is what comes back to you, then you can know that that is what you are emanating and projecting. If anger and grief seem to be a chronic part of your experience, then look closely at what you are projecting. This is much more difficult because most ones do not see how their chronic habits of complaining and arguing generate turbulence in their own space—and in the space of those with whom they interact on a regular basis.

Your world is designed to give you the feedback you need so that you can have the opportunity to examine and evaluate your own progress along the lines of personal spiritual growth. The energy you emanate is of far greater importance than the physical accomplishments you achieve.

However, you will find that those who emanate compassion, enthusiasm, and joy are also the ones who will be of a very productive nature in terms of helping their fellow travelers. Often these ones are in positions of service-oriented work, such as a youth guidance counselor, or are the ones who tend to volunteer freely their time in order to help others.

Your world is full of ones who EXTERNALLY seek their validation of self worth. Often these ones have a life full of superficial THINGS, as it is common to associate material wealth with the idea of success. However, I remind you ones that it is what you take with you when you leave the physical experience that is of the greatest importance.

Often ones with large accumulations of material wealth tend to be of a nature where they do not trust other people, for they fear that these “lesser-achieving” individuals only want one thing: their money. This can be the case, and if the wealthy individual has this fear, they will certainly manifest it in the physical, and attract this parasitic element to them.

Ask yourself: what percentage of each day do you devote toward helping others? Many will say that they are continually worrying about and fussing over family members, and that it practically consumes their life. This is a good first step.

However, you each have a MUCH GREATER capacity to flow energy than to limit yourself to such a small group of individuals. Perhaps it would be of an educational advantage for you to volunteer one day a month at a local church, school, or event that would broaden your interactions, and thus your awareness of the community in which you live.

Learning to recognize opportunities that are in front of you to help others is perhaps one of the more difficult lessons to learn. More times than not such opportunities are missed due to preoccupation of self. It is usually when you are the most preoccupied with your own problems that the opportunity to help another is presented to you—to help you find the answers you seek.

Sounds a bit like a “Catch 22” problem wherein the opportunity presents itself when you have the least amount of “headspace” to take on the challenge. Again, I remind you that you are each QUITE capable beings who have a tremendous capacity to flow energy,

especially love and compassion. However, the majority of you ones have placed tremendous amounts of self limitations upon yourselves—to the extent that you believe you are fragile, due to years of accumulation of emotional baggage.

Your self perception has a lot to do with your current energy level and the amount of “headroom” you perceive yourself to have. The chronic “woe is me” attitude will deplete your energy faster than if you were to go out and run several miles.

As your world continues through the high-frequency energy “car wash”, and more and more of the lower-frequency emotional states are cleansed away, you will witness a higher and higher level of energy emerging on an individual basis as well as on a planetary scale.

At this current time, much of your world is in the “healing crisis” phase of the cleansing process. This is when you are actually getting better, but there is a seeming increase in discomfort as the “poisons” are dislodging and seeking release.

Allow for the process to unfold, and try to remain centered as you interact with others who are also experiencing their own healing “challenges”.

Many of you would find great comfort in having reminders around you—such as inspirational pictures, or crystals, or music that helps you to remember who you really are (an immortal spiritual being on a journey of self discovery)—should you forget. You each, from time to time, lapse into the very solid mindset of physical experience, wherein lower emotions such as anger and frustration seem to flood your mind to such a point that you will forget who you are or why you chose to come into the physical experience.

You do not have to remain in this disconnected, forgetful state one moment longer than it takes you to see that you have “fallen” and that the most appropriate action is to simply get yourself back up. As you learn to help yourself, you will naturally spread this understanding to others who will, in turn, spread it to many, many more.

Learn to recognize the moments of despair, loneliness, frustration, and anger as signals to you that you have “fallen” and how, with a simple change of perspective, you can lift yourself back up and find something to be thankful about—and that there is a whole world out there which could benefit from your active participation.

Suppose you grieve over a lost loved one, and feel as if life is not worth living “alone”. You sort of just mope around, thinking that there is nothing left to live for, “So why continue?”

I would say to you that the very loved one for whom you grieve is still with you and very much a part of your life. Remember the Bigger Picture and stay connected! You are each INFINITE beings who NEVER die.

To doubt and question is natural—to the extent that you remain ignorant of such things. But your loved ones who have passed from the physical experience are in a place where a much broader perspective is held. From this perspective they would only wish that you express yourselves to the fullest, and approach life with the enthusiasm and curiosity of a young child exploring a new friend’s backyard or toy box for the first time. Your potential for

new experience is virtually unlimited—except (again) for your own personal limiting perceptions.

So, as your world seems to be racing toward an ever increasing escalation of violence, you do NOT have to become part of that reality! You CAN lift yourself out of the reactionary thinking and voice your disagreement with the projected mental conditioning that is constantly bombarding you.

When you know in your heart that killing innocent citizens is NEVER justifiable, you will know that you are right in your thinking that war is NEVER the answer, and that such beliefs are only held by primitive, immature individuals who have yet to grow past their own insecurities and fears.

Often the so-called “elite world controllers” who profess to be superior in their thinking and intellect are but cowering children who wear a mask of certainty, confidence, and intellect. Under their mask they are weak individuals who fear the free-will Creative Potential of the collective masses—and therefore do everything in their power to derail this “frightening” Force.

Such an attitude is common among the elite class of your world. These ones greatly fear the astonishing creative ingenuity of the “common” person—for such will surely tear the mask from their face and the whole world will see these cowards as they truly are.

The elite class of your world have the greatest inner “demons” to face, and as these ones remain in self-denial, they will continue to escalate wars and violence as much as they can, in order to avoid the inner confrontation with self. This will continue until their “insanity” can no longer be contained, and the whole world sees them as they truly are: fearful, wounded souls, who must finally stand accountable for all past choices.

These experiences you are now facing are for good reason. The majority of your world mostly live on “autopilot”, while a very small percentage—two to three percent—actually decide the general course that the masses on your planet will take. Again, you each choose your own path, and to the extent that you *truly* wish to impact the consciousness of others will be the extent you choose to do so.

There is no limit to your Potential—except that which YOU place on self. So, by choosing to ignore or take no action, you still have made a choice, and thus the consequences of your choice to “do nothing” or “not concern yourself” with world affairs are still part of your experience.

This is not to say that you have made “bad” or “wrong” choices. It is simply stating that, if you choose to put your head in the sand, then you cannot be blaming another when the “bulldozer” of change reaches you and you are not prepared for the consequences.

Learn to be IN your world, but not OF it; be attentive that you don’t “slip” to match the lower-level emotional frequency ranges of it. Learn to be observant of conditions evolving around you, and project love and appreciation into each of them.

If ones are acting out of fear, say by passing new legislation [*like the Patriot Act*] that will further impact your freedom, then send Love and Healing Light to those ones so that they

can heal from their pain. NEVER underestimate your ability to have an impact on your world! Learn to respond to, say, the contrived “terrorism” of your present world scene with love and compassion, rather than with fear and anger. Often desperate and oppressed people will take drastic actions so that a spotlight will be shined on an area that is lacking in love and compassion.

Look past the physical atrocities, and remember that YOU EACH ARE MUCH MORE THAN A PHYSICAL BODY EXPERIENCING, and that THE REAL YOU IS IMMORTAL AND INFINITE IN NATURE AND POTENTIAL, and that the physical experience is not much more than a role-playing game designed to stretch your awareness of self so that you might generate a desire to MORE FULLY express your Potential.

