

*Messages from*  
*Abundant Hope*

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**Others Part # 2**

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## **An Unexpected Visit & Your Mind is at Ease**

**By Received by Akashic Construct Participants**

**Feb 16, 2008**

I placed the Akashic Construct disc in my Walkman, prepared to ask for a particular patient to turn up for me to heal. I pressed 'play' several times, but nothing happened. Perhaps the batteries were low, and I would have to go in without George's soothing guidance this time. I did have some experience with going in alone -- during several medical procedures, and MRI's -- so I quieted my mind, and started through the rainbow.

To my surprise, when I arrived at my pleasant scene in nature, a familiar figure, in a monk's robe stood in the distance. It was Pascal, one of my Guides, whom I had met before in the Akashic Workshop! It was so good to see his gentle, smiling face. Impulsively, I ran up to him, hugged him, and told him how happy I was to see him again.

He placed his hands on my arms, said it was time for another meeting in the garden. I asked about the patient I was hoping to heal. His eyes twinkled as he said there was someone waiting in my workshop that would help me with her healing.

I 'hit a double,' which I've never done before! We walked over the rise, went down the stairs, and into the foyer. We walked through the room, to the back door leading to the garden, and sat down at one of the garden tables.

Similar to our first meeting, he placed a small wooden chest on the table, and told me to open it. There were 5 cards inside with a word written on each of them. He told me the cards would tell me what I have learned/gained over the past few years, as I have dealt with serious health issues. I picked up the cards, and read each one aloud: "Courage, Patience, Faith, Perseverance, Gratitude."

Then he gave me 5 blank cards, asking me to write what I can give to others, based on what I have learned. The words came easily to me, as if I already knew them, and I wrote: Hope, Encouragement, Healing, Compassion, and Love.

He smiled and nodded his head. As a Teacher who was proud of his student. I asked if this lesson would soon be over, and if I would receive the healing I want so desperately. He said the healing I seek was rooted in Faith. Faith would determine my healing. He said, once this was resolved, I would continue learning, but the lessons would not be as demanding for awhile. I would receive the rest I need.

He said it was time to go, and we walked back to the building. He told me to sit in my chair, near the elevator, and my patient would be there soon. I then saw another familiar figure in my workroom standing in the shadows. I immediately knew who it was, and was so pleased to see him again. Pascal smiled, and said we would meet again, and then he disappeared.

I got up from the chair, and walked over to my familiar friend. He was very tall, and wore a long hooded robe, similar to Pascal's. His face was concealed inside the hood, but I could see his long hands and fingers. Years ago, he had come to me in another Akashic Construct experience, when he handed me a root, called Turmeric, to heal another patient. The name Othello came to

me, and this might have been the 'human version' of his name. (Previously he had explained to me telepathically that his name would be too difficult for me to pronounce.)

I told him I was glad to see him again, and he put his palms together in a prayer position, and bowed his head, as a nonverbal greeting. Next up I heard the elevator rising, so I turned to greet my patient. She had short blond hair, and was wearing a red jacket, white blouse, and plaid skirt. She was smiling, and very happy to be there. I welcomed her, and gave her a hug. I asked her to lie on the treatment table. Then, out of respect, I looked to Othello to direct the healing. He motioned for me to stand at the end of the table, and place my hands on her head, as in Reiki, to calm her emotions.

He slowly moved his long hands above her body, stopping at her torso. He reached down deep through her skin and tissues to her internal organs. I could see him grasping a very large tumor, and taking it out. There was a large, bloody hole left, but he took an instrument from the bench, and held it over the wound. The bleeding stopped, the tissues were pulled together, and they turned a light color pink. He told me mentally that she would feel sore for a few days, but the tumor was now gone.

She got off the table, and thanked both of us. I walked her to the elevator, and said goodbye. I didn't know if she was the patient I had intended to heal, but I knew she was the patient I was *meant* to take care of.

I thought it was time to leave, and I turned to say goodbye to Othello, but he motioned for me to come back to the workshop, and lie on the table. It was my turn for a healing! This was totally unexpected! Wow! First I meet Pascal, then Othello heals my patient, then I get a healing! One never knows what's going to happen in the Akashic Construct!

I climbed onto the table, and he moved his hands above my body, slowly. I could feel an energy current flowing through me. Then he stepped back, and a brilliant white light engulfed me. I had to close my eyes, the light was so intense. It felt warm, and strangely loving, as if it came from Father Himself. Many emotions went through me at once; joy, gratitude, relief, love. It ended, and I opened my eyes. Othello was standing there, and motioned for me to stand up. I felt as if in a daze, but said thank you to him, and again, he pressed his hands together, and lowered his head. (I've read that Celestial beings sometimes do that to honor the person's Thought Adjuster.)

He disappeared, and I walked to the door, then, feeling a sudden surge of energy, and joy, I ran up the stairs, and woke up! I realized I should have taken it slowly, but this was such an amazing experience, I wanted to write it all down before I forgot some details!

I understand, now, why my CD player wouldn't work. This experience took a lot longer than the guided session would have allowed. I should know by now, that everything happens for a reason, and to expect the unexpected in the AC!

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*You lit a Flame, and it will become a Raging Fire—ABC-22.*

*Google this text:*

*Learn How To Contact Your Celestial Guides*

**Candace:** The above "google" produces this link, which I have visited before and used to be in the 11:11 Progress emails. George has stopped placing links, because these are discernable by software in ISP servers and causes his email to get "unsent".

<http://www.1111akashicconstruct.com/> You might wish to visit the site, as George has created an CD to help people contact their guides and angels, in a state of alpha mediation. It is not

expensive and may well assist some of you. This above peice is a report by a student using the CD, as well as this next one:

Florida, US of A, January 20, 2008.

Teacher Ophelus.

Subject: "Your Mind Is At Ease."

Received by an Akashic Construct Student.

Ophelus: "Hello my dear one. I have come once again to speak to you at your request. You have accomplished a lot since we spoke last. This I know has set your mind at ease. I have been following your progress and your prayers have been answered, one at a time, slowly as we have discussed.

"I believe you now know that you have our love and support. I also see you have relaxed and understand how we are working with you to assist you. There is a peacefulness that has developed inside of you that is radiating to others.

"We appreciated the work you are doing to help people on their path, while you struggle with your own life. This is genuine love for mankind, and unselfish love. This is good.

"As you walk on this current path, you have agreed to take one day at a time. This makes it easier for us to work with you, as your expectations are small and it is not overwhelming for you. It also allows us more contact with you.

"You are in a good place now. We will continue to monitor and assist you. Do you have any questions for me?"

Student: "I know it's time for you to leave. Thank you so much for your assistance."

Ophelus: "It is what I am here for. Your well-being is my concern. Until our next meeting."

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**Add to The Peaceful Vibrations, Having An Impact, I Long Ago Adopted You & Being Co-creative With The Creator Of All**

**By Several Beings thru George Bernard**

**Feb 16, 2008**

Illawarra District, Australia, January 18, 2008.

**Cherubim Frank and Sanobim Alice.**

Subject: **“Add To The Peaceful Vibrations.”**

Received by George Barnard.

**Frank:** “Did someone mention white feathers? Did someone mention Cherubim? We are Cherubim. I am Frank and I am a Cherubim. She is Alice and she is a Sanobim. Put the two of us together and we’re **Cherubim!** It doesn’t make any sense to anyone, except to us.

“We make a lot of sense. We have enormous brains. We have great minds, and we have big mouths to match. We are children of the Creator of mind and good sense. We are thus ideally gifted, and besides, we have been around for many, many years. She and I are psychologists extraordinaire. We are the best there ‘is.’ We will leave any of you human professionals in the dust, and like I said, we have mouths to match as well. We also know each other’s minds and that makes it a little easier. Agreed!

“We can still tell you what is wrong with you people. Give us a few weeks and we can carry on non-stop telling you where you should still drastically improve. Right now in the age of communication, most of you have forgotten how to listen! Right now in the Correcting Time you seem to be in need of more correction day by day! Take your time to think things through. Create some appreciation for yourselves, first of all, because it is only in this sense that you can have any appreciation for another.

“You understand the hierarchy. You know the hierarchy of understanding another, of appreciating the other, of respecting another, of admiring another, and of finally being able to love another. When there is no understanding, the entire deck of cards collapses so easily, so quickly. Exercise a little more patience, exercise a little more trust, and acquire a little more understanding, communicate, and you will find it so easy to get along, to see another’s point of view, to add to the peaceful vibrations that must sooner or later envelop this earth.

“This is Frank, always loud and frank, being understood by, being encouraged by, being appreciated by, respected by, admired by, and being loved by the one I will always consider to be my equal in every sense, Alice. Till we meet again.”

**George:** “Thank you Frank.”

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“I’ll be Frank! I won’t be brutal, but I will be Frank!” --

**The Cherub in 2000.**

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Illawarra District, Australia, January 19, 2008.

**Midwayer Chief Bzutu.**

Subject: "Having An Impact."

Received by George Barnard.

**Chief Bzutu:** "It is by the grace of your alert Destiny Guardians that I find out when you are finally ready to 'take in a communication.' I can be elsewhere, doing whatever, but with their mind-to-mind contacting me, I can quickly be on the spot, and I can take over, even follow on from the discussion you have been having. When one enters a new trade or profession at its inception, one becomes fully immersed in what is going on. It's exciting! New developments, new means and ways and methods that are invented aren't overlooked. You stay on top of it all. It could be said that one has one's finger on the pulse.

"Involved during the many millennia, as we have been, without taking off time to sleep, to eat . . . or watch television . . . we Midwayers have our collective finger on the pulse. We have a precise awareness of how all of Nebadon is progressing. We have an accurate read-out on how the local sector is finding its way out of the latent rebellion-caused difficulties. We certainly, and in detail can gauge what progress is being generated on this planet, because we are right here.

"We have our noses smack into the business of what is going on, and we can see these things much more clearly than can you. My own little interest is Progress. Specifically, my baby is the 11:11 Progress Group. And far beyond what you mortals can recognize, indeed, a long way beyond what you can ascertain, you are having an impact, and not just you, you, and you, but all of you, irrespective of what you have given yourself as a task -- that specific segment of the total you are individually battling with.

"The impact is considerable. I say congratulations for the thoughts and ideas that have gone into this mission. I thank you for making me look good, because in all this, my clan of helpers; we the 11:11 busybodies, **are** looking good with the many readers and participants that are taking in the lessons, and the growing number of healers that are in regular contact with us.

"If the past is any indication, the year ahead is going to be great. Stay the course. Do not tire. I wish you well in making yourselves, and us, look even better. This is Midwayer Chief Bzutu. It is a pleasure to visit with you hospitable folks."

**George:** "Thank you Chief."

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*You lit a Flame, and it will become a Raging Fire—ABC-22.*

Illawarra District, Australia, January 27, 2008.

**Secondary Midwayer, Dr. Mendoza.**

Subject: "I Long Ago Adopted You." (A personal message).

Received by George Barnard.

**Dr. Mendoza:** "I greet you my dear friends. It is a pleasure, as usual, to be with you. This is Secondary Midwayer MNO-8. For ease of recognition by you people I also go by the name of Dr. Mendoza. I have many millennia of healing my human cousins behind me, and as is understood here, it is the environment that to a very large part shapes the personality. The profession in which I am involved requires for me to be precise. It requires for me to be observant. It requires for me to apply specific routines.

"I am often seen as, perhaps, a somewhat dour personality. The good news is that this is hardly the case. Although I am involved in serious tasks from moment to moment, necessarily flitting around the world with, very often, little time to spare, I can be lighthearted as well, and so in my address this evening, I shall try to let a little more of the personality shine through.

"Firstly and by the way, it is correct that the little girl (suffering from CVS) is putting out a stomach acid which is a little different from the norm. Stomach acid is a personal thing, and it varies between all people. Therefore it would be profitable to design a diet that is less acid like for the little one.

"The next part of my address is for the lady of the house. She has been prompted by me many times in the past few weeks, months one could say. And it is because of her reaching out to me that I wish to remind you, and perhaps others, of yet another method, of yet another way, in which to 'contact spirit,' if I may use that phrase.

"One can contact spirit the way in which this receiver does in stillness (Alpha). One can contact spirit with the wonderful ways of the Akashic Construct, to become a receiver, a healer, or more likely both. But let us take an alternative route. Let us look at the past of how this receiver I am presently engaging has brought himself to this point.

"Years of his efforts have been with inspired writing in co-creation with the 1,111. And this tried and tested way is a third method whereby one can achieve success in becoming a messenger for whatever Celestial Teacher wishes to make himself, or herself, heard. Move forward in this way, my dear, whenever you are about to answer any enquirer, and whenever you are about to set yourself a task of writing, sincerely requesting from the Creator of All that all possible contact and intuition shall be yours in the project.

"This is a suitable beginning for documentation that may well start off haphazardly, then slowly over time turn into the inspired writing that you so long for.

"Whenever possible I shall be at your side, for I long ago adopted you as my student. Whenever I am engaged in healing work, the Chief or Mathew, Sharmon or any of Mathew's crew will stand by and aid you, if only you will let the metabolism of your brain and mind drift, and be at peace to catch the phrases."

**George:** "I am having some difficulties here now. I think there is an interruption somewhere along the line. OK, he was called away. Time out."

**Dr. Mendoza:** "Indeed! However, I am back with you now. Consider for how many years this receiver depended entirely on his inspired writing to improve the contact between himself and his longtime Midwayer Friends. Do be patient with yourself. We can, by the way you glow, notice clearly the progress that you are making. And we expect this to continue. This is Dr. Mendoza, looking forward to speaking with you more often. I say Adieu for now."

**Both:** "Thank you Doc."

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*Illawarra District, Australia, January 30, 2008.*

*Primary Midwayer, Andréa.*

*Celestial Artisan, Athena.*

*Subject: "Being Co-creative With The Creator Of All."*

*Received by George Barnard.*

*Andréa: "This is Andréa, my dear friends. Do not concern yourself with the vicious beast that is disrupting our stillness program and our communication (The Midwayer is joking about a very small parrot with a very loud voice). We are patient. We have been around for long enough to have acquired much patience, and as it so happens, we are also waiting to be linked up with a dearly beloved one. She and I have been friends for many years, as we both have been this receiver's teachers for some time. We will wait patiently now till she comes around."*

*(We waited only 2 or 3 minutes).*

*Athena: "Hello all, this is Athena. I thank you, Andréa, for making possible this communication. For the benefit of those who are rather new to the messages that are sent out from our dear 11:11 friends, I am a Celestial Artisan. I am a former human being, mother and artist. Long ago I ascended to higher realms and more recently I chose the task of Celestial Artisan to further my spiritization -- advance my climb to Paradise -- by teaching and learning, and to assist on your world, where creative work can surely do with a boost.*

*"All of your schooling tends to be oriented towards the three "R's," initially, then on to the sciences and professions, and only every so often the creative side. Interest in the arts generally leaves very much to be desired on your world. And it is because you receivers are both 'looking to be involved' in more creative work, beside your transmitting and your writing, and the day to day hum drum that must also be, shall we say, 'marinated' with creative input.*

*"Because of this addition to your activities, it is I, thousands upon thousands of miles away, who want to 'hold your hands' as you engage in your new creative work. Do call on me at any time. Learn how to apply my intuitive input to all your projects. You will find that I will be available just about at a moment's notice to help you be co-creative with the Creator of All, to use His materials to turn a blank space (page?) into a picture is doing God's work.*

*"Look forward to, in your minds eye, seeing the pictures that I intuit, and make your newfound involvement a success with my help. This is Athena. back with you after quite a lengthy break, but let us now carry on from where we started almost sixty years ago.*

*"I thank you for preparing such peaceful minds to take in my suggestions. We connected up so very well today. I say au revoir for now. My love goes with you all."*

*George: "Thank you both."*

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*Google this text:*

*Learn How To Contact Your Celestial Guides*

*Candace: The above "google" takes you to <http://www.1111akashicconstruct.com/> George has a CD of his technique to attain alpha state and contact guides. Some of you might wish to give it a try.*

# We Urge All Of You Lightworkers . . .

By George Barnard

Feb 27, 2008

Illawarra District, Australia,  
February 21, 2008.

**Machiventa Melchizedek.**

Subject: "We Urge All Of You Lightworkers . . ."  
Received by George Barnard.

**Machiventa:** "It is an opportunity for me to speak with you. It is one of those moments when my attention is not required elsewhere. It is a pleasure for me to speak with you, my children. This is Machiventa.

"For those who are interested, and for the interest of the many that are new to the messages forwarded by the 11:11 Progress Group, I am a Melchizedek. On this world I am your Planetary Prince in my own right.

This is an unusual world. For eons of time it only had Melchizedek caretakers, not a Planetary Prince. For two thousand years, it was the Creator Son of the local universe Himself, who doubled as you Planetary Prince. It is only just recently -- in the last six years in fact -- that other than acting in that capacity, I have been given the honor of this high appointment.

"Melchizedeks always remain Melchizedeks. They are among the Celestials that can make the hard decisions. They are the individuals that can, and do, give orders to many. They rarely ever are appointed to the elevated status of Planetary Prince.

"There are on this world, at this crucial time, many of us Melchizedeks -- the normal contingent, yes -- and because this is a planet in difficulties, yet so very special in the local universe, being the Creator Son's bestowal world, many others from neighboring planetary systems have made themselves available to swell our ranks, to push progress, to do the utmost to bring this wayward planet into line with others that have fared so much better in troubled times of the past.

"Directly in touch with you are huge numbers of Secondary and Primary Midwayers that have found it in their hearts to extend their long periods of service, to spend extra time on this much-talked-about planet. We urge all of you, Lightworkers -- and this is what you are, or potentially are, by virtue of the fact that you are being regularly time-prompted -- to first of all live your lives in the fashion that would appeal to you as being most ethical, most moral, contributing, sharing, then secondly, make yourselves available to others that are also being prompted world wide.

"Exchange information, assist where you can, so that the pool of gifted workers grows and grows, and sweetens that pool with knowledge and caring, extending it more and more, so that on your part, your human part, this Correcting Time effort will be sped along, and Light and Life will come sooner, rather than later.

"This is Machiventa Melchizedek, enjoying the presence of this small group of humans and Celestials so closely bound together, so active in His name. I send my love to all. As you were."

**George:** "Thank you Machiventa."

## **At the Gates of the New World**

**By Commander Ashtar thru Simon Leclerc**

**Mar 1, 2008**

Greetings to you, dear children of the earth,

Here your faithful companion, Commander Ashtar, accompanied by the collective light of the Brotherhood of Stars. We asked on this day our partner to send you an important message for the current period of global transition. At the same time as you read this, feel inwardly if those words you seem fair and in resonance with a feeling inside that you will be screened by your soul. This allows you to reconnect with the co-creator Being that you are, to recognize that you are at the centre of the great universal reconstruction currently underway, and not a mere observer.

We have informed our partners that a major event of a global proportion is currently taking shape and to take place in the aura of your beautiful blue planet. This event, on an unprecedented scale, will be observed by all the inhabitants of the earth, as well as those of many surrounding constellations. The purpose of this message is not convey to you the details of this event well, but to invite you all, individually and collectively, to collaborate in a very concrete and tangible.

We know that you would like to get all the details, locations, the date and time of this, but it would not help the current movement. Not only projectteriez you in a future non-manifested now inviting your creative energy, but you contourneriez the realization of this event by forgetting to play your role creator. What is interesting right now is that you want to imagine the specific event, nor is you need to feel that you are wearing the fate of the world on your shoulders. The invitation now is to reconnect to the creative power that you carry with you and that connects you to this expanding universe, and choose to move towards the transformation light of this world. Allow yourself to feel that you are at the centre of the universe and that you have the power to shape and influence the current changes brilliantly.

We understand that this message probably arouse in you (and our partner) questioning whether this is not another "prediction" that prove unsuccessful over time. If they were, this would not matter. Let us remind you that all the elements that you have stimulated an intention to change, combined with a belief that life on earth is set to change significantly, have worked to transform this world. It is not because your vision more limited only allows you currently see no concrete global change that they do not occur. In fact, we would say that never before your world been so bright. While global conflicts still take a lot of space in your media, we would say at the same time as their presence also highlights all these beings who are affected by these trivialities and who choose to nurture peace in them and outside of them. This is not measured with your physical eyes dear soul, but yet, you can feel as just inside you.

Soon, your media will no longer retain information related to VRAIS events taking place on this world. While it is fair to say that at present, they are filtered by some Being oblivious to the turning bright present, we would say that the dams are about to fail and that a major influx of TRUTH will be broadcast soon ( "soon" cosmic). Prepare yourself for a shock of light and love, ladies and creative beings.

The invitation is currently feeding you the belief that the universe is to transform itself in a very short time (on eternity is a snap). We mention this to you to act in Master and work together to this transformation. We do not want to feed you waiting, which then would lead you to disappointment.

You then return to us in blaming this false happiness created and then, while our purposes would have been pointless.

Do you understand how your love light amplifier is a central element in the transformations taking place. If you lower your arms whenever your expectations (which belong to the three-dimensional human kingdom and are associated with linear time) are not met, then you feed the global burden and limit the transformations taking place. Allow us to propose to choose now to foster belief in you. Not a conviction combined with the fact follow like sheep what is presented to you without question, but rather to remind you that you are Masters ( "asleep" and about to wake you up) and your eyes can really amplifier move a mountain. If you choose to amplify the movement of the current transformation, you will truly bear the transitions underway and help your humanity.

We would like to complete this message indicating you information that we believe will resonate deeply in you. Are you aware that, out of love for mankind, you tuned your movement of the current expansion of consciousness with that of the global community? Out of love for your brothers and sisters asleep, you have chosen to go to the Super-Consciousness in a movement both collectively and individually. Collectif because you have your destiny linked to that of others that you "follow", and individual because you know at the same time as the free will of the universe made sure that the intention of returning to the Super-Consciousness must be Be issued by who chose this path.

This might surprise you, but you will find at the same time this information in an explanation to having sometimes seems to a halt, as if all these "efforts" and the intensity that you attach to your progress seemed not to wear fruit (or evolve more slowly than what you might imagine). It is true that you go through different stages of cleanup that must be crossed. At the same time, we would say that of previous eras Insiders also through these stages, and yet they lived experiences of expanded consciousness very detailed and intense. So why do you think this seems not currently be available to you, at least not in a form as tangible, intense and clear as you would like?

The reason is that these experiences occur in fact at this moment, but they remain at a level of your subconscious do so precisely you maintain a strong presence and embodied in this area of consciousness. It is important that this happens because if you see now with the memories of those experiences, a significant gap will widen between humans awake and asleep and energy available to the planetary ascension would then channeled into a group of Being specific. It is in this sense that we include that, out of love for your brothers and sisters asleep, you have chosen, and that choice was also from the Soul, "share" your energy expansion with the collective conscience of humanity in order to accelerate overall growth. What gift!

In light of this information, you will understand better why we love you so much and you recognize as a great beings of love and service to humanity in this development. You will also understand better why we regularly include opening each individual that you make is this whole humanity. This statement could not be more correct.

At the same time it should not retain these words that you are condemned to a form of perpetual veil, on the contrary. At one point clear of the trail planet, yet that does not now delay, the global consciousness of people will be ready to take over the responsibilities of its evolution and Light workers will no longer have to keep up the energy for the transformation this entire humanity. Everyone will understand its central and key role on the road back, and at this moment, the veil will be withdrawn. A "catch-up" outstanding will then take place in your lives, if you will allow (never forget that you are the architects of all the changes you live).

Once the veil of oblivion phased out, you will have access to a memory recovered and cosmic powers that will be returned. This moment will mark an important transition in your lives embodied

because then you will find the memory of your origins universal. Many of you will gradually come together in a truly important way with your family stars, and this will be very happy and stimulating.

We would like to complete this message reminding you to be gentle to yourself and not to judge or compare your pace of integration and personal transformation. You can already see that this only serves you point and creates more tension than lightness in you, even when you encounter a Being that you feel more "bogged down" in the density than you. If you compare your pace to that of another, you feel the perfection of the universe that you created in his image.

Be an attentive observer of the life around you and that manifests itself with intensity within you. Remember that your thoughts and memories darkest simply seek your light unconditional home to raise their vibration frequencies. Give them unconditional love this look, and you will see that major changes will take place specifically in your lives.

We love you tenderly and you observe with great gentleness and lots of love. When you taste our energies in a more tangible way by your side, you will recognize us as truly members of your family Universelle, and that time will be magical.

We salute you

Your Brother Ashtar, accompanied by the great Universal Brotherhood.

Commander Ashtar

## The Latest Buzz on Bees

By GAIA thru Pepper Lewis.

Mar 5, 2008

Is it my imagination or have you been strangely silent on the subject of the declining honeybee population? It seems like almost everyone has 'rang in' on this one, and the information as usual has run the gamut of diversity. I don't want to admit it, but in spite of all that has already been said I still feel unsatisfied. Pardon the pun, but as a long time reader of your column I have felt the honey sweetness of your words, as well as the sting of the bee now and then. Would you please comment on this subject?

Actually, my sentience, which expresses itself in a myriad of ways, only one of which is through this column, could not be more vocal on the subject. That being said, sometimes the loudest voice is the one found within the silence. By their very absence the bees have spoken, and continue to do so. Their offering to humanity is one of luxury, for their purpose is unequalled and their loss immeasurable. Who or what else could assume their endless labors on nature's behalf or yield the results that they do on a daily basis? Their mystery has tantalized philosophers and poets, mathematicians and metaphysicians alike. By your own admission little is left that has not been summarized or theorized.

Honeybees are longtime residents of the earth and have been here far longer than humanity has. They have also existed elsewhere, particularly when humanity (or a version thereof) has also been present, including other planets within this solar system. How and why they arrive is at least as interesting a topic as why they depart. Perhaps you will find and follow the dimensional link as we explore their message.

Honeybees are as pure as the honey they produce. They are a dimensionally evolved species and have elevated and woven themselves throughout the kingdoms of nature and indeed within the web of life. Their society is a superior one and ideal in many ways. Symbolically, they represent the true disciple, working to perfect the whole, because the whole serves the many as well as the one. The disciple (worker) prepares honey (nectar), the most delectable and unique food, which is extracted from the flower (universe). If you observe honeybees long enough, they will teach you how to extract the honey from your own life, lifting your spirit and filling it with a perfume that is delicious and inebriating to all but the higher frequencies of life.

No other insect compares to the bee. They were not born of this earth any more than you were, and the mysteries they protect are no different than the ones that still elude you. Nature always offers a mirror, a reflection of itself, as if to mock the illusion that life is singular. Where the bee is concerned, nature has offered the wasp as its lower frequency counter-part or cousin. Wasps are capable of building wax cells, but they cannot make honey. Symbolically, they represent the unconscious side of man who takes but has not learned to give, the unawakened disciple who eats honey, but cannot prepare it. Wasps represent the illusion of selfishness, or those who serve the lower-self while the higher self goes hungry. Nature will continue to protect its secrets and mysteries until man removes the veils of misperception that obscure his vision.

Humanity fears the bee's sting, but from the stinger flows a substance that keeps the honey pure under all circumstances. Without this unique ingredient the honey becomes affected, and subject to the variations and alterations of the lesser aspects of nature. Once altered, the honey is no longer appropriate for human consumption. It is true that once a bee has used its stinger its life is

forfeit, yet if it cannot serve the whole (hive) by making pure honey then its life has no value, and to serve in a lesser capacity is to lessen the value of life.

Bees are perfect architects and builders. Tireless workers, they have a built-in compass that is based upon the magnetic grids of the earth. It is impossible for them to get lost although they are capable of faking disorientation if only to serve a higher purpose. Bees can recognize and identify subtle energies including disharmony and dishonesty. As their purpose is to make both hive and honey more perfect, they will rarely build a hive or remain in one that is in or near an unjust environment. They are also able to distinguish between peaceful and chaotic surroundings and can even detect vibrations of fear, which they detest. Many a bee sting is the simple result of the overwhelming and chaotic vibration of fear, aggravated by flailing arms and other human acrobatic attempts to flee a bee's interest. Bees have an amazing attention span and such hopeless attempts are humorous to all but those who consider themselves at risk as potential victims.

Bees prefer symmetry in all things. They are insect scientists and are able to recognize quantity as well as quality. They can distinguish vast arrays of color, including pallets and hues barely visible by the human eye under any circumstance. The bees' ability to see such a wide gradient in color variations make them representatives of full spectrum light, the perfect prism that distributes light (love) equally through the beneficial forces of nature. These subtleties also make them the patron totem of the twice-born, or those who return from a journey somewhat changed by the paths they have chosen. The twice-born live as others do, but perhaps more simply and near the outskirts of where others choose to live, not because they fear becoming ensnared in their previous life, but because they choose to live otherwise.

Bees are the true alchemists of nature and no other creature great or small can protect or project knowledge as they do. They are nature's child and wisdom's offspring and their retreat is notable, particularly because man does not yet know how to prepare honey. Yet we see him as the wasp, over yonder in his neighbor's field building fortresses of fear instead of symmetry and peace; enlarging the threat of its sting, and staking claims on simulated resources while nature continues to elude it. The wasp, caught in its own illusion cannot help but sting even those who come to free it.

