

*Messages from*  
*Abundant Hope*

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**Shellee-Kim # 1**

## INTRODUCTION

### to the Messages with Shellee-Kim

#### Excerpt From An Inner Journey

The first time I began hearing voices in my head, I was at an indoor display area in a bird park. And these voices were coming from the fish in the tank. The exchange broke my heart. The fish were so terribly sad being imprisoned and I felt utterly helpless to do anything to help them.... I burst into an unstoppable torrent of tears-and because I couldn't believe this was actually happening to me.

I also happened to be with my then 10 year old daughter who was in histrionics over her utter disbelief of this most excruciating and embarrassing public display that happened to involve her. Being in her self-conscious teenager phase, for her it was remembered as a 'worst day of the year' event.

What followed after that for me was a kind of step by step opening of further telepathy, clairsentience and certain other abilities and gifts. And I was able to use these in ways to aid others also. That always gave me the most and deepest pleasure.

Even though I began hearing different voices, each with their own characteristic uniqueness and each presenting as a masculine or feminine energy, I went into denial about it all at the start. And came close several times to surrendering my mind for observation at the nearest mental institution.

At this time, I also started attracting the dead from the other side. Some of these I knew and others I didn't. It ended up being a great confirmation period, as I was guided to those this side of the veil who confirmed details of my various chats with those who'd been contacting me – their family and friends. So it served a good purpose.

It was also the period when I had yet another of my many spiritual tantrums! But this one was different: it was followed by a memorable galactic visitation. I was in my small house. I have a lounge area which runs into the kitchen, open-plan style and divided by a long counter. There are two extended spotlights on the kitchen ceiling.

That night, I was on the lounge side, screaming dramatically into the night: 'If my life's got a purpose then show me now or I'm going to pile my cats into the car and drive us all off Chapman's Peak '(a cliff drive nearby, overhanging the Atlantic Ocean)!

At that moment, two HUman beings suddenly 'beamed in' directly under the kitchen spotlights. The man was tall, blond, had straight hair to his shoulders and was wearing an all-in-one royal blue body suit. He had very Nordic features. Standing next to him, maybe a half a head shorter, was a woman, a brunette. She was wearing an all-in-one red body suit. Think Star Trek exactly!

No words were exchanged between us, but theirs was a familiar, comforting presence. I was mesmerized, unafraid and seemed to go right out of time...although the whole episode couldn't have lasted more than 15 seconds. And then they departed, beamed back to wherever they'd come from and it was all over!

It took several years to discover the identity of the couple – it was Ashtar (the Fleet commander) and his twin flame. That took awhile to confirm as I was led slowly and deliberately – via a range of websites and books through my invisible friends – to memory activations within. But first up I had to discover an aspect of my origins, so I was guided to the Dianne Robbins' Inner Earth books.

Over time and piecing things together, I telepathically discovered my family there. One member even came to the surface – on a whistle-stop surface mission – and I had a novel experience engaged in telepathic conversation with him while sitting in the same restaurant at different tables! We weren't allowed to have direct contact...frustrating, but those were the conditions of our contact. I knew why immediately after that...I probably would have shackled myself to him there and then, so there'd be no way he could refuse to take me back to the Inner Earth city of Shamballah with him.

All the while, before and during those years I'd also been impulsed to work with the process of inner alchemy as a means to clearing and balancing myself. And only recently was given a further few clues of my origins, confirming this approach is second nature to (HS) me.

My constant past contact with the Sisters /aka the Mothers/aka the celestial girl gang (Nada, Mother Mary, Sekhmet and more recently, Sa-Ra helps me to understand choices taken in this life and their implications, amongst many other things.

This is a little of what came up, thinking about the journey with this particular gift. And I thank profusely the many magnificent beings that have come forward with their jewels of info to, hopefully, add to all of our journeys in one way or another.

And, as it always does, on this and all other fronts, the journey continues...

May there be much joy and many triumphs on yours!

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## **Time Of Divine Grace**

**By Hathors thru Eskay**

**Mar 30, 2011**

WE are the group known to you as the Hathors. We are a consciousness of benevolent beings in service to all those currently residing in physical form upon Earth. WE come to you this day to inform you of what lies ahead.

There is much that lies in the unconscious of each individual, as well as within you all collectively. This is shortly to be brought to the conscious awareness of each of you with a sharp jolt.

Preparation time is effectively over, although many of you have been preparing unconsciously. However, what is about to happen will surely shock most of you. And here WE see the value in being shocked. It is a state that serves to trigger people into both awareness, and if they are open enough, a state of accelerated growth.

As with your previous life experiences, it is always a question of how you will choose to respond to that which you witness and experience. Perhaps for some it is even to be a time where more growth can and shall occur than at any other time in this and many other physical incarnations. This is to be a time, therefore, of great gifting from those who rule this domain.

[SK: I interrupt the flow to query why in the past from this group consciousness I've sometimes felt what I call a feminine 'flavour' coming through and sometimes a masculine one. Today it's a feminine one.

H: Sometimes WE appear as a feminine 'flavour' to you and sometimes as a masculine one. But it matters not as what motivates us is assisting you ones on earth who are open to receiving our teachings. It matters not that your limited perceptions of physicality and gender associations restrict your perspective about us as WE are ever committed to our service to you. Please take the nub, the kernel of what we offer to you within our messages, rather than become caught up in these limitations.

May we continue?

SK: Please do. Apologies for the diversion.]

H: We would like to add something about that which you call The Wave and are reading about.

This event, broken up into numerous smaller events, is to have possibly the most profound impact on humanity than has ever occurred or been witnessed in many, many thousands of your earth years.

For those ready and prepared it is truly to be a time of Divine Grace. A bestowal of

blessings, the nature of which cannot be described here as there is little in your current life experience, (conscious) memory or vocabulary to begin to identify, and therefore understand.

Many of you who have spent lifetimes preparing for this time will be exalted beyond their own understanding. This will be an excellent example of their humility and worthy enough reason for their leadership of the many.

Please note that many are to discover their true spiritual beingness for the first time at a conscious level in their lives. This will require some management amidst the mayhem and chaos that abounds around them. When WE say 'management' WE mean of the kind that puts the highest good of both individual and group needs above the needs of all other things at that time. Of course, we do not mean at the expense of yourselves or your own lives. It is important here to separate martyrdom from service and be very clear on the distinction between the two.

Many are to come to the fore during this period with a (re)newed sense of purpose with which to guide others. It is to be said that these ones will provide the best 'teachings' by sharing of their own personal experiences and stories of their own growth. Nothing serves better than both experience and example, in the eyes of others. It will also be in the honest reflecting and sharing of how challenges were overcome in your own lives that will be most honoured by your people.

WE are most honoured to be a part of these proceedings and a conscious interaction will be possible in times to come and when sufficient numbers of you are open to our presence. We say this is to be far sooner than later. But there are experiences humanity will go through between now and then.

WE would like to wrap up by saying all is proceeding according to the unfoldment of great plans. And even though a certain amount of 'disasters' are occurring and will continue to occur for the learning of humanity, it is preferable to perceive these as great opportunities to stretch the consciousness, expand the heart, feed the mind and strengthen the physical form.

In benevolence and service to all upon Earth.

WE are the Hathors.

**Note:** I asked whether I could change words for variation that were repeated a few words apart or in sentences that followed. But was told there was some type of encoding/activation? that took place with the use of this and it was preferable not to change them.

**Candace:** Eskays Blog: [www.goldsalchemistry.blogspot.com](http://www.goldsalchemistry.blogspot.com)

# ACCOUNTABILITY

By Hathor Consciousness thru Shellee-Kim Gold

Aug 23, 2012

We are the consciouness known as the Hathors. As we come to you this day we wish you greetings and good tidings upon all.

How is it that so many humans are able to live with themselves? There is such destruction of so much that lives in your realm. Much of that which has been seeded in service to humanity is constantly abused, corrupted, maimed or worse. We look upon this with great sorrow. Yet there is a profound teaching here for you ones upon earth.

And that is that looking the other way while others are involved in such atrocities does not mean you bear no responsibility for all that has occurred.

There are two important aspects to functioning and progressing within earth's duality. The actions and reactions of the individual. And the actions and reactions of the collective.

Now being part of the collective means everyone gets to both enjoy the fruits of their labour and bear the burdens collectively. To explain this more simply here's one typical example of many in your recent history. The reaction to the American 9-11 attacks were a collective test for humanity, but in particular, for the people of the United States.

The choices collectively for the majority in that country were either to believe the lies put out by the media about the 'terror attacks' or rise questioningly beyond this in a revolt, of sorts, against the controlling elite, which would create a wave of awakening amongst the masses. And subsequently a unified force field amongst humanity. Allowing the plan for Light to flow earlier and easier.

Although a minority did see through this event and acknowledged the truth of such, collectively the choice was made by the majority of humanity to passively accept the lies posing as truth.

This was another measure by the dark elite to counter incoming light and set the US citizens, and indeed the rest of the world into that selfsame state of terror and fear.

The collective reaction to these attacks brought about a different timeline. One that would delay the Light's arrival further. And so this has since allowed for further manipulations of nations, economies, politics and greater control of the peoples of the world (even if these are cloaked in apparent freedoms). This has been the choice of the collective. And the lessons in collectively empowering a people have continued. For, unpleasant though it may be, this is how you learn.

Now, on a personal level. While there may be some amongst you who do rise to the challenge, who bear responsibility for their lives and question how they can expand

themselves further, these ones are still in the minority. Even amongst those who call themselves Lightworkers.

It is heartening to see the diligence with which these ones apply themselves to the task at hand. They are indeed a light unto the world and are the teachers of your realm. For individually these ones have chosen to react to their lives in the manner most sought-after by their higher selves.

This is the individual reaction that allows for the ultimate forgiveness of that which occurs in the life and ultimately, the love and acceptance of the self. When coupled with a desire to be of service to others, this reaction can only be one that allows for and opens the choice (or lifeline/timeline) to reach and live the soul's highest potential.

This is indeed beauty for us to behold, seen from our perspective. And it is our great privilege and grandest desire to see as many as is possible choosing this path.

There is an enormous amount of energetic turmoil at this time. Necessarily so. For it is forcing ones to consciously decide their own fates as never before on earth. Even in these last and final moments of the dying old earth.

Impetus is required to keep things going in all areas of existence at all times. There must be reasons for an occurrence of both a problem and a solution. Nothing occurs randomly. And there is always a push and a pull to allow for such.

We see there are many amongst you who feel let down at this time. Looking for someone or something to blame will be to no avail, beloved people, for are not all things of our own creation for our learning and advancement?

And while some of you may believe you are victims to 'bad luck' or 'misfortune' or the global recession, these are, in fact your own creations. Whether at the collective or personal level of creation.

Accountability is a great teaching for those in duality. And we are here to help with the recognition of such. But we cannot do for you, choose for you or 'see' for you.

Remember, there are none so blind as those who cannot (or will not) see.

May you be inspired to make choices that are of the way of the highest light. We are ever on standby for your call for help with this.

In service to the One and All  
The Hathor consciousness

<http://www.goldsalchemistry.blogspot.com/2010/03/accountability-by-hathor-consciousness.html>

## EVENTS TO COME

By Metatron thru Shellee-Kim

Aug 29, 2012

I AM Metatron come to you this evening. We feel you are ready to start taking messages again to be shared. Are you prepared to take one now?

[There was a bunch of personal stuff first for me, then comments about many now who are to have transformations and awakenings...to themselves, their lives and/or their missions.]

As you know, you are about to have the three upcoming Days of Darkness. During this time, many of you, particularly of AH, will be taken to ship for instruction and training. This will be followed by a debriefing. Once you have understood your roles, there will be a splitting off into groups. There is to be very much a hierarchical structure in place for ease of operation during this period. And we will be with you every step of the way – both Celestials and Star fleet crews. No one will will feel out of his/her depth.

When everyone has organized themselves into the group they will be reporting to, we will have a series of special events occurring. These will constitute some flyover and public announcements, after which there will be more direct introductions to the people of earth. At the same time as the re-education begins, there will be the distribution of foodstuffs, adjustments made to certain of the manufacturing sectors on your world (the ones that are necessary to have functioning during this period) and there will be many amongst you prepared ones, who will come forward now into the general public with their own stories to share for the easing of tensions amongst your people. In many respects this period will be a turning point in the history of your world. It is a time that will be seen as a lifeline for many. And many will make their crucial decision as regards their future, at the last minute in this period, in fact.

A portion of those here beyond the 3DD, it is seen, will begin an uprising, in order to try and topple this operation – what they believe and see to be an invasion. And they will organize themselves. But they will soon be seen for what they are. Amongst these will be those who's dogmatic beliefs will be more powerful than their abilities to change or open their mind sufficiently to look at alternatives.

### **SK: Why will they remain then?**

Because they must be given an opportunity to express themselves. And we see only perhaps a third or a little more of the post-3DD folks will be returning to earth after the major stasis. Now, there are other tasks you ones will be performing, in addition to sharing your personal stories with the public. Many of you will be escorting people on to craft, where you will be showing them our wondrous technologies, living quarters and our customs/ways of doing things. All this is designed to ease the people's spirits, relax them and help to promote a relationship of trust between us. As escorts, much trust and faith

will be placed in you initially, by the people.

It is imperative, therefore, that you keep and maintain your inner balance at all times. And listen to your guidance within at every juncture and you will know just how to handle a person or situation.

Now the fun part. There will be some of you, quite a few, who will enjoy staying on craft during this period. This will be the 'cherry on the cake' for you ones. And we will delight in watching your delight at all you are to discover. The idea of this gift and privilege is that you then return to your people, reporting on the experiences had, adding further to the peace of mind of the populace.

We think this is enough for tonight. We know how hard this has been for you and we thank you. It is encouraging to see this shift. And we hope there will be many more messages taken again by you now.

I AM Metatron and I bid you Adieu this evening.

Shellee-Kim <http://www.goldsalchemistry.blogspot.com/>

**By Monjoronson thru Shellee-Kim**

**Aug 30, 2012**

Good evening beloved friend. It is I, Monjoronson, come to you this evening.

Let us begin with an understanding. There are many amongst you who have been given opportunities to be of greater service to your fellow man. Some have grasped these with open arms and an open heart; many others have struggled to do so. Not because you haven't wished to do so, but for reasons related to your own sense of self. And your own judgements of what you believe to be 'acceptable' or 'unacceptable' service to others.

Service to others is nothing more or less than service to the self: when you are at a place of deep compassion for your own self first (that is born of a love for self) you are in a place where your service to others becomes that much more profound.

Now, let us look at one of the many examples of this. We see a young boy who has just learned how to cross the road. He is most proud of his ability and proceeds, putting all the road rules he has learned at the forefront of his mind that he might act upon them. What he doesn't know or realize is that behind him and quite accidentally, is someone pushing him at just the wrong moment.

Quickly, all he's been taught go out the window, so to speak. He is now in self-preservation mode to protect himself from oncoming traffic. The next step now is to extricate himself from potential danger as quickly as possible. Once this is achieved, he is able to return to perfecting his practice of crossing that big, busy road. This time with extra awareness and added lightning-fast reflexes.

Many of you are at the point of learning how to cross the road in an entirely new manner. One, where you both have all your wits about you, can plan 'on your feet' so to speak for an emergency, and at the same time are able to offer assistance to others crossing also. While it might appear as something of a balancing act and somewhat precarious even, this also becomes a personal initiation of sorts for those choosing this.

The time you are all to enter now is much like this road crossing experience for the little boy. Much that is unexpected and could be perceived as hazardous is to come to the fore. Your role will be to roll with what presents.

Always remembering to respond to everything from a state of balance within. You have long been taught the 'hows' of this. Now is the time for theories to be put to the test.

Many of you have no or little idea of who you really are. This has been for very good reason. You are about to be revealed to yourselves now. What you are to discover will leave some in awe and may take a little time to digest of the truth of this. This part of your unfoldment process has been well planned and perfectly timed. All set to coincide with the

timing of the larger global and cosmic events.

For many of you that are choosing and have chosen roles at this important juncture in humanity's future, it is to be a time of great fulfillment. And we cannot emphasise and stress enough that composure is key to the success of this next phase.

It is for you ones to be a joyful time in the realization of dreams, visions and that which you call fantasies. But it will also be a time of extremely hard work and much will be required of you in this final initiation and phase. Support will come in many forms, so the tasks to hand will feel far less daunting.

We believe this channel has exhausted her concentration and focus for this evening. And we would like to expand further on these thoughts at another time.

It is indeed a pleasure to have spoken with you once more and I look forward to more regular interaction with you.

I AM Monjoronson, blessing you all with my love this evening.

\*\*\*\*\*

## **Part 2**

25.8.2012

I AM Monjoronson come to you this evening, once more. And I am of the Light. I wish to speak to you this evening further of the coming times.

There are those now who are being activated, as we speak. These are ones who have been preparing themselves unconsciously on your surface. And in alignment with their contracts made so long ago. Some will wake up smoothly and easily, while others will be subject to a spell of confusion and disorientation. When these ones seek you out, please do remember how rocky was the road for you when you first stepped on to it. For some it may take a little longer than others to 'get with the programme'. Show these ones patience and understanding. They too have jobs to accomplish, when they have returned fully to themselves.