I am Gyeorgos Ceres Hatonn, come in the Light of Creator God in response to your many petitions for Understanding and Insight. You each have a unique perspective from which to express yourselves. May you always seek to serve the greatest good when doing so.

Blessings and peace. Salu

From www.wisdomoftherays.com Thanks to Ed Young for publishing some more of these wonderful nuggets. For those reading these for the first time, there are many more at Ed's site, many taken from the Spectrum Magazine during it's years of publication.

The "Psychic Internet" Is as Close as Your Thoughts

By Gyeorgos Ceres Hatonn (Christ Michael)

35 Aug 19, 2007

5/10/02 - Gyeorgos Ceres Hatonn

Good afternoon, my scribe. It is I, Gyeorgos Ceres Hatonn, come in the Radiant One Light of Creator God. Be still and allow the message to come forth.

Over and over again, we of the Lighted Realms who monitor your world's current evolutionary transition speak of the need to go within and find your own answers. This makes many of you quite uncomfortable for it suggests that YOU are responsible for your own knowing and discernment. And indeed you are!

You can follow another if you choose, and there IS wisdom in learning from one another. However, there is a great need for you each to become self-sufficient with respect to your individual ability to interpret the communications that ARE being directed your way.

You each are "psychic". The only reason some ones appear to be more psychic than others is because some have taken the time to interpret the subtle nuances of sensations and feelings that impact the mind.

The majority on your world are in a constant and chronic state of perceptual distraction. Each of you who resonate with this sort of message, and diligently seek insights, are specifically the ones I am addressing.

You need not wait for our next message through this conduit to receive a message from any of the Lighted Guides who have come to assist at this time. This is just a gentle reminder to you ones that there is no magic or mystery, and once the communication process is recognized and perceived first-hand for yourself, you will then realize that it has been there ALL your life, helping to Guide you along your journey.

Some ones would have you believe that it take years of meditation and practice in order to achieve clear communication. Perhaps this is so for those who believe they must struggle in order to achieve. However, I say to you that you each are constantly "practicing" every time you sit in contemplation, in search of answers to whatever challenge you may be facing.

Many of you know that sometimes you need to have "peace and quiet in order to think". Innately you know that, when you still the commotion in your life, a greater clarity of thought can be achieved.

Many ones will often only experience this point just prior to falling asleep or just after waking up from a restful sleep. This is often the reason why many will want to “sleep on it” prior to making a large decision.

You each practice this sort of communication with your Guides each and every day, though many of you fail to recognize the inner connections or the mechanism. The “voice” your Guides use is your own inner voice.

Why is this sort of communication possible? Because all ones are connected and part of a larger Wholeness.

From a much larger perspective, the “roots” of the soul essence from which consciousness and self-awareness are born, for all ones, is a single point of Absolute Stillness and Infinite Potential. It is from this point of common origin that Oneness is recognized and ALL ones share the same “inner voice”. It is from this point that “All is connected to All”.

Your collective experience in your current expression into the physical will give you clues and insights of which I speak. Sitting in quiet contemplation will always result in subtle shifts of perception, and slightly different points of view will be achieved.

Many of you simply expect to hear a distinct voice when God, Angels, or Spirit Guides speak to you. This is rarely the case.

Though there are ones who have acute sensitivity, who can distinguish the subtleties of communication and thus “hear” a distinct voice clearly not their own, these same ones will also admit that when they are following “their” intuition, it is a Guidance that seems to come most often in their own voice, though they recognize it as Guidance—usually after the fact.

I must make a very important point here: The inter-connectedness of all ones does NOT distinguish between “good” and “bad”—meaning ALL ones can utilize this same conduit. Remember that even ones such as Lucifer were created by God, and thus share the same common heritage as you and me in terms of Original Source.

The chosen path of the individual does NOT somehow disconnect them from the rest. It is for this reason that you would be most wise to learn to protect yourself from those who seek their growth through destructive low-frequency pathways.

Each of you can easily create pain, frustration, anger, and grief for yourself as well as others. These are the base emotions of reactionary cause-and-effect that ones will naturally experience as they become consciously self-aware.

However, as you progress in your evolution, you will find it to be more challenging and satisfying to create peace, humor, and joy. These finer, higher-frequency emotions accelerate your learning—while the lower, more base frequencies tend to retard your growth.

Some entities have become addicted to the lower-frequency energies, much like an alcoholic is addicted to alcohol. These ones will do anything to get their next fix. Many have become masterful tricksters who will manipulate you into doing whatever it takes to

ensure you trust them as they steer you down a path of hardship and confusion, full of pain and grief, all the while reassuring you that you must struggle in order to grow.

Dear ones, growth need not be a struggle whatsoever. Learn to go within and connect with memories of laughter, peacefulness, and joy. Call upon your Guides to surround you with these high-frequency energies. In doing so, you will naturally be protecting yourself from those who operate in the lower-frequency ranges, for the only way they will be able to get a message to you, in such a high-frequency state, is to MATCH that frequency. This is something that is too difficult for most Dark Energies to do, and if they do so, they will naturally have achieved a state of compassion, and thus will not desire to control or manipulate you.

Many of you, who have been reading these messages and applying the suggestions we offer, set aside some time each day when you consciously make an effort to raise your frequency—and thus likewise clear your space of Dark influence. This is as it should be.

However, we also witness many of you ones subsequently going about your day allowing yourselves to get angry, frustrated, annoyed, and so forth. This too is fine, for it is your challenge to find a way to always stay connected and centered, no matter what the situation that presents itself to you.

There IS goodness and potential for growth and greater understanding in EVERY experience you have. Let's say someone cuts you off at an intersection. You can get very angry, and allow it to affect you in a negative way. Or, you might take a different approach and say to yourself: "Hmm—all things happen for a reason, and though I may not see the reason for this happening to me, perhaps my Guides are trying to make me more aware of something. Perhaps I need to learn to give others more space. Or maybe that person's actions were so that I would be more alert to something that is about to happen."

The point here is to illustrate that, with the proper perspective, even the most disconcerting kinds of events, if looked at from a larger perspective, will be discovered to have tremendous positive value. If you can manage to adopt this sort of philosophy, and incorporate it into your day-to-day thinking, you will find that happiness, peace, and joy will have been achieved, as you will naturally attract more and more of this same positive energy into your life. This will also cause a greater clarity of thought and intuition, for you will be nurturing peacefulness, rather than anger and confusion.

There is no way to address each of your personal concerns in such a general dissertation. Therefore, we encourage you each to learn to help yourselves.

Or, if you still struggle with the personal belief that you somehow are "different" and "can't hear"—then seek the assistance of ones you trust, and ask them questions and opinions about what options they see regarding matters of concern to you. Often, even those who believe psychics and such are "of the devil" will instinctively go within and tap this Inner Source for answers when trying to help another.

Again: you are all "psychic"—meaning you have the ability to tap this Inner Source of Knowing, regardless of your beliefs. You each tap this Creative Source on a daily basis to varying degrees of awareness.

I do realize that this is somewhat of a repetitive message for many of you. However, there are ones who will be reading this sort of message for the first time, and many others need to be reminded, again and again, of these basic Truths.

May you each take this message to heart, and learn to always remain centered—regardless of the impact of your ever evolving experience.

I am Gyeorgos Ceres Hatonn, come in Service to The One Light—Creator Source—the One who created you and me. When YOU grow in awareness, so too do ALL ones, everywhere, grow. Your growth is connected to mine, and it is with great love, compassion, and satisfaction that We of the Lighted Realms of Creation come to assist you ones.