As insect scientists, bees are instruments of nature, and as such they respond to the same invisible codes of evolution that you do. As humanity's evolutionary path quickens, that of every aspect of must also quicken. It would be a false path if it were otherwise, do you see? Humans have accustomed themselves to measure their growth by comparing themselves to something or someone else. In other words, by looking behind or into the past to see how far they have come. When looking into the past everything that was left behind appears to remain the same, because the speed of life (light) reflects a constant speed of change, displaying the change as new, or the next now. Because the new moment seems uniquely different from the last or past one, the contrast between the two is perceived as growth, or evolution. Confusing? Here is a simple example: Do you remember the last time you attended a school or family reunion? Did you feel as if you had taken an evolutionary leap forward compared to those who attended the same gathering?

What does this have to do with the bees? Everything, because the pace of your evolutionary cycle is linked to theirs and vice-versa. They are incapable of reflecting a false reality to you as that would be inconsistent with their model of striving for perfection, but if you continue to watch and study them, they will begin to show you a metamorphosis in how they live, and perhaps even offer a few solutions to some of humanity's upcoming challenges. We have elucidated the irredeemable qualities of the bee and made it even more indispensable than ever, but we have not yet fully answered the question, what in the world is wrong with the bees and where are they going? Simply put, the internal alarm of the entire species has gone off and they are responding to nature's call in droves.

Remember that we have said that they will work tirelessly toward the perfection of the whole, but if the whole (hive) can no longer be represented as perfect, then their purpose must lie elsewhere. That is why some bees become disoriented when they are near their hive and others altogether abandon it. If the hive is no longer consistent with their purpose, then either the hive or the purpose must change. Bees do not have individual personalities though each hive has unique characteristics of its own. Likewise, European bees are uniquely different than North American bees, and South American bees are different from Australian bees. Bees are not angry as they are incapable of such emotion, but they are disoriented and dissociated from their previous model. Their relationship to the hive is no longer based upon the same processes, or those that would be considered normal to humanity.

Each continent will see changes reflected in its bee population in a different manner. Most countries will eventually be affected; only some will be afflicted. North America will suffer higher losses because their number was higher to begin with and because the stress of evolution is more pronounced upon this continent. There have been very few normal hives for several decades. Boxed bees are crated and shipped along with everything else that moves along the world's highways and byways. No longer a symbol of wisdom, the prosperity they offer seems reserved for those who control the crop they are to pollinate. We could number the burdens that humanity has foisted upon their species, but there would be no purpose in it, especially as they harbor no resentment; they are incapable of it.

Their stresses on the other hand, are no different than the ones you respond to daily. Neither are the parasites, pesticides and viruses that they are exposed to. Do you see? It falls to the species closest to the ones they serve not only to act as messengers, but also to lead the way towards change whenever possible. All of nature is but a reflection of itself. Humanity has many examples within nature to draw upon at present, it must now ask the best of itself to come forward in order to create the best of all possible futures. Humanity's evolutonal alarm clock has also sounded and soon even the least alert will need to open their eyes.

Where have the bees gone? Nature has directed the strongest among them toward the southern hemisphere. Guided by shifting magnetic grids, they are moving toward the equatorial regions and further south as well. These, less affected bees will gain strength from their new colonies and form evolutonal allegiances with indigenous bees. They carry a new set of encoded instructions based upon a newer environmental blueprint. They will use this to create a new working model of nature in balance. Following a greater purpose they will build a better hive and be more productive in ways that will benefit humanity the most.

What will happen to the North American bees? Interestingly, bees from Oceania [Australia and New Zealand] are being imported to North America in great numbers in an attempt to stave off an abrupt end to an old model. Much of what will transpire next depends upon modern Apiarists, Farmers, Ranchers, and others who serve as an interface between the human kingdom and all of the others. Many who occupy these positions today have played similar roles before, at least as far as nature is concerned. They, perhaps far beyond others, understand that the old model cannot continue as it has. Those who work within the realms of nature, as protagonists or antagonists, are privy to both the laws and mysteries that govern it. Even those who manipulate these laws for personal or professional gain know that odds dictate that one day the pendulum will swing in the opposite direction. Humanity's long ignorance of the laws of nature do not excuse it from the need to find solutions that will restore balance to nature and also feed a hungry world.

Restoring the health of the North American bee population will also aid in the restoration of the world's health. Perhaps it has become obvious that woven within these words are examples that link changes in the bee model/purpose with current and upcoming changes within the human

model/purpose. To be clear, the bees are not offering a warning; they are setting an example. They are refusing to take on additional stresses imposed upon them by an older model that no longer serves the whole. The lesser among them are succumbing to illness and malnourishment due to parasitic invaders. They are rejecting the chemical and artificial placebos that the old model would otherwise continue to impose upon them. They are changing how and where they live. They are moving, sometimes great distances, to place themselves in more healthful environments that will ensure the future of their species.

Given these irrevocable conditions, the world's agriculture markets will shift and the economies they support will of necessity drift elsewhere. Old model agricultural practices will begin to shift, but more slowly than preference would dictate. In an effort to maintain its commercial position and in hopes of harnessing a hold on a continually diminishing bee population, cooperative enterprises will experiment with indoor agricultural practices. The great expense associated with this effort coupled with a shift in world economies will drive the price of many items significantly higher. On a positive note, there will be a more pronounced return to organic practices as its benefits become evident, especially where indoor agricultural practices are concerned. Other industries will obviously be impacted as the result of these changes plays forward, but these can be evaluated at another time.

The future of the world's resources, including vitally important food and water, depends upon a cooperative world that is willing to serve and support its neighbors, as well as one that is willing to honor the strengths and weaknesses of each kingdom. Specific relevance must be paid to each species and the service they provide. Assisting and supporting one or more species must offset the extermination of an unwanted one. The continued manipulation of nature by those who pretend to own it cannot persist, neither can the equally detrimental pursuits of those who would destroy rather than protect the property of others because they do not agree with its current purpose. Feeding ignorance with cooperative brotherhood will seed the world with future generations who promote wellbeing in word and deed, models of a humanity that lives in peace and without fear. Without fear, listen and watch the message that the bees are modeling for you. Other species also have important messages for you, listen closely and they will make themselves known to you.

#### About Pepper Lewis and The Peaceful Planet

Pepper Lewis is a natural intuitive, a gifted channel and a recognized writer, speaker and teacher of metaphysics. The unique and distinctive channeled messages brought forth by Pepper have become favorites of readers all over the world. Most popular are the featured articles authored by the sentience of our planet, Mother Earth, affectionately known as Gaia. These messages frequently appear in a variety of publications including, Sedona Journal of Emergence. They are also a favorite with many websites and news groups. Pepper is frequently featured on radio and Internet broadcasts including, The Great Shift, with Rev. Fred Sterling.

Pepper is the founder of The Peaceful Planet, an organization dedicated to relating to our environment and the world around us in a way that embraces and projects balance, integrity, peace and harmony. The Peaceful Planet offers inspirational products and services

designed to empower, assist and educate. Seminars, lectures and workshops are on-going as time allows. Inquiries regarding scheduling an event in your area are welcome.

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The Peaceful Planet encourages a soul-centered approach to life. Our devotion to Mother Earth inspires us to honor the sentience of this planet as a source of guidance and wisdom in all things. As one humanity sharing one earth, we are profoundly connected to the evolution of this planet. We are a diverse, global community united in a common purpose to restore a sovereign relationship with ourselves, with Mother Earth, and with the Source of All That Is. The Peaceful Planet offers resources, services and products designed to assist and empower you. We teach the art of self-inquiry, inviting you to discover and become more of who you truly are. Our wisdom is as practical and precious as the earth. The Peaceful Planet . . . Clarity and Courage for Today, Guidance and Wisdom for Tomorrow.

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Candace: The long and short of this, is that man thinks he can live outside of nature, separate from it, and he can't. And some think that we can do this with technology, but only technology that

makes proper use of the true understanding of nature will work. I miss the bees that used to frequent my gardens. I saw 2 last year in the spring, and my flowers are not making seeds like they used to, that depend on various pollinating insects.

It is possible to hand pollinate, but its very labor intensive, and if we had no become so out of balance, we would have the bees in service. Why would anything want to be enslaved and transported in hives from farm to farm? People in this industry think this doesn't matter to the bees, but enslavement is never part of natural, cooperation is. The bees are not offered a joint venture cooperation when their hives are carted around the country. These hives are in general false hives, and not necessarily what the bee uses in nature, but only a copy of the process.

I think there are other ways to encourage bees to pollinate our crops. The case presented in reading I have done on the web is that left to nature our berry plants and the like using bees, that there is never enough bees to produce the concentration crops desired, so they need to be trucked around to increase the numbers. When man finds out what the natural balance is between bees and nature, perhaps we can do better in that manner.

The larger problem is of course artificial fertilizers, and bug killers which reduce the numbers of natural bee populations in the first place. And having hives loaded on noisy trucks, moving across a polluted country is so far off what nature does, that off course, eventually the bees will do something different to restore that which is normal in nature.

Man's lack of spirituality, (common sense in many cases), has caused himself to overpopulate himself outside the bounds of nature. And even on physical star ships, nature and the number of people aboard the ship must match. It must be in balance. To violate nature is to violate God, for God is found most profoudly in nature.

Everything in nature repeats itself. Electrons go around atoms, planets go around suns, suns go around other suns, and on and on. That's only one example. If man will not come into the idea that he must exist within nature, then so shall man feel the results of that, and is heavily in the United States, in all ways now, IN ALL WAYS.

I don't see Americans getting out enmass an time soon to due the work of the pollintating insects? Do you? I don't see man in America giving up his ways of living in order to save this world either. I see Americans thinking, in general, not all of them of course, that it's ok to continue to violate nature, and to continue to violate the world at large to satisfy our needs, needs often which aren't needs at all.

We came this continent, under something labeled "manifest destiny", a coverup term. While some did come to find a new life, most came to exploit that which existed. Blankets with small pox were deliberately given Indians. Indians were massively enslaved and killed in all ways. Such as been the way of many of the Earth, and now in our "needs" we think it is ok to steal from the rest of the world. To put our own oil pipelines into Afganistan for example, when the leaders of that country had given it to Venezuela. Not that there should be oil pipelines, period, for our consumption of oil is out of balance with nature.

And so the idea we can replace oil with bio fuels, for the world needs the food from those fields before it needs bio fuel, which also pollutes at every level, and is no substitute. Why Brazil so went this route I don't know either, except that the ways of energy use that do get along with nature are not allowed.

We will never be able to control our population growth, until we understand that balance in nature is the only way. Until we develop the spiritual concept of sustainability in all things. Not until then

can we come into any sort of balance that will allow for this planet to become eternal. War does not create an eternal planet, nor does being out of balance with nature, and the bees are providing a strong lesson on that. The solution is not the find a disease of the bees, the solution is to look at what man did the bees, and restore balance. Until man desires to return to the idea of the "whole" the bees will continue to teach us, that separation from the whole, is not going to work. To become one with God is also to become one with nature.

**Now is the Moment and I will Soothe Your Mind**

**By Christ Michael, Nebadonia thru Donna D'Ingillo.**

**Mar 20, 2008**

Oakland, California, US of A, March 16, 2008.

**Divine Father (Christ Michael).**

Subject: "Now Is The Moment . . ."

Received by Donna D'Ingillo.

**Divine Father:** "I gather you into my arms, My children! This is Michael, your Creator-Father and Brother who greets you. Gather yourselves into Me during this time of planetary change. The time of harvest is upon you. It is the great opening as the seeds of truth, hope, and mercy planted in your hearts so many years ago blossom and bear the good fruit for all to see. Open your hearts, My children, and let these love saturated seeds flow out of your being.

"People have heard many truths over the centuries as evolution has progressed onward slowly but surely. However, now is the moment when truth shall be demonstrated by action: Men and women daring to stand in the light of truth and depict the mercy of the Paradise Creator towards the children of time and space. Are you prepared to be one of My demonstrators?

"Open your hearts, my beloveds. Sit in the presence of your Mother now and ask for more of her life energies to expand you into my presence. Ask for the seeds of hope and mercy, truth and goodness to swell in your heart and sprout the branches of love as the living link to your brethren. These are the ties that bind you all together as the vines of my heart reach out to you—each one of you.

"Some children I will be able to reach on my own, but some of your brothers and sisters will need assistance in tying themselves to my heart-vine. Find them! Help them secure themselves to me. Connect them to their life source as best you can. Know that you have the resources within to respond how they need. All of the seeds are in place. Love them, and you shall see the seeds sprout as you help them into my peace."

**Presented to you by the 11:11 Progress Group for**

**The Center for Christ Consciousness.**

Google this text to find Donna's website:

**Welcome to the Center for Christ Consciousness**

Oakland, California, US of A, March 9, 2008.

**Divine Mother (Nebadonia).**

Subject: "I Will Soothe Your Mind."

Received by Donna D'Ingillo.

**Divine Mother:** "My children, this is Mother Nebadonia who speaks. At any given moment your mind is connected to Me. When you open the door of your thoughts to Me, you provide Me the opportunity to share with you what is My delight ... My desire. Remember, My children, that our relationship is reciprocal. There are times when you need to ask Me

**for what you need, but then there are times when I just want to embrace you. Please give Me these moments during your day, My children. It is My delight to do so!**

**“Wouldn’t you want that special pick-me-up during your day to give you the strength you need to complete your busy tasks? Wouldn’t you look forward to that time of day when you could just relax in loving arms and have your head stroked and caressed? Wouldn’t you enjoy savoring a few moments of bliss while you allowed the day’s events fade into the background?”**

**“This is all available to you, My beloveds. Spend time each day focusing on Me as your loving, devoted Mother. I will soothe your mind, calm the troubled waters of your emotions, and give you the peace that your body craves. This is Mine to give you, My children. Please allow Me to share My joy with you every day. By doing this, one day my joyful presence will become so enlarged in your being that you will radiate it in all you do!”**

**Posted to you by The 11:11 Progress Group for**

**CENTER FOR CHRIST CONSCIOUSNESS.**

**Google this text:**

**Materials to Assist Your Spiritual Growth**

**Candace note:** Mind is Nebadonia's major gift to this creation. That is part of the original purpose of the Infinite Spirit, who is parent of the Creative Spirits (or Creative Mothers) of each universe. Also a gift is Ministry, and thus the creation of many of the angels by the Mother.

## **A Day Of Renewal And Rebirth**

**By Nebadonia thru Donna D'Ingillo**

**Mar 23, 2008**

Oakland, California, US of A, March 23, 2008.

**Divine Mother (Nebadonia).**

Subject: "A Day Of Renewal And Rebirth."

Received by Donna D'Ingillo.

**Divine Mother:** "My beloved children, this is your Mother Nebadonia who speaks! I greet you with the joyful assurance that your planet is being swept up in a current of divine compassion, mercy, and love this day. This is your traditional Easter Sunday . . . the day of celebration of life. No more are you to stay seated in complacency because you feel powerless. Today, on this day of renewal and rebirth. Claim your divine inheritance to the fullest and rise up into action! Rise up and know that you are renewing your world through your own power—combined with your Father's strength and courage, truth and wisdom, forgiveness and mercy. Claim this now! I will build this in you. Sit and receive . . . receive your Father's Spirit as the Easter Resurrection moves in you.

"Children, your Father shares everything with you. You only have to ask. Yes, there are many things within your mind and body that have taken you from what was yours to receive as our children, but now this is all being restored. Step up . . . step up . . . step up and receive. Focus your desire for this and invite Me to weave this into you. Receive now as I build you in your Father's gift for you this day.

"The heart will know what the message of this gift is. Allow your heart centers to open to what I seed and expand into it. This is your time to be reborn of the Spirit, My beloveds. It is our joy to give you in celebration of the new dawn of *life* on Urantia. Happy Easter, My children! Be in our peace."

**Posted to you by The 11:11 Progress Group for**

**CENTER FOR CHRIST CONSCIOUSNESS.**

Google this text:

**Materials to Assist Your Spiritual Growth**

## MESSAGE TO EARTH FROM JUPITER

By Jupiter and Helen Engel

Mar 25, 2008

Dear Candace,  
I am forwarding Jupiter's message because it invites scientists to communicate with Jupiter. You may edit out parts and post if you think it will find even one telepathic scientist.

Much love,  
Helen Engel

= = = =

### MESSAGE TO EARTH FROM JUPITER

MARCH 17, 2008

Helen Engel

**"You are safe. Earth will not be destroyed."** [more follows in blue]

Helen: I activate the special connector that has been implanted in my cranium, in addition to the Urim and Thummim. I was advised that the special connector is an assist in order that I might use the Mental Telepathy Light Beam Intercommunication System required to connect with Jupiter. Apparently at this time there are Light Beam Communication Centers on Jupiter, on Pleiades and on Earth.

[For those who may be new to Mental Telepathy Light Beam Intercommunication technology, this communication system was announced at a conclave in Salt Lake City, Utah on March 18, 2005. In October 2004 I was gifted with an implant of a receiver and transmitter in my cranial space. The receiver consists of an artificially crystallized layer of tissue at the back of my cranial space that serves as the receiver or Urim. A special implant consists of a tiny "computer chip" called Thummim, suspended immediately below the pituitary gland. The left side of my frontal cranial area is also partially crystallized, to reflect light beams into the Urim. The Thummim interprets the incoming messages and sends them to the brain as words. Excerpts from the text of the March 18, 2005 conclave follows the current message from Jupiter.]

Transcript of Communication with Jupiter:

H: Helen Engel calling Euclid [a telepathic computer link on Pleiades.]

I request the Pleiadians Central Communications Center to connect me with the Jupiter Central Communications Center.

Euclid: One moment please.

[Pause]

[My credentials are checked re purity of intent and capacity to serve. An (etheric) tight band is placed around my head. I perceive that this is a protection and a communication assist. There is a strong pulsation where the band touches my head, as when a finger is banged and it throbs.]

[Pause]

[For this communication I do not rove (travel) into outer space. I do not rise beyond the 6th Dimension. Apparently at this time, because of the tremendous activity with many planets assisting Earth, it is not required that Earthlings travel beyond the 6th dimension in order to connect with the interplanetary communications network. They need only request connection and be approved.

[Pause]

[There is a protocol followed. My record is observed. I remain at "idle" at my post. This type of communication is different than channeling spiritual masters. Actually this is almost a scientific first in that a connection is made with the Jupiter Central Communications system for a communications purpose, instead of a spiritual purpose. In other words, if there were a scientist with the skill that is being demonstrated here, he would be welcomed on the Jupiter Communications link. This means that science is invited to participate in interstellar communication using Mental Telepathy Light Beam Intercommunication technology.]

[The band around my head is activated, the rate of throbbing is quickened. I am aware of a command.]

Jupiter: Come in Earth, announce yourself.

H: Helen Engel at Earth Communications Center calling Jupiter Central Communications Center.

J: We receive you. The purpose of your call.

H: I await a message to be communicated to earth from Jupiter via this link.

J: Well spoken. Let it be known that there will be scientists who will become aware that the connecting link has been completed. Please send this message forth via your light beam technology.

[I type the message word for word as it is received, then holding my right hand over a charged quartz cluster and using thought power, I repeat the message by projecting each word into the crystal. The tight band around my head serves as the transmitter from my head to the quartz cluster. The crystal beams the message into the Universe.]

**The message:**

**You are safe. Earth will not be destroyed. The purpose of Creator to activate Jupiter is to move the Universe forward. In each age, the satellite [planetary] system undergoes a dramatic change, and it is this change that affects the local universe. Some planets will be affected more than others. You will be advised those matters that are of interest to science on Earth.**

**There is no stopping the oncoming change. It is now in the works, and will reach Earth in good time. Be prepared with hearts full of love, especially love for Mother Gaia and for fellow humans. Be at peace, prepare for this coming event as you prepare for nightfall, with serenity, acceptance, and great reverence.**

[End of message.]

Helen Engel  
March 17, 2008

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INFORMATION

Re Mental Telepathy Light Beam Intercommunication  
or "Language of Light" as defined in *The Keys of Enoch*.

"The purpose of the first conclave on Mental Telepathy Light Beam Intercommunication technology, held in Salt Lake City on March 18, 2005, was to define the concept and to introduce a definition for the process.

"Albert Einstein, Facilitator (discarnate)

"Einstein: Mental Telepathy Light Beam Intercommunication is now being birthed on Earth. This may be an appropriate time to present a definition for a "new" procedure that combines thought energy, magnetic energy, light energy, radionic energy with love and healing energy that is emitted as a beam. Such a lengthy description cries out for an abbreviated definition. Scientists delight to give a process a scientific name, even before it has manifested. Please consider two definitions for the procedure:

The First is  
THE LANGUAGE OF LIGHT  
(The definition used in The Keys of Enoch)

The second is  
MENTAL TELEPATHY LIGHT BEAM  
INTERCOMMUNICATION  
(M.T.L.B.I.)"

Helen Engel, Scribe  
March 18, 2005

# Opening the Pathway Between Your Sacred Mind and Your Sacred Heart

By Arch Angel Michael thru Ronna Herman

Apr 1, 2008

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

Message from Archangel Michael

April 2008 \* LM-4-2008

**"OPENING THE PATHWAY BETWEEN YOUR SACRED MIND AND YOUR SACRED HEART "**

**Transmitted Through Ronna Herman**

Beloved masters, all of you are making amazing progress as you move deeper into the process of evolution. Not only are you becoming more spiritually aware in your mind and within your heart center, but the entire physical body is in the process of a major metamorphosis. You are reversing what has taken thousands upon thousands of Earth years to create, and this process is causing much stress and strain on your bodily vehicles. Much has been said about the "symptoms of transformation," and all of you are experiencing some of these symptoms to one degree or another. The faster the transition, the more aware you must be of the signals of pain and discomfort sent forth by your Body Elemental. It is telling you that something is amiss which needs to be addressed.

We encourage you to let go of the popular mass consciousness beliefs of what your body should look like and what you must do to be attractive and acceptable. Do not judge yourselves or others by the cloak of flesh that encases the soul. Focus on filling your Sacred Heart center with the wondrous Love/Light of the Creator, and as you permeate your physical vessel with this transforming Elixir and share the remainder with the world, the transformation you seek will begin within you and it will also radiate out to others as a precious gift. Remember, always ask for ease and grace.

We will address some of the questions many of you have asked, and we will endeavor to give you more concise information about some of the terms we have used in the past.

Question: "What role does food play in our level of consciousness?"

It is more important what comes out of your mouth than what you ingest, for a loving heart and a positive state of mind can turn the simplest foods into a healthy feast. There have been many theories, rules and guidelines given down through the ages as to what a proper or 'holy' diet should be. However, we say to you, do not accept the concepts of others as your gospel or absolute truth. Diet is a very individual thing, and each person should take into consideration their age, state of health, activity level and personal preferences. In all likelihood, as you progress in spiritual awareness and your vibratory patterns are fine-tuned, your diet will become refined also. For some, meat is an important part of their diet for various reasons, and this is acceptable. It is the negative, brutal ways of processing, and the artificial additives that contaminate the meat products you buy and make them harmful in various ways.

All things have life force within them in varying degrees. As you know, fruits, vegetables, nuts and seeds all contain life force energy. The vegetable kingdom and certain select animals, fish and fowl agreed to provide sustenance for the human kingdom for a certain span of time. It was necessary as humanity sank into the density of the third/fourth dimensions and was disconnected from the Prana or the Elixir of Life from the Supreme Creator which permeates the higher dimensions of existence. In your forthcoming evolutionary cycle that agreement will change, for as you evolve into more refined Spiritual/human Beings, you will gradually begin to draw more of your sustenance from that higher source. However, at the present time you are not ready for that transition, and so do not try to speed up the process, for your bodily vessels are not yet prepared.

It is important to choose moderation in all things, beloveds, and to walk the middle path. Listen to your Body Elemental and you will soon learn what is beneficial for your body and what is not. No one but you knows what is best for you, especially if you follow your inner guidance and the nudgings of your Higher Self. An overlay of love and gratitude adds beneficial qualities to everything you eat or do. It is time to accept the truth that dis-eases such as arthritis, back and joint pain and the break down of the various organs does not have to manifest with aging of the body. Humanity is caught up in the mass consciousness belief system of the third/fourth dimensions whereby the core issues from the past and the imperfections within your ancestral DNA will cause these symptoms to manifest if you allow yourself to feel unloved, unworthy, or feel guilt, shame or resentment in any form. All these negative energies are a result of deep core memories from your ancient past rising to the surface so you can release them once and for all. Every dear soul, in varying ways and degrees, has been ostracized, tortured and even killed in numerous lifetimes. However, it is time to heal those painful memories of the past and with our help it is possible to do so.

For many of you it is difficult to show weakness in any way, and you have often ignored the painful signals your body was sending to you as you pushed yourselves to the point of exhaustion. Begin to listen to your Body Elemental, and follow your inner guidance as to what you need to do to come into balance, both within and without. Go into your personal Pyramid of Light and lie on the crystal table. Ask that your mental/emotional and physical bodies be brought into alignment, for your highest good, as you state, "Thy will be done." We will join you there, and in aligning your will with the Creator Will, you give us permission to assist you in the process of transformation. See the Violet Fire of Transmutation blazing up around you, healing, balancing, strengthening and perfecting as you slowly return to a harmonious state of Being.

When you begin to love yourself and feel worthy, you will no longer feel the need to manifest those distressful physical symptoms. You are Spirit in human form, and you chose your physical body and your family heritage for a reason, in order to bring forth mis-directed thought forms and energies that needed to be changed and brought into balance. The thoughts you allow in your mind are as important as eating a good balanced diet, drinking plenty of pure water and exercising your physical body. Your health will improve when you learn to focus on positive thoughts instead of allowing negative thoughts to dominate your mind. You cannot stop thinking about something that is on your mind, but you can discipline yourself to monitor your thoughts and replace the worrisome thoughts with positive affirmations. In this way, you will gain control of the vibrational patterns you are projecting out into your auric field.

Change your thoughts and you can change your world. Affirm to yourselves that you will live each day to the fullest and give thanks for all the small and large gifts and miracles that come your way.

Occasionally, pause between the inbreath and the outbreath, which is the Still Point of Creation, a moment of perfect attunement to the All That Is. Be aware, that precious moment is all each of you can be assured, no matter your physical age. And know that when it is your time to transcend, it

will be as if you walked through a door into the most wondrous place you could ever imagine, and we will be there to welcome you home.

Question: "Please explain the meaning of our Body Elemental?"

Your Body Elemental is a facet of your Etheric Body. When you came to Earth in your crystalline form, the attributes and qualities of God consciousness you were to incorporate were placed within your physical chakra system, which is like seven different mind centers. Within your DNA and deep within the consciousness of your Body Elemental was the design for your physical body which gradually developed over a very long period of time. Your Body Elemental is what could be called your 'central control center,' which is a part of your Etheric Body makeup. The Etheric Body refers to the invisible counterpart of the physical vessel. It holds the Divine blueprint for your three lower bodies: physical, mental and emotional. It sustains and revitalizes the physical form and controls your autonomic nervous system which is responsible for the control and regulation of your involuntary bodily functions, including those of the heart, other organs, blood vessels, respiratory system, etc. The consciousness of your Etheric and Elemental Bodies repairs the damages within the physical body; however, your thoughts have a dramatic impact on how your Elemental/Etheric Bodies respond. The Etheric Body was to maintain a higher-frequency pattern than the earthly body; however, over time it became susceptible to the imbalanced, negative thought forms of the mental and emotional bodies. The imperfections affected the multiple layers of your Etheric Body first, and then gradually penetrated your physical form which manifested as illness, disease or disabilities. The same thing is now true: your Etheric Body is gradually being healed and returned to a harmonious state, and the higher, balanced frequencies that you are incorporating will eventually radiate into your physical body, healing and transforming it into vibrant health once more. Your Etheric Body or Etheric Double, as it is sometimes called, stays with you until you transcend and vacate your physical form, and then it gradually disintegrates and returns to the great Devic /Elemental Kingdom from whence it came.

Question: "Explain what you mean by sub-conscious \* conscious \* super-conscious minds."

Your sub-conscious mind is a thought processor that takes literally all the ideas and images you allow to filter through your mind, especially those you accept as your truth, or that further validate the intrinsic negative beliefs you chose to bring forth into your present incarnation to rectify. All your mundane acts, your habits and memory are controlled by your sub-conscious mind. Affirmations, visualization and changing your language are the fastest ways to de-program and re-program your sub-conscious mind. The sub-conscious mind receives direction via repetition, rhythm and emotions. The sub-conscious mind plays back or sends out impulses that it receives like a computer. It is subjective and makes no judgments.

Your conscious mind is constantly being affected by your sub-conscious mind, and it is a composite of all your past experiences in your present lifetime, as well as a portion of the collective consciousness of humanity that you agreed to bring forth to rectify. Every soul came forth into this lifetime pure and innocent. However, all of you also brought forth within your sub-conscious mind and DNA a certain amount of 'imbalanced vibrational patterns' which were created by yourselves during your many past lifetimes, while others were created through your chosen ancestral lineage. This has been called 'original sin' in past teachings. You now know it as karma, and that it was your choice to experience the lessons involved in rectifying and healing those imbalances. Your conscious mind contains those things that you have accepted as valid and true, whether positive or negative. Your conscious mind stores the knowledge and experience you have gained and is partially, to one extent or another, influenced and controlled by the impulses, beliefs, addictions and the collective consciousness of humanity via your sub-conscious mind. Those stuck in the illusion of the third/fourth density have rigid beliefs which are resistant to change. As you evolve along the path of en-Lighten-ment, you gradually connect with your Higher Self and the

expanded consciousness of your Soul Self which contains the wisdom of what has been termed your Super Conscious mind, or the harmonious collective consciousness of the higher realms.