Now, the new order of things to manifest is to follow strictly to a programme of events. You have already read about some of this through Candace. What we are chiefly concerned with is finding ways to secure peoples' attention. Here, we mean specifically beyond the 3DD and into the teaching period.

SK: But won't Starfleet under CM's command have taken over global media?

M: Oh yes, but that's not all we need to have in place for the full focus of the people. This is to be their (either longer or shorter) moment of choice and decision-making. In order to have maximum impact, there needs to be further measures in place. And once you are all fully activated to who you are and why you are here on earth at this time, things are to be

far clearer in all of your minds. Including the newly-awakened - who you shall nurture to the same state as yourselves.

Some of what you will be doing will involve group work. But this will be no ordinary group work. And many from other civilizations will be present at meetings that will be held continuously throughout the teaching time. Their input, you will find, will be highly valuable. It will serve, in many ways, as what you have already intuited – presenting ways forward that you as a valued member of your society can share with the many on your surface. Not to mention begin in implementing, where possible.

Some of these beings you personally shall recognize, while others you may not. These sessions will be very powerful as it is the coming together of those from numerous civilizations who – in various instances - have already gone through what you are to be going through on your world.

High councils pertaining to these cultures will be on hand at all times to trouble shoot with you, should it be needed.

Now, the next thing to note is the importance of the acts of discipline that each of you are expected to pay heed to each day. This will take the form of communing with the Divine within each of you and certain rituals we will ask you to observe.

Those that have been working with the AH meditation directives, will of course have a great foundation from which to continue on with this. But many from elsewhere would not have had this opportunity or support. And again, your initial energies will be much needed in bringing those under contract into fully awakened states, to the point where they are comfortable with operations and all that is required of them. Of course, this is over and above your work with the general population.

Then, there is also the question of money.

While many of you will be reliant on us for an income, there will still remain a small portion of people that will continue to earn an income in the previously-known manner. But everyone will be given duties to do – services rendered in exchange for the provisions we are to make available. There will be no 'lounge lizards'. Unproductivity produces laziness which, in turn produces sluggishness of mind and spirit. And this is the last thing we want after all we are setting up for this period.

It will be the first time in a very long time that people will work - contributing to the benefit of all - and without the anxiety that the potential lack of resources or bill-paying produces.

We feel this is adequate for this evening.

This is Monjoronson wishing you every blessing on the road ahead. Our love and support are ever with you.

Shellee-Kim <http://www.goldsalchemistry.blogspot.com/>

## Tolerance

By Jiddu Krishnamurti thru Shellee-Kim

Sep 10, 2012

A few years ago I had Krishnamurti knock on my inner door. I was thrilled as I had always admired him as one of the greatest teachers of consciousness on this planet (and still do), and have been an avid fan of his work. Will find and post the older one I did by him also.

\*\*\*\*\*

SK: Krishnamurti, are you available to chat?

K: It is I, yes Jiddu Krishnamurti, come to you after this very long absence. I am most delighted that you have called upon me. And I am most honoured to be able to bring forward a topic for contemplation once again.

I ask him to ID himself.

K: It is I, Krishnamurti, the 'guru' who likes no followers \*laughs\*. And I most certainly am from the Light.

SK: I've always known and felt you as very serious and intense, so I'm kind of happily surprised to hear you joke.

K: Do not underestimate the power of humour in both our realm and yours. And I have grown myself further since we last communicated and passed through some obstacles in my own expression.

Now, what is most pertinent to speak about this day? I feel it to be the subject of 'tolerance'.

When we speak of tolerance, what comes to mind? Tolerance is not something that can be pushed or forced into existence. It is something that either lives within you or it doesn't. How is it then that we become intolerant, in the first place? Many influences in the life make this so. Perhaps the most important being a conditioned, non-acceptance of our own behaviour.

In this non-acceptance of ourselves, we tend to then project all of our own unhealed thoughts and patterns onto those around us. Your psychologists call this 'projection'. And intolerance is just one quality of our own creations as human beings that we do not take ownership of.

Living a responsible life requires living a responsible inner life first. And there is much to be said for becoming comfortable with the mind, its workings and the impact it has on us first.

Like many states, tolerance is not something you can retrain or reprogramme your mind with. Because, firstly, the mind thinks. And being intolerant has everything to do with how you feel. It lives within the core of your ego-identified self. And, if left to its own devices, it has no intention of departing from that comfort zone.

Now let us give you an example of this. Say an elderly gentleman is walking on a crowded sidewalk. Being elderly, he is walking at a slow pace. Also to carefully avoid the dips or rises on the sidewalk that might put him off balance and cause a fall. But many walking towards him or behind him are much younger and sure-footed. They have no time nor inclination to slow their walking speed down. They 'tsk' impatiently or mutter their distaste under their breath to express their intolerance at perhaps being forced to slow down or walk around the elderly gentleman on approaching him.

But he is of no mind to deal with this and rightly perceives these reactions as the problems of others. Yet, in the minds and actions of those passer-bys, the elderly gentleman is most certainly the one they blame for momentarily slowing down their pace. This is a case of classic intolerance.

And what does it show or tell us in the human experience? Merely that we have not evolved beyond the ability to perceive our responses to life/others as our own creations.

Of course there are many times where we do and must set boundaries within our living conditions with others. Here I mean that boundary-setting in interaction with others is a necessary form of healthy self-protection which many neglect to do due to their own bad feelings about themselves.

And while tolerance for others and boundary-setting with others might appear differently, they are both rooted in a sense of unworthiness and unacceptance within. Although seemingly different in their manifestations.

In fact, your world has become so intolerant toward others in so very many ways that it has conditioned you to the point where you have pre-conceived (mostly negative) notions about anything or anyone that you perceive to be a 'minority' expression.

And while the elderly gentleman in the above example might not be part of a minority group at all, some of your mostly-western societies perceive it this way. Mostly because your programmed intolerance has made sure these elderly ones are seen and heard very little of.

To make it easier on yourselves, you shut them away indoors or in homes for the aged like some disease that is too painful to confront. Yet this doesn't alter the general intolerance toward this sector of your population.

How did intolerance grow to such strength in your society? Largely by encouraging the 'me' factor in the living. When you live in conditions which accept selfishness and self-centredness as almost a virtue in certain societies, anything and everything outside of this model becomes something to be rejected.

And a place where people feel justified in feeling their feelings of intolerance. Towards

others, at situations which arise in the life, but mostly toward our own selves. Tolerance, as we first said, is primarily a state of non-acceptance of the self. How do we set about changing this, should we desire to do so?

Everything meaningful in the life requires work and effort to change. In addition to the tactics of the ego which would encourage this state of intolerance if it is to the benefit of the personality to do so, you are also given the knowledge to rise above this, bringing yourselves back into balance.

Begin with awareness of yourself in action. Watch the way you respond to situations and people. Become familiar with the patterns you see emerging regularly from within. Note the ones amongst these that are destructive in nature; those ones that trigger negative emotional states.

Whatever you seek to bring more of into the life and expression, dwelling on its opposite will serve well as an awareness exercise. Then you are in a position to own your creations more fully and release that (intolerance) which no longer serves. These are some small steps to becoming comfortable and recognizing your particular dance with yourself.

I do hope you will not leave it too long again until our next communiqué. I have so enjoyed this time together and hope it has been fruitful. Thank you for your service.

With love and in honour  
Jiddu Krishnamurti

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PS. Here's one of a bunch of his quotes I just found somewhere.

“Find out for yourself what are the possessions and ideals that you do not desire. By knowing what you do not want, by elimination, you will unburden the mind, and only then will it understand the essential which is ever there.”

— [Jiddu Krishnamurti](#)

# A WORLD WITHIN A WORLD

By Tara and Shellee-Kim

Sep 10, 2012

" Tara is living on the New Jerusalem, the Big Ashtar Command Craft. It has copies of all the soul records on its massive computer of every ensouled person on earth, in the event of damage by radiation from nuclear detonations. All ensouled folks are also "chipped" to this computer, so you can be located in event of evacuation needed. The New Jerusalem is mentioned in Revelations as coming down from heaven, and also its computer is mentioned someplace, I don't remember where, but the measurements are given in some ancient way of measuring. It is "cube shaped." This message is from June 16, 2011 -C "

I've been wondering about material practicalities and what to take with me when the time comes to make a quick escape by car from my valley on the coast or am guided to one of Star Fleet's beams. Then I started thinking about what they have on board...

This is what I heard from someone by the name of Tara of the New Jerusalem ship. We have not (consciously) chatted before, but she says we have in other/dreamtime. She refers to herself only as an 'on-board facilitator'.

TARA: You will be permitted to take one item of luggage or bag. If it goes through the beam, good and well. If not, you will have to leave it behind.

Although, once on board, none of your material possessions will be necessary as we have the technology to recreate your own homes and the things that gave you the illusion of comfort and security. We do this for your own well-being and for your initial adaptation to our surrounds.

SK: What about our own personal clothing?

T: You may bring your own clothing, but you will far prefer to wear our own, which we will provide for you. Each will be provided a garment/s that will fit and reflect his/her station. This means according to what you have accomplished spiritually thus far in your lives, so you are given the appropriate garb to wear which reflects these accomplishments. This then informs others and helps them to more easily identify you and your place, so to speak.

The garments feel alive on the skin and radiate Light and Love, meaning your entire being will feel resonant in them, providing a sense of comfort and well-being, as with all else you experience here.

Please understand this is not a question of judgement of you by us in any way, nonetheless there is a hierarchy and protocols that are most definitely observed here also, as on your world.

Remember, many of the mother ships are absolutely enormous and are worlds in themselves. As is ours.

SK: Talk to me please about our domestic pets.

T: Do not fear or have worries about your four cats. As has been mentioned many times to you previously by numerous beings, they will be safe. And you have been told specifically how you and they will be assisted.

Pets will be taken to a specific place on board where they will be cared for. You are free to visit them anytime you like, and to spend as much time with them as you deem fit.

SK: Can we take them around with us and have them close to us, as in our surface homes?

T: It is preferred that the different species (pets and humans) stay separately so that a co-dependant relationship cannot develop. We see this as unhealthy in the development of both. But in emergency situations we do and will make such interaction available for mutual benefit.

There are beings who's choice of service and work is to interact with the animals constantly, and that is different. Of course, we know this is very different than the approach you take with your animals on your world.

SK: Because of what I've been experiencing since the end of May (will elaborate on this in an upcoming personal piece in 'Diary of A Crazy Ascensionist' category), I recently asked someone from the Inner Earth I was chatting to about celebrating through dancing and music-making. Can you elaborate on the type of music you listen and dance to, and is it that different from the IE?

T: Our music is composed and selected, as you were told by your IE contact, especially for the purpose of feeding the body and soul a particular frequency. In accordance with our objective and the mood we are trying to achieve on a musical occasion, so we employ different focuses musically to enhance the experience. Through dancing, we then ground this into our physical bodies, whether its a light and elevated, earthy or energized mood we're celebrating.

We utilize the power of sound in its entirety to unite with our God Selves and each other. Creating and experiencing this is vastly different from how you enjoy music on the surface of Earth. We have room only for the harmonious tones, rather than any inharmonious ones, as these are not beneficial.

The Inner Earth have based their music largely on our models. With a little modification here and there to suit their specific circumstances, but essentially it is the same.

Everything we have and do is designed to raise our frequencies and vibration. This way we are constantly enhancing our harmony within, in order to perform that much greater a service to our brethren. In whichever capacity we so choose to do it.

SK: Anything else you'd like to add?

T: Those of your loved ones that will be accompanying you on the journey going forward with the Earth Mother will be quickly and easily able to be located in your new environments. We would like to put your hearts and minds at rest on this one. As we see this as a chief source of concern for those who are taking this route.

SK: I have a lot more questions in mind(I'm often teased about being the Interrogator), but will give you a break for now. ;-)

T: Certainly, 'O Questioning One' \*grins\*. I will be available anytime to answer any further questions you have about life on board.

It's been a pleasure speaking with you.

Tara

## **Siraya Update on 3DD**

**By Siraya thru Shellee-Kim**

**Sep 11, 2012**

It is I, Siraya, wishing for you to take a message if you are in agreement.

Time draws very, very near now to the D Day. Please be in position, ready for the events to occur. We know you have many times previously being given warnings and asked to make necessary preparations. Perhaps some of you, as with this channel, will see this as another 'boy who cries wolf' scenario, as she fondly refers to these.

However, now it really is TIME. There are no further hindrances in our path, although conditions are not as perfect as we wish them to be. Yet we are choosing to proceed at this time, nonetheless.

We wish you all to know there are major flyovers to take place globally. We will create something of a show for the people of earth. It is important that Starfleet be perceived as playful and accessible, rather than the invasive, controlling dark forces your media and entertainment industries have painted us to be.

Also now there will be many Starfleet members ready to join with you. You have already been told somewhat about this. They will be on standby and available in an advisory capacity.

Please be warned of that element in your various societies whose fear will drive them to lead an attempted revolution against us. They will not succeed in overturning our operation but they will certainly make big efforts in trying.

You ones who are to be the wayshowers now will be specially equipped with the activation of yourselves and, in addition, gifts that will be entrusted to you. These will serve to assist on your earth in numerous ways during this teaching period and beyond. The ones in receipt of these will have been specially selected for their integrity, level of commitment and therefore ability to use these most responsibly and for the benefit of the whole. This channel has already made mention of this gifting some time ago in a previous channeled message.

In the ensuing chaos of the first week or two after 3DD we will make food available for people. This will be distributed from various depots to supermarket outlets, which will temporarily be run by us. Thereafter and once things have settled down, a new system will be in place with coupons/vouchers being used to exchange for food.

One of the first things to be addressed will be an alternative to the harmful fossil fuels your multinationals have so encouraged for profit. And it will no longer be necessary to use this type of fuel for the running of your vehicles, as we will be introducing one of our technologies. This will mean your cars will largely be running on a form of hydro

electricity/water. Thus eliminating all the harm fossil fuels have brought to your beloved planet. There have already been past efforts to bring forth this alternative to your people, but once again this was either met with dismissal or suppression, by all except a tiny portion of the population.

Forewarned is forearmed, as they say on your planet. There is more which will follow in the days ahead, if you would be so gracious as to co-operate.

As you go forth with cheer in your hearts

I AM Siraya.

**Candace:** as to the hydro electricity/Water, I have seen you tubes of people developing this in their own vehicles as an experiment.

## UPCOMING GALACTIC PARTNERSHIPS

By Unknown thru shellee-kim

Sep 17, 2012

Here's one I did on 16 December 2010 on galactic partnerships. It elaborates a bit more on this 'gifting' (I highlighted that section) that's been mentioned lately and other stuff that may be useful to know.

It was done in a period where I had something that used to pop up and block me from hearing the source when I had channelled chats, so I honestly have NO idea who it's from, other than a Lighted source. But it was at roughly the same time I started connecting with the Hathors, I think. Candace thinks it may be Machiventa. Or it could be Nada and co or Sekhmet or... (Candace: well whoever it is, its lovely, enjoy!)



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## UPCOMING GALACTIC PARTNERSHIPS

There is much we wish to bring you at this time. Events on the horizon of all of your lives are to change...for good. Take that in both senses of the phrase. For, in fact, the due date has now been reached. And the moment of change is upon you.

It is incumbent on each one of you reading here to rise to the challenges that are to present themselves to you. This you already know. What you perhaps don't know is some of us will be joining with some of you.

SK:Which means what exactly?

This means we will also physically be at your sides. To assist and advise and offer our support in numerous other ways, as may be required. Our expertise will be on tap, so to speak.

This will be a life-changing experience for us all via these many upcoming partnerships. It is to be an invaluable period of co-creation and learning. And we would ask that all be open and receptive to the opportunities that come your way with this. It will certainly be an honour and a great gift to partake of such.

Some of these partnerships have been long planned, while others have recently been agreed upon. We would also ask these ones involved in such relationships to treat them with the due reverence they deserve. Remember, we will be as unfamiliar with your ways of doing things in your world as you will be with ours. And while we come to assist you out of love and in service, know that we are come as the equivalent of you ones bearing the

Light on earth. We too now come to witness, experience, learn and partake of the soon-to-be-unfolding new world. And we do need each other here.

You are not expected to go it alone. Although it will be you of earth that will be doing the work of building anew. Nonetheless, our presence will be ever constant.

*Tools and technology that we will bring with us will be shared with those at the level of responsibility enough to use these for the benefit of humankind and to help raise one another up. And not for the purpose of exploitation, greed and as a means of power to have and hold over others. This will not for a second be tolerated.*

*Should it occur that tools or technology have been placed in the hands of those who waver or turn away from their commitment of service to the whole, that which those ones have been gifted with will be immediately withdrawn to protect all concerned.*

*There will be no place for faltering, particularly amongst the Lightbearers, the forthcoming leaders and wayshowers. It is imperative that integrity and service to others be at the heart from which all things spring. The driving force behind all things, if you like.*

*Not all of you will be gifted tangibly. Some will. Yet this does not make those who have the gifts better than those who don't. Or those who haven't received these as lesser-thans. It is merely a question of already agreed upon contracts, the level of responsibility the soul is willing to carry and the ability to remain unaffected by external 'power' identification.*

Ultimately, what is to come forth will be regarded as an enormous boost, a leg up, into the new world. When worlds end and begin again, there is always a certain amount of chaos to be expected. And this is what our role will be for, amongst the others already mentioned, to assist through the coming chaotic moments. We see this, with your assistance, as being handled relatively smoothly during the interim period after the major stasis.

