

*Messages from*  
*Abundant Hope*

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**Shellee-Kim # 2**

# Table of Contents

<u>Message</u>	<u>Page</u>
Table of Contents.....	1
INTRODUCTION .....	3
Sa-Ra 7: Perception.....	5
A Few Words from Christ Michael.....	7
More Updating From Mother Mary .....	9
Monjoronson - The Last Leg .....	11
A Few Comments From Mother Mary .....	13
Choices and Getting Real With the Self by Nada.....	14
Sa-Ra 8: Friendship .....	15
The Final Battle: WE Are The Armour - Sekhmet .....	17
Grand Finale Points by Christ Michael.....	18
Sa-Ra 9: The Road To Exposure .....	20
Sa-Ra 10: Battle Victorious .....	21
Sara 11: Living/Teaching the God Within.....	23
Sa-Ra 12: Self Confidence.....	25
Sa-Ra 13: The Chaos Of Disempowerment.....	27
Sa-Ra 14: The Meaning Of Life .....	29
Sa-Ra 15: On Your Marks, Get Set and .....	31
TO KNOW WHO WE ARE by CHRIST MICHAEL .....	33
Sa-Ra 16: AN ANNOUNCEMENT .....	34
Sa-Ra 17: Self-Reliance .....	36
Going Forward by Mother Mary .....	38
Sa-Ra 18: Self-Abasement .....	40
Sa-Ra 19: Self-Abasement II .....	42
Be Watchful by Mother Mary.....	45
Sa-Ra 20: (Self) Discernment .....	47
From Siraya .....	49
Sa-Ra 21: Self-Sabotage .....	51
Dealing With Disappointment by Christ Michael .....	54
Sa-Ra 22: Avarice.....	56
What Is To Come by the Trinity/Triodity Sisters .....	59
Change In The Air by Mother Mary .....	61
Quelling Curiosity by Siraya.....	63
Anchoring In The Divine Feminine .....	65
Sa-Ra 23: Envy.....	67

DIFFUSING (ANGRY)MOB ENERGY .....	70
LETTING LOVED ONES GO by the Divine Dancing Daughters.....	72
Things Are At A Head by Christ Michael .....	74
MORE ON OUR ROLES by the Divine Dancing Daughters.....	76
Sa-Ra 24: Dealing With People In Bereavement .....	78
MORE ON WHAT TO EXPECT by the Divine Dancing Daughters .....	80
Sa-Ra 25: Time For Truth .....	82
WARMING UP by the Divine Dancing Daughters .....	84
A Light Victory.....	86
ENDINGS AND BEGINNINGS.....	87
A Grand Opportunity .....	88
TURNING CHALLENGES INTO TRIUMPHS .....	90
HOPE FROM HUMANITY'S BREAKDOWN .....	92
KNOWING OUR CHOICES .....	94
BEING THE ROSES AMONGST THE THORNS.....	96
Questing For The Wealth Within .....	98

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# 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!

# Sa-Ra 7: Perception

By thru Shellee-Kim

Aug 22, 2013

23 June 2013

Goodday my beloved family and friends.

It is with great pleasure I am here once again to be with you through this exchange. [Some personal SK stuff here...]

Everything will shortly fall into place and you will be able to understand the many cryptic comments you have heard and read in the variety of messages that have come forth. Today I would like to discuss the nature of perceptions and how it affects us all. What is perception?

It is but the way in which we see our world, others and our very own Selves. And can be positive or negative, depending on our associations with what it is we're viewing or focused on and why. The why's are very important. Because what motivates you within will most certainly affect how you perceive the person or set of circumstances.

Yes, perception is coloured by many factors. And therefore cannot hardly ever be seen as 'objective'. \*Motivation and association usually comes from your past that triggers a positive or negative emotion or response. This can push your buttons with a negative/irritated/intolerant charge when dealing with a person or situation, additionally colouring your perception. So, all in all, as you can see, you are not entirely free to arrive at a conclusion. And especially one that is judgement-free.