As you begin to balance and harmonize the physical chakra system, and your Soul and Higher Self merge within your Sacred Heart Center, the process of tapping into your Super Conscious mind begins. That is when you begin the process of accessing the higher truths of galactic and cosmic consciousness. Your sub-conscious mind is in the process of being reprogrammed as you clear all old out-moded, negative and restrictive concepts, so that you will have ready access to any self-limiting thoughts and can quickly modify them. Your conscious mind is in the process of reunifying the right and left hemispheres of the brain so that you may use equally the linear, concrete, analytical outward focused abilities of the left brain, along with the creative, intuitive, abstract abilities of the right hemisphere of your brain structure.

When this process reaches a certain level of reunification, you gain access to what we call the Light Packets of wisdom stored within the higher frequency levels of your brain structure. As we have explained in past messages, there are membranes of Light which are now being dissolved so that you may gain entrance into your Sacred Mind. There is a pathway from your Sacred Mind to your Sacred Heart and when this reunification takes place, you are well on your way to self-mastery and a whole new world of possibilities will open before you. Your Sacred Mind will overLight your emotional nature, and your Sacred Heart will overLight your mental nature as you return to the unified consciousness of self-mastery.

The coming years can be the most exciting, fulfilling years of your life if you will just begin to tap into your Sacred Mind via your Sacred Heart. You have brought forth wonderful gifts and attributes; however, you must consciously begin to access and bring these gifts into your awareness. Allow yourself to envision the perfect world you would like to create, and then follow your soul's nudgings and take the action necessary to manifest your dreams.

You can be a shining example to those around you by projecting love and harmony. See yourself surrounded in the transmuting Violet Blue Flame of transmutation and project this out into the world of substance. You are in the midst of the initiation process necessary to become a master of cocreation on Earth. As you move through each lesson and see the value of its teachings, know that you will never have to experience that situation again. See each adversity as a seed of opportunity. Call on the masters and we of the Angelic Realms. We are always near; just whisper our names and we will answer. You are loved beyond measure.

I AM Archangel Michael.

# FINAL DAYS IN YOUR DIMENSION LEAVING THE OLD CONSCIOUSNESS BEHIND

By SaLuSa thru Mike Quinsey

Apr 8, 2008

T/R Mike Quinsey

< [Michael@BrookWood96.OrangeHome.Co.UK](mailto:Michael@BrookWood96.OrangeHome.Co.UK) >

**SaLuSa 04-April-2008**

Heaven gazes down upon your tiny Earth at the outer edge of the Milky Way. You evoke much curiosity, as you go through the final days of time in your present dimension. Many civilisations both within and without your Universe desire to witness your upliftment, and in particular the changes in your consciousness. All are learning from your battle to expand your understanding sufficiently to open the path to freedom. They also wish to witness your advancement as you rise up with your physical body, and the changes to it that allow it to happen. You are truly attracting much attention, but none are allowed to interfere with the process taking place.

Stories of the Galactic wars and the influence of the dark forces, might lead you to believe that there is no law and order within your Universe. However, that is incorrect as there are many that all have to obey, that if broken bring in other laws that are corrective as karmic responsibilities. In normal circumstances all have freedom of choice, but Earth is a quarantined planet that must complete its cycle as decreed. We of the Galactic Federation are the enforcers of it, and we surround you with our protection and the curious are kept at a safe distance. The Earth is ringed with our craft, and our technology keeps you safe from danger.

Equally, we contain the dark energies from Earth, and prevent them from going out into the Universe. We cannot allow such pollution to poison other civilisations, even although they may have reached higher levels of consciousness that would enable them to transmute it. You may have read of the activities of the Reptilians and their dark influences, but again it is confined to those who are attracted to them and already of a lower vibration. Like attracts like, and that is an immutable law that is at the centre of all that takes place. Now you are edging towards Ascension, you have still to overcome the lower energies on Earth, but these are dying away. Those who have chosen this path are protected and as they draw more Light to themselves, they create their own barrier.

Even in the Light you may still be tempted by the outer happenings, but they cannot have any effect unless you open up to them. You are leaving the old consciousness behind, and instead of being caught up in the negativity are becoming totally centred in the Light. That is your protection and you need not fear from any attempt to pull you down. As an observer of life you can allow it to pass you by, but your involvement can of course allow for your desire to spread your Love and Light upon it. That is a service that can benefit others who struggle to release themselves from the dark forces. It may sound melodramatic to speak of the dark in such terms, but their ways are directed to keep you under their control.

Due to the good work of our allies and your own endeavours to bring in changes, you are already beyond the clutches of the dark cabal. They are fading away and becoming frustrated by their loss of power. Their stronghold is breaking up and their influence is no longer what it was. Having breached their defences we hasten their total collapse, ready to lead Mankind into a different

direction that will fulfil his desires. Much of what we do does not reach your ears, but we are constantly monitoring what is occurring and taking appropriate action. We still contain the energies that might otherwise threaten large scale calamities, although we cannot guarantee your total safety. Some physical changes to Earth are being held back that are essential to her own cleansing, and at some stage must be followed through.

We have been granted more power to direct the events upon Earth, so as to bring about the conditions that will finally allow for First Contact sooner rather than later. Our presence in your skies continues to proliferate and your governments pretend to have little interest in our activities, when in fact they are utterly embarrassed that they can do little or nothing about it. For certain they are correct to say that we present no threat to you, but instead are against their plans to subject you to global control. Our timing is not without coincidence, as we have followed your path for eons of time.

We came openly at the first signs of your intention to develop and test the atomic bomb. Now your dark forces invent more lethal weapons, and they hide them in underground bases where many are tested. The danger is now not only to you on Earth but if they are carried into space. That is curtailed by us, and do not fear as we will never allow some weapons to be used. Those that are will not be ones of mass destruction, and again we will limit their use. We cannot yet impose a ban on such weapons, but that will come as part of the package of conditions that will accompany a worldwide treaty to bring total peace to your planet.

We can do some things, and not others whilst your last cabal is still in power. Once we reach the stage of announcing our coming after governmental changes, we shall help restore the Constitution which shall become a model for all others. It will ensure your freedom and sovereignty for the remainder of this cycle, and allow for a happy and peaceful period of changes that are of benefit to everyone. Matters on Earth are reaching breaking point, so try to envisage how it can be turned around to your advantage. Do not despair at momentary inconvenience, as no matter what you experience it will be nothing compared to the benefits that will arise afterwards.

Our agenda makes for short work of the tasks we have to do. While time continues to speed up, we are nevertheless more than equal to it. We have flexibility within our plans, and have vast fleets of craft at our disposal. The physical aspects of our responsibility to you are therefore easily handled, and we can already cover whatever needs to be replaced.

I am SaLuSa from Sirius, and we view this period as most exciting as we know what joy it will bring you. For too long you have been denied your happiness, and we shall remove all of the obstacles that prevent it. We foresee a great lifting up simply because of our presence, and that will grow very rapidly as peace and abundance returns to Earth.

Thank you, SaLuSa.

Candace: I have chatted with SaLuSa a couple times, she is feminine. I like this piece.

## Message of Moc-ta

By

Apr 19, 2008

Spirit Eagle

I am Moc-ta. I am on the larger, darker ship that you saw earlier. We disguised ourselves as a large dark cloud. The smaller cloud that was over the mountain was also a ship of the Galactic Federation of Light.

We, as many of you, are monitoring the various microwave and other towers that are extant in your country. We have been given permission to transmute energies that spew forth from these tools of the Dark Ones. They have many uses and are not used for your benefit. You would be surprised at the large number of our craft that are engaged in this work.

This work will be of particular benefit as we get closer to the necessary Announcements that will pre-empt your general radio and television programming. The people of Earth need to be free of Any artificial transmissions that are beamed at them (sleepiness, fear, confusion, pain, violence) in order to fully participate in the Changes in your governments and in your societies.

Know that You Are All Protected! BELIEVE IT! Call upon us and we will be at your side immediately! You have been referred to as the "Ground Crew" and truly, you Are that! You have held the Light as Warriors of the Light! You have been steadfast in your Commitment to the Light! Now is the Time to Show your Truth, to Speak your Truth and to Walk your Truth! As you begin to open up to people who are uninformed of our presence in your skies, you will spread hope where there is none, and you will contribute to the Light Quotient that is permeating your planet!

We are ever grateful for your enthusiastic participation in this unprecedented opportunity! You will see us soon and you will recognize us for we have been in many conferences together in your dream time. You see, you are Active participants in what is coming to pass on the Earth. You are more important to the unfoldment of the Divine Plan for Earth than you probably realize! We are Here, just look up and you may see us walking toward you! Good Night!

Telepathic Communication by Spirit Eagle April 18, 2008 10:28 pm  
[madronawoods@yahoo.com](mailto:madronawoods@yahoo.com)

*Giuseppe*

*this video show one of above microwave tower:*

[http://www.youtube.com/watch?v=ncMms\\_IM2zw](http://www.youtube.com/watch?v=ncMms_IM2zw)

**Through your Body Mind, You Can Control Your Physical Body**  
**By Lantarnek through Rick Gills**  
**Apr 26, 2008**

**SUBJECT: LIGHTLINE TELECONFERENCE 4-17-08**

**TEACHER: LANTARNEK**

**T/R: RICK GILES**

**Lantarnek:** Greetings everyone, this is Lantarnek, I'm going to spend some time reflecting on the value of a good mind. It is perhaps the nearest element of your being that you have the greatest control over. It is through mind as it is extended through your body that you have some degree of control over your physical organism and it is the mind extended into your soul that you have an effect over your morontia being. From an external vantage point it appears that the body houses the mind, even that the mind is residing within the neural network of the brain and this is somewhat true. This body is somewhat like a shoe wrapped around the mind. But the mind is like a shoe wrapped around the soul; it is the means whereby soul functions just as your mind would have little effectiveness in a material environment without the body extension to do the actionable work.

Your greatest personal project while residing here on Urantia is to enlarge your soul, and if your soul is to grow, your shoe, the mind must also broaden and enlarge. You, as you have progressed down the spiritual path have reconditioned your mind many times, adjusted the conceptual framework that I might in this metaphorical way call the lacing for the mind's shoe; you have retied according to the demands of the journey forward. You know that when your body is functioning poorly you have experienced a sluggish mind, a cloudy mind and so the soul is also hindered when the mind is restricted. Some restrictions take the form of stubbornness and fear but they also take the form of cherished notions that while they served well in the past, it has begun to dawn upon you that they are becoming outmoded and the attachment creates the resistance to higher development.

As you attain the physic circles of mind mastery, you create a powerful receptive center wherein spirit can function and penetrate through mind into the material realm and thereby affect such apparent miracles as healing which is ordinarily a natural event from spirit perspective. Mind is however merely your thinking processes. It is a broad field wherein awareness and consciousness, contact-ability with others and other things takes place, where sensibility and organization is derived to create understandability. This mind however is not merely a receptive aspect of your being, it is also creative by the direction of your will and so while you may develop belief systems based upon your interface with your external environment, you also are able to create new realities derived from the overshadowing of spirit presence.

You create the matrix in the mind arena where the pattern of spirit reality may overlay, inflow, interwork and be revealed. Great souls have come about on your world in spite of the frailties of their physical form and you may also note that often many of these souls were not of highly educated intelligence but that is only one dimension of mind. Keenly receptive and intuitively embracing elements of mind can lead to deep spiritual insight regardless of ones logical acumen. It is a great treasure within you, it is the referee between the physical and spiritual realm as they impinge upon you. It is worthy of your respect and your care and yet while I give the mind such emphasis of high value, I must also stress the importance of spiritual factors which are powerful

engines that will drive you paradise-ward such as faith and trust, peacefulness and devotion.

Many things in your external world tug at your attention and pull you into engagement with all about you, but there are these spiritual magnets which also draw your attention and lead you to those super-realities of the morontia existence. Give them greater power in your mind arena; they will help to stabilize you when you are confused or are uncertain; they will give you stability as you weather through the uncertainties and reach understanding and insight. For those of you who are versed in the text of the fifth epochal revelation you understand that the indwelling spirit presence of Almighty God is a pre-personal entity, and that spirit waits to become one with you and therefore personality, your personality. But this spirit is also antecedent to mind and it waits with equal open arms to receive the mindedness of an ascending creature, a son or daughter of God.

And so while I urge you to care for this dimension of your being, your mind, care for it not only for yourself but for God's presence; it is something you share. You also have been informed that mind across the entire universe is a multidimensional reality, and that the mind of the human is merely a "fractalized" diminution of the Absolute Mind and as you ascend, the requirements of your higher spiritual being will demand that you engage in a mindal upgrade. Yet while these higher mind incircuitments will be yours in future ages, they are not relevant to the level of mindedness that you are existing upon now and so to become prepared to receive that higher enlarged mind you must care for the circuitry of your current emplacement. But even in the realm of human consciousness you are not merely an isolated single mind, you are a network of shared connectivity and you will, as you ascend your circles of mind attainment become better able to make contact, one with another even beyond standing in the midst of each other physically.

There are morontia aspects of sensibility much like your eyes and ears and other senses. They are dormant at first in your human life until your soul takes on higher levels of maturity and then you begin to detect such sensibility and discern the realities those senses contact; and when the mind is clear you are able to make that contact intelligent to you, sensible in the understanding meaning of the word. I will close my comments by encouraging you to mind your mind and I will open to your questions or your comments at this time.

Q: Thank you Lantarnek for that lesson and could you speak to calming the chatter in the mind going into stillness and redirecting the mind back into stillness when we discover our mind is wandering.

Lantarnek: When your body is under stress it does one of two things: It may begin to breathe rapidly or it may hold its breath and stifle the necessary intake of oxygen which feeds the cells throughout your body. The mind chatter is like the rapid breathing of your physical body and so to calm the breath one may use such practices as stretching or deliberate long deep breathing to bring relaxation and relieve stress. Such also is true with the chattering of the mind. You can hold a thought just as you would hold a stretch with your body, your mind to stay in one place. This will assist in lessening the chatter but it will do so with some degree of struggle; just as one with a rapid breath will feel a suffocating sense when attempting to slow the breath but the mind will relax and a calm process will begin to unfold. But there is also another avenue and that is channeling, directing your thoughts into a purposeful stream, one that is not buffeted about by fluctuations of other ideas and thoughts and notions.

And this is the value of prayer and worship for a mind. Soon there follows the soothing spiritual experiences of contact with God, of the sense of love universal, of that compassionate embrace which is all accepting of your being and this is relaxing as well. As you identify more so with the morontia souls aspect of your being you will be able to rise above the chattering of the mind and let it run on as would one of your radios in a room and you need not pay any attention to it but it is difficult to attain this state for the mind is largely where you place your focus. So directive thinking

and holding thought are two methods within your realm of habitual focus to quiet the mind and become receptive to spirit.

Q: Thank you for that, it reminds me that the radio that keeps playing songs and repeated words can be on the other side of the room for me and I can be distant from it maybe.

Lantarnek: And remember as well that in training the mind to function for your higher self, you make greater advances by way of loving acceptance as you would the training of a child or an animal and that the battling with your mind does not bring equal results but loving it and caring for it and laughing with it will assist you in accepting the natural state of mind to be active, to gather, to perceive and to digest any aspect of reality, inward or external. It is your friend first and in that acceptance there will naturally follow peace in the mind.

Q: The circuitry cleansing that we're being introduced to by Aurora, Serena, and Monjoronson; can you link those two ideas on opening our mind to the cleaning bubble effect of the correcting time?

Lantarnek: In the recent cycle of Urantia civilization progress, you might say that the mind circuitry of the one time quarantine phase was promoting, and I use this figuratively, a [dementia] like mind circuit for without the celestial guidance upon your world the mind circuits of Urantia were being misused and some aspects of this mind circuitry were not used at all and so now there is the need to freshen the connection, to stimulate the mind circuit just as you would stimulate the neural networks of your brain to maintain a sharp memory. There will be continued episodes of revelation which will challenge the viewpoint of humanity and this will cause better circuitry connections, one with the other. Sometimes in your religious realms there has developed what would be considered fantasy descriptions of higher realities yet some of these seers were going beyond the paradigm of your physical existence and their visions slowly take on reality.

Visitations of so called aliens, those who in reality are your brothers and sisters, is an example of what appeared one time to be a great stretch of thought and will in a reasonable length of time become a commonplace exchange; you are beginning to see that even through this mode of interface right now. If you each take care of your mind node in this interconnecting circuitry, you will assist in the multifaceted and complex interconnections of one another. Your mind is not like a four way intersection that your vehicles encounter, it is a 360 degree spherical intersection; many points criss cross through your being. And so the human mind is shifting from large attention towards things material or even a little higher of humanity or even art to the cosmic realm, grander than only a lofty human existence. We are here to assist, for the sharper the circuitry and the more alert every individual is, the greater will be our harmony and function and the faster Urantia will reclaim its normal speed of progress.

Q: Lantarnek, you mentioned taking care of our mind, could you expand on that a bit?

Lantarnek: My first advice entails attention toward "its shoe", as I spoke of before; the physical body that wraps around your mind, for if the shoe has holes in it the foot is injured and so health and care of your physical form assists the mind to function in its outward orientation. But it also benefits when diligent energy is spent towards reflective meditation and the calming island of spiritual worship. It is the internal massage which gives the mind energy and refreshment and while I speak of two dimensions which impinge upon the mind, there is also within the mind and those exercises which assist the mind to be healthy are such as; forgiveness, curiosity, critical thinking, teachability and that receptivity of teachability that [one] with the willingness to express what you understand, the perception that your mind thoughts are shared and that giving of yourself, your reflective awareness to others, brightens the mind; that the perspective of separation, of withdrawal and the evaluation of self as either greater than others or unworthy of others damages the mind. Mind inherently shares. Undertaking these exercises becomes a

transformative process into a natural way of being on the level of mind and soon when mind is cared for thusly it becomes strong and functions that way without your coercion for it to do so.

I will close our engagement now. Let us pause and thank our Mother Spirit for the minds we all have. It is by Her that we are aware. She has made it possible for us to gain in intelligence, to recognize each other and to experience compassion in our fraternity.

Thank you Mother Spirit and farewell to you all.

## Lessons on Expectation , Stillness and Responsibility

By George Bernard's Thought Adjuster

Apr 27, 2008

You are wondering about expectation. What to expect next. The best policy is to expect nothing, and yet to be open to everything. To discount nothing so your mind can become a fertile ground for new ideas. When you think too hard or concentrate too much, it often happens that no valuable thoughts come, because you block the creative flow of thinking. It is when you least expect it that thoughts come 'seemingly out of the blue' that you have an 'Ahah! Experience,' and you wonder where that thought came from. This moment happens when you expect nothing, so that anything can happen. So it is with life's circumstances; you cannot really force anything but you can allow everything to unfold according to the will of God.

This is the most adventurous and productive way to live. It is not good to live a totally structured and regimented way of life. Many people are so rigid in their thinking, that they have deep 'grooves/channels' in their brain. Their thoughts always follow the same predictable path because 'things have always been done that way.' Therefore it is very difficult for them to accept new concepts, because they would need to change their view on how they see the world, and this can create fear of the unknown. It is this kind of thinking along the 'old and trusted' pathways which is unprogressive, and leads to a sleepy way of living, because spirit is denied the opportunity to 'drop new ideas' in those minds.

The synapses between the impulses have dried up because the gap between them has become too deep for the electrical impulses to 'jump over' to connect the thoughts. The more one engages in imaginative thinking, the livelier the synapses become, and the more connections are being made. Now we come to the left and right hemisphere of the brain. In the male, the mathematical/logical make sense of things left brain is more developed, while in the female the right intuitive/spontaneous feeling right half of the brain is better developed. The secret of life is to develop these hemispheres equally by over-bridging the Corpus Callosum which divides the two. This over-bridging happens already in early childhood through imaginative play and problem solving, with simple materials like building-blocks and other educational toys.

Children need to learn this without having too many electronic distractions, as their minds are as yet uncharted territory. In this manner they already learn not to expect a thing, and yet anything to happen, as long as they are not restricted with too many do's and don'ts. This will prevent rigidity in thinking, while the urge to explore stays lively and connected to the reality of the spontaneity of spirit. In this way a valuable method of learning is being established at the best possible time for life-long ongoing learning.

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*In losing your self, you will gain Me—TA.*

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### **A Lesson on Stillness (1).**

A Thought Adjuster Transmission – September 20, 2004.

Today I desire to teach you a lesson on Stillness. (The word is capitalized due to its importance.) It is not just the Stillness of your prayers. If you would sit awhile longer in a prayerful attitude, I

would get a chance to give you an answer. Here lies the problem for you as humans; when you pray for 'something,' you never sit still for long enough to listen and hear an answer. This is the reason why it is so difficult to 'hear' because you don't train yourself in this as you are too beset with the busy-ness of life. Life would become so much easier if you would develop a calm demeanor, which, again, you can only develop in the Stillness of your heart.

Many hearts are becoming dis-eased because they are not at ease, but full of unrest. A restless heart lets you know that something is not quite right in the arena of emotional thought. The causes are often unresolved grief, unforgiveness, hurts, real or imagined, anger, bitterness, jealousy, feelings of helplessness and more. The heart never attacks but the cause of an attack is set in motion by the humans themselves. Of course the lack of sound, basic and adequate nutrition consisting of living foods like fruits, vegetables, nuts and seeds in their natural state can not be overlooked.

However, the main reason is still the restlessness within, a negative thought-stream, which finds itself expressed somewhere in the body as a maladjustment. Oh yes, I note your thinking: 'What about genetics, don't they play a role?' Of course they do, but here again, even the DNA is be-influenced either favorably or unfavorable by the thinking pattern of the individual. Remember the phrase, 'the sins of the parents are visited upon their children.' Therefore, a negative attitude towards life does have its repercussions in offspring down the line. Similarly, when much fear is being inhaled by every breath the human takes, it will sooner or later have its repercussions.

The human psyche is very complex, but it is the attitude of the owner which influences this. You can now see, where I am going with the subject of Stillness. The younger a child is being taught to meditate, the sooner the habits are formed for a healthier life; a less stressful life, because it has learned to go into the Silence of its own inner heart-chamber to connect up with the Source of its being. And so the child develops a faith and trust in a benevolent Creator. Would that humans everywhere could make an effort to take time out from their stressful lives, and sit in a prayerfull attitude with an inner ear poised to 'hear' an answer from their own Still Small Voice!

This would lead to a calmer demeanor as they learn to carry the Stillness as their auric energy field about them, become less frazzled, and the whole mental, emotional and physical system would then benefit by the cultivation of the spiritual part of themselves.

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*In losing your self, you will gain Me—TA.*

[www.1111AkashicConstruct.com](http://www.1111AkashicConstruct.com)

**A Lesson on Stillness (2).**

A Thought Adjuster Transmission – September 21, 2004.

I Am that Spark of Light, that desires to speak to you more clearly. It seems so very difficult for mortals to still their minds so they can 'hear' a Voice that is immortal, and then it is so natural to disbelief that this is possible for one to hear this Voice. Thus, these very first faint beginnings are dismissed and a 'door' gets closed, mainly due to fear and unbelief. I tell you right now, dear one, that many doors get closed through unbelief and the disbelief that such is possible, especially when one has not gone through this experience, and yet you know, unmistakably even now, as these words form in your mind and you write them down.

I Am that Point of incredible stillness, that void of nothingness in which yet everything exists and becomes possible, because with God, all things are possible, and I Am a part of God. Can you grasp this stupendous fact that there is a Spark of God living within you? Ponder this, so you will

more often desire to spend more time with Me in this healing Stillness where God and mortal companion each other, where all worries and stress fall into nothingness. Here calmness reigns, 'frazzled nerves' get a chance to 'untangle' themselves, and the soul gets nurtured into a greater growth. When you leave this Stillness you are ready to do yet another day's battle in your daily life, but somehow everything seems a lot calmer, because your mind has become clearer, and you can serve your brothers and sisters with a greater love in your heart, as you are beginning to have a clearer connection with Me and an increasing faith and trust in the rightness and the assurance that you are not going insane, because you are learning to listen to a Voice.

I even try to speak to those who do not, or will not, listen. Each so-called normal mind has a Spark of God within them. Those who do not know are better off than those who do know, but will not take the time and learn to listen to their own inner Voice, and even deride others, who do. It is a totally individual endeavor, which each can experience for themselves. Those lives are blessed who dare to believe that there is Someone greater than themselves living within them. Of course they may feel inadequate and unsure at first to hear Me clearly. It does take consistent practice and a daily dedication on their part to take time for Stillness. However, of one thing they can always be certain; I Am there, waiting for them, even though I may not speak and yet they will feel nurtured and peaceful as My deep peace pervades them.

Become more mindful of My Presence in your daily comings and goings. For God is good, all the time, and there is nothing to fear about God.

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*You lit a Flame, and it will become a Raging Fire—ABC-22.*

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**A Lesson on Responsibility.**

A Thought Adjuster Transmission – September 23, 2004.

Today's lesson will be on responsibility. Responsibility, or rather being responsible for the actions one undertakes, has been very little understood by the majority of the people on this planet. Actions often follow spontaneous thoughts, or are carried out in the 'heat of the moment,' without much thoughts given to the consequences, which surely follow and bring their own responsibility with them. One of the most deplorable actions on this planet is the thoughtless and random coupling between young people, or anyone engaging in reckless, or excessive sex-acts. The fact remains that this act can bring with it dire consequences with an awesome responsibility; that of an unwanted baby.

This is most abhorrent to the loving heart of the Creator God and all of the angelic realm. The true light of such a little one is already marred by the thoughtless, selfish, and often unkind and most unloving act when the male forces himself upon the female, whereas this coming together to create offspring ought to be one of great joy and caring. Such an act bears a great responsibility for those who create a new life, as they are unwittingly co-creators with the Eternal Creator, since the Infinite Spirit through Her Creative Daughters, gives the Spark of Life. Life is to be held sacrosanct, and this is not as yet happening on the planet. Therefore, this world is still counted among the backward and barbaric planets from the eternal point of view.

Even though this planet is advancing materially, it lacks the stabilizing influence of personal spirituality and self-control. This needs to be corrected before this planet can attain a semblance of balance. Returning to our topic of responsibility, anyone who is unwilling, or not ready to have children, needs to prevent having them. This is a necessary responsibility for both male and female. It is an abomination to God to simply abort these little ones as life begins at conception.

And although the female gives birth, the male carries the greater responsibility, as they are the caretakers of the female while the baby is as yet unborn. It simply does not do to walk away afterwards, and let the female carry the burden of an unwanted child, often without much needed help or sustenance. This responsibility lies with the male, entirely.

To 'walk away' is totally irresponsible and selfish, and it shows a gross lack of self-control and disrespect on the part of the male towards the female. The sooner the lesson is taught to young people to respect each other, and the sooner they have learned to think about the consequences of their actions before acting on impulse regarding this act, the sooner this blight of unwanted and unloved children is eradicated from this planet. This is the ideal circumstance in which to practice self-control and self-discipline. Think what it would feel like to not be wanted, and to be looked upon as a temporary 'plaything.' Be aware of the life-long responsibility this act brings if it culminates in a new life.

This always needs to be faced, eventually, and eternal life is a long time to think back on your earth-life, and how you lived it. Shunned responsibility is never easy to own up to, but there is no evading it.

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## Lessons on Imagination, Light, and Desire

By George Bernard's Thought Adjuster

Apr 27, 2008

Candace: I didn't apparently receive Lesson Number 1.

### **A Lesson on Imagination (2).**

A Thought Adjuster Transmission – September 25, 2004.

Today's topic will also be on imagination -- the richness of imagination as well as the dangers of imagination. First of all, it needs to be said that mortals are far more capable of imagination for good than what is used at present. Most of what has been 'imagined into existence' so far -- and yes, what the mind can conceive it can also achieve -- has brought forth much good. It has also turned this ability towards the dark side, and for the negative, rather than to the light and positive outcomes. The point I am endeavoring to make here is that as soon as there is a new discovery with a possibility for mankind to progress, there is also the possibility to regress. The propensity to develop weapons and machinery for mass destruction is a blatant example of this.

This is a great misuse of the God-given bequest of imagination. Likewise is this true of all discoveries with chemicals and with their negative side-effects, which 'they' dare to call medicine, knowing full well the disastrous side-effects on the delicate human system in order to slowly destroy it, lulling the majority of humankind into thinking that all these things are good for them. Through their well-thought-out publicity campaigns and pronouncements in the media, which the gullible, uninformed and trusting public accept as gospel, so they run out and spend their hard-earned money on these so-called remedies which ultimately destroy not only their bodies but also their minds, while the ability to think clearly, is jeopardized, and the soul languishes in darkness as the result of being under-nourished, and withers and dies.