There will be upheavals, of course, but with your guidance and calm, we see the residents of the new world adapting fairly well to the enormous upcoming changes in every area and on every level of their living experience.

For you ones, you forerunners, it will of course be remembered for being the most exciting time of being present in the physical human form. One where advancements are made in leaps and bounds, both personally and in worldly terms. And one where obstacles you have known all your lives will seemingly be no more. This is not to say you will suddenly have a ready-made instant Nirvana of a society. Far from it. Yet it will be apparent that progress is consistently being made.

Your world has not chosen to evolve instantly, but evolve it will. And it will be exactly at the pace that you pioneers will be most comfortable with. And you ones shall show the rest how to do this in turn.

This is all we would like to leave with you this day.

We thank this one for opening herself to do this channelling with us.

And we greet each one of you with great love and joy

In anticipation of our meeting.

# Self-Determination by Krishnamurti

By Krishnamurti thru Shellee-Kim

Sep 17, 2012

Maybe some of what's in here can also be of use and assistance to others in helping them understand and determine their upcoming choices...



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When we speak of self-determination we speak also of choices made on all the levels of your being. We speak of desired choices, but those not yet made. Those dreamed about that never really find that satisfactory outlet of and for expression.

What are we talking about here? We are talking about the ability to expand and explore consciousness via constantly making the choice to choose the high road. The high road as far as your soul's concerned, that is.

The high road is always the soul/Higher Self/soul group's greatest life objective and achievement.

Now it may bear no relation whatsoever to the human personality with all its frail ego shortcomings. Because the personality's 'high road' may be a version vastly removed from this. So how does one know whether one is aligned to the soul's high road? By asking yourself certain vital questions, my friends. Let's start with: Is doing this work, being in this relationship giving me that deep, inner satisfaction I desire and providing contentment? And how do I extricate myself, what steps do I take, if this is not creating these feelings of contentment within?

Of course, I am not including those whose suffering in such situations is brought about by their own past creations. I am talking here of karma. In this case, until the agreed upon time is up or the lesson learned and integrated, no amount of conscious pulling away will assist or change your circumstances.

And granted, it is extraordinarily difficult to discern the difference between the two (fear and karma) when you haven't done much exploring in the first place.

But it can be done- and must. The former denotes a place of 'stuckness' if you are not feeling contentment. Yet, it is not one where you are caught up in a web that becomes stickier if you try to move. Quite the opposite – it is one where if you placed just a little energy into it, would come clear apart.

However, the latter is a rather stickier web. One which becomes stickier as you try to free yourself from it. Unless your karmic contract is over.

Tonight I am not speaking to those who find themselves in contract with another, a group or relationship of any kind. These ones cannot be considered free entirely. And therefore not altogether able to freely choose and self-determine.

I am speaking to these one who have ensured their own 'stuckness'. Those ones for whom the comfort zone of the relationship/job has become more like the comforter. That which provides a nice, warm and cosy feeling of protection when you go to sleep with it.

But, beloved friends, it is also one that can keep you in a drugged and drowsy state of acceptance also. Are you with me here? It is to these many people who's fear of moving forward acts as the anchor in life.

By not exercising self-determination, this is not freeing you or accelerating your life's objectives in any way. Do you realize this? Do you realize you will leave your bodies and will have one main wish? That you took that opportunity when it came around to better advance yourself, or seized that moment which could have provided you with deep fulfillment. But there was always risk involved, as your personality, ego and subconscious perceived it, and so you stopped yourself.

Now, let me tell you. The most ardent desire of most souls who have left the earth plane after a lifetime, usually possess regrets and a desire to do it 'all over again'. And so we do –over and over and over...

But why should this be? When all we need do to determine ourselves is face who we really are. And do what we, our souls/higher selves, set out to have us do in this lifetime.

Yes, easier said than done. For the human mind and psyche is a complex affair.

What can we do to better acquaint ourselves with its trickery? We can begin by observing our reactions, firstly, to anything new or different that life throws at us. We can watch our emotional responses and begin to familiarize ourselves with how we feel about change.

This is an excellent starting place. Another thing pertinent to how you feel about change is to see how comfortable or not you are about changing your mind on a particular belief or subject.

Watch to see exactly how your body re-acts and the emotional responses your conversations with others brings. If you are capable of continuing the topic in a manner where you feel contained (not suppressed) within, you are not threatened. If you feel yourself to experience an emotional charge of the negative variety – be it anger, fear, outrage or any other type of resistance – you will obviously be re-acting as one who is threatened by the exchange. Now it is up to you to explore exactly what it was that upset you, and why.

All this should begin to give you some idea of your level of flexibility and openness or not when it comes to shifting your personal limiting patterns.

Evolution is not a race, beloved people. Yet, lifetime after lifetime is spent running around in circles regularly, chasing your own tail. And, upon reviewing the life, it is most often FEAR (False Evidence Appearing Real) that is the major setback for not having fulfilled

upon the soul self's intentions. You see, this can mess all plans up for the life.

Jiddu Krishnamurti.

## ADDRESSING CONCERNS

By Machiventa Melchizedek with Shellee-Kim

Sep 17, 2012

It is I, Melchizedek Machiventa come forward this evening.  
(SK: Some personal stuff for me first...)

Let us speak this night of what it means to act in accordance with your highest intentions.

Regarding your populations: Firstly, there are none so blind as those who cannot see. What do I mean by this? I mean those who can not/will not see what is right in front of their noses are so deep in denial, that they are best left unattended to, in many instances. Sometimes to meddle with the minds and emotions of these ones by ruffling their attitudinal feathers can easily backfire on one's efforts.

You will all soon become greater discerners in separating the wheat from the chaff amongst your populace. You will come to quickly know who sits on the fence and is therefore potentially open to what you bring forth. Then there are those who's eyes, ears and hearts are so tightly closed there are invisible 'no entry' signs everywhere around them. In addition to the smaller portion of people who will be palpably open to new ways of looking at old things and different ways of adventuring forward in life.

There are numerous ways in which you will become discerners that might best help you in knowing exactly what support to give and how much, or not to give at all and to just walk away.

You may call on us at all times for assistance as we are always just a thought away. And your mental and telepathic communication abilities will so have increased by then that you will constantly feel part of a larger group that is both walking with you and helping you in decision-making.

Now, there is also the question going forward of who's staying and who's going. This is a source of great concern to most all of you. And we wish to say it need not be so. If you could but make just the slightest of inner adjustments to that place of acceptance within, this would cease to be a concern in the manner it has been and rather be something you openly honour as the choice of another soul – whether they are (family) related to you or not.

[Continued 11 September 2012]

SK: But remember, Mac, lots of people on this earth are very biologically and emotionally deeply attached to their children, parents, siblings. In a way you perhaps aren't in your realm, or even those of Starfleet aren't.

M: Indeed. You personally have managed this successfully through lots of stress, pain,

anxiety and traumas.

SK: I have – involuntarily. But I probably wouldn't naturally have gone to that place and I wouldn't be able to be in this place...of compassionate detachment that I feel myself to be in with my daughter and family at the moment, if it wasn't as a result of my suffering and hardships with them. So what about those who have wonderful, loving relationships with their family members?

M: Indeed. The adjustment we ask you to make is one which can better serve all family members, whatever the relationship you have with them is. It is an adjustment that will see you also in better stead more broadly. For if you can get into this place of compassionate detachment, you will be able to manage this with everyone outside of your family also. Which will serve all far better in the short and long run.

There will be some of you that will have special training where you will be able to impart certain skills, techniques, methods, if you like, in ways which you may more effectively deal with your populations. You will find these to be most useful in any situations that will arise.

One prerequisite being: that you constantly refer to your inner voice and the help available through that, for it is there that you will find the answers needed on the spur of the moment. And know then at short notice how to deal with any given situation and what of the training should be utilized where.

SK: Yes. Is it true that while we are going to be responding to others, to be helping in these spontaneous situations, this period is also a big initiation for each of us (Lightbearers)?

M: It is most true that this phase can be seen as a further test of your mettle and will determine, at least part of the way, in establishing your next position, your next destination, as it were. You are all expected to pass with flying colours.

We sense there is much anxiety amongst a number of you about your perceived upcoming performances. But once you have seen and understood the help that will be available to you, you will not be quite so anxious. What is important - and this has been said oft times before and no doubt will be said many times again - is that you maintain your centre, your balance at all times. If you feel you're not, then please call out and ask for the help, for it is there.

This is to be a grand adventure. A journey that you hardest of souls chose to experience and serve in at this time. It is one to be embraced, for there are many wonders ahead of you, for you who have chosen this path. Which will, for many of you, have made your many variations on suffering in this lifetime quite worthwhile.

And so we leave this with you today. And say it is our pleasure to be able now to come forward in full force to assist you, as, where and when it is required. There are huge numbers of beings available here for this.

And so it is.

We bid you a most wonderful day further.

And wish you every success.

We know you will fulfill your roles wonderfully.

Machiventa Melchizedek.

## Monjoronson on Devotion

By Monjoronson thru Shellee-Kim

Sep 19, 2012

SK: Monjo popped in to ask whether I'd take a message. I asked him to call back in a couple of hours.

M: (2 hours later) It is I, Monjoronson, are you ready for me now, beloved one?

SK: I AM

M: This evening I would like to talk to you about the subject of devotion. You ones have stood the test of time and it is therefore appropriate that this is a seed you will be planting amongst many as you go forth and spread your wisdom.

Devotion – to the god within and the god without in all living things-are to become an integral part of the regular person's living in the future on your planet. It will be a wholly new and exciting way of life. And it is up to you ones in the knowing to extoll the virtues of this, the importance of living with and in honour of your god spirit, and above all else, the creating of time to devote to practices in which this bond may be strengthened.

It is important that people know the entire life and all future unfoldment for it now rests and is determined by how much or little they put into the development of this relationship with the Self. That is to say that fairly quickly and extensively will it be known that this is imperative as the focus for their new lives, particularly those remaining after the major stasis.

How you ones can help them work towards the building of such a relationship in their lives is purely through demonstrating by example of that which you speak. There is no better way of reaching people, touching them, moving them.

Devotion requires first a desire to achieve a particular end or aim. It will therefore require people who are inspired enough to trigger such in others. And people will be inspired in any one of many ways by you wayshowers who are stepping forward with your personal stories, skills and gifts to share with the many.

It will be a complete paradigm shift that will occur and during the course of the breaking down and away of what remains of the old, many will exist for a time in a 'no man's land' kind of state of mind and heart.

This stage is a necessary part of the cleansing and each will travel through it at his/her own pace. It is not for you ones to rush this or see yourself as anything but facilitators of the processes that others must go through in order to evolve.

Devotion will shift in the minds of people from being the worshipping of something outside

of themselves to the gradual acknowledgment that it is they themselves that own and are in charge of their own lives. The magnitude of free will then become a most significant talking point.

This is how we see some of the unfoldment occurring, but it is a broad generalisation, as each will work at the pace most comfortable to them.

Yet there will be a time frame laid down for the achievement of certain stages that must be reached before the major stasis when your planet goes in for repairs and her upgrade.

While people should not feel pressurised, the awareness of the timetable and what it will bring is important. And it is to be stressed continuously that it is through devotion and practices to strengthening the bond between them and their divine inner selves, that will more quickly help them move to their next respective levels within.

This is to be a time of great flowering amongst the remaining masses. And, as values shift from the individual to the collective level, a great rise up in consciousness will occur. This is the purpose of this final phase. Of helping to raise as many to as high a state as possible. In both the interests of the future earth and of their own personal journeys ahead.

[Continued 13 September 2012]

Now you ones who will be instrumental in aiding this process are to make it known publicly how devotion has played a most important part in your own lives. How your very personal journeys have reflected this and in the multitudinous ways this has come forth to each of you. And that there is no single way or manner in which to be committed to acts of devotion. For some this might mean dancing to connect more to the god spirit within. For others this could mean quiet time in some type of meditative practice, while others may find their devotion taking the form of a more active, specific service to others. The main point being that this is one of the singlemost important factors in fuelling forward movement in the evolution of the soul.

And by your very stories shared, you ones shall be the inspiration that drives people to begin desiring this experience and state also.

Why is it that so many amongst you suffer from low self-esteem? It is because you know not nor fully accept your god self within. For if you did, you would surely embrace and celebrate every aspect of yourself. And you would do so in a continual state of wonder and awe at who you really are.

People have so very little sense of themselves - what with the extreme mental abuse by way of programming and general numbing out and dumbing down – that in some ways starting from a clean slate in building consciousness anew will be fairly easy. For there is very little of substance that lives within the minds of most at this stage. And it won't take much more to remove the remnants of dross in the collective. (SK: I receive the image of dust being blown away).

Then follows a time of setting the example, implementing new ways and solutions to old problems. And thus a new value system within a society slowly unfurls.

Perhaps this description sounds over-simplified. Although the consciousness of people will be ripe, it is for you wayshowers to find the best ways of implementing these solutions, which will sometimes not be simple or easy. But you will have definite advantages to work with, like this described above.

In closing all that needs be said is that you ones, you wayshowers, are in a great position of privilege. It is expected at all times that your commitment to the introduction of love and life onto the planet remains priority. To this end, we suggest you daily enter into a period of self-evaluation in order to 'keep your game face on', so to speak \*smiles\*. This way you will be able to make the continuous necessary adjustments within for your own personal growth and evolution also, as you remain devoted to your service.

That is all for today. It is with great pleasure that we now have this one to add to our channeling team on the ground. It has been a difficult journey for her but she has come through.

With that said, many more of you are to awaken to our call in the days ahead.

We wish you joy of the wonders and the glory of the great discoveries you are now to make. About yourselves and your world. Revelation time is here indeed.

Heart-felt love to each one of your for your unstinting service.

I AM Monjoronson.

<http://www.goldsalchemistry.blogspot.com/>

## Matters Of Importance

By Monjoronson thru Shellee-Kim

Oct 24, 2012

(Started 10 October)

It is I, Monjoronson.

SK: I don't have a lot of time, but do have some.

M: Indeed. Shall we get to it then?

### SELF-RELIANCE

Tonight there are several things to discuss. The first I would like to address is the question of self-reliance. This is the state of relying upon one's inner Self and compass for guidance. In the coming days, working with self-reliance will be crucial and is most definitely a prerequisite to your success.

How do you know when you are in a state of self-reliance? The voices, thoughts, opinions and even objections of others are all filtered through your own inner self first. And before you formulate your response and your own opinion on a matter or situation. Then you will know exactly what feels right to you and be able to accurately express this. Once you are able to do this, you will be in a greatly clarified position. And one which is easily able to detect manipulations – the subtle and overt varieties – in your world. It is up to each one of you reading these words to work on achieving this very important state of being. It is a passport, if you like, to raising your consciousness. For your world has been so shrouded for so long in mire and darkness that the truth of all things, including yourselves, is that far removed from you.

### ENERGETIC STABILITY WITHIN

Now, I would like to move on to the issue of energetic stability within. What do I mean when I say this? Energetic stability is the manner and means in which you are able to access higher dimensions, yourselves and be in a position to properly discern the world around you. And yes, it is much interlinked with the above on self-reliance.

Everything is connected with everything else – this you know. But if we, for the sake of this writing, look at energetic stability separately, we would see it as a means of achieving through being anchored in your own personal field. And how do you achieve such?

One of the ways to do this is by becoming increasingly aware of the emanations of others, your world and mostly, yourselves. By emanations, I mean the emotional and psychic frequency of others. The idea being that you will then learn to separate yourselves from

their emanations. For many find themselves unknowingly succumbing to that which does not belong to them. Thus leading to all sorts of jarring in the field. In turn, this becomes a major cause of energetic instability in you ones. And, it is spread, like some contagion, with great consistency.

Being energetically stable is being properly and truly anchored to your own bodies and the earth. Many try to achieve this by the external practice of a ritual, expecting this alone will produce the same results. It will not, as energetic stability cannot be got under control by the discipline of the mind and will alone, but by a process of engaging all of yourself and your awareness in the task.

19 October (cont...)  
SCRUTINY

Next I wish to address the question of scrutiny. Let us look at this topic now. Scrutiny is not something many on your surface world desire. It is perceived often as being something one should turn away from. As if the very results it brings may frighten the enquirer into a stupefaction. Or worse. Force the enquirer into a new state of awareness from which there may be no return. Therefore, to the average person on your planet, holding anything (subject or issue) up to the light of scrutiny is not a comfortable concept.

Yet, in order for the soul to progress and development within the form to be made, scrutiny of both one's external world and one's interior one are essential to this kind of development. How are we then to break through such barriers and make the subject of scrutiny one which is more palatable to ourselves and the masses?

Indeed. What those who are desirous of progress ought to do is to first get to a comfortable level with the very things that bring you some level of discomfort. As soon as you feel the discomfort, the alarm bells that will ring as a defence mechanism will be an indication you are travelling on the right road. Getting comfortable and relaxed around scrutinizing subjects or issues, or indeed oneself, is a process – not any kind of overnight success story. As with the growing of all aspects of consciousness.