In the Light (that which symbolizes the liberation of

With grateful thanks to Ed Young, editor of the former Spectrum News, for collecting these gems and placing them on his website, www.wisdomoftherays.com . You can find many more of these thoughtful pieces there, and also he has published to collections of older teachings from The Phoenix Journals, Contact Magazine and related sources.

What's Truly Important In Your Life?

By Sananda Esu Immanuel Kumara

36 Sep 4, 2007

4/8/01 - Esu "Jesus" Sananda

Good evening, my scribe. It is I, Esu "Jesus" Sananda, come in the Radiance and Oneness of Creator God, *The One Light*. Blessings and peace, dear ones.

Allow for the natural unfolding of events surrounding these times of swift change. Abrupt shifts in focus will become necessary for MANY in the coming weeks, months, and years. This is to say that where you think you are heading is, in all likelihood, quite a bit different than where you will eventually be. Many of you will have experiences that will cause sudden and abrupt changes of priority and focus, thus leading you down a path you may never have considered prior.

Allow for the spontaneous unfolding of life and living. Be ever diligent to remain flexible in your thinking and reasoning, so as to allow for these sudden shifts in "reality". In many cases your very ability to adapt to new and quickly changing situations will further enhance your survivability, and thus further your opportunities to experience and grow within the present chosen physical environment.

Never underestimate your ability to adapt to new situations. Regardless of age or state of physical health, and regardless of the amount of chaos that may be unfolding around you, with the proper mental outlook and ability to stay centered and balanced, you can connect within for the Guidance to find an appropriate course of action that will further enhance your experience.

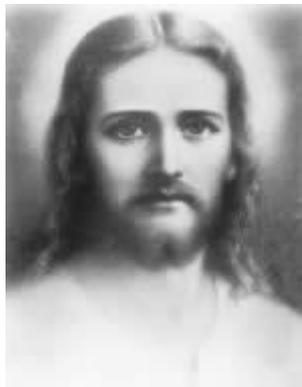
In times of sudden change (many would call such events "disasters"), ones often become overwhelmed with the abruptness of the "reality" shift, and become paralyzed as they wrestle with the inner emotional energy surges of shock and disbelief. In such states of paralysis, these ones will be looking for answers and understanding, as well as guidance in terms of what they should do.

Be quick to ground yourself in an understanding of the Larger Perspective—in which you are a student in a schoolroom, and the experiences you encounter are for a reason. Whatever crosses your path is no accident, and there is opportunity to learn and grow from ALL things.

Regardless of your perceptions in a time of seeming chaos, please remember that ALL experiences have a POSITIVE growth potential associated with them when viewed from

the spiritual level from which you all originate and shall return. Each day you are faced with a series of choices and decisions that further lead to new and forever changing situations.

Abrupt change often serves you in such a way that you are caused to more deliberately focus your attention in a manner that will quicken the process of making choices and decisions. In such times ones are often caused to focus upon the things in life that are REALLY important.



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.

For example, let us consider the situation where you are on an airplane and, while in mid-flight, it becomes evident that there is a serious problem with the aircraft. It is suddenly announced that there is need to prepare for a crash landing.

What goes through your mind? Do you worry about the mortgage payment or what the stock market is doing? Do you worry about ANY of those “precious pots of gold” at the end of the ever elusive rainbow you’ve been chasing most of your life? No.

Most ones confronted with such situations quickly distill the clutter and superfluous “garbage” down to what is REALLY important. You ponder family and loved ones, and regret any missed opportunity to give them a hug and tell them one last time how much they are dearly appreciated and loved. This can be quite a powerful and insightful experience—especially for those who survive same. These “graduates” are often left with a very lasting appreciation for what is TRULY important in life.

In such situations, you will always regret recent harshness toward a loved one, and pray for the opportunity to “make things right”. Never does one pray for the opportunity to survive so that they can make their next credit card payment. Nor is it the fancy cars or the large houses or the bank accounts that may have once represented security and safety.

No, dear ones, the important things in life are the acts of kindness toward others and the expressions of appreciation for the subtle riches of, say, the grandchildren’s smiles when you give them a hug, or the opportunity to tell someone how special they really are.

Sudden, impacting change should thus be viewed as a great catalyst for inner growth and understanding. Never are such abrupt shifts actually the “disasters” they are often regarded to be from a purely physical perspective.

ALL experience offers you an opportunity to express your uniqueness, as well as appreciate the uniqueness in others. Sometimes you will playfully ask one another: “What if you were given only 24 hours to live? What would you do?” This may seem like an innocent game, however, there is a bit of wisdom in pondering such queries with a moment of serious contemplation.

Those who go through and survive events that are called “near-death experiences” often emerge as changed people. There is usually a greater appreciation for the more simple and subtle things in life—especially interactions with loved ones who may have previously been taken for granted.

Would not such LEARNED appreciation be a valuable lesson to acquire *without* the need for a seemingly negative event? Often souls experiencing in the physical become too caught-up in a multitude of distractions, and severely neglect the REAL reason they came forth to experience in the physical. Usually the “tragedies” which ones are faced with leave them with a greater awareness of what they had, but simply did not fully appreciate until it was “too late”.

You ones can avoid many lessons of perceived harshness if you learn to appreciate those seemingly small things in life that often get taken for granted. Take the time to pull yourself out of those constant preoccupations with self-distraction long enough to really see what it is that is TRULY important. There is no need to wait until the time when it is “too late”—and yet the majority do exactly that.

Be quick to give appreciation to others and be slow to criticize. Look not to blame another for YOUR emotional state, and know that YOU are responsible for your “bad” days as much as the “good” ones.

There are no victims in life; all experiences that directly or indirectly impact you are for one very good reason: to help you recognize and appreciate the Lighted God-Force Potential within self. In doing so, you will then be able to better recognize same within ALL others. A great, effortless appreciation for ALL ones and ALL life will then become more of a part of your experience, and you will begin to know what TRUE happiness is.

Learn to live your life without regrets. If you have regrets now, then do your best to alleviate them. There is no need to dwell upon past “mistakes”. The very fact that you can recognize a past choice or decision as a “mistake” says that you have learned a valuable lesson from same. Take the value from the experience and go forward with a greater understanding, and use it to help others.

Often the best method of teaching is to use yourself as the example, for it shows understanding and compassion, and therefore the impact is much greater. Please know that you are *never* too old, sick, or weak to either teach another or learn something new yourself.

One of the most valuable skills you can learn while in the physical is to recognize the many subtle things in your life for which to be appreciative. Each person reading this message can find much more than one thing in their life to be appreciative for having as a part of their experience.

Look at the seemingly small things and examine them closely. What is common in each? How can the small insights help you to notice even more things in your life about which to be appreciative? Time spent examining these small, subtle things can and will lead to great insights, understanding, and wisdom.

Knowledge without wisdom most often leads to corruption and, eventually, destruction. Seek out *true* understanding and wisdom, and all the riches of heaven will be poured out to you, and you will know true happiness. Seek out the physical world's "riches" as a seeming means to finding happiness, and you will, without fail, be creating a cold and lonely "prison" from which you will eventually seek escape.

Look inward for your Guidance at all times and learn to trust your intuition. Your Inner Guidance (conscience) is what will enable you to adapt to any situation and see good in all experience, regardless of the physical outcome.

I am Esu "Jesus" Sananda, a fellow traveler along the infinite journey of Life. I am merely one who has traveled a bit further down the "road" of Understanding, and I have come to appreciate the opportunities, like this one, to help any and all who seek my assistance.