With these many factors affecting you and your conclusions and decision-making at any given time, you can see how easy it is to arrive at unfounded conclusions around a person or situation.

Other than perhaps for a tiny handful of you who have sufficiently understood the obstacles in the path of true objective perception. And have gone to lengths to transmute the subjective perceptions, bringing yourselves into greater balance that can be used in all areas of your living.

However, most of you, most of the time fall prey to less objective perceptions. Your intuition and taking guidance from within notwithstanding. Of course, taking guidance from within as you ones do (SK: referring to AH folk and committed Light workers elsewhere, I think) makes the sorting process far easier. In that case there's less room for taking turnings away from your HS's wishes/plans - which would mean lesser decisions are made. And which would potentially also allow you to be influenced by other external factors that may complicate your lives further. Instead of helping you solve your life challenges.

But even this does not necessarily mean there is nothing to work on for you ones. Often what motivates you within are your associations from your personal past, as already mentioned. And so you will daily need to ask yourself where those particular thoughts and emotions come from, before making decisions based on your perceptions and which come up when assessing a person or situation.

Much of this works below the surface of your conscious minds. And while many believe they respond to life objectively, in fact most are often responding to varied life circumstances and

situations by how they were made to feel growing up as children. What manifests then is a feeling of 'rightness' or 'wrongness' in the mind during assessment of such situations.

An easy way to assess how much of your mind still remains in judgement of others, thus preventing your objective response, is to step outside of yourself mentally. Take a step away from yourself while you 'weigh up' a situation. Watch your chosen reaction. Ask yourself 'why that reaction' every step of the way. And don't be afraid to embrace a negative reaction to someone or something. Because in embracing it, you'll much easier be able to arrive at the reason behind it. In so doing, you'll then know whether this has anything to do with the other or is, in fact, a result of one or another personal prejudice of your own that now colours the situation.

On your earth plane, duality is a fact of existence. Or has been so far. And it's been most difficult for those who've seen this to break free from it. As more of you embark on the journey involving moving towards your own inner wholeness in the immediate future, so your outlook and perception will become more integrated and less subject to the whims of an unhealed mind.

This is I, Sa-Ra, always at your disposal. I need only be called should you wish to speak. Things are moving at a fair pace now and we hope to soon have you in our arms offering huge hugs \*smile\*.

All is well.

I wish you all the blessings and fortitude for your weary spirits.

You are all much loved.

This is your beloved Sa-Ra saying goodbye for now.

# A Few Words from Christ Michael

By through Shellee-Kim

Sep 25, 2013

Hello dear friends!

I only felt to post this one now. Actually, I see there's been quite a few messages I've taken that I haven't shared in this past month or so. And then forgot about. I'll rectify that shortly.

How could I ever have thought CM was limited to just a single talent like tap-dancing. Yesterday, I saw him in yet ANOTHER creative role; this time no tapping, but dressed in black and white in smart tux/black tie as an orchestral conductor! We - all sincere light workers of the world - were part of one huge orchestra, all sitting with our violins, cellos and other string and other instruments, waiting for our cues. This was while I was listening to my favourite Vivaldi's Four Seasons, Summer First Movement.

He was conducting with such finesse and passion and I was ecstatic to see him in this role. And it came to me that each of us is to play our 'instruments' separately and together, making our voices heard through them and together under CM's guidance and in harmony and balance with our fellow musicians, we play/sing our song of Unity for the world, in unity with each other.

Love Of The One Heart

SK  
\*\*\*\*\*

9 August 2013

SK: What type of a mood are you in CM?

CM: Fine and temperate to slightly cloudy... \*smile\*

SK: \*giggle\*

CM: Let it be know that you ones are doing a most splendid job. And I come forth today as I wish to commend each and every one of you on this.

Your commitment is unwavering along with your devotion and it means a great deal as we proceed with the unfoldment of our plans.