Once you have broken the barrier of making the first tentative steps towards familiarity with scrutinizing something and exercising your mind muscle, as it were, you will have cracked through an important aspect of the Self; welcomed in a portion of it. And in so doing, invite more opportunities in for further scrutiny. You will have succeeded in breaking through the fear that has locked the ability to scrutinize away from yourselves.

#### HIGHER SELF NON-COMPLIANCE/ALIGNMENT

Next I would like to address the issue of non-compliance with the Higher Self. Now, here we have a dichotomy. On the one hand, the state of non-compliance is one which results in being out of alignment with your Higher Selves wishes for the life. On the other, we have very much the universal law of free will allowing exactly such on this free will planet, which is respected and honoured at all times. The dichotomy rests in the fact that while you are here to enjoy a free will experience, your objective is to also do the will of your Higher Self in order for the progress of yourselves at the eternal level.

So this is something of a conundrum and the reason why so many wished for the earth

experience in the first place. There is no greater school in the universe. This is known far and wide.

In order to obtain the maximum out of both in the most constructive manner, it is necessary to constantly be evaluating where you are and who you are. Neither of which most of your population are inspired to do. In fact, this couldn't be further from the minds of most. So what is the solution to providing this balance for yourselves?

You could start by testing yourselves daily to see if you are on the 'right' path. But being on the 'right' path first denotes that there is more than one path possibility in your internal and external lives and that you do have a choice as to which road you go down.

Not unlike choosing which ice cream flavours at a parlour you may wish to taste. Each has its own unique flavour, but perhaps certain ingredients or flavours in some will agree more or less with your physiology than others.

The easiest way, then, to discern and find balance in this conundrum is to ask for guidance from your Higher Self and then to LISTEN and take ACTION when the opportunities subsequently presents. This is the difficult part for most that eludes many. This could be anything from a simple (or not so simple) changing of a mental attitude and making a new inner choice to a decision that is more obvious as a change in the life. The subtlety of the workings of all this in a very base world like yours is an enormous challenge.

You can muscle test these for answers, work with a pendulum or other secure means if you feel less assured of your ability to discern within and hear your inner voice clearly on such matters.

I AM Monjoronson wishing you well in your preparations and regarding you all most highly.

[www.goldsalchemistry.blogspot.com](http://www.goldsalchemistry.blogspot.com)

## **Winds Of Change - Tara**

**By Shellee-Kim**

**Dec 21, 2012**

T: It is I, Tara. Hello beloved friend. Can we speak?

SK: I'd love to.

T: Things are about to get moving now in no uncertain terms. Indeed, the mother's time has come. Are you prepared, beloveds? Inside and out?

It has been decided on that very shortly we are to make our presence known, very openly. Your skies will be filled with our Fleet's vessels and many will look upon this in wonderment, in bewilderment. This is a necessary next step in the current plan.

There were several scenarios, but this is the one we have decided to go with. The one that would potentially have the most positive impact upon the people of your world. The Dark will, of course, try their hand at creating distractions and diversions through their attempted psy ops plans, which will not succeed.

Now, let us discuss your arrival here on ship. There are some of you who are to be called and brought to ship slightly earlier than planned originally. A pre pre-preparation, if you like.

It has become necessary due to the ever so slight change in plans that you, the forerunners, will help to implement. (I get an image of water flowing outwards from a level, down to the next level and the next...signifying the start of and the impact on all who will receive this energetic flow of Light/information wave).

For this time period, those of you in this group are to be given certain tools that will help both in your discernment of those around you and in their upliftment. These are very precious gifts of a higher dimensional nature, as has already been discussed in other messages. **THESE ARE NOT TOYS AND ARE TO BE TREATED WITH THE UTMOST RESPECT.** ( SK: I get that this applies to a small group of maybe up to 30 people).

Now, on to something else. Many on earth now have a new chance, a new opportunity that wasn't present a few months ago. Due to all that has transpired recently this has created an even greater ease of transition for the choices of those remaining. And equally amongst those who are leaving for their own destinations of choice. What this period has accomplished is a greater removal of the dross which disempowers the minds of men.

Although you may not say this, looking around you and in your general interactions with the world at large. When the moment of impact occurs this will become clearer to you. And the subtle changes that have been accumulatively taking place during this past period will now more visibly begin to be seen in how people begin to **USE THEIR MINDS.** This is

partly what we were aiming for. And much pressure will be removed from you ones, as a result.

This is really most wonderful news for you all. And so it is with pleasure I have brought this to you today. The winds of change are indeed upon us now.

[SK: This is the first time Tara, who usually expresses with such a sense of humour that I'm constantly giggling at, has spoken with such seriousness and authority.]

SK: Is that all Tara?

T: Yes, that is all for now, my beloved friend. I am delighted to have had contact with you again. We do so love you all and are anticipating a most wonderful reunion with you. Until then...

I AM Tara

[We had a good chat after this and she reverted back to her 'lighter' Tara self 'now that the heavy stuff is out of the way'. Not that I want to pigeon hole her, but still nice to know I'm not the only one around with more than one personality ;-)]

## **Active Preparation**

**By Shellee-Kim**

**Dec 21, 2012**

Good morning beloved. It is Creator Source. I wish for you to take a short message. Will you do so?

SK: Certainly.

Indeed. Let us begin.

Please allow yourself to look around you. What is it you see in your world currently? What is it people are be-coming? Are they appearing to be more connected with their inner selves or less so? Are you? And what of it? How and what is it you feel you can bring to the lives of those you touch daily?

You believe - many of you - that this is a waiting period. A time of passivity and of preparation for what is to come. Preparation it is indeed. But I say to you now that the type of preparation needed is the kind that best serves others at this time.

Declare yourself as the light workers and warriors you say you are by practicing the principles of Light and helping to guide others with it.

Your world has fallen amuck to the forces of ruination and many are stuck in the ever-deepening quicksands of their own making. Please do take it upon yourself to give them a helping hand up and out where and when you see opportunities to do so. And where appropriate to do so.

This is how best you can prepare at this time, in addition to self-reflection as a commitment and necessary tool towards your personal mastery.

I AM Creator Source.

# The Value Of The Dark

By Shellee-Kim

Dec 24, 2012

21 May 2009  
by A Lighted Source

Good morning beloved people. It is a great honour to speak with you this day. There have been many hiccups of late around the timing of 'events' beginning on your plane.

We would like to speak with you a little of these delays, so that hope and fortitude might be conveyed to you. It was not foreseen the Dark would put up this level of resistance to the changes they had been forewarned about. This, combined with people turning a blind eye and a deaf ear to their activities have resulted in the course of action shortly to manifest.

We see there is no other option for the way things now need to play themselves out. A choice has been made unconsciously by humanity as to how the final hand will be played. It is not one we would have wished for you. However, it is one in which greatly accelerated learning and understanding will transpire. And it is these lessons and subsequent soul growth you are after in the experience of duality. We of these realms are allowing this because we believe it is never too late to awaken and there is much to be gained from the coming experiences for each of you.

The Dark in physical and non-physical embodiment are on a course of annihilation, but this does not stop any of their last-ditch efforts to take the ship down with them.

There still remains some belief amongst them that they are able to change the course of events by their actions and their version of 'power', but this is not to be. In the meantime, it is business as usual for the majority of you.

We wish to draw your attention now to the many wolves in sheep's clothing walking amongst you. These one are to be found in every sphere of human activity - from business and politics to those in the helping professions, including those offering spiritually-inclined services.

You see, there are many who consciously walk with the Light, but unconsciously have given over to agreements with the Dark. And so there is a dichotomy at work. Most of these are in complete unawareness of that which walks with them and operates through them. And we have seen this occurring more intensely in recent years.

How and why does this happen when someone is consciously practicing working with Light principles? While there may be a commitment to working with Light consciously, the many other aspects of each human being are at play etherically, in other dimensions and in parallel existences.

Remember, 'you' are just a small portion of the total 'you' that exists. And agreements made without your conscious understanding and permission are entered into by you ones with many who wish not to see the success of your Ascension on earth.

Without the conscious understanding of that which exists etherically, the parts of you that are involved and the constant interaction you are having with other dimensional beings is never brought to the surface of your conscious minds for either recognition or clearing.

The danger here is many on Earth have in this same recent time period experienced psychic occurrences, channeling abilities, spiritual gifts and a multitude of other new healing abilities that have come forth. You, who have experienced this have assumed all of this must be of the Light. However, this is not necessarily so. And we see you ones accepting what comes to you, usually without any questioning as to its source. The mass manipulation of the Dark has seen to this.

Humanity's and many Lightworkers good surface intentions fall by the wayside and to unconscious and subconscious harm when all parts of the Self are not 'owned' consciously.

Being multi-dimensional beings and only being able to access a small portion of your entire, huge Selves is part of this dilemma. However, with application of certain techniques you Lightworkers need not be led by the nose 'down the garden path' by those who wish to feed parasitically off your Light, ensuring you remain at a denser vibratory rate.

The Dark feast off your own unresolved unforgivenesses, amongst other things. Of Self and others. These emotions act as open doorways that they can easily latch onto within you. Healing and releasing those parts of you means these doorways will no longer exist to tempt them in.

Understanding the vastness of your energy and as and how it interacts with other dimensions and beings is hugely important in your experience of duality on earth. For you are here to heal through synthesising all these many hidden aspects of your Self.

One of the ways in which fragmenting/giving power away can be noticed is through the 'sudden' onset of such ailments as mental disorders, where feelings of vulnerability and dysfunction threaten to overtake a once reasonably-stable existence. Instead of using this as a clue to understanding what may be occurring with other dimensional entities, many of you prefer to numb your minds and psychic centres so you feel no more 'negative' emotion (energy in motion).

Such an action works well in the favour of the Dark for they can continue parasitically leeching off your energy field without you suspecting much at all - with your attention diverted to and bound within the symptoms of your illness.

Another tell-tale sign of having unconsciously invited the Dark in is the subtle encouragement of divorcing yourself from your feelings. Anyone who tells you your feelings - be they 'positive' or 'negative' as per your value judgements of such on earth - are of no significance and to let them go (ie suppress them) is telling you a bald-faced lie. And

is certainly not aiding your soul progress in any way, but rather aiding you in retarding it. Of course, you have allowed this by trusting that person and choosing to give your power to them in the first instance.

Beloveds, it is through the very act of feeling your feelings as often as possible that you allow for a recognition, an acceptance and a subsequent healing of some of these divisions within to occur. It is also through feeling your feelings that we are able to reach you and assist you more easily.

Denying yourselves of acknowledging your pain is doing yourselves a great soul disservice. And so the Dark use ones themselves that have not healed of their own traumas, but rather stuffed them out of sight (and out of mind?). It is often at the time of, or shortly after great traumas have occurred in these ones' lives that they find themselves in possession of these new 'gifts'.

The Dark are well-versed at striking at exactly the most vulnerable moments, and in so doing fool the recipient into a false sense of healing also.

Difficult as it is in duality to know what lies beneath the conscious mind, we urge you to use your discernment at all times. Be aware of who is asking you to 'let your emotions go' and why, who is telling you that hope and faith are all that are needed to survive the coming times, and who amongst you talk of using passive techniques such as meditation and 'being positive' alone to grow.

While meditation is excellent in moderation, as with all things, we would rather you chose to explore the very parts of you that frighten you most and that make you feel the very emotions that you would rather run from.

It is this acknowledgement of the uncomfortable emotions that show your Higher Self and your guides you are willing to grow yourself to the next level. I repeat: there can be no growth for those who deny 'bad' feelings. Life in the polarity of living in Earth's duality is about embracing all parts of you to bring about true balance. Not to split off further parts of your psychic and emotional bodies by denying their existence and inadvertently inviting the Dark in.

It is in embracing and integrating the Dark parts of you that an energetic shift into greater balance within occurs, resulting in more peace and an increase in your Light quotient/further activated DNA.

SK's Note: The 'Dark' refers to both negative and lower thought forms/destructive patterns within us, in addition to actual external energies/entities.

(A related note from one of my blogs)

It seems some folk weren't clear on what constitutes my reference to the 'Dark' in Part 1. These are not necessarily etheric vampires alone. To clarify: Both off-world (embodied and etheric) and on-world beings who walk with Dark intent includes those who wish to consciously or unconsciously 'steal' from your energetic field, keep you/your emotional bodies in a state of chaos and in general continue to keep you separated from your Higher

Self through fear, doubt and continued feelings of unworthiness. Living in these vibrations where the separation between you and your authentic power is assured then means they get opportunities to manipulate and potentially control you and the world for that much longer. Many Lightworkers believe they are somehow immune to this. Why? As it is negative thought forms we all carry that assist in helping keep destructive patterns locked in place within us. It is in the Dark's interest to maintain this; their very survival is at stake.

Hence the importance of their human earth minions continuing to persuade us to disown parts of ourselves and thus remain in a state of non-alignment with our true Selves.

# The Rising Fires

By Monjoronson thru Shellee-Kim

Feb 27, 2013

Good day beloved people. It is I, Monjoronson here to share a little more with you. Shall we begin?

Many at this time are finding increasing discomforts emerging from the very core of their beings.

Much like a pot of food cooking at a high temperature, overflowing and spewing its contents in all directions. While this may be messy and ensure a good clean up and while it may also spatter contents which burn some, it is important to know and understand the importance of this cycle and how it may serve you.

The planet collectively has called to her a great raising up in frequencies. This has begun in earnest. And, is in fact well underway as we speak. And the above is one of the effects that is to be experienced for those many not in alignment with their true, inner selves or Higher Selves.

What is to come will be even more intense, energetically-speaking. And thus the times of increased pressure are upon those in resistance or inadequately prepared. And many are to know these fires as fires which burn, rather than fires which cleanse or heal, as a result.

Whichever type of fire is appropriate for your level of preparedness or lack thereof, it is seen that most of your planetary population are to begin consciously acknowledging that great and discomforting change is upon them.

To the majority this will literally represent a time of feeling – individually and collectively – that they are in a hell, of sorts. And that would be true, of course. For it is to be a perceived hell of the one experiencing such emotions. But it is also this very hell that is the cleansing fire of the personal baptism. And one which will serve to ready each for their choice ahead.

Although a sobering time is upon you collectively, the small pockets of those who have risen up around the globe in readiness of what is to come, will contrarily experience this cleansing time as affirmative, liberating and a relief.

Now, there is also an opportunity for action. There will be constantly arising issues over all that is occurring and squabbling will break out publicly and through the media over what is occurring and why. This will occur during and immediately post the 3DD and just prior to the full activation of Fleet on the planet.

The prepared ones at this time should step forward and begin to use their skills, gifts and experience to share with others. For they will be heavily relied upon to hold the fort, as it

were, in this short interim period.

Those of you who have chosen roles in leadership in one or another capacity, shall be given the necessary assistance from Fleet that is required and to help your ease of passage into your roles. This has been spoken of already by this and other messengers.

Now, we would also like to draw your attention to the coming night sky. There is to be much activity from Fleet by way of shows and other activity, that will be visible for all to see. Further evidence that is to confirm Fleet's benign existence to the masses. So keep your eyes heavenwards.

Adjustments to our recent plans have seen more joining us from further away. Some of these beings were onlookers and have now decided to join with us in a more practical manner, as greater numbers are required in our current plan. (SK: I get many of these beings are not in human form, but various 'other' forms. Not confirmed by M). However, all those who form part of our umbrella body, as it were, are in full service to and with us and thus, your planet and her people.

There is little more to be said at this time, other than it is for you all to be extra vigilant now. What hasn't been learned by you ones by now is likely not going to yield any miraculous turnarounds. But we must and will make use of who we can, what we can and where we can in support of the coming changes.

It is time for all to rise from their slumber and know themselves. Indeed. This is all I would leave you with on this day.

I AM THAT I AM  
Monjoronson

# Monjoronson - Action Is Yet To Begin

By Through Shellee-Kim

Mar 21, 2013

M: Are you ready for me, beloved? We had a commitment and I have a message to deliver through you.

It is with great pleasure that those of you who have made it through are now on the receiving end of many hearty congratulations by the celestials, your friends in invisible realms and those who dwell on starships. Of course, the action hasn't really started yet.

But those of you who have made it through at this point are indeed to be congratulated on a job well done. You are the forerunners and the ones upon whom great responsibility will rest in the upcoming days of your time.

There are to be many new and unusual events now that will be very evident for all to see - of both a natural and a man made type.

How many amongst you can say, at this stage, that you know what is about to occur with certainty? We would say exactly none! And therefore you can and must expect to be surprised.

We have promised much over the years and little, if anything, has manifested in your realm that is obvious and blatant due to extremely heavy constraints and restraints that are placed on you ones and what you are allowed to receive by your soon-to-be ex planetary controllers.

Nonetheless, the time is now. There will be no more dilly-dallying. It is 'game over' no matter how much ruling parties try to stall further for time or continue to believe that they are immune to what is about to hit them in no uncertain terms.

Too much time has passed in the interim. With many opportunities being given to these ones to make a shift in their stance. However, they have stood firm in their beliefs, or as this one calls it their 'be-lie-fs', and are now to face the consequences of those choices. As are all else on the planet at this time. So be it. It is indeed 'game over'.

Now you are all to get into your respective places and ready yourselves to receive further instructions. For you are all about to get busy very quickly.