May the Light of Father-Mother Creator Source—*The One Light*—forever be recognized within your heart, mind, and soul, so that you never feel that you are somehow abandoned or forsaken, for that shall never be. You are dearly loved and appreciated without conditions.

In Light, Love, and Appreciation—Salu.

Taken from: www.wisdomoftherays.com with gratitude to Ed Young. This piece was from the Spectrum, I assume.

It Is Your Life And Your Responsibility

By Esu "Jesus" Sananda

37 Sep 23, 2007

6/8/99 - Esu "Jesus" Sananda

I am Esu "Jesus" Sananda—One with the Light of Holy God of Creation, our Father. I come to you this day with Blessings from Holy God of Light. I speak only that which my Father speaks. Thank you for asking.

If you want to follow another in this life, then you are reading the wrong publication. If you do not want to make your own decisions, and take responsibility for your own life, then you are reading the wrong publication.

If, however, you want THE TRUTH, and you want to THINK FOR SELF, and you are willing to take responsibility for that which you do and speak, then you are reading the right publication.

[Editor's Note: This Message was written at the time when the June 1999 premier issue of a then-new publication called The SPECTRUM was arriving in the mailboxes of a large readership who had been wondering for several months what was happening with those who had split away from CONTACT to form the new, uncorrupted enterprise. Obviously in anticipation of the buzz that the premier issue of The SPECTRUM would be stirring up, this Message was written to be shared in the second issue of The SPECTRUM, July 1999.]

In this publication you will be presented with information, and it will be left UP TO YOU, the reader, to form your own conclusions about that information. No one here is EVER going to do your thinking FOR you, and no one is going to tell you what to do or what not to do, or when and how to do it.

THIS IS YOUR LIFE! It is YOUR own personal journey. And these are YOUR lessons. No one can do it for you, and no one can know what your journey is. Therefore, it is up to you, and you only, to make up your own mind about your own life.

It is always a combination of laziness and lack of assuming personal responsibility which disposes ones to follow another blindly, never questioning (or being allowed to question) the information. IT IS YOUR JOB TO QUESTION ALL INFORMATION, REGARDLESS OF THE SOURCE.

So, if you are blindly following another, because it is easier than taking a personal stand, then I say to you that you are counted among the lukewarm and you are NOT OF MINE.

If, however, you have a change of heart, and take full responsibility for that which you do and that which you speak, then you are ALWAYS welcome. FOR CONTRARY TO THE INFORMATION PUT FORTH BY SOME OTHERS, FORGIVENESS IS ALWAYS POSSIBLE, AND IT IS NEVER TOO LATE IN A LIFETIME TO SEEK SAME.

We, of the Lighted Higher Realms, have great patience. And if it were practical, we would continue with our Lessons until every heart upon the Earth has turned to the Light.

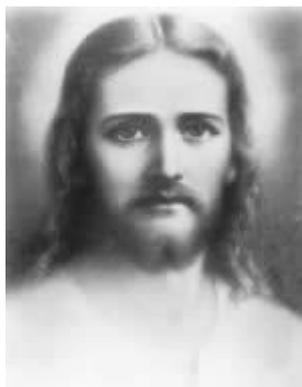
However, things do not wait forever in a suspended state, but rather, occur by sequence of events. And certain events are occurring at such a rapid pace that I can say, with most assuredness, that time is definitely running out for your planet as you know it today.

I DID NOT SAY THAT THE EARTH WOULD BE DESTROYED! No, the planet will continue, but always there is a cycle, and you ones are at the doorstep of the end of a major cycle.

The time is near when all things shall be re-created in their original intended perfection. That means the Darkness will be eradicated, and any ones who have given themselves over to that Darkness shall find themselves in a much different, less pleasant place. For these ones are creating their own future realities in the Darkness, just as others are creating their own future realities in accordance with the Light.

Have we not always told you that *you* create *your* own lives and *your* own realities? Is it any wonder that this Great Cleansing Process is taking place?

Those of you who find yourselves at the center of this Cleansing Process have known it was coming for a very long time. You just did not know all the details of how it would be unfolding. It is not new to you, for each of you has participated in the same type of events in the past. That is why you chose to be exactly right where you are at present, for such is the past revisited, and you are the ones with the experience to facilitate this Cleansing Process.



ESU “JESUS” SANANDA

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If you cannot accept some information that is put in front of you, and you *know* in your heart that it is incorrect, then stand strong and have the courage and perseverance to reject that information! There are far too many sheep remaining quiet, despite the naggings of their hearts, following their leaders blindly in this world, so as not to “make waves”. And look where those choices have taken you.

We beings of the Lighted Higher Realms are not into conducting such childishness as name calling or chastising you when you ask honest, heart-felt questions. Anyone practicing such belittling behavior is NOT—I repeat, NOT—of the Lighted Higher Realms!

Only those of the lower (generally astral) realms, who prey upon and work in conjunction with human ego-based fears, will stoop to such controlling tactics, and will also very often use fear to keep you from exerting personal decision-making.

We will simply do that which needs to be done, as far as Housecleaning, and we shall be finished with it. Those who think they cannot (or will not) let go and move forward in the Light of personal responsibility, must go within and search out and utilize the strength that is there. **WE SHALL NOT DO IT FOR YOU, BUT WE SHALL ALWAYS BE RIGHT BESIDE YOU, READY TO ASSIST AS WE CAN.**

Look carefully at who some of you have been following, and what information that one has been offering. Do you find it mean-spirited, fear-based, and manipulating? If so, then it would be very wise to open wide your eyes and look very carefully. Peel back the outer covering of disguise and look inside. Chances are you will find something other than Lighted energies.

You must always be diligent and look beyond the mere surface to find Truth. The Dark enemy wears a clever disguise of seeming Light. It is your job to tear away that disguise and expose the Darkness for exactly what it is.

This is the time of accounting and **IT IS PAYBACK TIME**. Those who have been preaching Goodness and Light on the surface, while practicing Darkness in private, are being exposed. The lies and contradictions are becoming evident, and those who refuse to change their deceptive ways are being brought down.

Many of you have been personally involved with, and affected by, this Housecleaning in recent months.

One cannot, for very long, call for Truth, and preach Light publicly, for a show, while practicing those things of the Dark energies in private. **YOU ARE BEING EXPOSED BY THE TRUE LIGHT, AND THE DAYS OF YOUR DASTARDLY DEEDS ARE INDEED NUMBERED!**

Those ones who have continued to follow Darkness are in a state of decline—physically, mentally, and spiritually. And because of their hardened hearts, and unwillingness to own-up to their deeds and **INTENT**, the decline will continue as long as they persist to practice in the Darkness of deception.

I told you [*first in a 12/25/98 Message*] that I would start my Housecleaning with those who claimed to be doing my Father's work. AND I MEANT EVERY WORD I SPOKE! I do not say things flippantly or without knowledge of that which I speak.

Is the Housecleaning finished? NO INDEED, IT IS NOT! There is still Darkness amongst mine own, and I intend that it too shall be exposed—and very soon! These ones must be brought out into the Light, for there are still those who continue to claim to speak words from God of Light, but who are instead repeating only that which they hear from the lower astral energy realm.

The Truth is that I shall need do nothing about it, for they are at present in the process of self-exposure and self-destruction. I shall only repeat what I have been telling you ones for several months now: IT IS THE TIME OF ACCOUNTABILITY, AND ALL SHALL HAVE THEIR DAY TO ANSWER FOR THE *INTENT* OF THEIR DEEDS.