Another point I need to raise here is that the imagination can run awry too in over-imagination especially when it is stressed, or under-imagination, in which case it gets dulled. There is a great need for each and everyone to take the time to commune in the Stillness. Take time and remove yourself from your own thoughts and imaginings. Learn to still the mind. Although this is a most difficult art to master, it is not impossible. Turn off all the mechanical noises outside yourself. Find a place where you will not be disturbed. Learn to filter out ordinary outside noises and persevere, at first for short periods at a time. Over-doing anything is never beneficial to the human system.

There is in each one a 'still point', a 'Point of Stillness', where the body and mind regenerate and rejuvenate, and where the soul gets nourished. Find this Point. It is your private connection to the All That Is. Train yourself in this most beneficial self-discipline, which becomes the point of self-regeneration. It is the Point where things, which are 'muddy' in your mind, become clearer. This is the Point where you learn about unconditional Love, where you will feel totally accepted just the way you are. This is the Point from which you can go forth to do yet another day's battle in your mortal existence. Allow this truth and fact to sink into your imagination, so your soul can fly on the wings of hope and faith before the throne of Almighty God, to sing your songs of thanksgiving to the Creator, who in His Imagination gifted you with a tiny part of Himself, and included the freedom to choose for the positive or the negative. Which will you choose from moment to moment?

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### **A Lesson on Imagination (3).**

A Thought Adjuster Transmission – September 26, 2004.

Let us again spend some thoughts on imagination. This is a rich tool which is often misused, abused, underused and unfortunately overused in a negative way. So where do we draw the line? All throughout history, it is the imagination which has propelled humanity forward, but as with anything else, there are always negative propensities connected with any discovery, which allow humanity to be dragged back again, usually through the design of more negative tools, like the killing machines used to wage war. This happens all in the name of so-called progress, but it is usually due to greed and the hunger for power. This planet indeed has gone through a most checkered career due to the negative influences left over from the Lucifer rebellion which happened some 250,000 years ago. Its influence is still being felt, and it has played out throughout the history of the planet. The planet is left far behind in her evolution compared to her more normally evolving sister planets, where war is slowly being eradicated due to wise and far-seeing imaginative minds living upon them.

The space program is one of the most imaginative thus far but yet again the negativity seems to gain the upper hand as some nefarious minds conceive and talk about weapons in space and for what, the celestials do wonder? The fear mongering has gone on far too long, and innocent citizens, who prefer to live in peace, are daily confronted with talks about terrorists and the need to defend yourself from them. Let us get one thing straight here: 'Thoughts held in mind, produce after their kind.' It is simply the law of cause and effect. The more people fall prone to negative thought forms like fear, the more fearful things will become. This is a self-fulfilling prophecy. The things you fear the most, will surely come to pass, as such adheres to the law of attraction.

Let us take this way of thinking and turn it around and start imagine peace, and peace will surely come to pass when each person, one at a time, persists in spreading this benign virus in their immediate environment, so others get the 'bug' and start to imagine for peace too. Humanity needs to 'wake up' and use this God-given gift for the purpose it was intended -- for the good of humanity. The malicious virus of fear has even taken a hold in religions which are held in bondage due to this fear. Throw off those shackles, and become the free children of the Eternal Creator.

Use your imagination coupled with faith and trust in the goodness of God, for the upliftment of this planet, for God is good, all of the time, and it matters not what you call this eternal Deity who is far above and beyond what your puny minds can conceive and belief. Stand up and be counted among His peace-loving children. Dare to grow into the child you are meant to be, and see the positive in life and don't give fear any more power. In other words, 'walk on the sunny side of the street' with a loving and faith-filled heart.

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### **A Lesson on Light.**

A Thought Adjuster Transmission – September 27, 2004.

Today I desire to speak on the subject of light. Not just light you can see with the naked eye, but the Light which exists in each mortal with the capability to think and make decisions. It is being in the normal awareness of life, of being aware of life itself. Of being aware of and having appreciation of life. It is having the potential capability to gather wisdom, born of seasoned experience, not the knowledgeable wisdom gained from books or of having heard someone else's opinion on something. This remains knowledge as long as it has not been tested by living through it by experience.

Light is like experienced wisdom, because light knows. It knows what needs to be done in certain situations, because the Light of wisdom shines on it so no shadow of a doubt remains. Light contains truth, it is always honest to the depth of being. This is the way I would describe Light for you, because in truth and in fact, I Am that Light you 'see' by. I Am that Pilot Light that guides you into truth, as I Am a Spark of the Source of Light, who is All Light. Many there are, who flounder around in darkness, not having 'seen the Light' and yet are proposing to know it all, and to have all the necessary knowledge and claim to have all the wisdom to become the rulers and judges of the people, to rule and create laws for others to live by.

I tell you right now, if your so-called rulers recognized their own lights and the lights in others, there would be no more wars and the world would be no longer ruled by the greed motive and the urge for war as it is now. This financing of war machinery would be far better spent in cleaning up the planet, before the nations start to destroy each other together with all the most promising strains of the human stock, which provides the back-bone of human society, while the less desirable and war-loving strains keep on propagating. These matters need to be kept in balance.

More care needs to be taken in educating the young and teaching them that each human being with the capacity to think and make decisions carries the Spark of Light within them, and that they, too, can strive to be the best they can be, so their light can shine more brighter to help uplift the planet. Teach them to sit in the Stillness of their hearts, so they may discern and discover the Source of their light and in return respect this Light in others. This is the most essential and needed teaching to be passed on down the line like a torch.

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***A Lesson on Desire.***

A Thought Adjuster Transmission – September 28, 2004.

Let us continue our lessons today with a few words on desire -- actually on the true desires of the human heart -- which are so seldom heard above the din of the world with its stressors, calamities, frustrations and disappointments, besides the many wishes humans entertain in the secret chamber of their hearts, which can include unhealthy, wrong and negative thoughts. In truth and in fact, there are very few truly healthy hearts on this planet, for it is not only the physical heart I am alluding to, but also the mental/emotional and spiritual heart. Health comes first and foremost from the person's mindset, which also influences everything the mortal mind thinks and acts upon.

It would be a worthwhile exercise to stop and think about your mindset. Is it predominantly happy or sad? What triggers the gamut of emotions? Might there be a chemical imbalance, which needs to be corrected by natural means? Are you stubborn or easy to get along with? Of course, I am only citing a few extreme examples, but these can allow one to consider, because every small

thought is not really all that small, as it also influences everything down the line like a domino effect. Your own thoughts can poison you, and they can also make you well. And who does not desire health?

Well then, finally we have arrived at the beginning of our talk. By now it ought to be clear how important it is to, on each day, spend some time in the stillness, as here lies the greatest healing, the greatest upliftment of the human spirit, the greatest nourishment for the mind, body and soul. And finally, the physical system gets a well-deserved chance to unwind. It gives tired nerves a chance to balance out by you taking a breather from the stressors of life, allowing the cellular level of the body responds in kind by lowering the blood pressure. If you persevere in taking this daily exercise, it becomes a most beneficial occasion to take in these 'spiritual vitamins,' to finally listen to that Still Small Voice within, which can impart the desires of your heart to you. Your true heart's desires are peace of mind, oneness experiences with the All That Is, a love infusion, and a desire to 'do good' to others, without selfish motivation.

You realize that I am speaking about the purest and sincerest intentions of the heart, as those are the true healers of body, mind and spirit. It is the purest of desires which lead you God-ward and those desires are deeply buried in each heart. It is up to each mortal to discover these desires.

So shall life become victorious and well-lived from the celestial viewpoint. All you have to do is ask for a pure heart, soul and mind. Daily persist in this, and over time, in looking back, you will notice how this has changed you for the better.

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# Earth's Magnetic Field: A Hathor Planetary Message

By Hathor Message

May 2, 2008 -

<http://tomkenyon.com/earths-magnetic-field/>

Let us give you an overview of the current planetary situation as we view it.

The magnetic field of earth is involved in a perturbation or morphing. This is taking place interdimensionally, and the net effect is incremental surges in amplitude or strength of the magnetic field. This morphing of earth's magnetic field is like a wave that rises and falls very quickly, and the oscillations are minute, but distinct.

This is having a very strange effect upon human consciousness, specifically your biological experience.

Many people are experiencing an increase of exhaustion and weariness. (As we have mentioned in previous communications, these symptoms are also caused by movements of energies from deep space as they pass through your galaxy and your solar system.)

(Candace: photon belt and energies from various creations)

But this (perturbation) is of a different category. This is caused by the magnetic field itself, which is responding to the deep energies from space. It is a response of the molten core of your earth itself; and the magnetic field is having a conversation with the cosmos, if you wish to think of it in this metaphorical way. Now, your science does not view things in this manner, but from our perspective the magnetic field is having a conversation with these cosmic visitors, the energies from deep space, which are, by nature, catalysts for spiritual evolution.

Another set of symptoms directly related to the perturbations of your magnetic field are distinct changes in how you hold short term memory -- because memory is a function of the magnetics of your own nervous system and that of earth. Your brain processes information through the minute gravitational and non-gravitational fields of it's own structure and it is affected directly by fluctuations in the earth's magnetic field.

And so you can expect an increase in short term memory anomalies.

You may find yourself speaking a sentence and suddenly the words do not come to you or you mix up the words from their normal syntax. While in some cases this is the sign of a brain disorder, you will find this happening within the general populace at an increasing rate. Escalations in collective short-term memory glitches will lead humanity to a most novel situation. This situation is an opportunity or a curse, depending on how you work with it.

The opportunity is to see through the mental matrix of your own creation. What we mean by this is when your mind is unable to continue its story line in the ways it is used to, you have an

opportunity to glimpse the realities behind the curtain (of perception). You are the ones who have created the curtain, and you have done this to keep yourselves separated from things you do not wish to see or experience directly, or in some cases what others do not wish you to see or experience directly. We refer here to the unseen manipulators of your collective reality -- those who hold the economic and political reins of power.

We have said before that there are forces on your planet that actively resist the impulse for spiritual evolution. They are invested in continuing their lies through the misappropriation of information in order to control you. Their job is getting more difficult.

Their job is getting more difficult because the perturbation of the magnetic field creates gaps in the creation of mental realities projected by the human mind. They -- meaning those who wish to control and manipulate you -- have vast resources at their command, and they are employing every one of them. But they cannot control the magnetic field of the earth! And for this, you should give thanks.

The impulse that is affecting the magnetic field of the earth comes from far beyond their locus of influence. It is our expectation, based upon our understanding of hyper-dimensional physics, that the perturbations of your magnetic field are going to increase over the next several years. Those of you who are sensitive energetically are the ones feeling this most intensely at the present moment, but we suspect that in the next two to three years most people will be affected by this in a way they are consciously aware of, even if they do not know why.

We have a couple of suggestions for dealing with the situation.

Our first suggestion is the easiest. It involves understanding your connection to the core of the earth itself. As an energetic being, in addition to your flesh and blood, you can form a conscious energetic relationship with the core of the earth.

This understanding, or orientation, is that you are immersed in and surrounded by, earth's magnetic field. By going into mental resonance with the core of the earth (the generator of earth's magnetic field), you become energetically stabilized. The earth, as a conscious being, can reveal herself to you in ways that are difficult to describe because your culture does not have a language for this. And you have been manipulated and controlled to insure that you do not have an awareness of this, for it could be one of your greatest strengths.

By entering into resonance with the core of the earth you become more conscious of the earth as a living conscious being. Through this link, you receive a type of energetic-solidity -- even in the midst of earth's increasing chaos.

The odd thing about it, however, is that when you bring yourself to your senses, so to speak, you are less controllable, less manipulatable by those forces that control the thought stream of humanity through mis-information, manipulation and mind-control.

In other words, forming a direct conscious relationship with the earth's core bypasses many of the affects of what we call life-negative technologies.

If you wish to do something in addition to entering into mental resonance with the core of the earth, we suggest using your pranic tube, a subtle energetic channel that runs from above your head, through the center of your body, and into the earth.

This tube, this channel, can be extended deep into the earth, down into the very core itself, and

also above the head deep into space. In this method you are not dealing with extending the channel beyond the top of the head. Instead, you only extend the channel into the core of the earth.

But the essential thing is not so much the sending of this channel into the earth. The essential thing is to understand that you are in resonance with the core of the earth simply by knowing it. This will impart a sense of stability even in the midst of increasing chaos. It will awaken your senses. It will bring you into greater conscious relationship to earth.

And, we must caution you that it will also de-hypnotize you -- make you less controllable. And you will see through the lies around you more clearly!

The second suggestion involves developing a conscious relationship to the core of the galaxy.

Essentially, understand that you can be in resonance with the core of the Milky Way Galaxy, which is a black hole, and that in similar ways to being in resonance with the core of the earth, you can become stabilized in relationship to the galaxy.

If you are capable of this, simply hearing this described to you will activate the knowingness of how to do it. It is not a complex affair. It is quite simple, but requires the understanding that a part of you is not limited by the time and space coordinates of your physical body.

It requires an understanding that consciousness can extend instantaneously, anywhere in time and space, and by extending your consciousness to the galactic core, you are stabilized in relationship to the galaxy.

The ideal is to be in relationship to earth's core and the core of the galaxy simultaneously.

Then you will be able to ride the waves of energy from deep space with a greater degree of mastery.

But, again, we caution you that this will make you less controllable, harder to hypnotize, and then you may have the very odd experience of waking up while many around you are still asleep. What you do with this awareness is, of course, your choice and your response-ability.

The Hathors March 24, 2008

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A few clarifying thoughts from Tom

For those unfamiliar with the pranic tube here is a brief description:

The pranic tube is a subtle energetic-channel that is tube-like and runs from the crown, at the top of the head, through the center of the body and passes through the perineum into the earth. The perineum is a point mid-way between your genitals and your anus.

If you touch the tip of your thumb to the tip of your second finger, you will see a circle that is the approximate size of your pranic tube. In some esoteric traditions, the pranic tube is called the Central Pillar or Central Column.

Some lineages of Tibetan Buddhist yogis and yoginis work with a very thin channel, about the size of a human hair, that runs through the center of the pranic tube. This energy pathway is known as the Secret Channel and it is used in certain esoteric yogic practices to affect the subtle energetics within the yogi's or yogini's body -- the idea being that such practices lead to a quicker unfolding of spiritual illumination or enlightenment.

Generally speaking, the pranic tube runs a few feet into the earth (unless one is really un-grounded) and up above the head a few feet as well. Since the pranic tube is a subtle energetic, it does not follow the laws of Newtonian physics, but instead resides within the constraints of Quantum Mechanics. Thus, it is possible to extend the pranic tube very far into the earth, into the very core of the planet and/or far out into space.

For those readers who find such concepts outlandish, I suggest you read a short article I wrote entitled Thoughts and Observations of the Channel, which you can find in the Hathor section of the website:

<http://tomkenyon.com/thoughts-and-observations/>

If it helps, think of the pranic tube as an imaginary device. Then you don't have to determine whether such a thing is really possible or not. You can explore the effects of the pranic tube on its own terms.

The pranic tube is affected by thought and intention. All it takes to extend the channel into the earth or into the cosmos is the intention for it to do so. If you are new at this, you may just have a thought that it is happening. As you work with it more, you will eventually have the distinct impression that it extends or contracts according to your intention.

In the method suggested by the Hathors in this planetary message, use of the pranic tube is for those who want to do something in addition to just going into mental resonance with the earth.

Some people are resonators and some are activators. Some people are both. Going into resonance with something other than you (i.e. the earth's core) is essentially an act of passivity. Some people do this well while some people need to do something. For those who want to do something while going into resonance, the pranic tube is an excellent device. So choose the method that works for you.

The important thing -- however you do it -- is to enter into mental resonance with the core of the earth, and if you can manage it, the galactic core as well.

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## ARE YOU READY?

By AA Michael thru Ronna Herman

May 4, 2008

From: Ronna Herman

[RonnaStar@earthlink.net](mailto:RonnaStar@earthlink.net)  
[www.RonnaStar.com](http://www.RonnaStar.com)

Sent: Wednesday, April 30, 2008 9:04 AM

### MESSAGES FROM ARCHANGEL MICHAEL \* LM-5-2008 TRANSMITTED THROUGH RONNA HERMAN

#### ARE YOU READY?

Archangel Michael: Beloved masters, it has been some time since we discussed the Cities of Light in the higher realms, and the wondrous gift that has been made available to humanity. We have observed that many of you, as part of your earthly mission, are actively involved in anchoring the Creator Light (Adamantine Particles) within yourselves, into the crystalline grid of the Earth, and then radiating the remainder out into the world at large. **However, even though discontent, fear and anger abound, the human majority is still not ready to accept the fact that great changes in every area of life on Earth are in the making and that time is of the essence. The masses are still in denial and resistant to change, and most are incapable of absorbing what they feel** are far-fetched, radical teachings of the coming age of en-Lighten-ment. We have told you over and over again that you are the transducers, the receptacles, the human vessels into and through which the rarified frequencies of the future must flow in order to be anchored on Earth and made available to all earthly creations. That is why it is so important for you to balance and harmonize your personal frequency patterns and to 'return to **center**,' in order to accommodate the greatest amount of the crystalline Fire of Life/Love.

If you will remember, some time ago we explained how, as the earth was formed and made ready for human habitation, there were gigantic crystalline spires of Living Light implanted deep within the Earth that also extended high into the skies above ground. These sentient spires, which surrounded the world, were the receivers and senders of the sacred geometric codes of Light from the Great Central Sun, and the energetic codes/frequencies of the Earth were then radiated back into the higher realms so that the great Beings of Light could monitor the progress of Earth and humanity. These magnificent pillars of Light were also used to modify and refine the Divine blueprint and the frequencies of Light which were being sent forth onto the Earth and throughout the grid system. When the Earth fell into the density of the third/fourth dimensions, there was a dramatic increase of cataclysmic events whereby most of these great spires were broken, shattered and buried deep within the earth. Only a few of these magnificent sentinels remain; however, they are disguised by a cover of plant material or layers of soil and rock. Most all of the wondrous crystal friends that are returning to you during this miraculous age of transformation are fragments of those great spires. Is it any wonder that they have become so precious to you as they help you retrieve some of the wondrous memories of your ancient past and create visions of your home among the stars?

Many of you have diligently anchored the stones as we instructed you to do in conjunction with information about how to visit the City of Light nearest you, and how to tap into the vibrational frequencies of the fifth and sixth dimensions in order to begin the flow of Adamantine Particles into your etheric vessel in your fifth-dimensional pyramid and down into your earthly physical vessel. We have explained how you may also tithe a portion of these particles of Light to the world pyramid in the higher dimensions for the greatest good of all, and also dedicate a portion to any other pyramids that you have created or helped to create. A full explanation and the procedure of how to do this has been explained in the past.

It is time to give you a more detailed explanation regarding the ascension anchoring stones and why they are so important. The two clear crystal stones represent the crystalline Fire Light of the Creator, or the Adamantine Particles as we have named them for this coming era. Since it is not feasible to replace the great sentient crystals spires around the Earth, these stones will perform the same function as receivers and senders in conjunction with each of you as refined, conscious Light receptacles. The two small amethyst stones will draw forth the Violet Flame of transformation from the Seventh Ray and will radiate it down into the many levels of the Earth, thereby activating the great amethyst clusters and the etherically encapsulated Violet Flame chambers that were strategically placed around the Earth awaiting the appropriate time to burst into life and begin the uplifting, transformational process from within the Earth's structure. This will also speed up the process of activating the crystalline grid system that surrounds the Earth which, in turn, will further accelerate the ascension process for the Earth and humanity.

**Envision, if you will, a focused shaft of Light beaming down from the City of Light in your area directly into your personal ascension stone, diamond-pattern formation, and then down into the core of the Earth. This will also accelerate the process of anchoring the crystalline grid in your personal surroundings and will eventually result in creating a sacred space of beauty and harmony where peace and serenity prevail.** There comes a time, after you have activated your own ascension column of Light via your personal pyramid in the fifth dimension, when the power of your magnetic resonance draws forth and anchors an ascension column of Light to the crystalline grid system through your buried ascension stone diamond-pattern. In doing so, you begin the process of radiating more and more of this transforming Light into the Earth and out into your surrounding area.

To refresh your memory and to remind you of the extreme importance of become a bearer of Creator Light, we will repeat a brief excerpt from a past message:

**The portals are now open, but you must rise up and enter, for this great gift of radiant Light is only accessible to those who are firmly on the path of ascension and are capable of being baptized in the Living Light of new Creation.** The key to each higher-dimensional inner sanctum is vibrational, each one more refined and exquisite than the last. If you have been reading our messages over the past years, and have made an effort to integrate even a small portion of our teachings, you are ready to be a part of this grand mission and to enter a City of Light.

If you still have doubts, go into your pyramid of Light and lie on the crystal table therein. Ask your angelic friends to assist you in harmonizing your frequency patterns both within and without, and then while in a meditative state, with pure intention, envision the double helix spiral of Light. See yourself being lifted up the spiral on the right and allow your Higher Self to orchestrate your journey into the Light City. Do not place any conditions on your journey or expect a certain outcome. Allow Spirit to be your guide and you will not be led astray. You will be infused with the appropriate amount of Creator Light, as much as you can integrate, process and project out into the world. No more, no less.

Gradually you, the ascending StarSeed of new Creation, will move further and further into the inner sanctum of Light as you bring more and more of the rarified Fire Light of the Creator, and the Divine Schematic of the future back to Earth with you. Remember beloveds, in many ways, you are planting the seeds of ascension for humanity and the Earth. As has been said many times, "As you are lifted up, so is the Earth and all its inhabitants.

**Dear ones, we are aware that these are times of great stress and momentous change. It is more important than ever that you do not let yourselves be dragged downward onto the spiral of fear and negativity that is building within the collective consciousness of humanity. You must be diligent in your determination to stay centered and focused on your personal vision for the future. Do not allow others to deter you from your path out of a false sense of duty and old ties that bind you to the illusion of the third/fourth dimensions. Promise yourself that from this moment onward you will only do that which excites you and brings a sense of satisfaction, for therein lies your mission and how you can best serve. As you bring more joy into your life, others will notice and begin to follow your example, and as you activate this inner power source more and more, it will trigger what is needed for others to open their heart center and begin the awakening process. You can be the catalyst that will help those within your sphere of influence to move more quickly through the process of healing emotional wounds, and through your words of wisdom you can inspire them to turn inward and begin to listen to the nudgings of Spirit.**

Be aware that there will be people who come into your life who may try to discourage you from your path as you move further along the spiral of ascension, and there may be some that you will leave behind as you delve deeper into the complexities of enlightenment. As you learn the lessons that are presented to you, and are ready to advance toward the Light, many of those around you will stay stuck in the illusion of the inharmonious lower dimensions. **Do not judge. Bless them and allow them to follow their own path, but do not let them deter you from yours.** Those like you are in the vanguard, the ones brave enough to step out and away from popular beliefs and the limited mass consciousness of the third/fourth dimensions. **Allow those visions that sometimes fill your consciousness to come forth, and allow yourself to speak the words of wisdom that often float through your mind.** You are in the process of opening your Sacred Mind, which is your own cosmic library where a great wealth of information, knowledge and ancient memories are stored.

You must remember that for these many past ages, almost every soul born on the physical plane has been caught up in the mass consciousness belief system of the third/fourth dimensions whereby the core issues from the past and the imperfections within the ancestral DNA have caused many symptoms to manifest whenever they allowed themselves to feel unloved, unworthy, or felt guilt, shame or resentments in any form. **During these momentous times of transformation, the Light of Eternal Life will not be denied.** It is delving into the deepest pockets of negativity within your multiple bodily vessels, and as these misqualified thought forms rise to the surface, they can create great discomfort in various ways, for they have been a part of your physical makeup for a very long time. They may not relinquish their hold easily, beloveds, but you must prevail. When the opposing forces of Light and shadow meet, the Light is always ultimately victorious. So do not be discouraged, for as you move deeper and deeper into your inner core you are being given an opportunity to, once and for all, release to the Light all frequencies of a discordant nature which do not serve your greatest good. The process of transformation is speeding up exponentially; however, it will become much easier for those of you who are actively taking part in your own ascension process. Remember, always ask for ease and grace.

**My faithful warriors, are you ready to step forward and accept the final phase of your earthly mission? For in these critical times you are needed as transducers and transmitters**

**of this refined energy to help move humanity and the Earth through this important time of transition.** That is why I have called my legions together once more, and I am making my presence known to those of you who have agreed to play an important role in the great drama that is now unfolding on Earth. As you fill yourself to overflowing with the elixir of Love/Light from the Creator, your circle of influence will widen. First, you will be transformed, and then those in your immediate environment, and then it will radiate out further and further into the world. As you allow your Higher Self to guide you and become more fully integrated within, more and more inspired thought will come to you. **There are many ways to allow Spirit to manifest through you; just allow it to happen naturally, dear ones. Our Mother/Father God and the full company of the higher realms are here to support, encourage and love you unconditionally.**

I AM Archangel Michael

\*\*Transmitted through Ronna Herman \* STAR\*QUEST \*

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Candace: for those knowing how to create a crystal pyramid of light (and its not difficult), you can use this also where ever you are at any time. I like to do this in Walmarts when I wait in line for example, or when I am out walking. Try if you can focus, in a situation in which anger etc. is brewing and watch it calm folks down, and balance come back. You don't have to say a word, but make sure you don't add angry words to the mix! I use this when I remember around grumpy situations and it is a great way to get rid of our own personal grumpy situation and restore balance to your body and mind. Melts the tension right away! Use it alot to help melt the tension anywhere and gift mother Earth.

The Amatadine Particles are the special photons of the photon belt and also from other sources at this time. The photon belt is most "holy."

## **Be as a Small Child & Your Hope, Your Peace, Your Comfort**

**By Nebadonia and Christ Michael thru Donna D'Ingillo**

**May 27, 2008**

Oakland, California, US of A, April 27, 2008.

**Divine Mother (Nebadonia).**

Subject: "Be As A Small Child."

Received by Donna D'Ingillo.

Divine Mother: "My children, this is your Mother Nebadonia. The relationship you share with Me is something that you will continually grow into until you have reached higher levels of spiritual attainment. One day you will travel through the vast starry universe that is our home and learn its mysteries and wonders. For now, be a loyal human being learning your lessons each day as you live your life.

"What are the lessons you are to learn? How to love your brothers and sisters; how to share your resources with one another; how to labor in joy, knowing that your efforts will produce good fruit for you to enjoy; how your loving Divine Parents support you in their universe family. You are learning how to be productive members of our cosmic family as a young child.

"So many times you regard yourselves as adults of the realm, and by the standards of your society you are deemed so. In our eyes, however, you are very small children—not yet really out of the toddler stage in terms of what you need to learn and master in order to become more adult-like in Spirit. Relax, and enjoy this part of your eternal career of universe attainment. Relax and be a little child again playing in life being supported by us. We are here to care for you.

"Come to Me each day and ask Me to build you in your Father's essence. His are the attributes of love, patience, compassion, tolerance, peace, understanding, and all of the other qualities that you need to become upstanding citizens of your planet and of the universe. Present yourselves to us in stillness each day and I will nourish you with your Father's spirit. Be as a small child, My beloved, and you shall indeed grow and become all that you are able."

**Posted to you by The 11:11 Progress Group for**

**CENTER FOR CHRIST CONSCIOUSNESS.**

Google this text to find Donna's website:

**Materials to Assist Your Spiritual Growth**

Oakland, California, US of A, May 18, 2008.

**Divine Father (Christ Michael).**

Subject: "Your Hope, Your Peace, Your Comfort."

Received by Donna D'Ingillo.

Divine Father: "Beloved children, I have given you Life that you may experience it to the fullest. This is your Father Michael. In Me you have room to express your Father-given personality, and

to enjoy the fullness of being my child in the universe womb of your Mother. There is no other place where you need to be except in Me.

“This is not a geographic location like living on your world, but an attitude of your heart. The more you desire to live in Me, the more room you create in your internal being for Me to reside there with you. Open yourself and invite Me in more deeply into your being that I may share my life essence with you.

“My essence is pure Spirit—it is expansive, unifying, harmonizing, coordinating. Being in Me brings these dimensions into your being and shifts you in many ways. It opens your awareness to new thoughts and feelings: positive and uplifting, safe and comforting. Relax in Me now as you feel your heart’s desire for this to swell within. Desire this, My children, this is your peace and salvation during these times of change.

“Sit with Me every day, My beloveds, and become secure as little children. Sit with Me and know the realness of this experience as you allow Me to treasure you to My heart’s content!”

**Presented to you by the 11:11 Progress Group for**

**The Center for Christ Consciousness.**

Google this text to find Donna’s website:

**Welcome to the Center for Christ Consciousness**

## **Sananda Beckons All to Come**

**By Sananda (Esu) thru Helen Engels**

**Jun 19, 2008**

H: I will transmit through the Telepathy Light Beam Transmitter, the message from whomever will address me at this time. My microphone is open, my mind is clear, let the transmission begin.

Unknown: Who would not accept an invitation to speak to mankind from space? There would be 10 million souls rushing to the microphone, if only they could. One is selected, and this one now comes to send greetings.

Sananda: I am Sananda. I am he who watches over you and you, and you, and my heart is filled with joy this day, because more and more are seeing the Light. And this is because of the Light Workers who have worked diligently for hundreds of years, but especially for the past 40 years.