For you, my beloved Warriors, what great surprises and treats are in store. \*smile\*. It will be as a Christ-mas every day for you ones and we look forward to watching you revel in your rewards.

As you go forward into these last days (SK: not to be taken literally as actual days only[24/9 SK: But perhaps NOW it could be actual days!]) and as this cycle is drawn to a close, beloved gems of my heart, I ask now that you stand tall, that you set the example of ones who are worthy of being called the Christed ones. For that is what you are.

You are the best of the best, gathered here together in this time-place. You have long since planned and prepared for the action about to start and all that follows into the New World. You would do well to ensure you are permanently anchored in an emotional stability within. This will serve both you and others superbly as the rocky ride begins.



Please note not all of you have chosen to see this through until the end or/and into the new on earth. For you ones there are other things to get on with elsewhere and therefore there is no need for any type of self-judgement here. This would not be considered any type of a 'failure' reflected upon you. It is merely another choice.

I will leave these thoughts with you now.

My beloveds, you are deeply loved and forever cherished in my Heart

Your Sovereign

Christ Michael Aton  
(aka Tap Dancer Extraordinaire ;-)

Oh, you can add that in. A bit of lightening up to disperse some of those clouds is perfectly in order.

# More Updating From Mother Mary

By Through Shellee-Kim

Sep 27, 2013

20 September 2013

Beloveds, we are all here, cheering you on to the finish line. And the return to your true heart. To the place and state that is your truth; your authentic expression. It is in this expression that you find your spiritual 'feet' at long last. In this state can you express all your wondrous gifts and fully live in your multidimensional nature. As it should be.

For were it not for the journey of a thousand journeys that you have made this time around, you would still be certain experiences short of completion. So bless the struggle that has been your existence, thank the pain and the losses for the lessons brought forth; the many and varied reflections within and from others that have pointed the way forward for you. For indeed, when all is said and done, what matters is the learning and the stepping up - or back up - into your true Self.

Now, let us discuss a little of what is to happen. We see that you Ones have been putting yourselves under considerable strain of late in a bid to finish up with the remainder of what's needed by your HS's to go forward. We are cheered by these choices for it means you will be far better prepared in your service and the myriad ways in which you are to assist.

It is delightful and most joyous to have you call on us for help, you know. We see more of you are starting to make use of us in this way. And, of course, more on our side have stepped forward to make ourselves available to as many of your requirements as possible. Now this is also due to an 'opening up and lightening up', cosmically speaking.

The gathering in groups is to shortly begin. What this means is that like will attract like, as you say on your earth. And, in greater numbers, far more can be achieved. This, our one, Shellee-Kim, has already been alerted as to what is to occur.

What remains an unknown until the time, of course, is how this is all to play out in the minds of the masses and thus how things manifest on the ground.

There are backup plans within plans, depending on choices and reactions, and all is in accordance with Divine Law. This is an operation that is mammoth in its undertaking...quite the largest on earth in millennia.

And your personal back up teams - us - will be surrounding you ever closer so that you may feel and know our presence and guidance also as you step into your roles.

Let not what emerges from the mainstream media have any bearing on your decisions. But always seek, as you have been taught, to forever go within to verify all that occurs externally. Many will feel as if they have literally been blasted out of orbit (and their personal orbits along with it).

Immediate attention is therefore to be given to emotionally stabilizing people enough that rational conversations and debate might occur.

This period before 3DD, though short-lived, is critical for many. And every opportunity is to be given to all on earth for both learning and the opportunity for greater life choices. I will leave this with you for now

Bidding you all a most glorious day

This is Mother Mary bearing great love for you all.

# Monjoronson - The Last Leg

By through Shellee-Kim

Sep 29, 2013

27 September 2013

I AM Monjoronson come forth this day. Would you be so kind as to take a message?  
SK: I surely will.

Shall we proceed?

Let's recap on current affairs. All is in place now for the first of a series of events to be triggered off. Be under no illusion that the effects of all of these will adequately serve the purpose they are meant to. And that is to mobilize the sleeping (until now) populace on your earth plane.