SK: (A long pause) Is there more Monjo?

M: Oh, there is more. We shall move onto another matter of great importance.

There are many amongst you who are being very closely watched.

SK: You mean like the TruWoman or the Truman Show? (SK: This is a long-standing personal joke of mine. When I'm aware my every word and action is under galactic surveillance in a situation I say to Self 'There they go again, tuning into the TruWoman Show').

M: Well, yes, something like that.

SK: Are we being watched by you?

M: Well, yes, those who are able to monitor you are. There is a purpose in this always. It is not to invade your privacy and personal space. But to make sure you are kept safe and to watch your general abilities in the world and your dealings with people around you in your daily encounters.

There are those amongst you who have been put through rigorous tests in recent times. This is both a test of discernment as much as for your abilities to respond in terms of the best outcome for all involved.

This is a rather delicate scenario as it requires one to constantly be listening to your Higher Self. To constantly be going within while you are still existing in the world without. Very important for when you will be dealing with groups of people vying for your attention - all wishing, wanting and needing different things of you. And so you would experience then a diffusing of your energy.

However, if you remain constantly connected to the core of your source and you defer to it in those moments of doubt, confusion and feelings of being overwhelmed, you cannot go far wrong. In fact, then you will be responding in the highest possible way and with the highest and best outcome of all at heart and in mind.

[? A further short comment here from M I couldn't clearly hear on audio]

Many now are to begin leaving the planet in great numbers and those loved one left behind will be traumatized, as a result. The skills that serve the bereaved are now fully needed. There is much to be said for any of you reading this to step forward and serve these ones by comforting them in their time of need.

Let us remember at this time what our commitment for this lifetime was and now rise to the challenges that come before us. And let us remember how it was that we chose to be here for others and the planet in service to all. It is the time of the return of memories of who you truly are so there can be no mistaking, therefore, of what it is you came here to do.

Peace be upon you all and dwell within the spirit of the One Heart. Let that be your safety and security as you go forward into these tumultuous times.

I AM

Monjoronson.

## Remembering Your Response-Abilities

By Monjoranson through Shellee-Kim

Apr 6, 2013

SK: Is that you Monjo? I'm ready for you...

M: I'm pleased to see you have yourself together and I want to thank you most sincerely for keeping to this scheduled meeting.

SK: \*smile\*. You know I'm working on reigning in my mental meanderings currently, trying to tame self into a more disciplined state, so...

M: Yes, it pleases our hearts no end to see your current progress.

SK: Really? \*Doubtful\*

M: Oh, it is that. Now, let us begin.

All of you who are reading this tonight need to take stock. By this I mean taking stock of yourself; of where you have come to. And what it you wish to achieve in your service to humanity.

The cooking pot of food referenced in a previous message by this scribe is about ready right now to boil over. All who are ready to help in the clean up need now step forward and be counted. No matter your level of readiness, if your desire is to serve your fellow man, now is the time.

Too many chances and opportunities have been given to all on your earth - both those who read of these messages and those who don't. Mostly to no or little avail. Time for our advice is now passed, however, and it is time to get up off your couches and chairs and make your presence known in the immediate areas of your residence.

It is sad to see how very many of your young people have blunted their inner cores and senses by accepting the deep programming of your shortly to be ex planetary controllers. That many have not made it through this time around is a matter for contemplation and learning from, as are all things.

However, much is in the pipeline that could see some from this sector of the population enjoying a major turnaround. All is not lost. It is more a question of how much each is willing to let go of.

And this scribe knows all too well of the struggles encountered in this department. In allowing new feelings and new ways of thinking about old things, one is also inviting a state of grace to flourish within.

\*A big smile with some kind of open-armed gesture\* We welcome all of you graduates most warmly. Too many of you do not give yourself the due credit for what you have achieved. The small percentage of you have achieved wondrous things. And you are to finally have the satisfaction of knowing exactly what it is you have achieved. So much is now to reveal itself. You have been flailing around in the dark for long enough.

May you all take the understanding and the responsibility that goes with such knowledge deeply to heart. And live your days cultivating a heart that listens, a being that springs forth compassion at every turn ( yet is boundaried and has self-loving compassion first) and one who has a benign nature, regardless of how others may choose to respond to you. As well as a greatly patient response to the requirements and needs of others in your midst.

When all is said, no more than that which you can carry within you right now can be shared and used to benefit others. And as you do, know that ever more shall be given unto you. Ever more that will be multiplied that you might feed the starving masses with your words of comfort and upliftment, kind and loving gestures, insights and discernment. That they too might desire to walk in the footsteps of that which they see before them.

For it will be you, as examples, that will, to a large degree, dictate through the power of influence, the next moves that individuals will choose to make. Do not underestimate the power of your ability to influence. And therefore this is extra reason to make sure your expression is ethical, above and beyond all else.

We are not suggesting here you are to be responsible in any way for these upcoming choices that will be made by those around you. But we do wish for you to understand the power of persuasion and influence you potentially hold. This is not to be taken for granted nor be used to lord over others.

We think this is enough for the time being.

All of you are most treasured and most loved. Particularly those who have not given up on their missions, despite their circumstances.

I AM Monjoronson, signing off and out.

# Emotional Pain/Resolving Conflict

By Nada through Shellee-Kim

Apr 17, 2013

## Part 1

We would like to take this issue of conflict and emotional pain a bit further after your recent forum exploration of this.

It is conflict within that produces conflict without. There is always one party that plays the role of victim in most situations of conflict on your earth, while the other plays the role of perpetrator.

Of course, neither would acknowledge that they are playing either of these roles in the many varieties of conflict they find expression in. Yet, when people involved in these share their experience of the conflict with a third party, they inevitably wish to be perceived as the victim.

Conflict arises as a result of an aspect of your selves being out of alignment with its true nature. Which is that of harmony, of balance and of the ability to be circumspect. Yet, paradoxically, it is through conflict that growth and spiritual expansion have best been able to occur on your world. At least in the old paradigm.

Let us explain this clearly. It is not the concept and execution of conflict that we are endorsing as much as it the ways in which you choose to react to that of a conflictual nature which is before you.

In the immediate future, new approaches to conflict resolution will be taught, which include first and foremost - the taking of full responsibility for all your own creations, including your emotions and thoughts. Thus can individuals successfully own that which spills over into all your various types of relationships with one another.

Your AH president Candace, gave a very good demonstration of this in her recent experience of conflict with another and publicly exposed it that all could learn from it. In this we saw this one was able to stand back somewhat and see the circumstances as objectively as possible without projecting blame onto others, yet simultaneously not sublimating the burden of deeply hurt feelings and emotions involved. At all times through this was she able to retain her compassion also.

Of course, emotions always do need to be acknowledged. But amongst the ill-informed, fear-based beliefs of this world is the encouraging of emotional suppression; the idea that it is not acceptable to 'wallow' in such feelings.

In fact, without the period of 'wallowing', you are not ALLOWING the sensations, feelings, emotions and memories to surface, all imperative to the healing process. Only once they

have surfaced, can they be transmuted through forgiveness and thus properly released/integrated.

Any other ways of dealing with conflict is what we call merely 'skin deep'. Many might say they've dealt with past negative feelings regarding an event or person, for example, but in fact may just have succeeded in pushing such feelings down, deeper into the subconscious mind. Here it festers, gathering and adding to it all sorts of other resentments, angers and hurts. Until the accumulation of these -including the original undealt-with conflict - explodes in some manner into the life experience or associated relationship. Because sooner or later these feelings do demand to be dealt with. And must for growth to take place.

Then there are others who's emotional pain over such unhealed conflicts is ever-present, haunting their daily lives. These are the ones who more often than not will resort to addictions and escapes mechanisms of various types in the living to numb themselves from the emotional residue of such past conflict.

And others, who deal with their emotional pain by becoming compulsive 'achievers', as your world perceives it. The external achievements, recognition and validation by the society tells them they have 'won' over any internal battles. And this would apply equally to those upon various spiritual paths and within the New Age. Yet, truth is, most of these ones 'feel like a failure' within.

During a verbal conflict with another it feels like the most difficult thing in the world to really 'hear' what the other is saying; where and why they are coming from the particular perspective they are. Because that requires you to be both open and in an objective field energetically. Not one where you are preparing yourself mentally with a one-upmanship retort, a defensive comment or a verbal attack to prove the 'rightness' of your points. When such competition takes hold it is where you are giving the negative ego the upper hand.

The result has been a world at war with itself and each other. And much which passes as conflict resolution techniques on your earth -demonstrated especially by politicians and academics - is but a side-stepping of the real issues not yet faced or felt, while intellectualizing the process into what appears to be a peaceful resolution for both sides/parties.

Emotional and spiritual intelligence are key to the authentic resolution of conflict. And that requires remaining in 'adult' mode in your interactions with others. It also asks that you are able to step enough outside of yourself, becoming aware, in order to view yourself in a way that you become comfortable with the 'shadow' aspects of yourself.

Those negative and destructive patterns and responses that are yours and yours alone. This in turn helps you to discern when you are negatively 'projecting' onto others. For the latter is a major cause of conflict.

If each were to desire to return ownership to themselves, this would be the start of a new paradigm in human relations. And one where the focus on the understanding and subsequent healing of Self would lead to a society of people that behaves towards one another with the greatest regard.

This model is highly achievable as the new begins to take hold. It will require a re-education of mind. And a truthful understanding and acceptance of emotional expression, with a focus on constructive expression. It is time to begin treating one another better. By seeing and treating yourselves better first.

That is all for today.

I wish each of you great love and my blessings on this day as we draw ever-closer to the end.

I AM Nada.

## Emotional Pain/Resolving Conflict -Part 2

By Nada through Shellee-Kim

Apr 17, 2013

### Part 2

Good evening beloved ones. We have come once more to explore further with you on this most important subject. In fact, it is this subject that you will see becoming imperative to the health of your future society.

As each become more comfortable exploring that which has previously been hidden (and which people have consciously sought to suppress) within their own psyches, so discussion around the effects of emotional pain and subsequent ways in which conflict has arisen can be addressed more easily.

Today, your world's people are filled with pain. Pain of all descriptions. This is the pain of not being able to express that which is felt deep within, as described earlier. It is also the pain of your ancestry.

By this I mean pain not only attached to those families you are born into, but also that which you carry etherically that acts as a restrictive mechanism upon your field. Once freed of this, you will also be free to know and express unfettered the true desires of your heart. You will be free to truly FEEL, in a word.

There is a certain collective paralysis upon the human psyche at the present moment. One which is in the process of lifting, but has not fully lifted yet. All this is being synchronistically timed to match the soon-to-be unfolding events around you. When everything happens at once, as it were.

It is as if all of humankind is to awake on many levels of thinking, feeling and acting in one fell swoop. And, of course, the ability to feel feelings most genuinely are to give rise to great and deep emotions, like never before. Which in turn will give rise to actions that take man right out of his self-imposed paralysis to usher in a great healing.

On an individual level, emotional pain is a wonderful wake up call. Although, as this one likes to say, it is often a gift disguised as a curse. This is a wake up call to the relationship you are having with yourself - as reflected by the pain you are feeling.

Now most of the pain in your lives will be triggered seemingly by outside circumstances. Whether via a person, situation or circumstance. But in the truth of things, all you experience is your own set up creation/s within your world and in your interacting with others in order to reflect back that which you are trying to heal and learn from. To reiterate, creating emotionally painful situations and the (often) accompanying conflict has been seen on your world as a great means of progress, historically. And perhaps even

the fastest way to learn in many instances. Not so for the immediate future when the entire paradigm for existence changes.

The previous desire for emotional pain will be replaced by the desire for benign change within. And such change and personal growth and healing will thus eliminate or greatly lessen the need to experience situations of such intense emotional pain. Of course each must do the choosing for him/her self, in order for this to occur.

As an increasing number of people opt for this route, it will have a knock-on effect on others around them, influencing them also. Of course this is not to say that everything changes overnight as each must be allowed to experience at their own pace.

But we do see steady progress being made in this regard. And there are to be most important rules of engagement around emotional pain and conflict resolution in the future. Schools of thought are to provide the practical basis for such re-education on emotional pain and conflict and upon which lives can be turned around for the better. And this is to be one of many fields of study and practise that humankind will be expected to partake in, particularly those who return to Earth after the major stasis.

The subject is to be one of the building blocks of your new society and its importance cannot be underestimated.

Beloveds, I ask you to dwell on these words and all they may conjure up for each of you. It is with great love and joy in my heart that I stand at the ready to welcome you home.

You are all so very dearly loved.

I AM Nada.

## Knowing Our True Selves

By Monjoronson via Shellee-Kim

Apr 22, 2013

M: Here I AM Shellee Kim. Delighted you could make it. I was only half expecting you.

SK: I told you I'd try my best, :) depending on my recovery and general energy levels...

M: you did indeed. Well, shall we get on with it?

SK: Lets...

M: First, to all our beloved family, our ground crew: You have performed spectacularly in this mission so far, beloveds. And there is much we must thank you for. Shortly we will be showing you just how grateful and thankful we are in a myriad of ways.

Our most beloved friends-you are yet to shine like the brilliant, multi-faceted Lights you truly are. And this time your Light will not remain purposefully dimmed at a low level, lighting up but the darkness in a small room.

Your Light is to shine individually and collectively so bright that all who come into contact with you and it are to feel its power source. There will be no more hiding; no more fears of reprisals and certainly no more subterfuge committed against you in bids to block your most precious Light.

All the glory that you are, that you ever have been, will now be displayed for all to see. Your roles await you. And, for some, your partners await you. Together you will march forth, an indomitable army of Light warriors, clearing the path and leading the way for all those who will follow in your footsteps.

Your paths, thus far, have been long and winding, narrow and treacherous, and for some, have taken completely unexpected turns. Both for the better and the worse. As things unfold, this will signal the end of your guessing games and the end of your uncertainty as to who you are.

[Cont. 20 April]

...Yes, the secret of the ages is now upon you. Where you finally are privy to the secret of yourself, of who you really are and why you chose this earth mission at this fortuitous time on earth. Fortuitous for you ones who wish to advance your eternal journey in an accelerated fashion.

The school of Earth is indeed THE place to be for a fast(er) track to evolution at this time. And you will discover all you have endured in this and over your many lifetimes have prepared you for this point of complete surrender to the fullness of your true being.

Only the 'best of the best' were selected for this particular Earth mission. And, although it is with some regret that numerous of these fell by the wayside, those who didn't and haven't are to know the full splendor of that which they have earned.

Gird your loins now, beloveds. Take your positions - for what is to be the grand finale that marks the end of this cycle.

Your tomorrows are to be filled to capacity and these are literally the last moments of your preparation, your maintaining a low profile and the enjoyment of relative peace and quiet before the action begins in earnest. And we have great faith that you ones will sparkle all the way, once you have come into your own.

It is with great pleasure we therefore announce: let the Games begin.

May I take this opportunity to thank this one of availing herself as and when, and the efforts she is making in this (message taking) regard.

We are looking forward to many others of you (SK: globalwide) stepping forward and committing also to such tasks in the immediate future.

We are truly to begin working together at all levels in great and wondrous co-llaboration.

I AM Monjoronson, signing out.

## **Remaining Anchored In Your Core**

**By Monjoronson through Shellee-Kim**

**May 4, 2013**

I AM Monjoronson

Come to you this evening through this one who receives me most graciously. It is time now, my friends and dearly beloved ones. You are now to know the reasons behind all that has occurred.

It is with great pleasure and honour that we now bring to you the start of the many events to burst forth into your world. Amongst them will be your pre-ordained roles being made known to you, the reunion with your many galactic friends and family members and an intensive (re)education/training period for you on ship and on the ground for you wayshowers.

It is with great love and merciful compassion that those fumbling in the dark will have a swift removal to the places of their individual choosing. Recourse for the remainder of you will be also in accordance with the 'sorting hats' of your own choices.

In the days to come much will be said publicly about many of you who are part of AH and those outside of it and on the ground who are yet to join with you. There will be talk about who you ones are, you will be put to the test publicly and some will attempt ploys at 'catching you out'. You will NOT rise to the bait of any of these superficial attempts of others to rile you or shake you loose from your centre. But instead hold true to your course, guided always from within.

There will even be some who may put you under surveillance in a bid to prove your 'fakery' to the general population. It will be wise to show these ones compassion, while simultaneously letting them know quite plainly that you will not tolerate a single of their antics. And clearly marking your boundaries, while remaining open of heart. This has been said before and serves as a reminder.

These will be desperate times for some amongst your people, who will find themselves in a conundrum within. Particularly those of certain religious persuasions that will hold even tighter to their conditioned religious ideologies. Listen to your hearts as to what should go said or unsaid, be done or left undone. And this rule should apply to all you interact with and in all circumstances and situations.

Know that, as you have already heard, your every endeavour will be fully supported in ways imaginable and unimaginable in this immediate moment.

There are a few who are to be brought up to ship to receive some additional instructions and training. And by this we mean in your fully conscious state as you know yourselves to be. We do not mean here in the etheric, as this one is querying mentally.

But first let us take the initial step forward in breaking new ground as the dimensions merge, the veil lifts and dissolves and where you are to finally perceive and know us in physical form.

Selah.

Let it be NOW.

In the name of the Father's unfolding will on earth.