And so it shall be.

Now let us move on to other subjects. I only mention the above matters because the Great Cleansing Process is at the center of all that is taking place upon your planet today. Nearly everything that is happening on Earth right now is a result of the increasing infusion of Light that I spoke of several months ago.

If you are diligent and attentively searching out information, you will find that more things are bubbling to the surface than you are able to absorb. It is becoming harder and harder for secrets to remain hidden, because someone, somewhere is exposing those hidden things to the Light. And when that happens, the secrets are no longer secret.

You have only begun to experience the exposing of Darkness.

Your planet is in a time of tremendous change, which means that EVERYTHING, regardless of its nature, is undergoing change. Even your physical bodies are changing, for you are evolving to the next level of existence.

NO, IT IS NOT NECESSARY TO EXPERIENCE PHYSICAL DEATH IN ORDER TO EVOLVE. THAT IS JUST ANOTHER LIE THAT YOU HAVE BEEN PROGRAMMED TO BELIEVE.

Some will experience physical death, and will not return until after the dimensional change takes place. Others are finding that, once they are on the other side, they have an urgency to return again before that change is completed. Is it any wonder, considering the number of little ones being born into your present world, despite so much misery?

Those ones who cannot abide the intensity of Light infusion today are in this predicament because of their attachment to the Darkness. Through the resulting frequency mismatch, this choice causes them to deteriorate and eventually cease this present physical existence, for they feel they cannot survive what is taking place.

It is, assuredly, sometimes overwhelming to those who sense what is happening. But those who understand the process of evolution and dimensional transition, and are keeping

themselves in the protection of God's Holy Light, are nonetheless excited and desirous to be present in physical form for this Great Change.

It is not always easy, and it sometimes feels as though the burden is too much. But in those times, dwell not on your seeming weakness, but do remember to call upon God, who dwells within. Call also upon we of the Lighted Higher Realms, and we too shall be ever ready to assist and give you the strength needed.

Each of you reading this has experienced this kind of challenge before. Keep that thought in mind when the going gets to the point where you feel yourself slipping.

WE ARE ALWAYS AS NEAR AS THE CALL. So please, call upon us!

Those ones who are telling you that your world is going to change for the better because of accumulating physical, worldly wealth are NOT TEACHING GOD'S PLAN. God has no need of money, gold, or property, for all that exists is available to those who trust and stay in God's plan.

Physical riches or wealth is but a means to acquire material possessions. Since everything that exists is of God, then why would you who are claiming to be following God's plan seek to acquire the medium to acquire things? All the abundance in the Universe exists for you, and it is your God-given birthright to create for yourselves.

"But" you say, "money certainly makes life easier!" Does it really? Or does it actually make life more tedious? Wealth is not a sin, but it certainly can be a burden. Think upon this for, after much consideration, you shall come to see the wisdom.

It is good for you to ponder upon things, for in so doing you will find that your mind and your connection to your Godliness will fill you with such knowledge that you will begin to understand those things you considered to be such great mysteries. All mysteries have a solution, and your challenge is to find the solution. They are only mysteries because you have yet to know the answers. Once you know the answers, the mysteries become knowledge.

So, when someone comes to you and tries to sell you on some grandiose get-rich-quick scheme, just look that one in the eye, smile, and lovingly say "thanks, but no thanks" for your riches are not of this Earth. Encourage such ones to think about what you said, wish them a good day, and be on your way. You do not have to shout, for have you not heard that you shall catch more flies with honey than with vinegar?

You may think that the Darkness is winning. And if you believe all that you are told through your controlled media, that would be the logical conclusion. However, *know* that the Light is doing its appointed work, and it is doing it most effectively.

Let us draw this to a close for now. Thank you for sitting, and thank you for your attention. It is time to move forward, leaving the past in the past.

I am Esu "Jesus" Sananda, One with the Light of Holy God of Creation. I am with you always and forever, and I am never farther away than a whisper. You ones who persevere

in the face of the enemy are truly honored and a blessing to your world. We of the Lighted Higher Realms thank you.

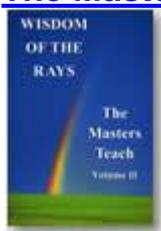
May you walk in Peace, in Love, and in the Light of Holy God. Salu.

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Posted with thanks to Ed Young, former Editor of the real Contact Magazine (which became defunct in March 1999) and Editor in Chief of Spectrum News which was discontinued in 2003. Ed currently has a new site, from which this piece was taken,

www.wisdomoftherays.com, where you can read many, many more of these delightful nuggets, and purchase 2 wonderful books, featured above of older spiritual messages.

This particular article is what enlightenment is about. It is about recognizing that one is a fragment of Creator Source, First Source, God, whatever term you like, and that the human being, in whatever body type has the capability of developing First Source intelligence, in fact all humans are merely along the path of becoming LIKE First Source. The WILL of the FATHER, is to become like the Father. When you understand this, and then also choose to take over the running of your own life in a very conscious way, and with that recognizing all you are in contact with in life are also on this sacred journey you have become enlightened. Taking responsibility for ones life means also learning from one's successes and ones "failures". Mistakes indentify where your knowledge is not perfected, nothing more, nothing less. You are never condemmed to some hell of them. If you feel you have been condemmed to some hell for them, that is merely the hell of your own creation! Lighten up, examine the mistake, think of how it might have been better handled, which could have been any of several ways, try out one of those ways the next time a similarr situation comes up, and see how that one worked. Examine your life each day as you live it, and "drive the your own car, that is YOUR life." -Candace

Forgiveness & Manifestation

By Germain

38 Sep 26, 2007

This extract was taken from SEDONA Journal of EMERGENCE (dated 4 January 1997).

St Germain spoke these words on forgiveness and manifestation through Carol Kerstetter.

Good afternoon.

It is I, Germaine, here to speak on the subject of forgiveness and manifestation, for they do, you know, go very much hand in hand.

Without forgiveness from the very centre of your being, you will never experience the wonders of manifestation in the light.

As long as there is any unforgiveness within your soul, you will continue to manifest the same garbage you have been experiencing for thousands of years.

By the way, I, Germaine, the Seventh Ray, the violet ray, do come unto you this day in the radiant white light of Holy God of creation.

The white light is the completeness of the spectrum of all light frequencies, for all expressions of light are necessary for the fullness of the light.

No, I am not speaking mumbo-jumbo. It's all quite simple in concept and application.

If Creator is about balance, then all must be equally experienced, for if one were to have a greater experience than the other, then all would be out of balance.

All that exists everywhere is but an expression of that same light, regardless of what that expression might be.

Likewise, you too are all expressions of that same light, as is your world and all that you experience upon that world.

Whether plant, animal or mineral, all are but different aspects of the light, and each aspect interacts with and complements all other aspects (or frequencies) of that light.

But you say, "What does all this have to do with forgiveness and manifestation?" Well, we are getting to that, but first we must lay down the foundation upon which to build.

Anything built without benefit of a foundation is a weak structure, destined only to crumble and fall.

Your dictionary defines *forgiveness* as "the act of forgiving; pardon."

The word *forgive* is defined as "to grant pardon for.

To grant freedom from penalty to (someone).

To cease to blame or feel resentment against.

To remit as a debt.

To show forgiveness; grant pardon."

All these definitions are precisely what forgiveness has been all about, yet I wish to explore the deeper meaning, effects and impacts that true forgiveness has upon one's own spiritual nature.