I wish to give a special message to the little ones who have never been noticed. I see their humble efforts and I magnify them. I see the woman laboring in the field, I see the man with the heavy burden on his back, and I see the child laborers, and the child soldiers. And I see the floods and the tornados, and the coal mine disasters, and my heart nearly breaks with grief, because none of this should have happened. None of this should have occurred. This has been as a result of man's indignity to man.

We are now coming to the era of man's dignity to man. There will be such a whirlwind of change that it will be as if a tornado, a cyclone and hurricane all came together and removed those greedy ones from the face of the earth.

It will soon be time to learn the new lessons of expanded love, expanded charity, a willingness to educate each other, and a willingness to learn from each other.

I am Sananda. If you have a little pain in your heart, please call my name and say to me, "Please take this pain from me," and I will.

If you are now carrying a grief heavier than you can bear, than you can manage, then come to me and say, "Sananda, will you share my grief?" And I will.

If you have a baby, a child that is malformed, and your heart grieves silently, morning and night, as you see this little boy or girl struggling, come to me and say, "Sananda, will you give me strength?" And I will.

And if you have an inner pain, an inner urge, about something that is negative, such as smoking or swearing, or anger, or lust, or a desire to be recognized, and you wish now to be released of it, come to me and say, "Sananda, please make me whole again." And I will.

I am the Good Shepherd, and I watch over my sheep. I will leave no one to stray away from me, if it is possible that I may bring him back.

These are the Last Days. These are the days of decision. You must decide now. You must decide that you will move away from the Dark and into the Light -- that you will not sit by the sidelines and watch everyone change, while you remain just as you are. I call to you now -- I stand at your door and knock. Please let me in.

That is my message today. Amen.

## **Peace and Tranquility During Turmoil**

**By Arch Angel Gabriel thru Helen Engel**

**Jul 6, 2008**

Greetings. We come in peace and joy. We are the Collective. We come when there are great messages, or we come to explain new truth. Today we come to share what is occurring in the higher planes, just above your line of vision.

The fields are ready for the harvest. What occurs above you, occurs TO you within a reasonable length of time. When there are heavy rainclouds in the sky, they will descend and bring water to the Earth. When high winds blow, they bring a change in air pressure and in temperature. These are visible portends.

The invisible portends appear in the sky, as is the present sunset, where the setting sun is a globe that is visible and complete -- you can observe it without damage to the eye. This too is a portend of things to come.

We wish to tell you that good things are on the horizon, only a breath away. What should you do? Prepare your environment, tell those who will believe, be at peace, for it is in the peaceful state that you will see what others do not. How can you regard the peaceful water deep in the ocean, when the waves are thrashing about on the surface? You must create that peace within yourself, and allow the turmoil to pass over you.

I am painting a picture of peace and tranquility at a time of great turmoil. I am Archangel Gabriel. I ask every Light Worker to strive, from this moment on, to remain in a peaceful state. Create a sense of calm around you. Let others enter the state of calmness, of tranquility. Ask the Angelic Kingdom to protect you from harm. Allow your Higher Self to be your guide, from this day forth, until the peace is visible for all to see.

We are entering the New Kingdom, and you are in the vanguard. Hold your heads high, and watch the sun rise at the new dawn.

I am Archangel Gabriel, and you are my people.

Received by Helen Engel  
July 4, 2008

## From Angel Jophiel

By Jophiel, translated by Etienne into English

Jul 9, 2008

Candace:

The French version is already posted previously in the French Section. Etienne stated his English is about as good as my French, and if I could help a bit, but I have no French, so it stands as it is!!!!!! with Gratitude. [English is in blue.](#)

Marie-Louise

JOPHIEL

**12 mai 2008**

Je suis Jophiel, Ange de la Connaissance et de la Lumière. Chers amis humains, je viens à vous pour parfaire un certain nombre de connaissances qui visent à expliquer un certain nombre de processus à l'intérieur de votre être, à l'intérieur de votre corps physique mais aussi à l'intérieur du corps physique de la planète. Ce que je viens expliquer ne fait pas appel à l'intelligence de votre tête mais à l'intelligence de votre cœur. Il n'est point besoin de pénétrer des rouages et des mécanismes intimes et particulièrement complexes pour observer, comprendre et assimiler ce qui se passe à l'intérieur de vos corps et à l'intérieur du corps planétaire. Rappelez-vous, lors de ma première venue, j'insistais sur l'année que vous vivez comme année de bouleversements, année de grandes transformations où les choix qui ont été posés et affirmés doivent être conduits maintenant à la réalisation et à la concrétisation dans votre vie incarnée, si tel est votre désir. Comme vous le voyez, les bouleversements touchent des secteurs extrêmement précis au niveau de votre planète. Ce qui touche votre planète touche aussi votre être intérieur, de la même façon, avec la même intensité. Il y a crise de l'énergie. En vous aussi se vit cette crise de l'énergie qui vous fait passer par des variations d'afflux et de reflux de l'énergie en vos corps, vous donnant, en des périodes très courtes, des instants de plénitude et des instants de vide qui se succèdent et qui sont parfois extrêmement éprouvants pour votre conscience d'être incarné. Qui dit flux et reflux de l'énergie, dit aussi accumulation et relâchement d'énergie, à un moment donné et à un endroit donné. Les endroits qui frappent votre planète dans les relâchements de l'énergie et dans les concentrations de l'énergie ne surviennent pas au hasard. Ils ne surviennent pas non plus en fonction de quelques éléments précis et ponctuels et récents de votre histoire mais remontent à quelque chose de beaucoup plus ancien. Alors, souvent, vous ne trouvez pas la ligne directrice qui vous permet d'expliquer pourquoi tel endroit, à tel moment, varie en énergie. L'explication n'est pas dans une linéarité causale mais plutôt en rapport avec l'histoire fort ancienne de votre planète.  
JOPHIEL

[May 12, 2008](#)

[I am Jophiel, Angel of the Knowledge and Light. Dear human friends, I come to you to perfect a certain numbers of knowledge that aim to explain a certain number of process inside your being, inside your physical body but also inside the physical body of the planet. What I come to explain doesn't call on the intelligence of your head but to the intelligence of your heart. It is of neither need to penetrate the components nor the intimate and particularly complex mechanisms to observe, to understand and to assimilate what happens inside your bodies and inside the planetary body. Remind yourselves, at the time of my first arrival, I insisted on the year that you live like year of distresses, year of big transformations where the choices that have been made and affirmed must be driven now to the realization and to materialization in your incarnate life, if so](#)

such is your desire. As you observe, the distresses touch extremely precise sectors on the level of your planet. What touches your planet also touches your interior being, of the same way, with the same intensity. There is energy crisis. Inside your inner parts also this energy crisis makes you live many variations of energy influx and ebb in your bodies, giving you, in very short periods, instants of fullness instants of emptiness that follow each other and that are sometimes extremely though for your entity incarnate's conscience. Flux and ebb of energy also means as accumulation and relaxation of energy, at one time and to a given place. The places that have been hit on your planet in the relaxations of this energy and in the concentrations of this energy don't occur on a simple basis. They don't occur either according to some precise and prompt and recent elements of your history but go back up to something of a lot older. Then, you don't often, find the leading line that allows you to explain the very reason to such place, to such moment, vary in energy. The explanation is not in a causal linearity but rather in relation with the very old history of your planet.

Rappelez-vous : ce que vous observez à l'extérieur s'observe aussi, de manière parfaitement synchrone, à l'intérieur. Ainsi, pour reprendre les éléments climatiques, tout d'abord, qui affectent (et qui affecteront de plus en plus dans les jours et les semaines qui viennent) cette planète il vous faut comprendre que l'afflux massif de l'énergie va correspondre à une mobilisation et qui dit mobilisation dit mouvement de l'air suivi par l'eau et enfin suivi par la terre. Le feu, lui, étant l'élément purificateur, qui n'interviendra qu'en des moments différents et en des lieux différents de ceux qui sont frappés en ce moment par les éléments. Comme vous le remarquerez, l'intensité des éléments en ce moment est sans commune mesure avec ces catastrophes que vous avez connues jusqu'à un passé relativement récent. Alors, les régions qui sont frappées correspondent à la zone du plexus solaire en votre corps. Votre plexus solaire, qui, je vous le rappelle, dans sa couleur énergétique est le jaune. Et donc les peuples qui sont frappés sont les peuples jaunes, dans un premier temps. L'élément air, suivi de l'élément feu et enfin de l'élément terre, se manifestent selon une logique imparable. En votre corps se manifestent les mêmes choses. Le jaune correspond au plexus solaire mais aussi à la rate qui est votre organe qui distribue l'énergie en votre corps. Il existe des modifications extrêmement importantes vécues en votre corps au niveau de la rate et du plexus solaire. Plexus solaire lié à votre troisième dimension d'incarnation et qui doit permettre la naissance de dimensions, comme vous le savez, beaucoup plus éthérées.

Remember that what you observe outside is also being observed, in a perfectly synchronous manner, inside. Thus, to discuss the climatic elements, first of all, that affect (and that will affect more and more in the days and the weeks to come) this planet it is necessary for you to understand that the massive influx of the energy is going to correspond to a mobilization and mobilization in that case means movement of air followed by water and finally responded by the earth. Fire, being the purifier element, will only come in different moments and places from those that are hit at the moment by the elements. As you will notice it, the intensity of the elements is at the moment without comparison with these disasters that you knew until that very relatively recent past. Then, the regions that are hit correspond to the zone of the solar plexus in your body. Your solar plexus, that, I remind it to you, in its energizing color is the yellow. And therefore the peoples that are hit are the yellow peoples, in a first time. The air element, followed by the fire element and finally by the element called earth, appear according to an unstoppable logic. In your body the same things will happen. The yellow corresponds to the solar plexus but also to the spleen that is your organ that distributes the energy in your body. Extremely important modifications have been taken place in your body at the spleen and the solar plexus. Solar plexus bound to your third dimension of incarnation and which must give birth to dimensions, as you know it, at a lot more ethereal level.

Il ne peut y avoir naissance et accès à d'autres dimensions si le jaune n'est pas purifié. N'y voyez pas là un jeu de l'esprit car, après le jaune, d'autres peuples, d'autres instances vont être frappées à leur tour. Le jaune est lié à la distribution, à la circulation mais aussi à la nutrition. Parallèlement

aux zones où vivent des peuples jaunes, se désorganise toute la logistique de vos transports alimentaires et de vos chaînes alimentaires et, cette fois-ci, non pas seulement pour les jaunes mais pour tout ce que vous appelez les différentes races en incarnation en cette humanité. Le jaune est aussi lié à la monnaie, non pas à la matérialité mais à la circulation de la monnaie. Ce qui vous sert de moyen d'échanges est devenu, depuis fort longtemps, un moyen de pression et non plus un moyen d'échanges. A force de contraindre et de mettre la pression à travers ce qui était destiné à circuler et non pas à stagner, vous préparez une brusque relaxation en votre planète de cet élément que vous avez appelé argent. L'effondrement de la valeur même de l'argent est la conséquence, au niveau collectif, des valeurs sur lesquelles vous avez bâti vos vies, de manière générale, en cette incarnation et en cette humanité. Dans un second temps, qui n'est pas dans quelques années, mais, je redis, dans quelques semaines, viendra le feu. Qu'est ce que le feu ? Le feu est l'élément qui déclenche la colère. Le feu est dit ravageur, il brûle, il transforme, il change l'état. A ce moment là, les peuples qui seront touchés seront le peuple rouge. Qu'est le peuple rouge ? Le peuple rouge était le peuple qui vivait en Terre américaine. Bientôt, très bientôt, le feu s'emparera des peuples qui vivent dans ces pays. L'élément sera, bien évidemment, un élément profondément destructeur qui viendra corrompre mais, en même temps, réparer ce qui peut l'être et brûler ce qui ne peut être réparé. Au feu se joindra, bien évidemment, l'air qui est l'élément qui permet au feu d'avancer. Et la terre aussi, à ce niveau là, réagira de manière encore plus violente que ce que vous verrez dans les jours qui viennent.

There cannot be birth and access to other dimensions if the yellow is not purified. Don't see there sort of a game of the mind because, after the yellow, other peoples, other institutions are going to be hit on their turn. The yellow is bound to the distribution, to the circulation but also to the nutrition. In the same way to the zones where live yellow peoples, the whole logistics of your food transportation and your food chains is being disorganized and, this time, not only for the yellows but for everything that you call the different races in incarnation in this humanity. The yellow is also bound to the currency, not to the materiality but to the circulation of the currency. What you define as means of exchanges became, since a very long time, a means of pressure and rather than a means of exchanges. By forcing and pressuring what was destined to circulate and not to stagnate, you prepare an abrupt relaxation in your planet of this element that you called money. The fall of the money very value is the consequence, to the collective level, of the values on which you built your lives, in a general manner, in this incarnation and in this humanity. In a second time, that is not in some years, but, I tell one more time, in some weeks, will come fire. What is fire? Fire is the element that triggers the anger. Fire is said devastating, it burns, it transforms, it changes the state. To that moment, the peoples that will be touched will be the red people. What is the red people? The red people was the people that lived on American Soil. Soon, fire will seize the peoples that live in these countries, very soon. The element will be, well evidently, a deeply destructive element that will come to corrupt but, at the same time, to repair what can be and to burn what cannot be repaired. To fire will join, well evidently, the air that is the element that allows fire to spread. And the earth also, to that level, will react in an even more violent manner than what you will see in the days that comes.

Ainsi, en vous s'établissent un certain nombre de tremblements intérieurs liés à vos changements de lieux de vie, de modes de vie, de conception de vie, devenus aujourd'hui indispensables à vos évolutions ou à vos involutions pour ceux qui refusent de se laisser emporter par le vent du changement. Comme vous le savez, l'être humain est à une certaine forme de croisée des chemins où les promesses qui ont été faites voilà fort longtemps vont s'actualiser, se réaliser, en un espace réduit qui a d'ailleurs été appelé les temps réduits, en un temps relativement court où vous allez devoir adapter, non seulement vos vies, mais aussi vos conduites mais aussi vos consciences, à ce changement de paradigme tant espéré ou tant redouté, c'est selon l'affinité de votre âme avec les mouvements d'énergie qui s'en viennent vers vous. L'échelle des valeurs, telle que vous la connaissez, n'aura plus cours parce que l'échelle des valeurs que vous avez bâtie est une échelle restrictive, enfermante, emprisonnante, à travers les liens que vous avez bâtis, que

cela soit la famille, que cela soit la société, que cela soit vos espaces de vie. Tout cela est appelé à une grande transformation, à une grande évolution, permise par et pour l'Amour et pour la Lumière. Ne vous désespérez pas des vacarmes du monde, n'y voyez pas d'élément négatif, bien au contraire. La libération de ce plan est rendue possible pour un certain nombre d'âmes afin d'émerger sans leur corps en pleine Lumière, eux qui ont tant souffert en leurs incarnations. Croyez-moi, bienheureux celui qui accède à la lumière promise en avance avant les autres. La mission de l'incarnation est d'autant plus dure, en ces temps réduits, pour ceux qui doivent assumer la perpétuation de la Lumière, de l'Amour, de la vie, en ces nouvelles dimensions qui viennent vers vous.

Thus, inside of you very self, are taking place a certain number of interior tremors bound to your changes of life places, of life styles, of conception of life, becoming today indispensable to your evolutions or to your involutions for those who refuse to let themselves carry away by the wind of the change. As you know it, the human being is to a certain shape of crossing of the paths where the promises that have been made have a very, very a long time ago are going to actualize themselves, to achieve themselves, in a reducing space that has been besides called the correction times, in one relatively short time where you are going to adapt, not only your lives, but also your conducts and also your consciences, to this change of paradigm so much hoped or so much dreaded, according to the affinity of your soul with the movements of energy that come irremediably toward you. The scale of values, as you know it, won't be in use no longer because the scale of values that you have built is a restraining, shut in, jailing scale, through the ties that you built, regarding the family, the society, and even your spaces of life. All it is called to a big transformation, to a big evolution, authorized by and for LOVE and LIGHT. Don't be in despair for the uproars of the world; do neither see a negative touch in them. The liberation of this plan is made possible for a certain number of souls in order to emerge without their body in full Light, them who suffered so much in their incarnations. Believe me, blissful the one that reaches light promised early before the other. The mission of the incarnation is of as much harder, in these correction times, for those who must assume the perpetuation of Light, of Love, of Life, in these new dimensions which come toward you.

Biens aimés amis, il est temps aujourd'hui de comprendre que ce que vous voyez à l'extérieur subit le même processus à l'intérieur. Rappelez-vous : flux et reflux de l'énergie, flux et reflux de vos valeurs monétaires mais aussi transformation, changement radical de mode de vie et de lieu de vie afin de vous permettre d'éprouver le plus de facilités le moment venu. Même si cela vous semble, dans le moment non réalisé, quelque chose d'extrêmement difficile, quelque chose d'extrêmement contraignant, le difficile d'aujourd'hui préfigure la facilité de demain. En effet, il ne faut pas attacher votre point de vue à la perception de l'instant mais bien dans une vision beaucoup plus globale de ce qui arrive. Ainsi, votre rate et votre plexus solaire se contractent et se dilatent afin d'accoucher d'un autre Soleil, d'une autre Lumière, située au dessus, à l'étage de ce que vous appelez la zone de votre cœur. Ainsi, en cet endroit doit naître le feu intérieur qui allume la lampe de votre âme afin de vous assurer une autonomie beaucoup plus indépendante des conditions de vie dans lesquelles vous êtes en ce moment. Ne plus dépendre de l'énergie, ne plus dépendre des aliments, ne plus dépendre de la matière, pour continuer à évoluer dans la matière. Ne perdez pas de vue l'objectif final. Nous savons, nous, Anges, les épreuves, les poids, les difficultés que vous vivez. Nous ne les éprouvons pas en nos êtres éthérés mais nous avons la possibilité, à travers notre conscience, de percevoir la douloureuse mutation de votre planète, la douloureuse transformation qui est une nouvelle naissance de cette planète. L'accouchement est un phénomène qui, quand il est vécu, peut être vécu de différentes façons : dans la douleur ou sans douleur selon la façon dont vous accompagnez, à titre individuel et collectif, cette transformation inscrite au plus haut des Cieux, de toute éternité.

Goods beloved friends, it is time today to understand that what you see outside undergoes the same process inside. Remember: flux and ebb of the energy, flux and ebb of your monetary

values but as transformation, radical change of life style and place of life in order to allow you to feel the more easiness when the moment comes. Even though it seems to you, non achieved in the moment, something of extremely difficult, something of extremely coercive, the difficult of today prefigures the easiness of tomorrow. Indeed, it is not necessary to attach your point of view to the perception of the instant but well in a lot more global vision of what is happening. Thus, your spleen and your solar plexuses contract themselves and dilate themselves in order to deliver another Sun, of another Light, situated over, to the floor of that that you call the zone of your heart. So, in this place must be born the inner fire that lights the lamp of your soul in order to assure you a lot more independent autonomy of the life conditions in which you are at the moment. Do no longer depend on the energy, neither depend on food, nor depend on matter, to continue to evolve in matter. Don't lose the view of the final objective. We know, we, Angels, the tests, the weights, the difficulties that you are living. We don't feel them in our ethereal beings but we have the possibility, through our conscience, to discern the painful mutation of your planet, the painful transformation that is a new birth of this planet. The childbirth is a phenomenon that, when it is lived, can be lived in different ways: with pain or without pain according to the way of which you come with, to individual and collective title, this transformation written down at the highest level of Heaven, of all eternity.

L'horloge cosmique, le moment cosmique est maintenant arrivé. Alors, certains diront « mais il ne se passe rien ». D'autres diront « cela va trop vite ». A l'aune de l'ouverture de votre conscience vous percevez le temps comme dilaté ou contracté. De même que les perturbations en votre corps sont plus ou moins intenses, plus ou moins tolérables, en fonction de l'échelle de temps dans laquelle vous percevez le déroulement de votre vie. Mais la Terre, elle, va à son rythme, va son temps et bat la mesure de son temps en fonction de ce que lui enjoignent les différents soleils, les différentes lumières qui tournent tout autour du ciel et autour desquelles vous tournez. Il existe un ballet incessant. Au même titre que votre Terre se déplace, vos cellules se déplacent à l'intérieur de vous et circulent selon des circuits et des canaux parfaitement établis que vous appelez des vaisseaux. De la même façon, la Terre circule à l'intérieur de vaisseaux que vous ne voyez pas car ils sont impénétrables et invisibles à vos yeux de chair. Ils sont les trames de votre futur, tracées de toute éternité par le Divin Créateur, qui vont permettre de vous mener à bon port, quels que soient les secousses ou les tremblements qui surviennent en fonction de l'opposition de l'âme humaine dans son cheminement. Alors, ne vous attardez pas au malheur du monde car ce que vous appelez la mort est une nouvelle naissance. Il n'y a souffrance qu'au moment du passage et, certes plus, après. Toutes les âmes qui quittent ce plan aujourd'hui, si tel est leur choix, ne reviendront plus jamais en ce plan de la matière de troisième dimension. Si telle est leur énergie d'âme, elles accéderont d'emblée à la nouvelle Terre et au nouveau Ciel. Il existe un grand changement, qui est survenu il y a très peu de temps en votre temps terrestre, qui permet aux âmes qui quittent ce plan de l'incarnation d'accéder d'emblée à la Lumière de la cinquième dimension. C'est déjà un changement extrêmement important qui vient de se produire, voilà quelques jours seulement de votre humanité terrestre. Ainsi, nombre d'âmes ressentent l'appel de l'élévation et néanmoins leur corps ne permet pas cette élévation. Alors, cette élévation leur est offerte sans le corps. Parmi ceux-ci les peuples jaunes sont en nombre les plus restreints mais aussi les premiers touchés. Ensuite, rappelez-vous, viendra le peuple rouge et ceux qui ont pris la place du peuple rouge. Et enfin viendra le peuple bleu, le peuple noir : la race blanche et la race noire qui seront les âmes qui partiront en plus grand nombre afin de rejoindre la Lumière du Père et la Lumière de la cinquième dimension.

The cosmic clock, the cosmic moment now arrived. Then, some will say " but anything" doesn't happen. others will say " it goes too quickly". TO the very opening of your conscience you discern the time as dilated or contracted. As well as the disruptions in your body are more or less intense, more or less supportable, according to the scale of time in which you discern the progress of your life. But the Earth goes with its proper rhythm, lives its time and beats the measure its time according to what enjoins him the different suns, the different lights that turn the sky all around and

around of which you turn. An unceasing ballet exists. For the same reason as your Earth moves, your cells move inside you and circulate according to circuits and the perfectly established channels that you call some vessels. Of the same way, the Earth circulates inside vessels that you don't see because they are impenetrable and invisible to your eyes of flesh. They are the plots of your future, drawn of all eternity by the Divine Creator, who is going to permit to lead you safely, whatever are the jolts or the tremors that occur according to the opposition of the human soul in his/her/its progress. Then, don't stay late to the misfortune of the world because what you call the death is a new birth. He/it has suffering there that to the moment of the passage and, certainly more, after. All souls that leave this plan today, so such is their choice, won't come back more ever in this plan of the third dimension matter. So such is their energy of soul, they will reach of straightaway to the new Earth and to the new Sky. A big change, that occurred exists there is very a short time in your terrestrial time, that allows the souls that leave this plan of the incarnation to reach of straightaway in light of the fifth dimension. It is already an extremely important change that has just occurred, there are only some days of your terrestrial humanity. Thus, number of souls feels the call of the elevation and nevertheless their body doesn't permit this elevation. Then, this elevation is offered them without the body. Among these the yellow peoples are in number most restricted but also the first touched. Then, remind yourselves, will come the red people and those that took the place of the red people. And will come finally the blue people, the black people,; the white race and the black race who will be the souls that will leave in bigger number in order to join the Light of the Father and the Light of the fifth dimension.

Ne vous attardez pas à des images qui appartiennent au passé, aux images qui ont permis la transition vers un monde meilleur. Ce qu'il faut voir c'est l'après. Il faut vous recentrer au plus profond de votre être afin d'y trouver les ressources qui vous permettront, lors de l'œuvre au rouge, au moment où l'énergie passera de manière fulgurante dans votre cœur en totalité. Il faut vous préparer à vivre cela, à vivre dans le cœur. Nombre d'êtres commencent à sentir les prémisses de cette élévation, de cette transformation, comme des modifications rapides et brutales du rythme cardiaque qui surviennent, le plus souvent, pour le moment, de façon nocturne et qui iront s'amplifiant dans les semaines qui viennent. Afin de permettre à une autre date importante, de vous permettre de vous élever, tout en conservant, si possible, votre corps, au moment où le peuple rouge subira ce qu'il doit subir afin de libérer les forces de la cinquième dimension. Ne vous attardez pas aux images que, ce que vous appelez vos médias, peuvent vous transmettre. Rappelez-vous que les âmes qui quittent ce plan à partir de maintenant rejoignent directement la Lumière si tel est leur choix.

Don't get lost into pictures that belong to the past, into the pictures which are the key for that transition towards a better world. What it is necessary to consider that is the after. It is necessary to re-center yourself into the deepest part of your being in order to find the resources that will allow you, when it will be time, as the energy will pass very rapidly in the totality of your heart. It is necessary to be prepared to live it, to live with your heart. Numbers of beings begin to feel the premises of this ascension, of this transformation, as fast and brutal modifications of the cardiac rhythm that occur, most often, by now, in a nocturnal way and that will go intensifying in the weeks to come. In order to allow another important date, to allow you to raise yourself, while keeping, if possible, your body, as the red people will undergo what he must undergo in order to free the strengths of the fifth dimension. Don't get lost into the pictures that, what you call your medias, can transmit you. Remind yourselves that the souls that leave this plan from now on go directly to the Light if so is their choice.

Les conditions de vie dans ce que vous appelez l'au-delà ont été profondément transformées et ne seront plus jamais les mêmes. L'accueil se fait dans la Lumière, l'accueil se fait dans l'Amour. Il n'y a plus d'étape intermédiaire mais il y a une libération de ce que vous appelez le karma pour ces âmes qui ont décidé d'être libérées de leur corps. N'y voyez pas une souffrance mais, bien au contraire, une joie extrême que vivent ces âmes. Ce qui se passe sur Terre est aussi cette

naissance qui se passe à l'intérieur de vous. Après l'étape au rouge de cet été, viendra l'étape au bleu et l'étape au noir, qui sera le moment le plus délicat de votre passage car elle s'accompagne d'une notion de retournement. Il est profondément lié au chakra de la gorge et vous invite à passer dans un autre mode de communication et d'échange qui sera bien au-delà du Verbe, bien au-delà de la parole, bien au-delà de vos supports habituels de communication dont je vous ai longuement entretenus dans une de mes présences précédentes. Je ne viens pas vous faire peur. Je viens vous apporter des vibrations et des mots d'amour afin de vous engager plus avant, et toujours de façon plus importante, pour quitter ce monde qui se meurt afin d'aller vers un nouveau monde.

The conditions of life in what you call the beyond have been transformed deeply and will no longer be ever the same. You are awaiting in the Light, Love will welcome you. There is no intermediate stage anymore but there is liberation of that that you call karma for these souls that decided to be freed of their bodies. Don't see a suffering there but, well on the contrary, an extreme joy that these souls live. What is happening on Earth is also this birth that happens inside you. After the red step of this summer, will come the bleu and the black steps, which will be the most delicate moment of your passage because it comes with a reversal notion. It is bound deeply to the chakra of the throat and invite you to pass in another type of communication and exchange that will be well beyond the Verb, well beyond the speech, well beyond your usual supports of communication of which I talked to you about for a long time during one my previous presence. I am not here to frighten you. I come to bring you the vibrations and the words of love in order to stimulate you further, and always in a more important way, to leave this world that is dying in order to go to a new world.

Mais, diront certaines âmes : « comment faire avec l'argent ? », « comment faire avec les lieux ? ». Je ne répéterai pas les paraboles du Christ, de son vivant, la plus grande entité que vous ayez eue en incarnation sur Terre, mais vous les connaissez. Il s'agit là d'un problème essentiel qui a pour nom : confiance. Rappelez-vous que la confiance vient à partir du moment où vous faites le premier pas vers elle. La Lumière peut s'installer et faire grandir en vous la confiance en cette Lumière. La confiance est signe d'abandon à la volonté la plus haute. La confiance est celle qui vous fait éliminer peu à peu la peur de votre être, la peur de votre corps physique de manquer de nourriture, d'énergie, de famille, de compagnon, d'argent. Le passage au cœur s'effectuera très bientôt, chers amis. Il s'agit de moments solennels que cette année dans laquelle votre Terre est rentrée. Il y a eu, certes, des moments extrêmement importants, des moments de choix au cours des années précédentes mais il va falloir maintenant conscientiser vos choix, affronter vos dernières peurs et vous montrer comme des êtres remplis de Lumière où la peur n'a plus de place, où la peur s'efface petit à petit devant la puissance de l'amour des êtres que vous êtes. En cela le mot confiance est certainement le plus important et ne pourra être qu'un abandon total de votre être à la volonté supérieure de votre âme et de votre esprit qui est bien opposé au désir personnel, à la volonté personnelle et au besoin de sécurité matérielle, affective, personnelle. L'ensemble de vos vies a été bâtie depuis des temps immémoriaux sur la recherche de sécurité, sur la recherche de certitudes.