I AM Monjoronson.

## Sara Speaks

By through Shellee-Kim

May 6, 2013

Note: I transcribed this off my cell phone while sitting in my garden and various sentences got 'lost' due to my shuffling and movements and I couldn't remember what she'd said. I've marked these inaudible places with [...?]. I know it's annoying, so apologies for that.

\*\*\*\*\*

SK: Sara (aka Tamar from THAT life) has come thru; she's been hovering around for a few days now and would like me to take this message.

Sara: Goodday one and all. This is Sara, daughter of Yeshua Ben Joseph and Mary Magdalene, as I was known in the Jesus lifetime. It is my great pleasure to greet you this afternoon through this one with whom I will be having a lengthy relationship.

I am delighted to be coming forth at last and to be bringing you of my wisdom that you might make use of it for the times ahead on the soon- to-be new earth.

So many have come before me with words of upliftment, messages of hope and much of practical value that all reading the words can utilize and put into practical action and see the results of in their labour. If they so wish. Not as many as hoped have wished so. And some in my realm have taken it upon themselves to add further truth to the mix in the hope that more would awaken.

Nonetheless, we work with what is presented and what we have. And so in these current times of great change, we will be working closely with you.

In the immediate future you are to know great joy for the minds of man and woman indeed, are to finally become fertile enough that the seeds which have been planted eons ago - and even yesterday - will finally have the choice and chance of blossoming and blooming bright. And this brings us much joy and because the energies of change are upon us now, we are to make much greater progress together over a relatively short period. In comparison with the rather long history of your persecution on the earth. Of course, this has taken a form of self-persecution also due to the very nature of not wishing in the past to have taken an active role in your own evolution and empowerment.

Of course, this is all to change now and man will be taught that there is no higher realm/reward [...?] or richness than to seek and implement the steps that guide him/her to the accelerating of his/her own evolution. There are many to come forth as teachers and it has been this time that has been awaited for the coast to be cleared, as it were.

Now the time is nigh for all those who would be counted as responsible citizens to raise themselves in consciousness for the betterment of both themselves and the collective of

society, as a whole. It is not necessary at this stage to try to figure out how things will manifest and thus how you can prepare yourself. For it is in preparing yourself to be one who is in greater balance within will thus automatically translates to greater balance without in your expression. And that is how you are able to come forth with your skills and assistance [... without fuss or fanfare..?].

There are many new ideas to come forth. But, in fact, you'll discover these ideas are as old as the hills. And are now just being expressed in a slightly different form and context. For in fact everything is ancient. And is only considered new in how it is expressed. The human mind is no exception. And it is with mind that we are all set about to raise to the state of the God mind in our endeavours in helping to create a planet free of strife, crime, violence against one another, and most importantly, violence against the Self.

For it is this latter from which all of your current imbalances in your very society emanate. And so working together to raise the HUman mind so your true essence might be expressed through that God mind. It is work we are to be tasked with immediately. For everything does stem from the mind and emotions and, in truth, there's no other place to start. The question of tackling [...issues that society...(inaudible .... ) faces...?] And imbalances within the minds and hearts of man and woman that will make the positive differences.

There will be no more dilly dallying and blundering around these issues. In order for a great healing amongst all returning to earth to occur for the rebuilding of a society that is built on the foundations of solid rock, it is most necessary to have a clear idea of what we are up against and the challenges therein to be laid out clearly for each to examine the tools and techniques that are presented. And by this I mean the tools and techniques that lie within your own hearts and minds.

And to remember[...?]the amount of planning that has gone into what is to occur. But of course no plan is so fixed that they cannot change as circumstances dictate or at the very least have the flexibility of movement. As each of YOU have your own life plan that you have chosen and [...?]a role and tasks that you have chosen to accomplish. I'm speaking of now [inaudible ...?] on the new earth.

It will be important to exercise spontaneity in your interactions and responses to situations, circumstances and people as the needs of the moment become clear to you. Remember, nothing is set in stone. And we would not like to see you trying to stuff a square peg into a round hole, so to speak. Because you have decided that it is so and that is how things work. So we do urge you to be fluid in all the moments and situations that cross your path.

One or two other things have been drawn to our attention also. First, the question and consideration of time between our dimension and yours. This has always been extremely confusing, given that we are privy to the whole picture - past, present and future - and you are not. And so when we use the words 'now' and 'soon', which are some of the words you love to hate, many of you, we say with great affection that this is exactly what is occurring for us NOW as we see and experience it from our perspective, which of course is not yours. For the confusion that this has brought upon many minds we are most apologetic.

But it is and always has been a question of perspective.

There[...?] an obsession many have with words such as these, in these messages we are giving you right now. These are not and never have been a means to take your power from you or for you to hand over your power to us. As with the other tools, techniques and teachings that will be coming forth, these are no more or less important, these messages, than those. They are merely put before you and to be used as a further tool in developing your OWN relationship with your Godself within.

Yet many use the words of such messages for the feel-good factor. You know, much the same as your essential daily cup of coffee. Or your cigarettes, for those who are addicted to cigarette smoking. Or any other drug, for that matter. This is not the purpose such messages serve. They are merely an AID.

As more of you come into your own God knowing and subsequently, more of you link up with us, the mystique surrounding message-taking will lessen as an increasing number of people are able to act as evidence that ALL have the INNATE ABILITY to do just the same.

This is all we wish to leave you with on this day.

It is I, Sara, along with the Sisters/the Sisterhood as this one likes to call us [She also calls us the Mothers sometimes] {SK: The Sisterhood for me constitutes Nada, Mother Mary, Anna and sometimes Sekhmet also, in addition to Sara}.

With very, very much love in our hearts, going to each one of yours.

It has been an honour to connect with you in this way, this day.

And we DO so look forward to giving you very physical hugs.

I AM Sara (with the Sisters/Mothers)

Bidding you farewell at this time.

SK: Thank you Sara.

## **Sa-Ra 2: On Despair & Hopelessness**

**By through Shellee-Kim**

**May 8, 2013**

Shellee, you and I have discussed numerous things already. And something that you are familiar with - although more from your distant past - are those feelings of despair within. A feeling of never being able to pull yourself up and out of this most dense emotional state. Along with it, in most instances, comes a sense of hopelessness. For this is, in fact, what it is.

But how is it that ones arrive at this state in the first place? What are the tell-tale signs we can become aware of BEFORE we begin the sinking into this unhealthy and unhelpful state within?

Despair is a state where we feel we have lost, within ourselves, some type of battle. We believe we are no longer connected to the hopeful feelings of our lives and that which once brought us feelings of upliftment therein. Being in despair feeds on its own self-destructive tendency. And so we end up in a spiral of this self-destruction, feeling as if we will never recover from whatever ails us. Of course, this is all the more intense if we choose to stay there. And without applying the light of our understanding to ourselves.

We first arrived into a state of hopelessness and despair by allowing a situation or person to strip us of our personal power; by relinquishing an aspect of our own essence. Despair and hopelessness might have arrived via an early childhood experience or it could have been as a result of an ongoing pattern experienced over many years as an adult. Even if those feelings lie buried and dormant for years, perhaps later into the life it is externally triggered by a person or life situation.

As an example, let's say the current source of your issues (or so you believe) is a difficulty getting along with a work colleague. One with whom you've had bad relations. In this, no matter what 'surface' treatment you applied to the situation or how you tried to 'plaster' it up for functionality in the work place, the energy between the two of you was still at work in the unconscious and on the ethers. Meaning, a battle for power is being fought.

As this continued, you found yourself subject to other situations happening around you or perhaps in your home life. Similarly disempowering situations in whichever forms they took. And you may well have NOT connected the dots. When, in fact, there was a single source at the root of all this seemingly-disconnected emotional turbulence.

Most people would only be able to access the end feelings, as it were -these eventual feelings of despair. The feelings that were set in motion by fighting something or someone outside of yourself and the inability/unwillingness to accept your own power; your own truth.

Yet, the dysfunctional work relationship above and its start only came into being as a result of an agreement between you two (at the Higher Self level). In which the situation brought

forth an opportunity to find out where within you felt disempowered and how. And thus your seemingly greatest enemies are most often, in fact, your grandest teachers. If you will fully allow and accept them in being so, embracing the lessons they bring forth.

As you sit now in this current unpleasant scenario of feeling despair and not really knowing why, try to mentally trace through your memories of where and when the very first feelings of despair began for you. And what/who the people, situations and circumstances were which existed at the time.

You may ask for help with your memories from us and your own guardians of Light; we are but a call away to assist any and all wishing to heal and grow themselves.

Once you've clearly understood despair was merely the symptom of other, deeper feelings of non-acceptance you have about yourself, there will be some relief. For you will now have greater accuracy in arriving at the core of the problem. Rather than continuing to expend energy in trying to control these feelings of despair with your ego will alone. For controlling something is certainly not bringing understanding to it or allowing it to heal.

Despair becomes a dis-ease of psycho-spiritual imbalance and thus serves only to 'freeze' you up. Which is the opposite of free-dom. And it easily gives rise to feelings of depression (which your world has labeled a mental disorder, using as an excuse to get you addicted to all manner of chemical drugs), it shrinks your world/your interaction with it, can make you feel antisocial, and at worst, leads to feelings of wanting to commit suicide.

Once you know what it is that caused all the trouble in the first place, you are halfway to the healing and subsequent re-introduction of greater balance within.

Most people engage in their internal battles by applying the will of the (lower, ego)mind. Which grows ever weaker, less reliant and more confused as the energies hitting earth and everything on her accelerate with greater intensity.

And, it is our observation that many people are hanging on to their functionality in the world by a thin thread connected to this will. As this is the negative ego's understanding of survival.

But issues like these cannot be completely and authentically resolved anymore by anything other than the God/higher mind being utilized in the problem-solving. And this is what those who are dedicated to growing in consciousness require for their progress.

Despair is but one of many 'symptoms' brought to your attention by your mind. Along with the world, that brings to you, at every turn, an exact reflection of what is occurring within and where/what you should be looking to to heal.

I address despair today as this can be and does have a paralyzing effect on the human psyche. Where all other inner movement is potentially shut down. And it is most necessary to keep those doors to yourselves open, beloveds. For otherwise you are no better or worse than 'zombies'. And living in this mode would be no life at all.

Despair is the opposite of hope. It is the state of having given up on yourself. And I AM here today to show there is a way out of the maze you may feel you are in, internally.

Which can return you to yourself, given your dedication and sincerity to the task at hand and your desire to apply your higher mind to the problem.

And we are here to help you return you to yourself, if you so wish.

On this sombre, but most important note...

I AM Sa-Ra, loving you all for everything you are, go through and achieve.

It is with delight and joy that I AM here to serve.

I take my leave now and wish you Adieu.

## Current Energies by Monjoronson

By Through Shellee-Kim

May 13, 2013

M: It is I, Monjoronson, indeed it is. And thank you for sticking to this arrangement. Shall we begin?

SK: Certainly.

M: This is a message to my ones of the Light.

You are each embraced with layer upon layer of Love that is beamed to you now from all manner of beings and places in service to the earth and her people who would receive this. It is for you ones to know and be open to receiving this gift and how best to utilise this within, on receipt.

There is much energetic interference on your planet at present, producing jangled airwaves, so to speak. And the gifting above, amongst others, is seen as a counteractive measure against those taken by the Dark against you.

You are not to go into fear of this and what it is producing, but rather identify the problems and issues within that have resulted, and then set about finding workable solutions in order to remain grounded and anchored.

There is a full blown attack currently underway on your general populations as the Dark ones go all out in defence of their very existence. Here we talk of both those on and off planet. Yet wherever they are, the full brunt of the effects are taking their toll. And this is their aim. Total and complete annihilation of the human race, now that they know their attempts for world control are failing. [SK: Many of them know, but are still in denial]. But they will not win. Although they believe their 'technology' to be superior, having worked well for them in the past.

However, these times are different ones; game-changing ones. And the rise in planetary frequencies has caused much flurry amongst them, with many of their plans belly-flopping before they've even had a chance to execute them. At the level of mind and in the human psyche, they are attempting last-ditch efforts to bring the vibration of the planet back down. Which, of course, will never happen. So between the onslaught of their attempts to break you by breaking your minds (collectively and individually) and the effects of the planetary bodies and the Wave, you are all having quite a ride of it.

Hence our counteractive measures in beaming increasing amounts of Light encoded information and Love. Which will increase in direct proportion to the above Dark-motivated attempts.

We are all but done now. A final few components that need to be properly slotted into the picture and all is then ready for a grand and dramatic start. Yes, it has been a very long

time coming. But you will see -once you know and understand properly what it is that has occurred - that the ever shifting plan reached its perfect outcome.

And so what you have perceived as a long delay, we prefer to see as extra time given to iron out further crinkles. And who amongst you can say that the period of extra preparation for clarity within, for the separation of the wheat from the chaff and for further personal lessons brought to bear by the Wave have not been to your benefit? We don't believe we'll hear from any protestors when you witness the outcome of the plan \*big smile\*.

This is all for today.

With grateful thanks to this one who is most generously giving of her time for such commitments.

I AM Monjoronson come forth this day.

## End Of An Era by Monjoronson

By Monjoronson through Shellee-Kim

Jun 12, 2013

Good evening beloved ones of all Earth. Tonight there are things to be said.

Let us get to where we currently stand. At this juncture it is all-on-out war. And not in the way you've even known or seen it on your Earth. These Dark Ones have had quite a run for their money. But all good things come to an end, as the saying on your Earth goes.

They are now to know an equal measure by way of a taste of their own medicine, these Dark Ones. An Eye For An Eye- THIS is the language they speak and that they understand. And that they, in fact, have been willing upon themselves. And so they now receive the wish of their dreams...or perhaps that should be their nightmares.

As all is moved to centre stage now for the Grand Finale, it will be evident for the world to see how badly they have been duped...in the extreme. There will be none so foolish as those who cannot and will not see these soon-to-be glaringly obvious deceptions exposed. But fools there still shall continue to be. Even in the face of the obvious.

You ones (that will and can see) will be having quite a party. A celebration of the final breakdown and eradication of the sources of poison that your world has been choking on for far too long. A way of life - or rather of existence - now comes to a complete halt. And this long-awaited moment will be grandly celebrated.

We will move on to the matter of your life choices here.

You are to know in no uncertain terms what you have been doing here all this time; the roles you have been playing and why; what has motivated your lives and has driven you onwards and upwards on this path you have chosen. You are to see and know fully the forces that govern all.

LET IT BE!

Courageous people of earth: I and all in the Celestial realms and the Spiritual Hierarchy salute you this day. Your work has been difficult in the extreme - your assignments cryptic and your load most burdensome. And of course most of you have been doing much of this at the superconscious level of your being. Yet you have remained in trust of the process and without faltering, in the main. And this is highly commendable. All is as it should be and the best is left for last.

So now the moment of moments arrives. The truth-telling times. The times of joy for some and great sorrow for others. That time when revelations come thick and fast. Your people are being prepared at a level of mass consciousness now. When these revelations pierce

through to manifest in your realm, all hell breaks loose. You will be prepared to give... and the others will be ready to receive of your gifts.

There is no time like the present, they say. And far be it for us to say what the choices of those on a free will planet like yours should be. This is what you are all doing on your beautiful Earth...exercising this right. For better or for worse.

However, it is deemed intolerable that the few control the many and this is intervention time. And the time when the fruits of your action/inaction are to be made known to yourselves and to the world.

SO BE IT!

IT IS TIME.

My children will suffer no more for there is work to be done.

I come to you this day to speak these words in the Light of what is to come.

I AM MONJORONSON

## Dealing With Internal Pressure by Sa-Ra

By thru Shellee-Kim

Jun 18, 2013

Good evening beloved friends and family!

It is with joy and pleasure I come to be with you once again.

So many of us take circuitous routes in our lives. We take the long way around to getting someplace, when we could arrive at our destination in half the time, going the shorter, easier way. Very few take the short cuts on your planet, though they are always there. So much of your lives are complicated by your very own selves. As if a life choosing ease over suffering is a life devoid of purpose and growth.

I am here to say this is far from true. Having said that, it has been the most growthful choice for you on the earth plane. So although you suffer, it does nonetheless have purpose. However, this is not what I wish to focus on this evening.

I wish to speak of pressure and how to deal with it in trying circumstances. And particularly in the many potential ways you will be expected to respond to this in your interaction with others.

What is pressure, where does it come from and how does it evolve?

When you feel feel pressure within it is more often than not the buildup of energies in the emotional body that you have not been willing or able to identify and release. Or are so disconnected from this aspect of you that you don't even know at a conscious level it exists.

At this stage of the game and the journey you're on, beloved friends, we would hope most of you reading here now will be sufficiently in connection with yourselves to understand the importance of recognizing discomforting emotions, feelings and moods for what they are.

As it is these very emotional states that you will need to recognize and identify in others in order to help in the highest and best possible ways for them and their immediate next steps.

Pressure is the ego mind's unwillingness to deal with such a buildup at the time necessary. As a result, it is carried through to various other life situations and interactions. This is where the danger lies.

Say you are one who's particular pressure experience has left you agitated or anxious. Now these states have nothing to do with the next set of circumstances or people you interact with. Yet, by virtue of the fact these destructive feelings are undealt with and still alive within as a result of the initial 'pressurising' experience, they are carried forth and

often off-loaded onto people, places and circumstances that have less than nothing to do with you, your pressure and its associated emotional state.