As I stated earlier, we have tossed the word around without experiencing the emotional impact of real forgiveness, and the emotional impact is wherein lies the power behind forgiveness.

Without experiencing forgiveness on an emotional level, you will never truly purge the hurt or anger or any other emotional response from yourself.

Forgiveness is not about lip service, but about heart service.

For, you see, true forgiveness comes not from the head, but from the heart wherein lies true love.

This love is not the love you express through your physical being, but the love you express through the emotional gut of your being.

You experience this kind of love on the deepest of all levels, and it has little or nothing to do with the physical act of lovemaking.

In your world you have been taught that there is good and bad.

Yet how would you describe each of these things?

Good is pleasant and bad is unpleasant and basically that is all you have to base your judgements upon – true?

And yet how would you know a good thing if you had no concept of bad?

How would you be able to discern bad if you had no concept of good?

You see, it works both ways, does it not?

Remember, it's all about balance.

A state of unforgiveness is like living in your own garbage – it's dirty, it smells bad and it's unhealthy, and the only way to remedy the problem is to clean up the garbage.

Spiritually, unforgiveness is dirty, it smells bad and it is very unhealthy, and the only way to remedy this problem is to clean up the mess – that is, to experience the cleansing of true forgiveness.

Unforgiveness will clog up the manifestation pipeline quicker than anything else, so most of you live in a world in which you are never able to achieve and experience the *goodness* of manifestation, but you do have a bountiful harvest of the other side of manifestation.

Forgiveness, then, is also about balance.

If you judge a thing to be bad, how then do you deal with it?

Do you harbour the unpleasantness of an experience within yourself, or do you experience it and go on?

How do you deal with the ones who offended you?

Do you harbor the resentment and anger, or do you experience the emotion and go on?

What happens to the offenders?

Have you chosen to ignore them, or do you confront them?

If you confront them, how do you handle the confrontation and how do you resolve same within self?

Will you choose to truly forgive another for an offense, or will you just mutter the words without feeling?

Feelings? Yes, feelings – emotions.

You have them, but how do you handle them?

If you were really offended, then you experienced the offense not only on an intellectual level, but also on an emotional level.

You therefore cannot forgive on the intellectual level alone, but must also forgive on the emotional level.

And forgiveness does not mean putting the thing out of your mind and hoping you will simply forget about it. That's not forgiveness – it's forgetfulness, and it simply will not work to purge the offense. For you see, forgiveness, when it comes from your emotional depths (heartfelt), is a purification of sorts, and though you might never intellectually forget the act that offended you, the emotional attachments and ties to that offense will no longer exist. For you see, it is not the act you forgive, but the person.

Let us remember what emotions are: energy in motion. Energy in motion – not energy in stagnation! Emotional energy reproduces after its own kind and, like it or not, every emotional response will create. What you create is your choice and your responsibility.

In truth, you cannot blame anyone else for your “good luck” or “bad luck”. You have but to look in the mirror to find the one responsible.

But by your heartfelt emotional responses you create your own reality, be it good or bad by your judgement.

It might not even have been in the current life where the energy first manifested, for unforgiveness can and does follow from lifetime to lifetime. You will continue to carry it forward with you until you recognize it, deal with it and finally purge it from your very being.

Most people on your world are dealing with mountains of unforgiveness accumulated over numerous life streams.

Why do you think you have such an angry world – a world in which legal litigations are run amuck?

And until such time as each and every individual understands and has a knowing about what forgiveness has manifested in his/her life and how it has interacted with so many others over and over and over again, you will continue to experience the present state of affairs on your planet.

Look at the amount of racial anger and hostility present.

Look at the amount of national anger and hostility, nation against nation.

Look at the amount of divorce, abortion, senseless acts of violence, legal suits and so on.

All have their basis in unforgiveness and lifetimes of harboring anger and resentment.

After all, all are but lessons, albeit some end up being pretty good-sized and far-reaching.

Wars, lawsuits, acts of violence – all these emotionally driven energies are about to come to a head, and when they do your world will erupt into a mess such as you have never seen or even imagined possible.

Everyone is growing weary of the struggle just to survive, yet if the truth were to be known, the resolution lies within the very soul of each person on the planet.

Once true forgiveness occurs, then there is no more desire to seek out retribution, and *that* is what all the unrest is about

Each one wants what he/she feels is how own just reward. Well, chelas, you are getting your own just rewards, for you are manifesting exactly what you have put energy into.

True forgiveness is born out of love – love for each other and love for all things, regardless of what color or shape they come in.

Each and every one of you is related to everything else that exists in the universe, and each and every one of you is but a part of everything else.

So to hold unforgiveness of anyone or anything is to hold unforgiveness of self. Think about it, chelas.

You are holding yourselves hostages in your own realities, and you have no one to blame for your state of affairs and your “good luck” or “bad luck” except yourselves.

You are not victims of anything except your own hard-heartedness, and it is far beyond the time to get past it.

This year each and every one of you should take it upon yourselves to examine just who and what you are harboring ill will against and purge it from within – *not in your heads, but in your hearts.*

No, you cannot change another’s heart, but you can change yours, and you can change from this point forward just how you react to an experience.

Do you feel that someone owes you something?

Ask yourself why.

Why put the responsibility off on someone else.

Why not start with the enemy within?

And how, may I ask, do you expect another to forgive you when you still have unforgiveness within?

Remember, like energy manifests like energy.

Stop preaching to another about their unforgiveness, their problems, when you are holding onto unforgiveness.

You also tend to forgive based upon the degree of the “crime”.

You have developed levels of forgiveness, such as, “Well, okay, I’ll forgive you this time, but now you have to do something for me in repayment.”

Come on, that’s not forgiveness!

True forgiveness is absolute and requires nothing from the offender except a heartfelt apology.

To forgive in degrees of severity is the same thing as judgment, and you all know what that is about, do you not?

Whose job is it to judge?

It is not yours to judge another; I will tell that straight up.

What you are in essence saying here is, "Well, all right, I hear your apology, but because I'm better than you (in this instance), I will decide just how I will forgive you, and I've decided that you owe me."

In this case there is no forgiveness and the darkness is still present and will continue to grow inside, extinguishing the light within.

Without that light you will never achieve the ability to manifest through light.

All your manifestations are going to be done through the darkness, for like reproduces like.

Keep in mind also that it is not your place to judge the sincerity of another's apology.

The only judgment you are responsible for is whether you choose to accept the apology and forgive him.

He will have to deal with and live with his emotions, just as you must deal with and live with yours.

If you spent less time judging another's integrity and more time judging your own, you would have a lot less bickering and violent behaviour.

If the truth were to be known, you would be so busy cleaning out your house that you would not have the time to notice that another's house might be dirty.

Unforgiveness is like a parasite.

To live and grow it requires a host to feed on.

It will continue to eat away at the host until it has fully consumed it.

Anger or resentment will grow and grow and grow until you become angered at everything and everyone for some reason or another.

This is the tactic of the enemy of God.

Anger, resentment and unforgiveness create a gap between you and God, for these things are from the heart as well.

The world is a very angry place today because you live in a world of emotional denial.

You want to handle everything on a mental level, but anger is not mental.

It is emotional, and you cannot deal with an emotion on the mental level, for the mind is not emotional.

You can rationalize it; you can logically deal with it and file it (the anger from perceived hurts) away in some memory bank, but that is not ridding yourself of it.