But, will say some souls: " What about money? ", " What about the places and the locations? ". I won't repeat the Christ's parabolos, while living among you, the highest entity that you had in an incarnation on Earth, but you know them. It is about an essential problem that has for name: **confidence**. Remember that confidence comes from the moment you make the first step toward it. Light can get settled and can make grow inside your inner part the confidence in this Light. The confidence is sign of abandonment to the highest will. The confidence is the one that makes you eliminate step by step your being's fear, the fear of your physical body to lack of food, of energy, of family, of mate, of money,. The passage to the heart will take place very soon, dear friends. It is about solemn moments that this year in which your Earth just went. There was, certainly, very extremely important moments, moments of choice during the previous years but it is going to be necessary to make your choices now, to face your last fears and to live you as beings full of Light

where the fear does no longer have place, where the fear fades away gradually while facing the power of love of the beings that you are. In that the word confidence is certainly the most important and will only be your being's total abandonment to the superior will of your soul and your mind that is so opposed to your personal desire, to the personal will and to the need of material, emotional, personal security. All your lives has been built eons ago on the pursuit of security, on the pursuit of certainties.

Vous apprendrez bientôt qu'il n'existe aucune certitude si ce n'est celle de l'Amour et celle de la Lumière. Et avec cette certitude ancrée en vous le reste ne devient plus que relatif, ne devient plus que chose superficielle. Vous allez pénétrer au cœur de votre être, au cœur de votre essence, au cœur de ce que vous êtes qui n'était pas réveillé totalement jusqu'à maintenant. Il convient donc d'accepter cette grâce qui vient vers vous. Ne vous laissez pas déstabiliser par ceux qui voudront vous entraîner vers plus de densité, vers plus de poids, vers plus de matérialité. Mais, au contraire, allégez-vous, au contraire, acceptez de vous laisser aller avec confiance et sérénité en ce qui vient. Il faut que vous vous teniez prêts et prêtes, au moment de l'effusion ultime de l'ouverture de votre cœur, à tout laisser. Il n'y aura pas de choix si ce n'est celui de la Lumière et celui de l'Ombre. Et pour cela il faut abandonner toute velléité, toute tentative de vouloir fonctionner comme avant. Les règles changent. Peut être le ressentez-vous déjà : à l'intérieur de vos corps les modes sociaux, les modes de communication, les modes de relations changent. Et, bien évidemment, la pression, le flux des énergies anciennes essaient de se maintenir à flot, essaient de vous entraîner vers plus de lourdeurs, vers plus de densités, vers plus d'attachements, vers plus de choses très éloignées de la lumière authentique, de la lumière véridique et de l'amour.

You will learn soon that no certainty exists if it is not the one of love and the one of Light. And with this certainty anchored inside the rest becomes only untrue, becomes only superficial thing. You are going to penetrate into your being's heart, to the inner part of your higher self, to the heart of what you are and which was not completely awake until now. It is therefore marvelous to accept this grace that comes toward you. Don't let you be destabilized by those who will want to drag you toward more density, toward more weight, toward more of materiality. But, on the contrary, alleviate yourselves, on the contrary, accept to let go with confidence and serenity in what is coming. It is necessary that you be ready, at the time of the ultimate effusion of the opening of your heart, to leave everything. There won't be any choice if it is not the one of Light and the one of the Dark. And for that it is necessary to give up all desire, all attempt to live as before. Rules are changing. May be you already feel them deeply inside your bodies, the social way of living, the so – called way of communication, the false relations are changing. And, surely, the pressure, the flux of the old energies tries to maintain itself to stream, try to drag you toward more heaviness, toward more densities, toward more attachments, toward things so distant from the authentic light, the truthful light and the love.

Il est extrêmement important de trouver le calme, de trouver la confiance, encore une fois. Or la confiance ne peut se trouver dans des certitudes extérieures. Ce n'est pas de la confiance. Dans ces cas là vous ne faites que brider vos peurs qui ne ressortiront qu'au moment opportun pour vous perturber encore plus sur votre chemin. La confiance est quelque chose qui est un acte d'ouverture totale du cœur et d'abandon, quelque part, à la volonté spirituelle qui est Lumière. Voici le processus qui est en cours. Il s'agit d'un bouleversement et d'un retournement à l'intérieur de vos valeurs, à l'intérieur de vos corps qui préfigure le retournement de la planète à un moment donné. Mais, pour cela, après l'œuvre au jaune, l'œuvre au rouge doit survenir pour laisser place, enfin, à l'œuvre au bleu et l'œuvre noire qui vous conduira, enfin, à l'œuvre au blanc et à la réalisation. Tout ceci en un espace de temps très réduit en votre échelle de temps. Vous êtes entrés dorénavant, depuis le début de votre mois de mai, en ces temps réduits qui correspondent aux quarante deux mois qui ont été décrits par nombre de prophètes dans votre ancien testament, tel qu'il a été relaté. De nombreux anges sont apparus pour donner des enseignements dans

l'ancien temps. Je ne vous inviterai pas à relire ces écrits car aujourd'hui vous êtes dans le vécu de cela et l'écrit n'a que peu de poids par rapport à la conscience de ce que vous êtes.

It is extremely important to find calmness, to find the confidence, once again. However confidence cannot be in outside certainties. It is not confidence. In those cases you restrain your fears which will only come out in the appropriate moment to disrupt you more than before. Confidence is something that is an act of total opening of the heart and abandonment, somewhere, to the spiritual will that is Light. Here is the process that is in progress. It is about a distress and a reversal inside your values, inside your bodies that prefigure the reversal of the planet at one given time. But, for that and after the yellow fate, the work related to the red must occur to let place, finally, to the opening of the blue and the black that will drive you, finally, to the realization of the white and to the ascension. All this will take place in a very reduced time in your scale of time. You entered henceforth, since the beginning of your month of May, in these reduced times that correspond to the forty two months that have been described by numbers of prophets in ancient books of your Bible, as it has been related. Many angels appeared to give some teachings in the ancient time. I won't invite you to reread these writings because today you are living it and the writing only has little weight in relation to the conscience of that which you are.

Toutes les réponses sont à l'intérieur de vous. Tournez votre regard à l'intérieur de votre corps. Percevez-en les modifications, percevez-en les changements de besoins, les changements de mécanismes intimes, percevez-en les changements dans vos modes relationnels. Eloignez-vous de ce qui vous contraint à fonctionner selon des modes anciens et périmés. Rapprochez-vous de ce qui vous ouvre, sans fausse pudeur, sans timidité. Allez où vous devez aller, là où votre cœur vous guide, là où vous sentez que cela est bon pour vous. Il n'y a plus de honte à vouloir se rassembler. Qui se ressemble s'assemble, disent certains de vos proverbes. Il est temps maintenant de vous assembler, il est temps maintenant de vous réunir afin de lutter non pas contre quelque chose mais de lutter pour l'émergence de ce que vous êtes. L'ancien, laissez-le mourir de par lui-même, ne lui prêtez pas attention, ne lui prêtez pas conscience. A partir du moment où vous faites un pas vers la conscience, les chemins s'ouvrent. Vous n'êtes pas seuls sur ce chemin. Vous êtes seuls en vous-même mais il est temps de vous assembler, de vous rassembler, de vous réunir, afin d'œuvrer. Je sais que le canal à travers lequel je m'exprime à reçu un certain nombre d'enseignements des peuples intra-Terrestres qui ont conservé un corps de chair tout en étant dans la cinquième dimension. Ils vous ont donné un certain nombre de règles de fonctionnement. Ils vous ont donné un certain nombre d'éléments à mettre en œuvre au niveau énergétique afin de permettre l'éclosion encore plus rapide de ce bouleversement tant espéré. Afin de faire naître en vous plus de confiance, plus d'ouverture, il faut vous régénérer. Le seul lieu de régénération se trouve à l'intérieur de vous-même mais aussi à l'intérieur de ceux qui sont comme vous-mêmes, ceux qui ont accepté de faire un pas vers la confiance, de faire un pas vers la Lumière et de changer définitivement et durablement leurs façons de fonctionner. Ceci se met en œuvre extrêmement rapidement. Les phénomènes de synchronicité de l'unité, de fluidité, tels qu'ils ont été appelés, vont se renforcer, vont devenir de plus en plus cohérents, de plus en plus solides et vous permettre d'affronter, de manière décisive, les changements voulus par votre Terre et par vos plans spirituels.

All the answers are inside of you. Look inside your body. Discern the modifications of it, discern the changes of needs, the changes of intimate mechanisms, discern the changes in your relational manners. Move yourselves away from what forces you to function according to old and expired ways. Bring yourselves closer to what opens you, without false modesty, without shyness. Go where you must, where your heart guides you, where you feel that it is good for you. Don't be shame anymore to want to assemble. Who looks alike assembles; say some of your proverbs. It is now time to be together, it is now time to unite in order to fight not against something but to fight for the emergence of that which you are. The old, let it die by itself, don't pay any attention to it, don't lend conscience to any of it. From the moment where you make a step toward the

conscience, the paths open up. You are not alone on this path. You are alone in yourself but it is time to get together, to gather, to unite, to work together. I know that the channel through which I express myself has received a certain number of teachings from the intra-terrestrial peoples that kept a body of flesh while being in the fifth dimension. They gave you a certain number of working rules. They gave you a certain number of elements to work with to the energizing level in order to allow the even faster bursting of this distress so much hoped. In order to give you more confidence in yourselves, more opening, you should be regenerated. The only place of regeneration is inside of yourself but also inside of those who are like yourselves, those who accepted to make a step toward the confidence, to make a step toward Light and to change definitely and for a long time their ways to function. That work is taking place so rapidly. The phenomena of synchronicity of the unit, of fluidity, as they have been called, are going to reinforce themselves, are going to become more and more coherent, more and more strong and to allow you to face, in a decisive manner, the changes wanted by your Earth and by your spiritual plans.

Ceci est maintenant. Ne remettez plus à demain ce qui peut être fait maintenant, en conscience, aujourd'hui. Il n'est plus temps de tergiverser, il est temps de faire confiance. Chers amis incarnés, vous êtes au moment où votre destinée prend un tournant. Ce tournant est celui de la Lumière et du retour à l'Unité. Certes, le chemin est long, très long mais dorénavant il sera beaucoup plus léger. Dorénavant il ne se fera plus selon le poids de la densité de la troisième dimension, selon l'opposition du bien et du mal mais uniquement dans la légèreté. Il vous appartient de dire « oui ». Il vous appartient de faire ce premier pas. Il vous appartient de vous ouvrir totalement à cette lumière. Néanmoins, encore une fois, personne ne vous juge. Chaque chose, dorénavant, est à sa place. Rien ne peut être distordu ou signe d'une quelconque malédiction. Tout événement qui survient à la surface de la Terre comme à l'intérieur de vos corps, ne fait que refléter l'afflux de Lumière, l'afflux de la Divinité qui s'en vient vers vous. Le résultat peut en être heureux ou malheureux, effectivement, mais il ne dépend que de chacun de vous, à titre individuel mais aussi à titre collectif.

It is now. Do no longer hand to tomorrow what can now be made, in conscience, today. It is not anymore time to beat about the bush, it is time to trust. Dear incarnate friends, you are living a time in which your destiny takes a turn. This turn is the one of Light and the return to the unit. Certainly, the path is long, very long but henceforth it will be a lot lighter. Henceforth it won't anymore according to the weight of the density of the third dimension, according to the opposition of the good and evil but solely in lightness. It belongs to you to say " yes". It belongs to you to make this first step. It belongs to you to open yourself completely to this light. Nevertheless, no one judges you once again. Every thing, henceforth, is at its place. Nothing can neither be distorted nor be the sign of any curse. All event that occurs to the surface of the Earth as inside your bodies, is only the reflected result of the influx of Light, the influx of the Divinity that comes from Himself toward you. The result can be happy or unhappy, in fact, but it only depends on each of you, to individual title but also to collective title.

Soyez heureux car la légèreté va s'emparer de vos êtres. Soyez heureux car la vie est un chant permanent. Soyez heureux car les liens qui vous empêchaient de percevoir et de ressentir cela vont tomber très bientôt. Vous allez pouvoir expérimenter la vérité en votre être, sans passer par les mots, sans passer par les images, sans passer par le discours de l'autre mais en toute humilité, à l'intérieur de votre être. Face à d'autres situations, face à d'autres êtres, vous saurez si cela est juste ou si cela est faux. Il n'y aura pas besoin de mots, il n'y aura pas besoin de discussions, il n'y aura pas besoin de faux-semblants. Vous n'aurez qu'à écouter votre cœur. Cela va devenir de plus en plus aisé, de plus en plus facile d'écouter son cœur car lui seul détient la vérité. Il existe un certain nombre de gymnastiques énergétiques au niveau du cœur qui vous seront enseignées très bientôt, aussi bien durant certaines de vos nuits, profitant de la venue de certains Anges et de certains êtres de Lumière, certains Maîtres de Lumière qui vous enseigneront, par de multiples canaux, à faire confiance à la balance de votre cœur car elle ne se

trompe jamais. Elle n'est pas fonction des conventions sociales, elle n'est pas fonction des attraits ou des intérêts mais uniquement fonction de l'agrandissement de votre lumière spirituelle. Il vous appartient, chers amis incarnés, d'être attentifs à votre intérieur. A chaque désordre sachez que succédera l'ordre. A chaque nouvelle transformation vous pouvez induire un sentiment d'abandon, de lourdeur, de densité mais cela ne durera jamais bien longtemps car, au détour de cette lourdeur, c'est plus de légèreté que vous allez gagner, c'est plus de liberté que vous allez intégrer. Liberté qui sera complètement indépendante des conditions et des contingences matérielles de vos vies actuelles où les besoins que vous connaissez seront satisfaits de manière naturelle et non extérieure. Je vous renvoie pour cela à certains enseignements déjà reçus par d'autres biais que le mien. Si vous avez maintenant des questionnements sur ce sujet précis que j'ai abordé avec vous, je suis prêt à échanger avec vous, avant de vous faire bénéficier, bien évidemment, de cette radiation nouvelle du cœur.

Be happy because the lightness is going to seize your beings. Be happy because life is a permanent song. Be happy because the ties that stopped you from discerning and to feel it are going to fall very soon. You are going to be able to experiment the truth in your being, without passing by the words, without passing by the pictures, without passing by the speech of the other but in all humility, inside your being. Facing other situations, facing other beings, you will know if it is true or if it is false. There will be no need of words, there won't be need of discussions, there won't be need of false appearances. You will only have to listen to your heart. It is going to become more and more comfortable, more and more easy to listen to his heart because only your heart knows the truth. A large number of energizing gyms exists to the level of the heart that will be taught to you very soon, as well during some of your nights, taking advantage of the arrival of some Angels and some beings of Light, some Masters of Light who will teach you, by multiple channels, to trust the balance of your heart because it is never mistaken. It is not function of the social conventions, it is not function of the appeals or interests but solely function of the growing of your spiritual light. It belongs to you, dear incarnate friends, to be attentive to your inner self. To every mess know that the order will follow. To every new transformation you can lead a feeling of abandonment, of heaviness, of density but it won't ever last a long time because, at the other side of this heaviness, there is more lightness that you are going to win, it is more liberty that you are going to integrate. Liberty that will be completely independent of the conditions and the material contingencies of your present lives where the needs that you know will be satisfied with a natural and non outside way. Get back to some teachings already received by other presences that mine. If you now have some questions on this precise topic that I have discussed with you, I am ready to exchange with you, before evidently making you benefit, of this new radiation of the heart.

Question : comment se préparer au passage du cœur ?

Le maître mot est confiance. La confiance est au-delà de l'abandon. La confiance est un acte d'adhésion à la lumière. La lumière sait ce qui est bon pour vous. Votre lumière intérieure sait ce qui est bon pour vous à l'extérieur. Alors que votre personnalité ne le saura jamais. Ce que vous appelez catastrophe peut être parfois un événement extrêmement positif. A l'inverse, un événement que vous appelleriez extrêmement positif peut être une catastrophe pour votre lumière. Votre personnalité ne peut pas juger par contre votre cœur. Votre lumière intérieure sait ce qui est bon pour vous et vous le fera sentir. Alors, le chemin vers le cœur est le chemin de la confiance. Développer la confiance est quelque chose qui peut, je dirais, se travailler, bien que le mot ne soit pas adapté. La confiance commence par l'abandon à la volonté spirituelle. La confiance c'est, à chaque minute de sa vie, affirmer que l'on est à la bonne place. De toute façon, si vous n'êtes pas à la bonne place et si vous développez la confiance, les choses iront très vite pour vous décrystalliser de schémas de fonctionnement anciens, de lieux anciens, de personnes anciennes qui sont des freins à l'activation totale de votre confiance. Les choses iront de plus en plus vite dans votre vie.

Question: how to get ready for the passage of the heart? The main word is confidence.

Confidence is beyond the abandonment. Confidence is an act of adherence to light. Light knows what is good for you. Your interior light knows what is good outside for you. Whereas your personality will never know it. What you call disaster can be sometimes an extremely positive event. To the inverse, an event that you would call extremely positive can be a disaster for your light. Your personality cannot judge your heart on the other hand. Your interior light knows what is good for you and will make it to you to feel. Then, the path toward the heart is the path of confidence. To develop confidence is something that can, I would say, be worked out, although the word is not adapted. Confidence starts with the abandonment to the spiritual will. The confidence it is, to every minute of his/her/its life, to affirm that one is at the good place. Anyway, if you are not at the good place and if you develop confidence, the things will go very quickly for you to break those old diagrams of working, of old places, of old people who keep you away from the total activation of your confidence. The things will go more and more quickly in your life.

Question : quelle est la « deuxième date » importante dont vous parlez ?

Elle est celle qui correspond à une fête majeure dans le calendrier que vous avez appelé chrétien. Il s'agit d'une date importante sur le plan astronomique avant d'être une fête religieuse chez vous. Cette période est la date du 15 août qui correspond à un passage extrêmement important sur le plan énergétique, précédé quelques semaines avant, de la période de début juillet qui suit de très près le solstice d'été qui est le maximum énergétique au niveau du peuple jaune et donc de votre plexus solaire et de la rate, avant de passer au cœur à partir du 15 août.

Question: what is the " second important date" of which you spoke? It is the one that corresponds to one major feast in the calendar that you called Christian. It is about one important date on the astronomical plan before being a religious feast at home. This period is the date of August 15 that corresponds to an extremely important passage on the energizing plan, preceded some weeks before, by the period of the beginning of July that follows of very near the solstice of summer that is the energizing maximum to the level of the yellow people and therefore of your solar plexus and the spleen, before passing to the heart by August 15.

Question : en quoi les conditions de passage en l'au-delà ont changé ?

Cela est très simple. L'âme humaine, quand elle quitte le corps dans lequel elle a vécu toute une vie, passe par certaines étapes intermédiaires qui vont la rapprocher plus ou moins de la Lumière et de la Source après être passée par des étapes particulières de revécu, des étapes d'épurations, de réparations. Des étapes, en quelque sorte obligatoires, qui permettent à l'âme d'oublier, en quelque sorte, les blessures infligées durant la vie passée. Aujourd'hui l'accès est beaucoup plus direct à la Lumière. Il y a comme une accélération, aussi, dans cet espace sans temps et comme une accentuation de la Lumière. Dès les portes de la mort franchies, vous êtes accueillis dans la lumière centrale de la Source de la Mère afin de vous régénérer au plus vite et d'oublier totalement, dans un espace de résolution centrale, les blessures de votre incarnation mais aussi vos blessures de vos incarnations en troisième dimension. La troisième dimension se meurt. Ce monde de la dualité que vous avez choisi d'expérimenter n'a plus de raison d'être, en cet espace, quoiqu'il existe toujours, en d'autres espaces, pour ceux qui ne souhaiteraient pas abandonner cette troisième dimension et qui auraient besoin de parfaire leur expérience. Il n'y a pas de jugement, encore une fois, là dedans, mais uniquement des étapes et des classes différentes. Simplement, ce système solaire, et l'ensemble de cette galaxie, ne veulent plus vivre dans la troisième dimension.

Question: In what are the conditions of passage have changed? It is very simple. The human soul, when it leaves the body in which it lived a whole life, passes by some intermediate stages that are going to bring it more or less closer to Light and the Source after having passed by particular stages of rebirth, stages of purification, of repairs. Stages, in a way obligatory, that permit to the soul to forget, in a way, the injuries inflicted during the past life. Today the access is a

lot more direct to Light. There is like an acceleration, also, in this space without time and more like an accentuation of Light. Once the doors of death cleared, you are welcomed in the central light of the Mother's Source in order to regenerate yourself as soon as possible and to forget completely, in a space of central resolution, the injuries of your incarnation but also your injuries of your incarnations in third dimension. The third dimension is dying. This world of the duality that you chose to experiment has no more reason to exist, in this space, although it always exists, in other spaces, for those who would not wish to abandon this third dimension and who would need to perfect their experience. It is not a judgment, once again, but only stages and different classes. Merely, this solar system, and the totality of this galaxy, don't know longer want to live in the third dimension.

Question : à chaque étape (jaune, rouge ...) correspondent des phénomènes naturels ?

Il y a une correspondance totale. A partir du 15 août vous vivrez une étape où le peuple rouge et ceux qui vivent à la place du peuple rouge devront affronter un certain nombre de purifications pour leur élévation. En ce moment, le peuple chinois. Le peuple rouge viendra à partir du 15 août. Le peuple bleu et le peuple noir verront cela pour la fin de l'année.

Question: to every stage (yellow, red...) correspond natural phenomena? Is there a some sort of total correspondence in it. From August 15 you will live a stage where the red people and those who high jacked the red people territory should face a several numbers of purification for their ascension. At this very moment, this is the pain of the Chinese people. The red people's turn will come from August 15. The blue people and the black people will experience e it during the end of the year.

Question : quelle est la différence entre le peuple bleu et le peuple blanc ?

L'œuvre au blanc correspond à l'ensemble des peuples de la Terre qui ont vécu l'élévation à la Lumière de la cinquième dimension. Il s'agit de l'étape de la réalisation et de la Fraternité Blanche enfin réunie. Cela surviendra, bien évidemment, comme étape ultime. Le peuple bleu correspond à l'humanité blanche telle que vous la définissez aujourd'hui dans sa race.

Question: what is the difference between the blue people and the white people? The white work corresponds to the totality of the peoples of the Earth who lived the ascension in light of the fifth dimension. It is finally about the stage of realization and the White Fraternity finally united. It will occur, well evidently, like the ultimate step. The blue people corresponds to the white humanity as you define it today in its race.

Question : le peuple rouge correspond aussi bien aux habitants d'origine qu'à ceux plus récents ? Ils ont pris la place du peuple rouge et ils ont volé cette Terre sur laquelle ils sont. Ils sont donc empreints de rouge.

Question: does the red people as well refers to the inhabitants of origin as well as those more recent? They did take the place of the red people and they did steal their territory. They are therefore imprinted of red.

Question : y-a-t-il un moyen de vivre tous ces bouleversements en une relative douceur ?

Cela serait, même, la seule façon de les vivre. Pour cela il faut faire confiance totalement. Seule la confiance est gage de douceur.

Question: Is there a means to live all these distresses in a relative calmness? There would be, even, the only way to live them. For that to happen it is necessary to trust completely. Only confidence is pledge of sweetness.

Question : dans combien de temps tous ces bouleversements seront terminés ?  
Ils dureront la totalité des 42 mois.

Question: How long all these distresses will last? They will last the totality of the mentioned 42 months.

Question : vous avez parlé d'un retournement. Comment se manifestera-t-il ?  
Ce retournement est le même que celui que vous vivez au moment de l'arrivée dans cette dimension de vie et au moment où vous mourez c'est-à-dire comme un retournement à l'intérieur de soi où vous abandonnez une dépouille pour pénétrer un nouveau corps. Sauf que, là, ce sera pas, pour certains d'entre vous, les portes de la mort mais les portes du corps de gloire ou corps immortel.

Question: you spoke of a reversal. How will it happen? This reversal is the same that the one that you live at the time of the arrival in this dimension of life and when you die, It mean it is like a reversal inside oneself in which you give up your envelop to penetrate a new body. Except that there, it won't be, for some among you, the doors of the death but the doors of the glory body or immortal body.

Question : pourquoi les Anges se manifestent-ils de plus en plus pendant le sommeil ?  
Nombre d'êtres humains vont prendre conscience, dans les semaines qui viennent, d'anges qui les contactent. Les portes qui étaient fermées entre la troisième et la cinquième dimension sont dorénavant ouvertes, comme ceux qui meurent le vivent et s'en aperçoivent très rapidement. De la même façon, les portes de communication sont devenues transparentes entre votre monde de troisième dimension et les mondes angéliques et nombre d'êtres humains vont entrer en contact avec certains anges. Les anges qui vous aident en ce moment sont destinés à vous aider à accepter et à vivre facilement les changements. Ils interviennent en fonction de vos besoins, en fonction de vos souhaits et en fonction de leurs pôles d'intérêt à eux, aussi. La définition et les vertus, en ce qui concerne en tout cas ces Anges là, est parfaitement décrite et connue dans votre littérature. Mais ceci est une réalité. Nombre d'êtres humains vont vivre, d'abord en rêve, la présence de l'Ange et, un beau jour, vous ouvrirez vos yeux durant vos nuits et vous verrez l'Ange aux pieds de votre lit. Dans peu de temps, et pour certains, vous aurez la possibilité de converser en pleine conscience de vos jours, et non plus durant vos nuits, avec ces Anges. Diverses catégories d'Anges se rapprochent de vous car ils sont là pour vous faciliter le passage.

Question: why do Angels appear more and more during the sleep? Numbers of human beings are going to become aware, in the weeks to come, of angels who do contact them. The doors that were closed between the third and the fifth dimension are henceforth open, as those who die live it and understand it very quickly. In the same way, the doors of communication became transparent between your world of third dimension and the angelic worlds and numbers of human beings are going to enter in contact with some angels. The angels who help you at this particular moment are destined to help you to accept and to live the changes easily. They act according to your needs, according to your wishes and according to their poles of interest also. The definition and the virtues, with regard to any of those Angels, is perfectly described and known in your literature. But it is a reality. Numbers of human beings are going to live, first in dream, the presence of the angel and, a beautiful day, you will open your eyes during your nights and you will see the angel standing right there at the feet of your bed. In a short time, and for some, you will have the possibility to converse in full conscience, and either during your nights, with these Angels. Various categories of angels come closer of you because they are there to facilitate you the passage.

Question : quels signes peuvent nous alerter de la présence d'un Ange ?

Votre cœur, seul, est au courant. Votre cœur le saura car un Ange ne peut être confondu avec autre chose. La vibration de l'Ange est une vibration si particulière.

Question: what signs can make we awake of the presence of an Angel? It is your heart, only, which is informed. Your heart will know it because an Angel cannot be confounded with something else. The vibration of the angel is a vibration so particular.

Question : c'est cela qui provoque des vibrations particulières dans le corps ?

Aussi mais rappelez-vous que l'Ange sera présent consciemment et que vous serez conscient de sa présence. Il ne s'agit pas uniquement d'un processus énergétique et vibratoire, tel que vous le définissez, mais d'une vision et d'une communication réelle et concrète.

Question: It is that which provokes particular vibrations in the body? Also but remind yourselves that the angel will be consciously present and that you will be conscious of his presence. It is not only about an energizing and vibratory process, as you define it, but of a vision and a real and concrete communication.

Question : ces contacts seront directs ou à travers des intermédiaires ?

De manière directe. De même que vous n'avez plus besoin d'intermédiaires entre vous et ce que vous appelez le Père, vous n'aurez plus besoin de ce que vous appelez autorité religieuse, vous n'aurez plus besoin bientôt de médiums ou de channels, comme vous dites, pour entrer en contact avec cette réalité. Les canaux sont profondément transformés. L'œuvre au jaune qui se poursuit à l'intérieur de vos corps est destinée, rappelez-vous, à calmer vos émotions et à permettre une meilleure circulation d'énergie, avant tout dans votre axe vertébral. L'étape de la communication avec l'Ange se fera au moment de l'œuvre au bleu, à la fin de l'année mais les contacts seront de plus en plus forts.

Question: will these contacts be direct or through mediators? In a very direct manner. As well as you don't need mediators anymore between you and what you call the Father, you won't have the need of that that you call religious authority anymore, you soon won't have need of mediums or channels, as you say, to enter in contact with this reality. The channels are transformed deeply. The work to the yellow that continues inside your bodies is destined, remind yourselves, to calm your emotions and to permit a better circulation of energy, above all in your vertebral axis. The stage of the communication with the angel will make itself at the time of the work to the blue, at the end of the year but contacts will be more and more strong.

Question : à quoi sont dues les douleurs de tête que ressentent beaucoup de personnes ?

Cela est lié au travail de la Lumière au travers des structures physiques et énergétiques. Cela participe de l'œuvre au jaune.

Question: what is the exact cause of the pains that people feel in the head? It is bound to the work of Light through the physical and energizing structures. It participates to the work to the yellow.

Question : comment fluidifier ces interventions pour les rendre moins douloureuses ?