Many people are doing this all day, every day, as they go about their daily lives and rituals. However, you are the ones that are to reflect -by your own example and demonstration - the negative effects this has on others. And just how unacceptable it is in your new society to-be.

Yet nobody can deal with anything until there is a conscious awareness that such a thing exists and can cause trouble in the life. For both the Self and others.

How does it cause trouble? Energetic deflecting is getting rid of something uncomfortable you carry. It is , in effect, making your problems someone else's. As you are then loading them up with unwanted baggage, in addition to their own. Granted, they have been open to receiving it in the first instance.

The problem with energetic housekeeping of this kind is almost always one of ownership or lack thereof. That is to say that ownership of that which lives within you unconsciously must be made conscious in order to progress. Dumping your state of pressure onto another is not a sovereign act. It is the opposite - one of a human that denies response-ability for him/herself.

This is just one of many aspects of yourself that need integration within in order to express your total, authentic power. Psychologists of your world may refer to this energetic dumping on others as 'projecting'. It matters not what you might call it.

When you reclaim all of yourselves, you reclaim the good, the bad and the ugly all together. Nothing is to be left out or pass you by. As those elements which are, create open doorways for forces other than your own to enter and manipulate at this level of the ego mind.

Something simple that you can implement, would be in the following. When you next find yourself burdened by a state of pressure and whatever the accompanying discomfoting emotion may be, ask yourself:

Where did this state originate and why?

Where was I unboundaried that I allowed myself to get enmeshed into, receive and carry that unhelpful state around within me?

How can I transmute this in order that it is harmless to all? (ask your guidance for assistance, using your most workable tools)

Beloveds, understanding and practicing being your authentic Selves does require all of you be brought to the surface of your minds and hearts for examining and clearance to bring greater balance within.

We hope this has been helpful on the subject to you.

This is I, Sa-Ra, with much love to each and every one of you this day for your continued efforts to raise yourselves. Rememeber, every effort you makes does bear fruit - at some point in your journey.

You are all loved beyond imagining.

This is your Sa-Ra

Bidding you farewell for now.

# **Gift Of The Ages by Monjoronson**

**By thru Shellee-Kim**

**Jun 22, 2013**

I AM Monjoronson

Yes indeed, let us begin.

The time to come will roll in like a wave out of nowhere...a tidal wave. Crushing everything and all in its path if you don't ride the wave as it comes for you. Drowning in it will be the only other option.

This wave, as it hits shore, is designed to have the effect of shattering lives (as you've known them) in order to shatter illusions. A gift of clarity can emerge from this chaos if you allow it. And we're wondering how many will truly be equipped to ride this out. Because riding it out will require giving up all you have previously known as the truth and replacing that emptiness with something else.

We are hoping very much that enough of a paradigm shift will occur that takes each (or as many) recipients into a state of new awareness, of cleared vision and subsequently, of a great open-mindedness and open-heartedness, as it were.

This way, imparting the new (yet, old) information about your world and it's many facets of deceit and illusion using you as fodder en route, will be that much easier to absorb and digest.

It's been a characteristic of your world to long hold onto lies and illusion in favour of any truths we or our messengers may bring to the contrary. All the more shocking and gob-smacking will it be for those who have ignored the 'heads up ' repeatedly when it does arrive.

We are not bothered with petty squabbling that is to enter your arena - along with the numerous infiltrators that will use the opportunities to try to gain an advantage over the many in their dazed state. But the Truth shall remain supreme and no attempts to bring it down will gain any traction in the long-term. When all is said and done our messengers will stand even mightier as the shining warriors of Light and Truth they are.

The coming events and time are to be the opportunity of the millennia, if not several, for those who remain. We look forward to seeing what is made of these.

The most heart-stoppingly, incredible times of great unleashing of Light onto your planet and into your very beings (if you are amongst those prepared) is about to sweep you up in its path and carry you to a destination unknown.. .within yourselves.

Truly this IS a time of Divine Grace. And what you will find when you arrive there will create a love so deep for everything, everyone and most importantly, yourselves, that your entire world will be turned inside out, along with your perspective.

This is the Gift Of The Ages. That you might once again Know and embrace Yourselves Fully in physical embodiment. Indeed, a true Gift of the Divine.

That is all for tonight. As you ponder these words know that your I AM presence IS standing by and ready to launch/ fully integrate within you.

Peace be upon you All as you go about your lives.

I AM Monjoronson.

## **Note from Christ Michael**

**By Thru Shellee-Kim**

**Jun 30, 2013**

21 June 2013

I have come to tell you to take all precautions in protecting yourselves at every level you know how. This is (one of) the Dark's last ditch efforts to destabilize many of you Ones under me. And take it from me and on good authority that they will pay dearly for all they are trying on many of you. None of their actions will/are being tolerated. You all have extra help on standby, as a result. The Dark's efforts are being deflected, not without doing a bit of damage first.

No matter. We will deal with them shortly.

In the meanwhile I wish for you and those in service to Me to hold firm ground. Know that this chapter is passing, faster than slower (SK:??). We will see our day of triumph, beloved Ones of mine. You can betcha life on that one. :)

It may seem to you that the wheel turns very slowly and all passes without seeing the Light of Justice. This is wholly untrue, although you may not be seeing it yet.

And remember: all good things comes to those who wait patiently and quietly continue to serve the Father in all the ways they can and know how.

A few words of encouragement on this day to you all.

This is your beloved

CM Aton of Nebadon signing off and out.

## Testing, Testing (One, Two, Three)

By SK's HS, Hathors/Sekhmet & CM

Jul 2, 2013

4 January 2012

**(PLEASE NOTICE THE DATE ON THIS. This piece came to light recently by Eve's posting and shellee had never posted it here and I asked her too. This was just after stasis was delayed December 31, 2011. IT IS 18 months Old. -Candace)**

Here's some itty bitty excerpts from chats with the Celestials I had last night, after reading Kibo's piece in the am. I hadn't read anything else on the forum at that point. Followed by some of my/my HS's take on what's currently going down.

I first had a bit of a personal progress report with Nebadonia. This was followed by a brief interaction with The Hathors and with Mother Sekhmet hot on their heels with more personal stuff for me, which I won't include. In fact, they always seem to go hand-in-hand and seem very interwoven when we chat.

### **HATHORS:**

There is some conflict at the higher levels above CM (SK: councils? other?) about the best way to produce the 'trump card'.

Others from elsewhere are not necessarily happy with CM's choice for the final moment of manifestation here. They believe there is more to be gained in allowing earth humans to have more experience than the intervention of stasis at this time/moment. It is believed that allowing things to drag on that bit longer before stasis, will allow more of a 'wake up' amongst more of the still 'sleeping'.

Now is also the time of the final sorting. Deciding where you want to be next is very much your choice. And then to make that stand (SK: probably referring to my mental obsession currently with the Stephen King movie *The Stand*, who's theme is ours at the moment I believe).

Many are watching and waiting for all to make their final moves in this choice. It is truly a testing time. See it as such.

This time is about standing fully and tall in your own authentic shoes right now, about expressing your own authentic (inner) truths. From the inside out. Not about swaying or taking on the truths of another who 'knows better'. It is a time for each one to individuate themselves in their entirety. This is what is required to express as a master does, to go forward in service as a leader; an example in and of the new world.

SK/HS: We are being asked to step up our trust and commitment to the next level...another test, another initiation, that can lead to our respective 'next rank up' in our future service, I understand.

We can run with it or allow our disappointments in further external non-happenings (or happenings, for that matter) to dictate to us, shutting us off from ourselves instead of opening us further?

We are being asked again where we would like to stand in the immediate future. Losing the grip on your devotion and commitment to your mission is another choice, too. And here I keep getting the images from one of my favourite childrens parables.

A simple man was a metal/copper worker. His life circumstances meant he had to weather numerous storms. But, with difficulty, he got through them all. At the end, just like the perfectly-worked pieces he produced, God pointed out that the metal worker's own life was just such an example of being worked into that selfsame perfect shape, through his own trials and tribulations.

The fact that so many feathers have been ruffled on AH tells me we are in a serious testing time again.

Personally, I keep saying I haven't gone through years of my own trials, tribulations and way less-direct than desired service to throw all that potential future away now. We've come too far for that.

The highest possible outcome can and will still unfold if we allow it, if we choose it. Yet choosing it requires of us to stay strong, hold fast, be in trust, live in truth and be self-aware enough to recognise what's happening and why. To be able to pick ourselves up and dust ourselves off when we hit those internal boulders.

There will always be boulders in our path and it is how we choose to deal with them that counts. You can go around them or over them, but slamming yourself head-on into them is going to result in much pain and be pretty self-defeating. Just like playing the blame game. For a very long time now, I've felt CM's learning; his lessons at work at many stages and in many moments. Not that we who live here on the planet are inconsequential-far from it, but it would be broadening our perspective to our great advantage to see this planet's unfoldment as his learning process also.

CM: You would be right beloved. The whole of this part of creation is my testing ground. And you ones are all along for the ride.

I also heard him say he is busy 'wading his way through it all', whatever that might refer to. AH is an organization that is to lead the way in the future world. It therefore makes total sense that to be a part of it as members means also to be tested to the core. To maybe see what our level of readiness is and what positions/roles we are capable of succeeding in. Will we answer the call, unshaken and unwavering?

Now I have the image of Dorothy (from the movie The Wizard of Oz) in mind, clicking the heels of her magical shoes, saying 'There's no place like home'.

Home, in this instance, being the coming home to our true nature, our God/Christ conscious state.

So here's to us choosing to fly in those shoes!

## **Advice, Our Surprise & A Rescue Mission**

**By Monjoranson thru Shellee-Kim**

**Jul 10, 2013**

Here I AM beloved one, good evening.

It is I, Monjoranson, come forth once more.

Now, let us begin with an overview on current events.

Your dear Darkies have themselves been rent asunder as we speak. Those who remain are something of a disheveled show of what was once the central stronghold of power, which has all but crumbled. It is a mere shadow of its former self as a body of people.

They are quite clear now on who it is that has the upperhand. Yet still they resist, still they fight. But the fight has become one which has been turned inwards now also. And these ones are in states of deep distress and great discomfort. And so it is this that they have wished for. Of course, for them the action has barely begun. And soon they will be centre stage in a rather unexpected and undesired manner.

And for you, my ones of great strength, courage, fortitude and enviable devotion: your primed roles await you, too. Make no mistake - you will have your day. Many of you are to become leaders on the global stage. And you will see the benefit then of having had this extra time to prepare yourselves. For all is not what it seems and never was.

I will change tack with you slightly to tell of great and wondrous events that are to occur in your night skies. (SK: Had a visual of actual fireworks -may have been a personal projection,tho) Look to the east at the right time for further revelations. You will see the 'doves of peace' and know within what is occurring and why.

SK: Why are you so friggin' cryptic tonite, Monjo? \*SK pulling face in frustration\*

M: Oh, for good reason. You'll be able to work it out.

During your next days (SK: Don't necessarily take 'next days' to mean actual days of our time)you will begin to see something quite remarkable at work.

This will occur in all areas of your world's expression. It is something which will be of great benefit to you all and that will unfold at just the right pace to provide you with the leverage you will be needing. Which will then be able to springboard you into your places and positions in readiness of all that is to come.

We have prepared a most elaborate surprise for you all. By that I mean a surprise on your earth. And one which unmistakably informs people that they have been terribly duped - happily or not.

Think of what occurs then as a rescue operation, with you being the rescuers as one would have them when a boat capsizes and people fall into the water without safety jackets on.

Think of yourselves as the rescue crew (SK: visual of people flailing about on the surface of a river and not being able to swim or keep afloat). Some of course, will resist attempts at being rescued and will try to go against the current.

You will do only what you can do and no more.

Now, in closing:

All of our Ones, our most cherished Ones...

We are holding you so very close to us, dear Hearts. Feel our love and how we wish to support you. We know it has been a tough road and for many of you it feels as if it's gotten a lot tougher recently. We want nothing but Joy and Ease for you, our most beloved brethren.

And it is but a short passage now to the 'official' end.

So hold to your Truth within and find an anchor within and with us. We will provide you with the strength you need.

Indeed, that will do for tonight.

Be at the ready, my shining beacons of Light

I AM Monjoronson

## Overcoming Inner Obstacles

By Nebadonia thru Shellee-Kim

Jul 14, 2013

[a follow up, related message to Bela's latest on Abundant Hope on surrendering to CM's will]

As always, you have had great help. But each of you are the directors of your own shows. Suffice it to say, many of you are trapped in paralyses (be it mental, emotional, psychological) of your own creation. Much of it buried so deep within you that it will take a great excavating operation to bring it out to the surface to be released.

These past patterns and thought forms as they've manifested within you are accumulations of your living experiences. They are the places of your deepest stored pain. It is high time to deal with these, allowing them to surface that you may move freely of heart and mind, unshackled, into that place where your will easily yields to the will of Christ Michael.

Beloveds, your lives are all deeply meaningful to us. For you are our precious foot soldiers, our great Warriors of Light and doves of peace. You and your choices are high priority for us at this time. And we watch and support you all most keenly.

Therefore, please do not believe you have been abandoned or left behind. When you are in process, beloveds, out of respect for yourselves and your choices, we and your teams step back, allowing you the space to exercise your own personal power.

Always out of our deepest love for you.

I AM your ever loving Nebadonia.

[SK: CM's presence was distinctly in the background throughout, making this feel more like a joint message]

## **Input From The Hathors**

**By the Hathors thru Shellee-Kim.**

**Jul 25, 2013**

9 July 2013

We are the Hathors come to you once more after a long absence. How have you been, my friend?

Yes beloved Shellee-Kim, the way has been hard and steep for many of you. Yet you have not given in or given up. And you are all due to have some very good external help coming from outside of yourselves shortly.

Too many on your earth have lingered over their choices, even though this has been an ideal period with which to consolidate the aspects within that required this. And, as we see this, there has not been the commitment by a large portion of those that were thought ready. This was partly expected. And a plan existed to cover this possibility also. It can be seen by many at this time as the 'critical' hour. Most are feeling this in one or many ways, yet know not from where the feeling comes and great unease prevails amongst your global population, as a result.

Have no fear, little ones. Your Father has made plans which are quite exquisite in their perfection. And all is to be played out in accordance with His will. Ah, this one smiles, and so she should. For these plans are quite magnificent and of the order not experienced on earth for millennium.

Our role is to become one of way more direct mentorship as we enter these coming times. There will be numerous of you that are to work with us and our guidance will be a recognizable force, helping to sustain change on your world. Of course, we are to be one of many such groups or influencing energies.

A potpourri of thinking and subsequent resolution from all over your universe and beyond will be a greater part of solutions to come forth for implementation on your world. Always in co-operation with you on the earth. And we are delighted with our soon-to-be involvement more personally with you.

Our beloved friends on earth: as you go about your daily work, your interactions and struggle your way through your various challenges, know that we are ever present. We are far more closely involved with you all, based on our history. And much of that link is yet to be revealed.

We hold you in the highest possible esteem, friends of earth. For your journey(s) have truly been astounding. And what's more, you emerge - more or less intact, albeit very war-weary survivors.

We are so very proud of your achievements. And we wish to blow a bugle in honour of

them and you.

There are many who, had they the opportunity to have this earth placement at this time, would have jumped at the chance. But it was decided in advance to round up those ones who's experience in planetary 'takeovers' was superior, as an extra safety measure. And thus the assignment was offered first to all of you.

We do hope you have no regrets about coming here at this time. You did know exactly what you were in for, in advance. But you and those of your respective teams had great faith in your abilities. You are boundary-breakers, after all. And not ones known to withdraw easily from the 'battle field'.

Indeed, we will sign off as this one grows sleepy. And we wish for her to be well rested. As we wish our Love upon all of you. We are most anxiously watching and waiting for the moment when we can step forward in greater service to you.

For now, we hold you all in our embrace.

We are the Hathors.

# The Feminine Divine and Change

By thru Shellee-Kim

Jul 27, 2013

There's a gathering of the gals here tonight including: the Hathors, Sekhmet (silent part), the Divine Dancing Daughters and all of the Sisters are in tow (a silent part for Sa-Ra too). Even though I know most of their 'flavours' well enough (except for DDD's), it feels like they begin speaking as individuals and then start coming together as with One voice in this session, like they're merging with each other continuously. Best way to describe the sensation I received here.

Inspired also by Kibo's reported meetings acted as something of a catalyst for this one - thank you Kibo! And I too received the symbolic image of the 1000 petalled lotus - a pink one given at the start of the week by CM. I think Kibo's was discussed by Grandpa, if I remember right. It's symbolic of the unfolding and the opening of consciousness.

Mother Mary steps forward:

[Personal SK stuff preceeded this...]

Yes beloved one, some roles have been tweaked to fit and those who, indeed, have taken it upon themselves to make the necessary adjustments in and for this end time scenario, will now find their efforts have paid dividends.

Nada: Beloved one, I wish to come forth now.

It is true that the people of earth at a level they cannot discern (in the main), are watching and waiting for an external event/s to trigger their inner responses to such change. The magnitude of this change for those who have chosen to sleep until now, will, as already has been discussed, many times and through many messengers, be enormous in impact.