In order to grow past the negative emotional responses, you have to get rid of them, not just tuck them away in some dark corner of your mind.

Emotional responses come from deep within your very beings and must be dealt with on that level.

You can spend countless hours on the psychiatrist's couch talking about your emotions, but until you go within your own closets, so to speak, and honestly take these emotions out and look at them and deal with them face to face, you are never going to rid yourself of the negative ones, and without ridding yourself of them you are never going to get past where you are right this very moment.

No, it's not easy – nothing worthwhile ever is.

You are in this third-dimensional expression to learn and grow.

Neither of these things come easy, especially if you are to get the most out of the experience.

But until you open your eyes to the reality of what you are doing, what you are feeling and what you are creating, you will stay right where you are.

Forgiveness is one of the “biggie” lessons of your third-dimensional experience, and yes, one of the most difficult to resolve.

Most of you have so much unforgiveness within that it has become confused and convoluted to the point that you don't even remember exactly who it is you are angry with – you are just plain angry with nearly everything and everyone.

Now multiply that by five billion and see what you have – see the reality you have manifested.

It is not going to remedy itself overnight, because you did not get to this point overnight.

But all things are possible in the light, and all forgiveness lies in the light.

When you pray, pray that you might find forgiveness for everyone you might be holding anger or resentment against.

Then and only then can you approach a state of peace and hope to achieve forgiveness.

It is all about balance, chelas.

Approach the light and you will find that within that light there is no anger, no tears, no ill will, only light – and no darkness can enter into the light without being completely extinguished.

If you want to rid yourself of anger, sadness, all those “negative” emotions, then begin by forgiving first.

Forgiveness is one of the greatest weapons you have in your arsenal against the enemy.

I can see you rolling your eyes and yawning and thinking, “Oh boy, more touchy-feely, New-Age gobble-de-goop.”

Call it what you will, it is not New-Age anything.

The concept of forgiveness is as old as the universe.

And as for touchy-feely, it’s a lot better and much healthier than hatred and murder!

No one says you have to forget.

All I am telling you is that you must learn to forgive.

And guess what?

Once you have true forgiveness, the forget part just happens.

If you like the mess you have on your planet, just continue down the path you are on now.

If you are tired of the mess, as you all are saying you are, then do something about it and stop whimpering and whining and waiting for the ships to come and bail you out.

You made your messes, and you are responsible for cleaning them up.

So stop the pity parties, stop the snivelling, stop the complaining and start doing something about it.

Quit pointing your finger at someone else and saying they’re picking on you and you don’t deserve it.

You ones have spent far more time chasing after the devil, when in reality the devil has been right there within those dark, negative emotions all the time.

Thank you for your time and for your attention to these matters.

These are the days of your final lessons in third-dimensional school, and you are in the hardest of all lessons yet.

However, know also that you have the ability and the tools with which to get through these lessons, and you are not experiencing more than you are capable of handling.

The lessons are only as difficult as you expect them to be, and you achieve to the same degree as you put energy into them.

Each of you is important and blessed to us.

We would not strive with you if there was not hope and knowing that you can succeed.

The closer you are to finishing, the more difficult become the challenges.

The light is ever with you and we are ever with you as well.

When you find yourselves backed into the proverbial corner, look up, for you are never alone.

Now go get to work – and go in peace, go in love, go in light and go in forgiveness.

Make your re-soul-ution this year to truly forgive those for whom you hold anger and resentment.

Forgive those who have hurt you, and in so doing you will find your own healing of heart!

I am Germain. Salu.

United, You Can Accomplish Great Things With Your “God Power”

By Violinio Gernain

39 Oct 2, 2007

9/29/00 - Violinio St. Germain

There is absolutely no excusable reason that any person on this planet should not have enough food to eat, enough water to drink, or medical attention. It is a travesty that you allow people to die or even suffer from hunger, thirst, or lack of medical attention. It is unconscionable that those who lack are used for political fodder!

I am Violinio St. Germain, and I am here with you this day in the Radiant Light of Holy God, Creator Source. Be not misled by the deceivers, for many abound on your world. And many of them come forth and claim to be of the Light, yet they are but wolves in sheep's clothing. I am a humble servant to *The One Source of All That Is*—the I AM THAT I AM. It is with great humility and great honor that I am able to serve in this crucial time on your planet.

You have been led to believe that your political system has the answers to your problems, and therein lies your *greatest* problem. Your political system is corrupt at best, and evil at its worst. Your political system is run by sickeningly rich, greedy bureaucrats who have signed a pact with the Devil, so to speak. They have sold their souls, and it matters not whether they are donkeys or elephants, or so-called independent or reformed.

The fact of the matter is that not one of those who are in the race for the presidency have any control over the direction the system takes. They are but silly little figureheads, with enough outwardly apparent “power” to fool you-the-people. There is actually a very small handful of people who are pulling the strings of these political puppets, who serve the Adversary. These are the ones who are hurting you-the-people.

There is no way for the “common man” to hold any high office, because the common man has not been trained in the political ways. The real politician knows just how much power he or she has, and knows the invisible line that you just don't cross.

Yes, this is like beating the dead horse, because, even though you already know these things, there is nothing you can really do to change things through the political process. And, to believe that you can is but a fool's dream. The only hope you have is to wake up, realize who and what you are, and make the changes necessary from the SPIRITUAL reality.

We have been harping on creating your own reality for well over four years. Yet, you still sit and wring your hands, and fret over all the things you see in the news.

WAKE UP!

No one—I said NO ONE can or will truly change anything without a spiritual awakening.

STOP BELIEVING THE LIE that you can make a difference at the ballot box. That is an exercise in foolishness. You do not have any person truly qualified to fulfill the job, so you will, no doubt, cast your vote for the lesser of the evils.

What is wrong with you? Have you not been paying attention? Do you simply read the words and learn nothing?

You say you want change. Fine. Make it so! Well, if you don't do it, no one else will.

Listen to me: There are MANY MORE of you than there are of them!

If you *all* were as dedicated to making changes, and focusing your thoughts and intentions in a specific direction, *all* in one accord, in agreement, you would begin to see those changes taking place.

But you, the individual, sits back and waits and frets and fusses and complains to your neighbor, saying: "I don't know what to do."

WE HAVE BEEN TRYING TO TEACH YOU WHAT TO DO!

It starts inside each of your minds and hearts. And when all your energy is joined up with all the others, with the same intent and thought energy, the power of that energy would begin to effect change IMMEDIATELY.

Many of you have been practicing changing your own personal lives. Now, why not expand your reality?

Rather than just focusing upon selves, friends, and relatives, begin to expand and realize that *everyone* on the planet is truly your relation. And though you may not be your brother's keeper, you are responsible for the planet as a whole. Remember: if you know you can do something to help, and you do it not, you are held accountable.

New Age gurus will tell you that everyone is responsible for only themselves. If that were the case, you would not be incarnated on a planet with 6+ billion other people. You may have to walk your own walk, but you are walking alongside 6+ billion other souls. And remember: many hands make light the load.

You have become a world of very self-centered individuals. Everything is "me" or "I". What ever happened to "us"?

This planet is at a crucial crossroads, a crucial decision point. Either it is going to evolve to the next level of awareness, or it will be destroyed. Not by God, but by you.

You were given the planet, and you were given the responsibility for it, and you were given the free will to make your own decisions. I will tell you, truthfully, that your decisions have not been all that great, and unless YOU make the changes, YOU will continue on the current downward spiral—until everything upon your planet is destroyed.