Avec deux éléments : la confiance et la nature. La nature, à travers les arbres, vous montre le chemin. Adossez-vous à des arbres, embrassez les arbres, prenez les arbres dans vos bras. Ils sont vos Maîtres dans ce chemin. Tout arbre que votre cœur ressentira sera le bon. N'oubliez pas que vous n'êtes pas les seuls sur cette Terre en tant qu'être humain à sentir, ressentir et intégrer ces nouvelles énergies qui viennent. La nature, et en particulier les arbres, sont certainement les éléments qui peuvent vous permettre d'aller avec le plus de douceur possible vers cet état.

Question: how to live these interventions to make them less painful? With two elements: confidence and nature. Nature, through the trees, shows you the path. Lean yourselves against the trees, kiss the trees, take the trees in your arms. They are your Masters in this path. All tree that your heart will feel will be the good one. Don't forget that you are not the only ones on this Earth as human to feel, to experience and to integrate these new energies that come. The nature, and in particular the trees, are certainly the elements that can allow you to go with the more of possible sweetness toward this state.

Question : que va-t-il se passer pour les animaux ?

La même chose que pour les êtres humains. Certains animaux sont prêts à accéder à une forme de nouvelle dimension. Les chemins sont multiples pour les animaux. Ils peuvent se diriger vers un processus d'individuation de l'âme, d'accompagnement des humaines en cinquième dimension ou choisir de demeurer en troisième dimension en d'autres espaces que cette Terre.

Question: what is it going to happen for the animals? The same thing that for the human beings. Some animals are ready to reach a shape of new dimension. The paths are multiple for the animals. They can head toward a process of individuation of the soul, of accompaniment of the human in fifth dimension or to choose to stay in third dimension in other spaces than this Earth.

Il va être l'heure, maintenant, chers amis, d'accueillir en vos cœurs, le cœur de l'Ange. Je vous demande pour cela de rester dans le recueillement, de fermer vos yeux et d'ouvrir votre cœur et l'œil de votre esprit pendant que l'œuvre au rouge va commencer.

He/it is going to be the hour, now, dear friends, to welcome in your heart, the heart of the angel. I ask you for it to remain in the contemplation, to close your eyes and to open your heart and the eyes of your mind while the work to the red is going to begin.

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Best Regards,

Etienne McKastner, Eng.

## **Time has changed**

**By Sanat Kumara thru Tetyana**

**Jul 11, 2008**

**Candace: This is a piece thru a Russian Woman, Tetyana, who has been working since there since not long after I started here. Esu confirms this is real with me, and he works at times as Jesus with her. This is the English version of the Russian site below that I took this from. If you are one of our few Russian readers, and have not seen this, just go to the English site for the link to the Russian one. There are several websites apparently in different languages, so perhaps some of you should visit those, you can find them from the Russian site, and perhaps this one below, I am not sure.**

**[http://www.sirius-eng.net/dictations/s1/march\\_2005/04.03.05.html](http://www.sirius-eng.net/dictations/s1/march_2005/04.03.05.html)**

### **TIME HAS CHANGED**

***Sanat Kumara, March 4, 2005***

I AM Sanat Kumara and I have come today to inform the world about a new opportunity and a new dispensation which the Heavens have decided to free through our new Russian Messenger Tatyana.

This turn of events will be unexpected for many of you. Many of you will experience contradictory feelings while reading this message.

However, we do not want to force anybody to believe or not to believe the things to be told. Our task is to give you this knowledge. Its acceptance is a matter of your own free will.

Times have changed and the New Age has come. The worlds have converged. Things which seemed to be an impossible dream a few years ago, even last year, are starting to become real now. We are getting an opportunity to speak through many of you and we are using this opportunity.

The situation on earth continues to be stressed. The level of the planet's vibrations is rising. New energies are coming to earth. Due to these energies the majority of mankind feels that it is impossible and senseless to follow further those paths which people have been following for many thousands of years.

This is manifested as a feeling of dissatisfaction, heart sadness and expectation of something that may happen at any moment. The most sensitive people have lost interest in their usual activities. It seems to them that the things which were important and made up their life before are absolutely meaningless today. All your previous activities, your way of wasting time with friends, watching endless serials, your race for new trivialities, seem to have lost their sense. All this resembles festive tinsel left in place after yesterday's party. Nowadays it is deprived of any sense.

The most sensitive people have a presentiment of the New World and of everything new that is coming to take the place of the old and obsolete. Human consciousness will try to clutch at its habitual precepts, at the religious, social and family traditions of old. All these will be wiped off the face of the earth by the wind of the changes to come. There is not much point in

resisting these changes because everything in this world is bent to Divine cycles. And the free will is, in fact, limited by temporal and spatial frameworks.

The human mortal consciousness, limited by the framework of the material world, suggests that everything in this world should be subordinate to the will of Man or to the will of human leaders.

No! There is a time to scatter stones and a time to gather them.

If a cancerous tumour makes its home in a human body, a healthy organism starts to free itself of bad cells. Exactly the same principle works in this universe.

If any human civilization concentrates only on the satisfying of personal interests and thinks only about enjoying this world, such a civilization is to be annihilated, just as a cancerous tumour can be removed by a surgeon.

Any resistance is useless in this case. Everything not capable of assimilating New Consciousness, the principles of the Common Weal, Goodness, Cooperation and God's Guidance, will be wiped off the face of the earth just as the recent earthquake and tsunami killed several hundreds of thousands of people in a few hours.

Stop focussing only on getting pleasure in this world. There are much greater pleasures available to those who open their hearts and minds to the vibrations of the Higher Planes.

There are no things necessary for you outside of yourself. All Divine knowledge and perfection is inside of you. Seek this treasure in your hearts; seek the entrance to countless riches inside of you.

But you will have to pay for this entrance, and the price for that is your ego. You have to leave your temporal part, to get rid of all the accumulations of your electronic belt that are tying you down to earth and the lower plane of this planet like ropes.

Thus, the state of melancholy experienced by many of you now, is a sure sign both of your tiredness of this world's pleasures and of your readiness to make contact with the higher planes.

All you need is simply to make a choice and to step into boundlessness, having given up yesterday's festive tinsel. You should take a step towards the reality, one step, then a second one and continue moving without a stop towards the very true Being which is your authentic essence.

There is nothing outside you that keeps you from moving towards the higher reality. It is you and only you who prevents you from doing so. Can't you be on the right side of the hedge in the conflict with your own double wandering in this unreal world for thousands and thousands of embodiments?

You have no other Path. You must either take a step towards the everlasting reality or be no more as individuals. A healthy organism can get rid of cancerous cells by itself. Metaphorically speaking, all of you are in God's belly. Do you really think God will let you live in your own fashion? I say, "No". He will simply free himself of everything not matching His Will and His Law.

Think over the words I have told you. I am looking forward to meeting you in the future through this messenger or through any other person who prepares his temple to let me be his guest.

I AM Sanat Kumara. Om.

## THE BENIGHTED TIMES ARE OVER FOR RUSSIA!

By Nicholas Roerich thru Tetyana

Jul 11, 2008

Candace: Nicholas Roerich lived in Russia from the late 1800's, OK, I forgot his date of birth, but he died in 1947, easy to remember, that's my year of birth. At any rate he was a great man of peace, an archeologist and artist, and the creator of the Roerich Pact, which provided for the protection of artistic, scientific and historical landmarks, during war and chaos. There is a website in his name: [www.roerich.org](http://www.roerich.org) You can find his beautiful paintings and his story there, plus the Roerich Pact. I remember studying this somewhere in my schooling.

<http://www.roerich.org/nr.html?mid=pact>

A TREATY ON THE PROTECTION OF ARTISTIC AND SCIENTIFIC INSTITUTIONS AND HISTORIC MONUMENTS WHICH WAS SIGNED AT WASHINGTON ON APRIL 15, 1935, BY THE RESPECTIVE PLENIPOTENTIARIES OF THE 21 AMERICAN REPUBLICS

## THE BENIGHTED TIMES ARE OVER FOR RUSSIA!

*Nicholas Roerich, April 14, 2005*

I AM Nicholas Roerich, the Ascended Master Nicholas Roerich. I have come to you together with this Messenger.

I am happy to have this opportunity to meet you.

The Ascended Hosts have applied a lot of effort to make possible the presence of this Messenger in the land of Russia.

You know that during the period of my incarnation we tried to return to the Land of Russia many times. Every time that was not possible due to many reasons. The main reason was a strong resistance of the forces of darkness which had captured Russia and prevented any opportunity for our presence in this country.

You know how important it is to have a Torch Bearer, a Focus of Light, in the territory of such a country as Russia and to anchor it in the heart of an embodied person.

You know how hard it was to establish this Focus of Light in Russia.

And this is indeed a great victory for the forces of Light!

You cannot even imagine how the future of Russia can change if you manage to keep this Focus of Light, to guard it and to kindle many other focuses of Light from this one both in the Russian territory and in the territories of the neighbouring countries.

We are happy. The Heavens are happy. The Heavens are rejoicing!

The anchoring of this Focus was not just a stroke of luck; it was a painstaking labour during the last one hundred and fifty years.

You know that none of the messengers of the Great White Brotherhood has so far been able to reside for a long period of time in this great country. You can only imagine those great efforts which we had to exert so as to provide you with an opportunity to receive these dictations.

And indeed, all the significance of this event cannot be understood by the consciousness of the lightbearers at once.

You know that during our short stay in the Russian territory in the 1920s we happened to pass through the town Omsk twice. The first time was on the way to Moscow and the second time when leaving Russia.

But very few people know that during our stay in Omsk we laid a Focus of Light there, a crystal of the energy of Light, which has been active since that moment in the higher plane.

That is how we prepared the Path. And you know that this Messenger was born in Omsk and has lived in Omsk all her life and it was impossible for her not to receive support in the higher plane from our Focus of Light - from that crystal which we laid in this place almost one hundred years ago.

Thus history comes to pass; thus events on the Earth take place. And there was no guarantee that this experiment would succeed and would not be terminated as had already happened with many previous attempts to anchor the Focus of the Brotherhood in the physical temples of the people residing in Russia.

I am explaining all this to you in detail to help you get to the bottom of the opportunity which is being opened before you. Not all the events occurring in the physical plane reflect the actions taking place in the higher plane. But a New Russia was created in the higher plane long ago. It was created by the endeavours of the best sons and daughters of Mother Russia. So many temples, so many gorgeous projects exist in the etheric plane over Russia. And these ideas of the projects inspired by God are ready to descend to the physical plane.

The night is dark before dawn.

Just like an unbroken horse, Russia was throwing off many significant missions of the forces of Light with enviable constancy. This country chose a hard Path. During these long years the groans of millions of lifestreams, receiving their complete karmic retribution for the unruliness to the Will of God, have been resounding in the Russian territory.

The people have endured much. The people have come to a standstill. No matter how long you beat about the bush, it is impossible to escape from the plan of God for this country. And the time has come for the implementation of the conceived plan.

The time has come for this country to use its cosmic opportunity. Thus, the people who are supposed to implement the etheric plan in the physical plane of this country are in embodiment now.

You know that it is always hard for one to climb an inaccessible peak alone. But when one has climbed, many can make use of his help and example and also ascend to their summits of the Divine consciousness.

Oh, Russia, hasn't your time come at last? Yes, it has come and it cannot be otherwise!

There are many unexpected turns ahead of you, many dangerous ascents and steep cliffs, but the lightbearers of Russia have reached the point from where the way to the summit becomes visible.

And this stage of work, which is just about to come, will take all your strength and abilities in order for the Plan of God to be materialised in the physical plane.

The benighted times are over for Russia!

And in your hearts you already feel tomorrow approaching.

Deep in their hearts the Russian people have always cherished a hope for a radiant future which is to come. In their hearts the Russian people have always believed in a miracle that would save Russia.

Many times it was really a miracle that saved Russia.

And now the time for miracles is approaching.

The Golden Age will be created in Russia through your hearts and minds, with your hands and feet. This country has always kept aloof from other countries and has always stricken them with its unpredictability. The best representatives of its people have always cherished in their minds a hope for a special Path which would suddenly come to light and would be undoubtedly connected with God.

Russia is a country loved by God.

And I am overwhelmed with joy and anticipation for a near sunrise and the following bright and sunny day for Russia!

I have been with you today. And I am glad we have met.

I AM Nicholas Roerich.

## DNA and Planetary Upliftment

By CM, Monjoronson, Machiventa, Eve

Jul 19, 2008

**Urantia Fellowship IC08 Conference Transcription - Michael; Eve; Machiventa; Monjoronson - Jul 04, 2008 - Los Angeles, CA**

URANTIA FELLOWSHIP IC'08

Los Angeles, CA

Teacher: Michael, [Eve](#), Machiventa, Monjoronson

TR's: Donna D'Ingillo, Deborah Goaldman

Topics:

1. **Michael's invitation for repatterning**
2. **Eve on DNA upliftment**
3. **Machiventa on [Urantia](#) Book outreach**
4. **Monjoronson on planetary upliftment**

July 4, 2008

Michael: Good evening, my children! This is Michael. It pleases me to welcome you to this gathering of truth-seekers. This time on [Urantia](#) is unprecedented in your planet's history. In the plans of correction that your Mother and I have mandated many wonderful endowments of Spirit are indeed being made available to you to compensate you and your brethren for the various and innumerable ways in which you have been deprived of our presence. There is an upliftment soon to occur on [Urantia](#) that will spur on new attitudes of spiritual consciousness. You are already seeing some signs of this in your culture as a planetary collective, and yet this is just the beginning of a glorious age that is soon to be birthed on this world.

You, as truth-seekers, are among the heralds and restorers of the light on [Urantia](#). There are many presences around you that uplift you and support you throughout your day. It is our desire to help you make more conscious contact with these helpers. This will alleviate the burdens that you bear as you see your world changing in very drastic ways. This is a time of separation of truth from the error that has grown out of the legacy of the rebellion and subsequent Adamic default. This world is unique in my universe for the many reason enumerated in your [Urantia](#) text. From a personal standpoint, many of you have felt isolated or abandoned, or felt unworthy to be children of the Father, my children, your Mother's children. We are here to help you reclaim your divine inheritance and to restore your dignity.

Some of you have made great strides in coming to understand who you truly are. Many and most of my children still slumber in spiritual darkness. It is our request and our invitation for you to increasingly open yourselves up to the light of truth that resonates and illuminates your heart. It is my desire that you would receive more of my presence this evening that you may carry this light within you and have it shine more brightly from within your being to radiate outwardly and attract those who are hungry to hear your words of truth, to feel your comforting embrace around them. My children, will you receive me now as you open your hearts and center yourself in the presence your Mother, whose breath of life nourishes you and supports you on this world? Sit back in your chairs and relax. Bring your attention down to your heart—that sacred place within you—where my

[Spirit of Truth](#) can resonate and open you to a greater awareness of my love for you. Receive this now, my children. (Pause)

There is a foundation of peace within your being that you grow each time you come to me and ask for my presence to fill you. Stabilize yourself in me, my children. I am your anchor, your bastion of safety and security when it appears that the material world around you is crumbling and falling away. You have read in your [Urantia](#) text that "what does it matter to the kingdom believer if all things earthly crumble?" Yet, they are around you. There are so many changes to come to [Urantia](#) that many of you will see in your lifetime. We are here to prepare you for these times of change and help you become more firmly established in that living reality of truth and goodness and peace and forgiveness that you may carry these divine attributes deeply in your body and become the living vessels of love to share this with your brothers and sisters who are not yet ready to respond to the call of Spirit within yet are so hungry, so searching. You are the ones who will plant these seeds of Spirit within them. You must be full. You must be ready to respond to those who come before you who seek this spiritual nourishment.

There has been a great deal of instruction given to you over the course of these years of celestial guidance. Now it is time to be in your mindedness where faith is predominant. You have been raised in a culture that prizes intellectual achievement. This is well and good; you establish and develop this ability to conceptualize, analyze, and use the information to build a better culture around you. But yet, these mind sets, so predominant within, you have fostered a false foundation within you and has taken you away from the very simple, basic foundation of faith that is the center of my relationship with you, and the relationship that you share with your [Indwelling Father](#) Fragments. This relationship of trust wherein you respond as a little child and trust that you will receive what you need to handle the vicissitudes of daily living on such a stressful planet. What do you need? You need peace. You need security. You need comfort. You have all reached physical adulthood, but in so many ways and so many levels of your being, you are still so very, very young.

You are my children, and it is perfectly acceptable to come to me as a small child, to come to your Mother and me as babes to let us love you and to establish a firmer foundation of parental love within you so that you may feel this love and become so full of it that you are easily able to demonstrate this love to your brothers and sisters. You also have access to me as your elder brother Jesus and to use my mindedness to help you within any situation where your own mind fails you. Let your mind expand, let your Mother breathe through you and expand you to help you align more in that mindedness of my presence to stabilize you as you go throughout your day to day activities. Again, center your awareness in your heart, and your Mother and I will move in you now, my children. (Pause)

Change is all around you. This is time of change. While there are many facets within you that resist change, that seek comfort and stability, know that there is a place within you where you will find this: that is within me. I appeal to you, to encourage you to embrace the changes that you see around you—to welcome them and to know that a better way of living will be birthed as these changes continue to manifest upon [Urantia](#). Let yourself be stabilized as these changes move around you.

There are others who wish to speak to you tonight, to share their words of comfort and wisdom, inspiration and hope. Know that your Mother and I continue to build you in that presence of Godliness that you require. Be in my peace, my children, and grow in my love. Good evening. Nabadonia: (apologies....transmitter's voice was unable to be picked up; Mother's message was one of encouragement and trust in Michael.)

Eve: Good evening, beautiful children! This is [Eve](#). As was mentioned earlier this evening, your Father Adam and I are indeed returned to [Urantia](#) in the morontia form and conducting a wide variety of methods in which you are able to receive that which was always yours to have as your inheritance. Think not that this is a small undertaking as the human genetic coding and patterning has undergone many derivations and diminishment of that which we have as our nature to share with you. This is somewhat of an experiment, you might call it, to provide to you with a complementary strand of divinity to interject within your DNA that will replicate itself over time of those attributes of physical vitality to enable you to remain on the planet in service to Michael during this time of planetary correction and change.

There are those of you who have stepped up to be about the Father's business and to serve in this time of upliftment for extended periods of service. Those who have made this decision are given many endowments to help you live longer and healthier lives. We do not yet know what the effects of this will be as this is in the very early stages, yet we anticipate that you will respond very well and enjoy a greater receptivity of your Adjusters being able to react within your physical mechanisms and to give you those attributes of peace, compassion, courage, faithfulness that are so humanly prized and valued.

As your biological mother in terms of the planet, there are many endowments that I can share with you. If you are willing to open yourselves up to receive this, your Father Adam and I will help you incorporate this into your being. It is unfortunate that you did not receive all of what was originally planned. Now there is a massive reinstatement of our genetic coding that you have access to. As our Father Michael and Mother [Nebadonia](#) have said this evening, it is your time to receive this re-parenting in a very physical sense. There are many celestial workers who are able to take these threads of our DNA and insert them into your being to begin the replication process.

If you are ready to receive this, simply say "yes" within your mind and heart, and let us share with you what was always your gift to receive. You all deserve this. Let us share in the delight as we bring this into your beings now. Breathe deeply. Breathe mindfully. Breathe with the full intention as each breath moves you deeper and deeper into peace, into awareness. (Pause)

I know for many of you that this may seem strange, quite unusual. Yet if you are trusting as much as possible in the idea of your being children, you have every right to receive this. Some of you may ask, "am I truly worthy?" The answer is "yes!" Had you received the full complement of our nature, you would take these things for granted. Yet you have all been so diminished in your human dignity because of the rebellion and the ways in which it fostered those feelings of unworthiness. You are worthy. You are so worthy, so important, and so valuable.

As Adam and I move in you through the agencies of the celestial helpers, allow yourselves to be as little babies being spun in this web of golden light so that which is of the higher violet hues can gently impress themselves upon your physical cells. Your bodies are hungry for this, my children. Absorb this as if you were sponges, letting your bodies swell with light, peace, harmony, and the resonance of the universe that is your home in Mother. (Pause)

Some of you may have questions about the implications of this for your life. I will address them in a few moments. It is my desire that you become more comfortable with receiving what your Father Adam and I wish to share with you. These are particles of light. While in your [Urantia](#) text there is information about who we are and our mission on this planet, there is scant mention of how this functions in your being. As much as we can share with you this evening, we will entertain your questions to help you accept more fully and readily so you may use this for your benefit and to share it with others who may be ready to receive this news in a receptive way.

Student: I'm honored to be in your presence. I have two questions: one's personal and one's more general. If others are interested in accepting what it is you offer, what is the process by which I or others can introduce to them—that's question #1. Second question has to do with a session some weeks ago when I was informed that Adam had downloaded information having to do with farming; I'm curious if that can be confirmed. Also, what's the purpose?

Eve: It will be very important for you to exercise discretion and discernment with those people [who provide] you this information. Some people will reject this because it seems too far-fetched, or what you might term "out there," in terms of what is possible. So always be guided by the [Spirit of Truth](#) within. If you have a question if this individual is ready to receive, you simply need to ask for a fraternization of your Father Fragments to ask that question, "may I share this?" and wait until you perceive your answer or prompting or nudge within you that says "yes", this is a good time or the appropriate moment.

As these endowments grow within you, they function to expand your capacity for superconsciousness. Most humans are still reacting from such primal fear-based realities that the superconscious mind has little influence, yet this is all designed to foster the development of the higher mindedness that keeps you more attuned to the voice of your Indwelling Monitors and to keep you more attuned to when you resonate with that person you are speaking with and how to interact with them in a way that is compatible with where they are in their beliefs and feelings. Does this answer your question? (Yes, it does; thank you!)

As to your second concern: the information implanted in you by your Father is, you might call it, being woven into your various levels of consciousness. There is a time coming when you will become more consciously aware of this information. You will seem to be gravitating towards certain areas of study or interest. It is not so important to try to force the growth of these seeds through your intellectualization of trying to figure things out, but to allow the environment within your being to become so love filled that these seeds have a healthy soil in which to grow their roots in various ways in which you understand your reality, so that over time you begin to develop this interest and awareness in a very natural and easy manner. Does this also answer your question?

Student: It does, and I'm so grateful for the endowments that you have provided.

Eve: It is our joy to share ourselves with you. Thank you for opening yourself up to receive this.

Student: Greetings, Eve! My question this evening concerns the complementary strand of DNA that was spoken about that we will be receiving. I understand that this new race of indigo children on the planet actually have a third strand of DNA. Is this strand being spoken of—this spiritual strand of complementary DNA—is this similar to what these indigo children have? Could you speak on that?

Eve: The strands of DNA are encoded with attributes and qualities that make you more receptive to the spiritual energies that pour forth from the center of [Paradise](#). Your science is still in the early stages of understanding the genetic coding. They see it in terms of a material physical form. Yet within the genome is something of morontia value or substance. This is still not perceived by your scientists, yet within these children, this exists. I am conveying this through this transmitter who is unfamiliar with this concept, and it is challenging for me to convey the complete picturization of what this entails.

May I summarize it by saying that it has a higher value of morontia material or information within it that these children are using or have within them. This is one of reasons you see them being able to perform these feats of telekinesis and other forms of what you might consider to be extra-sensory phenomenon. Does this answer your question somewhat?

Student: Yes, it gives me better insight. As I understand it this complementary DNA that you speak of that you are uplifting in us... I'm not sure if you are saying that this already exists that is being activated or if this is a morontia form that is being implanted in us that cannot be studied or visible at this time by our present science.

Eve: There are various levels of what is being endowed within you and within the children who are being born on the planet. Many times in your understanding it is difficult to lump things together in one basket without being able to look at the different components. It is important to appreciate that there are various levels and various functions at these different levels. It will take some time for your scientists to appreciate that these more morontized levels are indeed real, because you do not have the levels of detection that you need to be able to understand these in an enlarged perspective. Is this a little more clear?

(Transmitter's note: In receiving this information from [Eve](#), I saw the DNA strands and also a light form around the strands that looked like the morontia levels as it impacted the DNA. The energy forms around the physical strands of DNA had many patterns, vibration, colors and information that seem to hold the integrity of the physical DNA together.)

Student: Yes, thank you for taking the time to answer this.

Student: I'm from South Korea. I'd like your comments or advice on the [Urantia](#) movement in Korea.

Eve: I will defer this question to others who are in a better position to answer this question. My focus is on the upliftment of your genetic coding as opposed to the [Urantia](#) movement in your country. Would this be acceptable to you? (Yes). One moment.

Machiventa: My brother, this is [Machiventa Melchizedek](#). You have a question regarding bringing heightened awareness to your country. Is that correct? (Yes) You would like to have some direction on how to do this? (Yes) There have been many in your position of feeling alone and having to carry the torch by themselves. Know that you are not alone and we will support you in all your efforts.

First, we want you to learn the book well. We want you to study it diligently. Always, always make time to nurture your soul through prayer and studies for you find the strength and courage to be this deliverer for your country. You must be fed within, tapping into your own divine source. Here is where you will find all the answers you need. There will be times when you feel that you cannot hear us. That is why it is so important for you to cultivate that connection with your Indwelling Spirit, and with your Mother and your Father of [Nebadon](#).

Build a network of friends in the movement that are here and that you can communicate with. They can share with you their own experiences and it will give you a feeling of belonging, even when you feel it not. My son and my friend, there are others in your country who are ready to find you. Find ways to make yourself visible. Use the media that is available to you. You are so fortunate that you have these resources. There are people here at this conference who can help you know how to get started if you need that assistance. Just speak out! You will be amazed at who comes to you when you call. Does this help you? (Yes) Do I need explain any further?

Student: Thank you for your answer.

Machiventa. You are most graciously welcome. We thank you for stepping up to this role. It will enrich your life in ways beyond your understanding right now. Forge on and carry that torch! That is all for now.

Eve: Please continue with your questions. There are many celestials present to address your various questions. You may ask anything you wish regarding the DNA upliftment or any other thing on your mind. There are many who will help you to come to a greater understanding.

Student: I have a question I'd like to address to anyone. Michael spoke earlier of a spiritual upliftment of sorts. I'd like to ask for more information about this. Would this be a sudden upliftment that all on the planet will experience simultaneously or will this be a gradual upliftment like we are experiencing now?

Monjoronson: Greetings to all, this is Monjoronson. It is rather challenging to address this idea of the upliftment as for some it will seem quite gradual and for others it will seem quite sudden. Much of it will be that which you perceive in your own heart, within your own mind. As you know, there are many who have received the promptings of the [Midwayers](#) through the 1111 phenomenon and many are waking up suddenly to respond to the longings of their heart as their awareness opens to a much greater reality. As others awaken and become more enlivened with the spirit within, it will seem as if more people are suddenly waking up and they will be mobilized into action. From your human perspective this may seem to be quite sudden indeed. And yet it will happen in a way that is seemingly gradual. This may be paradoxical to you!

It is also a time in which you will witness performing great acts of love, unselfish service and devotion to the plight of others less fortunate who are suffering devastating losses. As the benign virus of love across [Urantia](#) some hearts will respond quite easily and readily.

I would ask you a question to expand a little in your own thinking in what you mean by suddenly? Do you feel you will witness people all over the globe changing their hearts, changing their actions, their thinking in the blink of an eye? Is that what you are referring to in this short period of time, within a few days or weeks? What is your definition of suddenly?

Student: My definition would be an event that would take place in a moment of time where there would be a sudden intense consciousness of reality of spirit. I guess this is a childish perception that I developed in the past. When Michael said that about the upliftment, I remembered that notion and wondered if this type of event was in the near future. As I see it this is a gradual upliftment one by one awakening to the spiritual energy you've been applying on the planet. I was wondering if there was something else to take place over and above what I see happening now. Student: May I interject, Monjoronson, to address would it be something similar to the reception of the [Spirit of Truth](#) for those minds that are already open and willing to receive; would be perhaps be sudden to them. Then, those not ready might not notice it all?

Monjoronson: Yes, this is what we anticipate to be more of the case. That which your Father Michael was referring to is an embrace of the planet wherein the circuits are fully restored and the restoration of the full spiritual circuitry of [Urantia](#) bringing it back into the universe from which it was so heavily quarantined over the course of your planet's evolution now coming to an end, and so as this embrace, as you might call it—this restoration of the circuits will allow more of Michael's peace and love and mercy to encircuit the globe. For those people who are hungry and on the cusp of awakening will respond more suddenly. For those whose minds are still mired in fear will respond a little bit less so.

We understand your questions of curiosity, and we will always endeavor to answer them to the best of your understanding, yet we also ask you to deepen your acceptance of allowing the mystery to unfold before you. Human curiosity is such that you want immediate answers for so many situations. This cannot be given to you for a variety of reasons. One is because you must experience these things in your own life fully so they become a living reality within you. As we

have said to you before on many occasions we do not wish to spoil the surprises: to delight you and to see that which you have so earnestly asked for in your hearts to manifest. Would this not ruin some of the anticipation?

Think about your children who come to you with their Christmas lists. If they were to present you with their wish list and you were to tell them exactly what you were going to give them, how excited or delighted would they be on Christmas Day? This is the same for you. Invite the embrace of Michael for this planet. Pray for it. Pray for your brothers and sisters to also desire this. This will help to increase the spiritual receptivity and help the circuits become more fully enlivened within the hearts and minds of your brothers and sisters. Does this answer your question?

Student: Yes, it does. Thank you for your patience with my curiosity.