Yet, at the level of the unconscious, some of these ones have been preparing. And the question will be how they ALLOW themselves to re-act at the said time. Which will in turn determine their personal next steps and path.

We are most excited for all that is to occur. And it cannot be stressed enough that our support is ever available to you with but a call.

[Personal SK stuff here...] we all go forward together with you, in the One Heart and with One Mind.

Hathors: (always the same nameless, feminine energy representative comes through)  
Beloved, we would add our voice here.

Our ability to provide an anchor for the people of earth is now beginning to have an effect -

taking into account the state of most on the planet currently. Particularly as the last dregs of the dark and its residues are cleansed and swept away. Thus will be an increasing strength in all of our endeavours on this side of the veil, impacting on yours. And a new kind of staying power. One which has not been fully able to take root, as it were, before. So we would say that this is definite 'breakthrough' time. And none too soon. The pocket of continued dark resistance weakens daily and it has less and less effect. Although illusions of control still remain, such as in and through your media.

However, what is really occurring as they try final attempts to breakdown human consciousness further is the strength of Light and our Love that is now being superimposed over their continued attempts at damage creation. This IS having a dissolving effect.

That you all and this one, our Shellee-Kim, are seeing and feeling what she describes as a 'hardening of hearts' is so, at one level, and as the dark sweeps across consciousness. But at another, it is not necessarily permanent in its effects. And therein will lie the test (and the subsequent choices) of those who are to yet awaken.

We are exceptionally hopeful. Not that we believe there will be large amounts of people making miraculous transformations within. But that sufficient numbers will understand much of that which has occurred and how they have been used as pawns on a grand stage of deception. The acceptance of this will see them in good stead for the next steps on their respective journeys. And this we do see as a good measure of success in the overall Plan.

Indeed, this is enough for now. We will return to you shortly with more messages, beloved one.

SK: Anyone else?

Divine Dancing Daughters: Indeed, we are all here at your service and with some words to share at this time.

SK: \*No name given, but again a familiar voice, speaking for all (I've chatted to the DDD's a few times now). Am getting to know this one's 'flavour'\*

DDD's: We know you enjoy your abbreviations and the 'DDD's is perfectly acceptable to us. We are the Divine Dancing Daughters or Daughters of the Father.

[SK personal stuff here from them first...] This is for all those who have gone through (and continue to go through) the pains of their own (re)birth. We, the DDD's, are here to tell you that nothing is as is it seems. There are great and worthy beings around the world in human form, readying themselves to come forth, each designed to stream a different take on Truth.

With or without support, the long hard years of preparation for many have taken their toll on each - this is true. However, it has also been a series of necessary initiations in readiness for what is now to come. Remember, the more serious the initiations

experienced by an individual, the greater the workload and the level of responsibility to be borne by that individual. This is a rule of thumb.

We would like to say that there are 'none so blind as those who cannot/will not see'. It cannot be repeated often enough as part of the programming on your planet is to achieve exactly this.

[continued later that evening..]

Change on your planet is perceived very fearfully by the vast majority of you. It is therefore rarely seen as something that can have most beneficial consequences for the soul's journey. And more often the 'tragedy' of the circumstances prevail uppermost in the minds of those who felt themselves to be victims of the varied occurrences.

Once the dust has settled on the trauma experienced by individuals through change, a great gift waits to be grasped.

The inner gift can come, if allowed, through the catalytic events in the life of the individual. Thus should each and every individual be given the fullest opportunity to respond for their highest good.

No matter that change of this nature may come late (as perceived by you in your time/space), for the soul's nature and journey is indeed eternal. Thus, you are all urged to provide every imaginable platform in as many ways as possible to all those who have even the slightest willingness or openness to understand change from another/a different perspective.

We will leave this with you for now and will also soon return with more. Thank you so very much, beloved one.

SK: You're so welcome...:-)

## **The Destruction of the Nature Kingdoms.**

**By Nebadonia thru Shellee-Kim.**

**Jul 29, 2013**

Beloveds, it is I Nebadonia that wishes to speak once more.

It is true to say that those of your time and place have little regard for all other species upon your planet and in your seas that occupy the same space and air as you do.

Somehow because you utter words, you have talked yourselves into a sense of collective superiority over your brothers and sisters in different forms. These ones, like you, have volunteered to experience life on Mother Earth's body to serve both you and she. And to learn as a species. But they have been reliant on you to guide them, to show them the way in this grand evolutionary journey and wondrous opportunity for growth.

Yet, instead you have seen fit to rather choose to inflict the most horrendous pain and suffering upon them, in your wisdom.

'By their fruits, ye shall know them', so says one of your world's holy books. Well, WE have come to know what it is that still remains prior motivation in the deep dishonouring of the many species upon your plane. And it breaks our hearts...

There can be no greater pain for a mother than to see her children swept along by the lies in a world that refuses to stand up to its oppressors, all the while the voiceless (animals, birds, sea life, trees/forests and all of the rest of the nature kingdom) face endless cycles of continued pain and suffering.

You have been visited by ones who know not what the word 'mercy' means and so you have now become as them, (re)made in their own image. Do you not recognize, beloveds, who and what it is you are serving? Where and how your allegiances are being made and remade daily?

This is why this cycle ends now. No more shall there be the levels and extent of harm, atrocities and abuse committed in the name of man's greed and external power associations.

There will no more be the wave of unconsciousness and fear that has kept man imprisoned within and away from his ability to know, feel and express compassion and empathy for all.

**IT IS ENOUGH!**

**AND IT ENDS NOW!**

All possibilities have been exhausted, all avenues opened have resulted in dead ends, in

the main. Thus we move into the new, having learned all that could have been that may be applied to the various future scenarios.

This is enough for now. I AM your beloved Mother Neadonia holding the seeds of your tomorrows in deep hope within my Heart.

[www.goldsalchemistry.blogspot.com](http://www.goldsalchemistry.blogspot.com)

## **Sa-Ra 5: Touching The Hearts Of Strangers**

**By thru Shellee-Kim**

**Aug 1, 2013**

Beloved Shellee, oh it is so good to have returned again, to be with you once more.

Yes, now begins a new cycle entirely. Marked by the separation of all that is to occur. Your preparations and the extra time given will see you all in good stead. It has indeed been a long time coming and in the making.

But of course you are wanting much more concrete information than this. And so we say to you 'now is the time to stand up and be counted' if you perceive yourselves as ones who wish to be of Service at all.

So now for today's message: How many of you can say you speak out when pressed to do so, you stand up for injustice done to another being in a public place or you become involved in a situation that is rife with tension that 'isn't your business'?

If you are ones to whom this applies and you are easily able to and do do these things, then we applaud you. However, if you are the silent majority who prefers the approach of turning a blind eye and deaf ear to such proceedings occurring around you all the time, we ask you now to stop in your tracks.

Why do you believe that an argument on a bus between a man and a woman is of no concern or business of yours? Are these not your brothers and sisters also?

It may be due to a subtle action on your part or even an overt one that could help these two find some kind of resolution together. Even if it's merely a temporary one. It could be that through your 'interference', you could act as a tonic, a healing balm or a helping hand for the hurts experienced by either or both parties. There are very many more advantages to 'standing up and speaking out' in such a scenario than there are to not doing so.

You also become an example to others, potentially beginning a chain reaction. And perhaps the next time one who witnessed your outspokenness on the bus will him/herself witness another scenario of conflict or a person requiring help elsewhere, he/she will instantly be reminded of your own courageousness and spontaneity in stepping forth to assist. In turn, this gives that one the courage to stand up and speak out. Do you see the importance of this?

There are no excuses, beloveds. Each and every one of you are faced with many of these situations on a regular basis. Regardless of whether these are in the work place, while interacting with others as a consumer/seller or in your home environment. Too many of you still remain overwhelmed by the 'what will others think of me' re-action, which in turn suppresses your potential responses in this kind of Service.

Practise in these moments and given opportunities. Use them now to quickly ask yourself during your witnessing of such, 'how and what would be the best service I can provide to this person/people/situation/animal at this time that would be of benefit to the highest good of all'.

Of course, there are numerous situations you also cannot get directly involved in. But that voice within will help you to discern and assess each situation accurately. You do not want to be directly in the line of fire (figuratively-speaking) of those at explosive points and find yourself at the short end of the stick. But listening within as to what to and how to react will ensure each situation is handled perfectly.

We do believe that many of you use your perception of the potential explosiveness of others as an excuse to bury your own heads in the sand, turning away from doing such Service to others, as a result.

By your own actions you are teaching others through demonstration that this IS acceptable, and even necessary, to stand up for and with others, helping to smooth the way a little. This is extremely important, beloved friends. For it is over millennia of bowing down and accepting your world's self-appointed 'authorities' that your people and planet are in such a mess. These are some of the first steps to again finding your own sovereignty and power within.

For there is indeed something very personally empowering in reaching out to touch the heart and/or mind of a complete stranger. Such actions help unity between people, help people in feeling acknowledged and that they count and gives you, as importantly, the opportunity to actively seek out ways your Service is sorely needed.

This will be all for now, beloved friends.

Please go about your days asking for ways in the world and amongst strangers that you can positively 'interfere' with in this manner ♫. It is far more important than you might think.

I AM your beloved Sa-Ra come once more this day and through this one.

It is always my delight and pleasure to be here amongst you in Service.

You are all so deeply cherished and loved.

Until the next time...

Adieu.

# Complacency by Monjoronson

By thru Shellee-Kim

Aug 6, 2013

M: And, shall we begin?

SK: Certainly.

M: Too many of you ones have become complacent in your acknowledgement of these times and what they mean. You are - each and every one of you - in the thick of your very own tests. Tests that your own Higher Selves require your passage through for the purpose of your graduation and knowing your next placement.

Do not think for a second that it is over yet. Not in your time, at any rate. Treat your entry into every day as those you watch on your television who are involved in endurance sport. Every endured day extra, therefore, until the finish line in your time, is another opportunity to go that extra mile, as it were, within yourselves.

What do I mean by this? Lest I should be thought of as cryptic again... \* a playful mocking smile\*

SK: \*Huge laugh\* (in remembrance of my comment from my last piece with him)

Beloved people of earth: you have had so much extra time to get things right within you, that by now you should be quite the masters of your Selves. However, we see that you ones, our warriors, have become somewhat complacent. We watch as you wait for THE END...the GRAND FINALE. THE sign that will mark the end for you.

And while you wait you are not fully engaged in the process of creation and the creation of your immediate futures.

You are distracted with worldly survival and with the need to arrange your lives in such a way as to feel prepared for what you perceive the upcoming events may look like. And we do encourage this preparation.

However, not at the exclusion of the continued cultivation and preparedness of your inner gardens. For it is this that will yield the greatest and healthiest crops, come the right time. Thus I would like to redirect your energies and efforts back to the weeding within.

[SK: \* For a generally pretty serious celestial, I'm not sure why but Monjo's kind of funny tonight, like I've never known him to before. He just made me laugh again-something more personal. I'm not even sure it was intentional though\*]

This is vital work to your clear and clean creations of the future. And needs to be emphasized. You all have it within you as to exactly what it is each of you need to do to

complete your cycle in preparedness to ensure that you are sufficiently confident in who you are and all you are to bring forth as servants of the One.

Every extra moment given to you therefore, is extra time now. Call it the grace of God that is being gifted to you and do use every moment and opportunity expediently.

For these moments will not come again.

Treat each day as if it is your last in this cycle. And ask yourself what is still left undone in your lives; what is it that yet needs addressing. Whether with others or within yourselves. It matters not. The objective being to be in completion by the time the warning signals have been issued.

At that point it is all about stepping into service of and for the other; for those many around you. So, again, now still remains the time for YOU.

Use it most wisely that there is even more of you to bring forth to others.

We must have those who stand tall working alongside us. Each of you chose to be leaders and we need you to act like them.

That will be all for tonight.

Anticipating glorious tomorrows together.

I AM MONJORONSON

## Sa-Ra 6: Come Home To Yourselves

By Sa-Ra via Shellee-Kim

Aug 11, 2013

[SK Note: This piece is also targeted at those ones who promised to be part of the action here on earth at this time but have not yet heeded the call. And those who allowed their personal power to be manipulated and diverted elsewhere, thus identifying with the consciousness of those who are in the New Age movement, amongst others.]

Yes, let's begin. Beloved people of earth: I, Sa-Ra, come to you today because of your dire need to awaken yourselves from the deep slumber of forgetfulness of who you are.

There can be no New Earth that succeeds without your full participation and agreement. It is imperative, therefore, that you rouse yourselves from the effects of mass hypnosis that has plagued your civilization for so long, and which has increased in strength and dose issued in these end times.

It is time to know who you are so that you might know who the other is. By this we mean as you realise yourselves as souls having a physical experience and the reasons you came to earth, so will you see also and know the great effects of those who blinded you from the truth of Yourselves. Your warrior spirit must rise up if you are to show others the way Home to their Hearts.

Why do I speak of this on this day? Because you are at a crossroads and a choice needs to be made. You are being relied upon by many who stand by ready to support you (SK: those from the invisible realms). No matter that it might not be comfortable or convenient to do so now, this is presenting as a final opportunity for those who chose this as part of their life plan.

You who have been overwhelmed by deception and lulled into a false sense of security can no longer afford to fool yourselves. There are great things waiting for you should you choose the path of your own Inner Truth and your alignment to the God within. There is nothing in any philosophy or therapy or coming from any person outside of yourselves that can truly be your guiding Light.

For you ones it is all about facing yourselves head-on now, as some like to say. Therein will you find the answers you seek. Therein will you real-ise that those to whom you have given your power should not be in possession of this (even those you term spiritual guides and teachers of 'channelled' materials). This power is your very own sacred centre. And the very wisdom you planned to use in your service to others in these times. Far too many of you have unwittingly given over of yourselves, believing others know more than you, better than you...

And how you came to be here now, in this position.

Beloveds, you have so very much to offer between you all. And both your Mother Earth

and your fellow Light warriors could well benefit from the help you could offer to your mass population as things begin to unfold more dramatically on your world now.

It is merely a question of altering your perspective about yourselves... ever so slightly...to desire this so that the blinkers might fall away. Once you are able to see your existence and recognise what has driven you have been the energies of others, rather than your Self, you will begin to become conscious of other dependencies. These are all effects in your living of ones NOT in the driver's seat of your own life and decision-making power.

Even If you think you are one that is fully awakened and to whom this message does NOT apply, we ask that you seriously consider these words, anyway. That you digest them, sentence for sentence and take it within your heart to see whether you truly are the ones running your own life.

Beloveds, it is our job to offer aid when it is called upon. Please use that which we can bring forth - even to help you perceive yourselves and your worlds differently. Make a single small choice in this direction and a series of stepping stones will be brought forward to aid and encourage you further. And with each step shall you 'see' with a renewed clarity of vision. And be reconnected to that which you originally chose for this lifetime.

So be it.

I am your beloved Sa-Ra coming to you with great love in my heart for you all.

We are on standby, awaiting your call.

Until the next

I bid you farewell.

## **Nebadonia: The Waters Have Broken**

**By thru Shellee-Kim**

**Aug 13, 2013**

All of you who live, work and try to survive one day after the next on the earth plane are subject to much duress. Most of it bombarding you from the unseen realms. And often just below the surface of your conscious awareness. Necessarily so. As your adversaries work in this manner for specific reasons. Not the least of which is their great need to not be detected at their daily games.

It is and has always been one of our major tasks, therefore, to bring forth from the higher, Lighted realms an equally unending supply of messages that can counter this. The results of these endeavours have, unfortunately, only found marginal success. And the vast majority walking your plane continue to do so with their heads downwards.

It is all very well to wish to change, to desire 'doom' (as a means of relieving a life you do not wish to take responsibility for) and to fantasize over a better future. But none of these desires can manifest in positive change without there being some semblance of ownership first. And this is and will be the toughest part for all to accept. That each, regardless of his/her life and its choices, had a hand in both the creation of and that which has resulted on the earth.

Transitions are rarely smooth and it must be accepted that this one will be no different. Liken this process to the birthing of a baby.

The mother waits for contractions, several stages and levels of them before the actual labour proper begins. Although the breaking of the waters and contractions are all necessary stages to reaching the bearing down phase. With many different birthing options being available to the expectant mother and baby.

You can birth a new life while literally almost paralysed due to your choice of drugs, feeling almost disconnected from the process. Or you can choose to consciously go through each moment of pain, knowing you will have fully participated in what you are bringing forth. And then you can also choose to ease that process with a water birthing experience, where you are fully supported by the healing waters and so feel that much less of the pain, being able to focus more on the joyous anticipation of the experience.

I am here to tell you that the waters have broken now and the stages of contractions will begin, rapidly moving through these to the bearing down and the birthing phase.

Be ready to catch the baby, nurture it (and the mother) in the warm swaddle of a blanket and ensure that it has immediate sustenance and its passage ways cleansed so that it might gulp deeply of the breath of new Life.

Let the emergence of yours and the babies' of others that you will assist into life be ready to take in great gulps of new and cleansed air into their streams. And be ready for the new life to come...

Thank you, beloved, for making yourself available for this. You are endeavouring to stick to our agreement and it is encouraging.

Deep love of the One Heart to you all.

Nebadonia