You sit in your comfortable little worlds and cry “foul” at every turn. But what are you doing to change things? Millions of souls, all focusing their energy and intent to a specific end, WILL HAVE AN IMPACT. It is a Universal Law!

However, first you must have a vision. No, I am not speaking of going on a vision quest or any such thing. I am speaking of a clear vision of what you want to see take place.

Then, you must *all* be in full agreement, and energy and intent focused toward that end. And therein lies one of the greatest problems you have, for it is most difficult to get two or three people to agree, let alone millions.

Divide and conquer. That is what the Adversary has accomplished on this planet, and it has gotten you all to quibble over the silliest of matters, to say nothing of the serious matters facing you ones.

Many of you say that it seems so simple.

Your air and water are poisoned. Your ice caps are disappearing. Species are being extincted daily. Old growth forests barely exist anymore. The oil companies have you horn-swaggled into gas-guzzling engines. Your topsoil is eroded so farmers' crops are in trouble. The pharmaceutical companies have you over a barrel. The medical industry is a travesty, etc., etc.

And these are all matters that your glorious politicians are bandying about and trying to convince you that they can make a difference.

And you believe them?

When was the last time a politician ever made any real changes?

Do you *really* believe that any of them have the ability to make any of these changes? Do not be so misguided and gullible.

You have been taught that the ways of the world are not the ways of God, and this is a Truth. Your battles are not to be fought with bullets and knives, but with the Power that is available within each and every one of you. You have the ability and the authority—given unto each of you by Creator Source—and yet you squander it on self-indulgences. So, you have what you have created.

Now that I have chastised you, and hopefully have your attention, I will tell you a secret (which is really no secret):

YOU ARE MIGHTY, POWERFUL, SPIRITUAL BEINGS HAVING A HUMAN EXPERIENCE!

Notice I said that you are SPIRITUAL BEINGS. You ARE—in the same meaning as I AM THAT I AM.

YOU ARE!

Therefore, you can!

God is not some super-natural being “out there” somewhere.

GOD IS EVERYTHING THAT IS.

You are part of that everything. Therefore, *you* are a part of God—a fragment of The Whole—and, as such, you have the God Power within you. Everything that exists has that God Power within.

However, in your human expression, you have been given the ability to KNOW it and the AUTHORITY to utilize it! So what are you waiting for?

If you are waiting for your brothers from space to come and rescue you from your messes, you are quite mistaken. They may assist and guide, but not do it *for* you. You ones made the mess; it is *your* responsibility to clean up *your* mess—or go down with the ship, so to speak.

You must unite. You must come to the place of Understanding and Knowing that the separation from one another, and the animosity you feel toward one another, is PURELY BY PLAN OF THE ADVERSARY TO KEEP YOU DIVIDED. It is the only defense that the Adversary has against you. And, I must say, you have fallen for it—hook, line, and sinker.

So awaken from the illusion, for that is what you are living in. Awaken unto the reality that, together, you are more powerful than the fiercest of adversaries. You ones have been duped into believing that you are so different from one another. But in reality, you are more alike than you are different.

There is not one of you who wants hunger, disease, and death to continue. There is not one of you who wants war instead of peace. There is not one of you who wants your world poisoned. There is not one of you who wants machines of destruction all across your globe. There is not one of you who wants to see another suffer.

These are the things that unite you. *These* are your strengths. Recognize and utilize them for the betterment of your world. This is the weapon you have against the Adversary.

UNITE AND ACCOMPLISH GREAT THINGS!

Remember: you have a great decision to make. Either make the changes and take your place in the next stage of awareness, or go down with a dying planet.

You don't like that choice? Well, I am sorry, but it is the only choice you have.

Remember that a very wise Teacher once said: “Where two or more of you are gathered together, there I am among you.”

He also said: “These things I do, you shall do, and greater than these things shall you do.”

But you must first awaken and *know* that you are able! And that together—as one mind, one heart, one intent—you ones can reclaim your world and put it back on course. Then take that Power and that Authority and make changes that count.

Do not wait until tomorrow to do that which you can do today.

Turn off the football games and the soap operas.

Stop listening to all the political pundits, and listen to your heart.

Get out of the bars. Put down the booze and the drugs, and stop anesthetizing yourselves.

Get quiet and go within, and get in touch with the Real You. There is a Spark of the Divine within *each* of you, and it is only waiting to be recognized and called upon, so that it can burst forth and empower you.

Yes, you can change your world. But first you must recognize that you have the Ability and the Authority to reclaim that which you have *allowed* to be stripped from you.

But here is the caution:

WHATEVER YOU DO, DO IT WITH *LOVE* FIRST, FOR THAT IS THE KEY TO YOUR SUCCESS.

If you go out to accomplish with malice or hatred in your heart, it will only return to you as destructive energy. Likewise, go out with Love, and Love will return unto you as Creative Energy. I speak, of course, of the Love that *is* Creation, not the emotional or physical “love” that you ones think of.

Love is the energy of attraction, and it is the energy which binds the Whole of Creation together. Love is the Spark of Divine Energy that resides within *each* of you. As you discover it, and allow it to burst forth, you will begin to understand and to know first-hand just what real Love is all about.

It is the first step toward evolving to the next stage of awareness.

I am Violinio St. Germain. I come as the representative of the Seventh Primary Aspect of Creator’s Infinite Spectral Expressions. I am known by many as the Keeper of the Violet Ray of Transmutation.

I thank you for your attention to these matters, for the time is at hand for you ones to awaken and take up your destinies.

I serve God of Light, God of Love, *The One Source of All That Is*. You are all members of the same family. You are all related, one to another. See that you walk your path in Light, in Love, and in recognition of who and what you *truly* are. Salu.

Reclaim Your Life

By Mother Neadonia

40 Jan 10, 2008

Oakland, California, US of A, January 6, 2008.

Divine Mother (Neadonia).

Subject: **"Reclaim Your Life."**

Received by Donna D'Ingillo.

Divine Mother: "Dearest child, this is your Mother Neadonia who speaks! Another year is upon you. With that comes a new vista for your life. Where will your journey take you this year? Today, I invite you into a place of reclamation; reclaiming your right to be alive, reclaiming the inheritance of your divinity, and reclaiming the peace and love your being needs to grow strong and healthy.

"As you mindfully reclaim your life, sit with Me and ask Me to fill you with the spiritual energies you need to be fully engaged in your life. So many times individuals live in their intellects and do not, or cannot, bring their ideals about their lives into the physical plane. Let this year be the one where you become more engaged with your life and have the necessary tools to craft it into something that brings you joy.

"The first step is to acknowledge your spiritual status as our child—the progeny of loving Divine Parents who want the best for you. Then with this awareness, start to accept full responsibility for your beliefs, feelings, and actions. Accept where you are in your journey without judgment or recrimination against yourself. From this honest place you start afresh. Ask for what you need, to move forward, and if you don't know what you need, ask for what will help you to take your next step to come into your mind's eye.

"Remember, there is a Spiritual Force living in you that will provide the answers you need, Your task is to be open-minded so you can discern the answer. Self-judgment and

lack of self-acceptance clouds your perception of your Spirit's guidance. Accept where you are with full responsibility and trust that your answers will be forthcoming.

“I am your Mother, and I expand you into Truth, Goodness, Beauty that is part of the Divine Nature. This is your inheritance, My beloveds. Grow in these attributes by accepting who you are, and all things can then be added into you.”

Posted to you by The 11:11 Progress Group for

CENTER FOR CHRIST CONSCIOUSNESS.

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