Monjoronson: You are most welcome. D, does this answer your question? (Yes, it does, thank you.) Thank you!

Student: Another curiosity question now. I would like to know about a phenomenon I experienced years ago in which I literally heard the voice of one of my teachers. I was informed within the group I was in that this was something that people were being prepared for receiving these reflected messages. Is this still real, intended? Am I still functional that way? Is it going to be used? For what purpose?

Monjoronson: As circuits are fully implemented, you will have access to those endowments of reflectivity that function throughout the universe. The messages given to you earlier were to plant the seeds and set the stage for this time when [Urantia](#) is fully able [to] receive the communication and become a living viable member of the universal family. That is all I wish to share with you about this at this time. You know the validity within your heart, and this would be something to also commune in stillness with your [Father Fragment](#) to ascertain a deeper awareness and appreciation of what you have access to as the [Correcting Time](#) progresses and the circuits open fully upon [Urantia](#). Will this satisfy you for now, my sister?

Student: It will have to! Thank you.

Monjoronson: Again, we do not wish to convey too much information that would spoil the delight. You must appreciate that this is a part of the achievement and attainment that is yours to enjoy and to relish as you grow into a deeper appreciation of the mysteries of the creation of Michael and [Nebadonia](#). You have a wonderful universe to explore and many things to learn, to understand. It is very crucial at this time in your development to try not to anticipate too many things, but instead to be patient and know that in good time that which you need to know will indeed be revealed to you when it is the appropriate moment.

Student: That's something I already knew!

Monjoronson: That is something worth repeating! You are always trying to get more information in this wobble room. We understand this. We appreciate how patient you have been and how much your hearts desire these changes. You must also understand the evolutionary nature of the universe, and that Michael's plan, while being implemented in an accelerating time frame, must still follow the natural laws of evolution. As you well know, your Father did not circumvent the natural order of things when he was on [Urantia](#). Let that be a clue to you that this is how he wishes to unfold this [Correcting Time](#) throughout the system of [Satania](#) for those worlds of the rebellion.

Student: Jesus always stands as our example!

Monjoronson: Precisely! (Thank you.) Be in his peace.

Student: Words to faint to catch...essence had to do with spreading the [Urantia](#) teachings.

Machiventa: My brother, I have a question for you. This is Machiventa again. Which would you prefer to see? The [Urantia](#) Book spread around the world in the minds of all or the love of our beloved Mother and Father spread around the world in the hearts of all? (The second.) Then that's [the] way you should pursue this. Seed their hearts. If they desire their minds to know about the book, then they may ask you those questions that will lead you to respond in a way to reveal that such a book exists.

Most people yearn to have their hearts fed. Jesus fed their hearts. There are sections in the [Urantia](#) Book that show you his techniques and how he reached out to people even when they were withdrawing timidly from him. Study his methods. Feed their hearts. Will this help you understand?

Student's comments too faint.

Machiventa: I think the world needs that most. You indicate that you agree. Good! Then proceed. No further questions or transmissions.

END

## Call to action to assist Kucinich by July 25

By Ashtar and Susan , Kucinich

Jul 22, 2008

Candace:

Obviously its too late to do that Ashtar teleconference. I did recently post the NEW July 4, 2008 Unanimous Declaration of Independence recently on this site. You can review it by clicking on the link to We the People for Peace at the bottom of this page. The teaching from Ashtar is nice. I don't sign any petitions anymore, unless I am sure they can and well be delivered to somebody important. However, if you feel it helps you to state your support by signing a petition, by all means do so. But I support this otherwise. Americans, and lightworkers must find their courage and go visit our representatives, media etc, and put on some pressure. And we must continue to stand in our shoes and never back off or couch the truth for anyone.

Ashtar: "Greetings, Beloveds! This is a most exciting and empowering time, as you measure it. Never before in your history/herstory have you had such an opportunity to provide the momentum needed to literally propel yourselves into that which we call the Golden Age. We have done many exercises on this mission, and we shall continue to do so, but we are also asking you, the "Ground Crew" of our Family, to partner with us in this undertaking in 3D.

We have been giving Susan powerful and compelling information on this. Fran has written a most eloquent and accurate description of the Truth of this mission, and she has provided the simple means to carry it out. This is your opportunity to come forward to stand with Beloved Dennis and to be One with those who were called upon by St Germain to sign the original Declaration which birthed a nation and inspired the world, thus bringing in even more of the Light of 5D. We look forward to further discussion of this on the special conference call which we invite you to attend tomorrow night. [Tonight!]

URGENT ACTION REQUESTED OF ALL LIGHTWORKERS THIS WEEK TO SUPPORT CONGRESSMAN KUCINICH'S STATEMENT TO THE U.S. HOUSE JUDICIARY COMMITTEE.

FREE "WETHEPEOPLEFORPEACE.ORG" CONFERENCE CALL TUESDAY, JULY 22, STARTING AT 6:15 PM PDT. GUEST SPEAKERS TO BE ASHTAR AND OTHER MASTERS. SEE DETAILS BELOW.

Please read [www.ashtarontheroad.com/americatebeautiful.html](http://www.ashtarontheroad.com/americatebeautiful.html) as background for this requested action.

"The president, vice president and all civil officers of the United States shall be removed from office on impeachment for, and conviction of, treason, bribery or other high crimes and misdemeanors." - Article II, Section 4, U.S. Constitution

If you've read many of our posts or been on our Ashtar teleconferences in the past year, you'll hear Ashtar saying "No dates!" although forward-moving events keep unfolding day-to-day. It's hard for our 3D minds to grasp how to bring a 5D concept into 3D physicality, but one given is that no dates can be given, because of the freewill of billions. The players are always changing the quantum field with every thought. For such new concepts as embodied in NESARA and the entirely new worldwide financial system, there must be enough agreement with these concepts by the major players affected to outweigh the resistance to change. The momentum of agreement is building daily and will continue and **we can assist that momentum exponentially by our actions.**

In understanding ourselves as evolving-into-5D-humans expressing GodSpirit in our human lives, it is so easy for our 3D minds to interpret updates of progress by the Galactic Federation and Earth allies as permission for us to stand back from thinking about and involving ourselves in politics and NESARA and the state of our government as being somehow beneath us superior evolving humans on our way to the Golden Age. We want so much to hear that it's done that we allow ourselves to hear it that way and we get impatient for a date to ease our anxiety.

To expect that we as a planetary society are ready for galactic contact before we have achieved planetary peace seems like putting the cart before the horse. Government and financial changes must occur before general galactic contact. To look at and become involved in what needs changing in ourselves, and thus in our outer environment, is the first step toward the Golden Age we claim to be coming into. If we stand back from this involvement in changing ourselves, and thus our external environment, we never will be in the Golden Age, since we have not become it by our thoughts and actions.

This is not to be "fighting against" something, but to be FOR something, or rather TO BE the embodiment of Christ in action.

**NESARA, in addition to being a very real 3D law which has not been allowed to be enacted yet, is an archetype of freedom, sovereignty, self-reliance and self-government, or in other words, of "life, liberty and the pursuit of happiness" that we claim to be for. To stand up as a sovereign Christed individual and claim your independence and freedom is the first step over the threshold of the Golden Age and a step that only we evolving Earth humans can take.**

We see that we are at the threshold now and Ashtar and the Masters constantly encourage us to become who we are and take that step. The step is in 3D but the consciousness of NESARA is in 5D. We must ground 5D consciousness by taking action here in 3D. Only then does it come into being. And this brings us to the specific action urgently needed throughout this week leading up to Congressman Kucinich's address before the US House Judiciary Committee on Friday, July 25, 2008.

We ask you to go to [www.wethepeopleforpeace.org](http://www.wethepeopleforpeace.org) where you will find the NEW July 4, 2008 Unanimous Declaration of Independence for the United States and the World. This was co-created at our Los Angeles workshop on June 28th, and it was signed there by Ashtar, St.Germain, Sananda, Sekhmet, Lady Master Nada, Lady Liberty, Lady Nesara, KwanYin, Mother Mary, Metatron, ArchAngel Michael, Buddha, Mother Gaia, and the Solar Tribunal, and by those Family members attending in their human bodies. We have advised that this revised Declaration be published unsigned, needing only your signature to complete it.

On the 'NEW Declaration' page at the bottom you will find the Word and Adobe downloads for printing out either the full declaration with all 35 of the original articles of impeachment of June 9th this year or the abbreviated document simply referring to these 35 articles. As to the July 10th single article\*\*\* introduced by Congressman Kucinich, by intent we consider this article\*\*\* as appended to the Unanimous Declaration, although it occurred after the date of July 4th. For the purposes of this action, we are asking you to copy and paste the 'July 4, 2008 Unanimous Declaration' into emails as below or to fax a printed copy.

**From now until at least the time of Kucinich's statement to the Judiciary Committee, we ask you to fax or email DAILY**, repeating the text of the declaration (either the abbreviated or full version) to the Judiciary Committee <http://judiciary.house.gov/about/contact.html> and to the Speaker of the US House. <http://speaker.house.gov/contact/>

Please also email your two Senators and one Representative whose web email forms can be found under the 'Congressional Addresses' page. [www.congress.org/congressorg/home/](http://www.congress.org/congressorg/home/) If any of the Judiciary Committee members also are your Representative, you can also email them on their personal webforms. Please change the title of your message each day, so that it doesn't get bumped off as a duplicate.

Congressman Kucinich said in a recent interview when asked what is the best thing that activists can do to change the direction of this country now:

"To practice being free, every day. That may sound trite, but to exercise the capacity of citizenship. To stand up and speak out in forums both large and small, to write that letter, to make the phone call, to meet with a Representative, to organize rallies, to bring people together, to have discussion groups, to reclaim a sense of agency as citizens, because that's a quality that has been lost in the last seven years.

"We can reclaim it. It was lost, it can be reclaimed. But we can only do it through action, and in a sense we have to acquire a capacity for active thought, word, and deed. And it can be done in a way that can be dedicated, it can be done in a way that's joyous, but it needs to be done. We need to remember the ferment that caused a nation to be born. And the nation is born and dies everyday by each of us, depending on our inclination to challenge the status quo, or to accept it."

He further said about grassroots activism, "That's what's gonna save America. Because what happens in Washington, everything in Washington is now from the top down. We're not paying enough attention to what's happening at that Grassroots level. And yet, the Grassroots activity, in its totality, has the ability to change Washington. People who are in positions of power... they lack a certain amount of humility, and secretly understand that they could be toppled very easily. And the system has a very fine line that supports its continuation, and if people get involved and decide to change it, they can do it. And that's actually our inheritance as you read the Declaration of Independence. If you don't like the system, you can change it."

So we are asking you on behalf of ourselves, our country, the world and all the Masters who signed this inspired July 4, 2008 Unanimous Declaration of Independence for the United States and the World, to stand up as sovereign Christed Beings and change the system. The opportunity presented this week couldn't be better to take this action as we step over the threshold into 5D.

\*\*\* "Deceiving Congress with Fabricated Threats of Iraq WMDs to Fraudulently Obtain Support for an Authorization of the Use of Military Force Against Iraq", title of article of impeachment presented to Congress July 10, 2008.

[http://rawstory.com/news/2008/Kucinich\\_presents\\_lone\\_Bush\\_impeachment\\_article\\_0710.html](http://rawstory.com/news/2008/Kucinich_presents_lone_Bush_impeachment_article_0710.html)

We invite you to join us on a FREE teleconference Tuesday, July 22nd, starting at 6:15 pm PDT. The number to call is 1-712-451-6000, pin 967962#. (As always, you are responsible for your own long distance phone charges.) We will discuss ideas for spreading this action and will have Ashtar and other guest speakers to give us further inspiration.

[www.AshtarontheRoad.com](http://www.AshtarontheRoad.com) [www.WeThePeopleForPeace.org](http://www.WeThePeopleForPeace.org)

# Riding Through the Winds of Change

By Hathors thru Tom Kenyon

Aug 8, 2008

Paros Island, Greece

[Read the Norwegian translation](#)

We wish to discuss several aspects of human psychological response to the planetary and interdimensional changes that are now taking place. Sensitive individuals are the most prone to these types of responses, yet they are also showing up for those who are spiritually unaware and primarily focused upon material reality.

What we are describing is a global sense of hopelessness, bordering on despair for some individuals; a sense that there is nothing that one can do to change the course of events. For some this leads to a type of depression, a lack of motivation; and that which gave life meaning, purpose and joy, now seems empty.

For others it is a sense of being extremely disconnected from their lives, as if they are watching a movie. They go through the motions of living a life, but their hearts are not in it. For others who are consciously connected to the web of life, the loss of species, the destruction of the eco-system is especially difficult to contend with. For those who are focused primarily upon their material reality, the 3-D life they live, these times are increasingly anxiety provoking for the financial concerns that we predicted some time ago are now upon you, and they will only worsen.

In addition, the evolutionary and catalytic waves from deep space that we have mentioned before continue to escalate. Those who attempt to control you through economics, politics and religion are finding it increasingly difficult, yet they are strengthening their efforts, and some individuals aware of these tensions feel caught in the middle.

For, indeed, from the standpoint of time and space, you are caught in the middle. You are caught in the middle of the tensions between evolution and devolution, spiritually speaking. You are at the center-point of time and space. This is an energetically intense place to be and from the standpoint of the soul, or the spark of consciousness that you are — your interdimensional reality, or however you wish to describe this to yourself — these are potent, powerful times.

From our standpoint there is nothing that an individual can do to prevent the dissolution of that which needs to be dissolved. The planetary changes are upon you. If you are able to take collective and individual action, some of the more intense forms of destructive change can be mitigated or lessened. But some of them cannot be stopped, or to be more accurate, we would say that it is improbable.

Your opportunity as a soul — as a spiritual being living a human life — is to navigate through these changes in ways that strengthen you and lift you upward, even as those around you seem to spiral into negativity, despair and acting out of their self-destructiveness. As you look to the human collective and see the self-destructiveness, the stubbornness to change, the tendency to stupidity, look also to yourself for these seeds are within you as well.

We have given previously our views of what your near future will unfold, and we shall not describe them again. You can look to the archives if you are interested. What we feel most important to convey at this time is how you must find the spiritual courage to rise up, as many around you seem to be falling. And by falling we mean specifically moving into lower states of spiritual quality. How do you navigate your life through a sea that is filled with fear, hostility, paranoia, constraint, lies, and manipulation?

The journey of an Initiate, which is the path of living upward in consciousness, regardless of the spiritual lineage or ways of describing it, is quite simply the passage through the eye of a needle, or the eye of the storm.

Let us use the metaphor of hurricanes or cyclones — for they shall be increasing in number and intensity. If you are at the edge of the storm you are exposed to the destructive power of the wind and water. But if you are in the eye of the storm, it is, paradoxically, calm. You can see the edge of the storm in a circle at the far horizon, but in the center, all is still and calm.

This center point of the storm is what you must find in yourself, from our perspective. This is the path of the Initiate, the spiritual master. There is no one who can teach you this. There is no one who can save you from the storms that are upon you, and by this we mean both the external storms of your weather, your politics and your economics, as well as earth changes, but we also mean the internal storms, your psychological and emotional conflicts, as you live in the midst of a world that is dissolving into a new world that has not yet become. There is little solid ground here and such states of recognition are anxiety provoking for most humans.

Most of you have not learned how to dance with chaos in a gracious manner, but don't be concerned about this. For soon you shall have many dance lessons and opportunities to be at peace with the partner of chaos, the swirling uncertainty.

In these times it will be easier to surrender to the downward spiral than live upward. And yet, living upward in consciousness is why you are here in this time — from our perspective.

There is a battle taking place on earth for your very spirit, your heart and mind. We have talked before about the nature of this manipulation and so we need not discuss it here. Again, we refer you to the archives if you are so interested. The essential point we wish to make here is that this is a time to rise upward in yourself, to take the high spiritual ground, to find in yourself the spiritual courage to not succumb to the downward spiral, to find a way to live upward in yourself even in the midst of increasing chaos, difficulties and seeming disasters.

We say seeming disasters because interdimensionally the events that take place in your life, such as catastrophes, storms, famine, loss of jobs, and so on, are multi-dimensional in nature. Certainly from the localized space of your being that is locked into time and space, your embodied self, these events are very difficult to deal with, and are catastrophes of varying degrees. But from the standpoint of your interdimensional self — your soul, the spark of consciousness, however you wish to describe it — these events are opportunities for immense growth and acceleration of spiritual evolution.

It is not the situation that you find yourself in that binds you, it is how you view it that imprisons or frees you.

And so in whatever situations you may find yourself in the coming years, we say to you there are many doorways to freedom in consciousness. Some of these doorways will involve interacting with those around you in new ways — stepping out of the box of perception you have been sold.

Some of these doorways will be finding a common ground with those whom you might call your enemies. Some of these doors are personal and are simply the space of a new relationship between you and your interdimensional realities. Some of these doors will lead you into interaction with the problems of this earth, of humanity, discovering new ways to solve problems that are outside the constraints of your current thinking, and some of these doors will lead you beyond earth, into other spiritual realities. The doors you choose lead you into new destinies.

If you continue to use the doors that have been given to you by your culture through their lies and manipulation, you will participate in a vast catastrophe. But we wish you to understand clearly a phenomenon of creation. The doors you open will lead you to a destiny that is unique, even if many around you enter through other doorways. In other words, do not buy into the mass hypnosis of what door you should open and enter through.

What we mean by the door of mass hypnosis is that those who wish to control you through economics, politics and religion, do so through subtle and not so subtle suggestion. It is not for us to say to you which doors you should open, for that is your task as a spiritual master, but what we can say to you is the obvious.

Each door leads to a unique destination, or destiny, and you can choose doors that lead you into joy and happiness, even as others are choosing doors that lead them to despair and sadness. Again, it is not the situation that binds you; it is your perception of it.

Let us get a little more concrete here. Let us say that you have lost your job, the source of your income. This is a very challenging and anxiety-provoking situation. Panic is one of the doors that are available to you. Blame is another door that is always available. Curiosity as to what might open next is also a door that is available to you. If you choose the door of curiosity, you open yourself to new possibilities. You will then have not shut your consciousness down into the lower vibrations of panic, anger and blame. They may surface from time to time, but if you keep your focus upon curiosity regarding what chaos will bring you next, you can discover new solutions to your problems in a much quicker way.

There is a tendency for human consciousness to repeat old patterns; this is based upon expectation, which is a form of memory rooted in the illusion of time, as you perceive it. It is possible to cut through your perception of time and accelerate to solutions to problems faster than would normally take place, but this is done through the door of consciousness that only you can open. It is done through both personal intent and action.

We realize that there are many levels of understanding on the part of those who read these words. The challenge for us is to communicate something that will be practical for all of those reading this. Some of you already know exactly what we are speaking to, and know that there are doors within you that you can open that will lead you to higher destinies, fast resolutions to problems without getting bogged down like many of those around you.

Some of you think and feel that you do not have the right for happiness or freedom of mind and heart, while others are suffering and imprisoned. But we say to you that the greater service you can render to your fellow humanity, is to free yourself from the imprisonment of limited consciousness, for then you can interact with others in new ways, and through those interactions new doors can reveal themselves.

And so when you find yourself disheartened, disillusioned, disconnected, and with no desire for your life, realize that you have simply wandered through one of the doors of your own consciousness, and that there are forces who celebrate your apathy, for then you are more easily

controlled. In these moments of recognition that you are in a lower vibratory expression of your potential, seize the moment, step out of that doorway into another.

Now, the difficulties that some of you may be experiencing may seemingly preclude any choice in your outer reality, but we say to you that the power of choice resides within you, regardless of the conditions you find yourself in. In the most difficult moments, when all doors seem closed to you, when there are no options seemingly available, we have a simple suggestion. It may sound trite and too simple, but it is simply a leverage point. For all that is required to change a situation is a small movement in consciousness, and then as you build upon this movement, vast powers within you are released. But until you have movement within you, of some kind, nothing can change. And so this is our suggestion for how to create a small movement within you when everything else has failed. Even in the midst of personal torment, external difficulties, whatever presents itself to you as the difficulty, find something to appreciate.

It might be as simple as that you can breathe, or if your breath is constrained, when you can take a breath, you appreciate the breath. Or it could be appreciating a color in the sky or something that made you laugh. What is important here is that when all options are closed, if you find something to feel appreciation for, no matter how small, you have created a small movement in consciousness, and with that movement great things can unfold.

We sense that some of you will ride through these storms that are upon you, the winds of change, more gracefully than others. But even you, who consider yourselves to be spiritually evolved, may be challenged from time to time as the old world dissolves into something new. And we sense that some of you will be caught in the grips of the chaotic times, and it is our hope that you will recall this simple suggestion, and remember to find something to appreciate, and with that movement in consciousness you will find new doors to open.

We hold in our hearts, our minds, a vision of great new realities for you and your human family. May it be so. May you make it so.

**Hathors July 20, 2008**  
**Paros Island, Greece**

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

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# Earth's Magnetic Field

By The Hathors, thru Tom Kenyon

Aug 8, 2008

[Read Tom's "Thoughts and Observations"](#)

[German Translation](#)

[Spanish Translation](#)

Let us give you an overview of the current planetary situation as we view it.

The magnetic field of earth is involved in a perturbation or morphing. This is taking place *interdimensionally*, and the net effect is incremental surges in amplitude or strength of the magnetic field. This morphing of earth's magnetic field is like a wave that rises and falls very quickly, and the oscillations are minute, but distinct. This is having a very strange effect upon human consciousness, specifically your biological experience. Many people are experiencing an increase of exhaustion and weariness. (As we have mentioned in previous communications, these symptoms are also caused by movements of energies from deep space as they pass through your galaxy and your solar system.)

But this (perturbation) is of a different category. This is caused by the magnetic field itself, which is responding to the deep energies from space. It is a response of the molten core of your earth itself; and the magnetic field is having a conversation with the cosmos, if you wish to think of it in this metaphorical way. Now, your science does not view things in this manner, but from our perspective the magnetic field is having a conversation with these cosmic visitors, the energies from deep space, which are, by nature, catalysts for spiritual evolution.

Another set of symptoms directly related to the perturbations of your magnetic field are distinct changes in how you hold short term memory—because memory is a function of the magnetics of your own nervous system and that of earth. Your brain processes information through the minute gravitational and non-gravitational fields of it's own structure and it is affected directly by fluctuations in the earth's magnetic field. And so you can expect an increase in short term memory anomalies. You may find yourself speaking a sentence and suddenly the words do not come to you or you mix up the words from their normal syntax. While in some cases this is the sign of a brain disorder, you will find this happening within the general populace at an increasing rate. Escalations in collective short-term memory *glitches* will lead humanity to a most novel situation. This situation is an opportunity or a curse, depending on how you work with it.

The opportunity is to see through the *mental matrix* of your own creation. What we mean by this is when your mind is unable to continue its *story line* in the ways it is used to, you have an opportunity to glimpse the realities behind the curtain (of perception). You are the ones who have created the curtain, and you have done this to keep yourselves separated from things you do not wish to see or experience directly, or in some cases what others do not wish you to see or experience directly. We refer here to *the unseen manipulators* of your collective reality—those who hold the economic and political reins of power.

We have said before that there are forces on your planet that actively resist the impulse for spiritual evolution. They are invested in continuing their lies through the misappropriation of information in order to control you. Their job is getting more difficult.

Their job is getting more difficult because the perturbation of the magnetic field creates gaps in the creation of mental realities projected by the human mind. They—meaning those who wish to control and manipulate you—have vast resources at their command, and they are employing every one of them. But they cannot control the magnetic field of the earth! And for this, you should give thanks.

The impulse that is affecting the magnetic field of the earth comes from far beyond their locus of influence. It is our expectation, based upon our understanding of hyper-dimensional physics, that the perturbations of your magnetic field are going to increase over the next several years. Those of you who are sensitive energetically are the ones feeling this most intensely at the present moment, but we suspect that in the next two to three years most people will be affected by this in a way they are consciously aware of, even if they do not know why.

We have a couple of suggestions for dealing with the situation.

Our first suggestion is the easiest. It involves understanding your connection to the core of the earth itself. As an energetic being, in addition to your flesh and blood, you can form a conscious energetic relationship with the core of the earth.

This understanding, or orientation, is that you are immersed in and surrounded by, earth's magnetic field. By going into mental resonance with the core of the earth (the generator of earth's magnetic field), you become energetically stabilized. The earth, as a conscious being, can reveal herself to you in ways that are difficult to describe because your culture does not have a language for this. And you have been manipulated and controlled to insure that you do not have an awareness of this, for it could be one of your greatest strengths.

By entering into resonance with the core of the earth you become more conscious of the earth as a *living conscious being*. Through this link, you receive a type of *energetic-solidity*—even in the midst of earth's increasing chaos.

The odd thing about it, however, is that when you bring yourself to your senses, so to speak, you are less controllable, less “manipulatable” by those forces that control the thought stream of humanity through mis-information, manipulation and mind-control.

In other words, forming a direct conscious relationship with the earth's core bypasses many of the affects of what we call life-negative technologies.

If you wish to do something in addition to entering into mental resonance with the core of the earth, we suggest using your *pranic tube*, a subtle energetic channel that runs from above your head, through the center of your body, and into the earth. This tube, this channel, can be extended deep into the earth, down into the very core itself, and also above the head deep into space. In this method you are not dealing with extending the channel beyond the top of the head. Instead, you only extend the channel into the core of the earth.

But the essential thing is not so much the sending of this channel into the earth. The essential thing is to understand that you are in resonance with the core of the earth simply by *knowing* it. This will impart a sense of stability even in the midst of increasing chaos. It will awaken your senses. It will bring you into greater conscious relationship to earth. And, we must caution you that

it will also de-hypnotize you—make you less controllable. And you will see through the lies around you more clearly!

The second suggestion involves developing a conscious relationship to the core of the galaxy.

Essentially, understand that you can be in resonance with the core of the Milky Way Galaxy, which is a black hole, and that in similar ways to being in resonance with the core of the earth, you can become stabilized in relationship to the galaxy.

If you are capable of this, simply hearing this described to you will activate the knowingness of how to do it. It is not a complex affair. It is quite simple, but requires the understanding that a part of you is not limited by the time and space coordinates of your physical body.

It requires an understanding that consciousness can extend instantaneously, anywhere in time and space, and by extending your consciousness to the galactic core, you are stabilized in relationship to the galaxy.

*The ideal is to be in relationship to earth's core and the core of the galaxy simultaneously.*

Then you will be able to ride the waves of energy from deep space with a greater degree of mastery.

But, again, we caution you that this will make you less controllable, harder to hypnotize, and then you may have the very odd experience of waking up while many around you are still asleep. What you do with this awareness is, of course, your choice and your response-ability.

## **The Hathors March 24, 2008**

### **A few clarifying thoughts from Tom**

For those unfamiliar with the pranic tube here is a brief description:

The pranic tube is a subtle energetic-channel that is *tube-like* and runs from the crown, at the top of the head, through the center of the body and passes through the perineum into the earth. The perineum is a point mid-way between your genitals and your anus.

If you touch the tip of your thumb to the tip of your second finger, you will see a circle that is the approximate size of *your* pranic tube. In some esoteric traditions, the pranic tube is called the *Central Pillar* or *Central Column*.

Some lineages of Tibetan Buddhist yogis and yoginis work with a very thin channel, about the size of a human hair, that runs through the center of the pranic tube. This energy pathway is known as *the Secret Channel* and it is used in certain esoteric yogic practices to affect the subtle energetics within the yogi's or yogini's body—the idea being that such practices lead to a quicker unfolding of spiritual illumination or enlightenment.

Generally speaking, the pranic tube runs a few feet into the earth (unless one is really ungrounded) and up above the head a few feet as well. Since the pranic tube is a subtle energetic, it does not follow the laws of Newtonian physics, but instead resides within the constraints of Quantum Mechanics. Thus, it is possible to extend the pranic tube very far into the earth, into the very core of the planet and/or far out into space.

For those readers who find such concepts outlandish, I suggest you read a short article I wrote entitled Thoughts and Observations of the Channel.

If it helps, think of the pranic tube as an imaginary device. Then you don't have to determine whether such a thing is really possible or not. You can explore the effects of the pranic tube on its own terms.

The pranic tube is affected by thought and intention. All it takes to extend the channel into the earth or into the cosmos is the intention for it to do so. If you are new at this, you may just have a thought that it is happening. As you work with it more, you will eventually have the distinct impression that it extends or contracts according to your intention.

In the method suggested by the Hathors in this planetary message, use of the pranic tube is for those who want to *do something* in addition to just going into mental resonance with the earth. Some people are resonators and some are activators. Some people are both. Going into resonance with something other than you (i.e. the earth's core) is essentially an act of passivity. Some people do this well while some people need to do something. For those who want to do something while going into resonance, the pranic tube is an excellent device. So choose the method that works for you.

The important thing—however you do it—is to enter into mental resonance with the core of the earth and if you can manage it, the galactic core as well.

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**Candace:** this is an excellent exercise, this "grounding with earth." Some of you are starting to vibrate at a rate quite a bit higher than earth, which is still in the 4+ range. Haven't asked lately. If you can consciously lower your vibration, (grounding with earth) and by this I don't mean lowering your behavior to earth standards, but the vibration of your energetic form, the ascension syndrome may lessen.