The various events are designed to each have differing effects on the human psyche. But as you know by now, all ultimately serve the same purpose of awakening through shock, discomfort and denial/disbelief, in the main. Not our first choice, but the only choice left and the one your people on earth have chosen as a collective.

It has been a long time building and in arriving on your plane. And you have already been made aware (SK: In Leonette's piece by CM [http://abundanthope.net/pages/Leonette\\_112/What-it-means-to-travel-the-tunnel-of-darkness-and-emerge-into-the-Light.shtml](http://abundanthope.net/pages/Leonette_112/What-it-means-to-travel-the-tunnel-of-darkness-and-emerge-into-the-Light.shtml)) of the necessary steps that had to be put in place in support of the upcoming series of events now to be made manifest.

You are all feeling the pressure now, are you not? Both the people of earth and the Earth Mother must have release from this build-up. And the people are to first know the 'removal' of the old world and all that came with it. Each must be given the opportunity to understand the workings and mechanisms that drive their countries and cultures. And thus themselves. And all will become quite transparent in this regard.

It is high time that in these final moments on your plane and as the dramatic last ones are played out that people understand what their lives have been about and why. And, of course, who's really been running the show from behind the scenes.

This allows and creates a precedent for what comes next and post the 3DD event. And the greater shall be the readiness of the ones returning also.

This is the briefest of moments and the lull before the mighty storms of your time. And one that brings with it the greatest opportunities for growth and learning.

[...cont 28 September 2013]

For those who have controlled the planet, their learning period is officially over. And those who continue on of this group will be doing so in far harsher conditions. It is what they have called for.

As with you on earth, you are also now in the throes of receiving what it is YOU (collectively) have called to you. It will not go on too long, this period. But will provide enough experience time-wise that many will have their greatest awakening yet. We anticipate some 'miracles', as a result. And positive changes and shifts within could come from people you least expect it from.

Of all the choices that were open to you and us, we see this one as having the most potential for

change and growth, without too many of the circumstances that would detract and distract the masses from the embracing and learning of such.

Those of you 'in the know' are to have your work cut out for you. See this as a good test run for the post-3DD teaching days.

You have carried out such great works on behalf of us and with us. As well as for your fellow brethren and your exhausted Mother Earth. And some of you wonder how it is you find YOURSELVES still standing due to your own weariness.

This is the last and final leg in view. And as you have just heard from Mother Mary, we are all waiting at the finish line for you, ready to present your laurel wreaths, provide sustenance and pamper you all fully.

The end is in sight.

That will be all.

I AM Monjoronson

# A Few Comments From Mother Mary

By through Shellee-Kim

Oct 3, 2013

9 September 2013

Remember, your world will go into an emergency, crisis situation for a number of weeks. And there will be great disarray and confusion amongst the masses. Hence the need for all global wide to prepare as best they can.

Our rainbow warriors of Light will be expected to go into whatever action is necessary and required in the moment - be it the answering of questions in a clear, simple, concise manner, being an extra pair of hands on the ground to assist in distribution of goods or taking a public podium to speak more officially and as opportunities arise.

You will all be kept mightily busy and it will appear as if there are a never ending series of tasks and demands placed upon you by others to attend to. As well as in your own lives.

**What we speak of here are the preliminary introductions born of the chaos your world is to know now, BEFORE the 3DD set in.**

Priority is to keep as cool a head as possible in your specific circumstances you will be facing. And ask, ask, ask for your angels, guides, CM's and Source's assistance and protection throughout the many moments of your days. And even as you go about the Father's business in service to aiding and uplifting the many others around you that will need it.

There are also to be numerous assignments given now that are part of the plan of some of you that will be kicking in for practical purposes.

**Due to the power grid going down, many of you will now also be tested in ways as yet untested.** We see this as a wonderful learning curve. Particularly as your reliance on your inner voice and connection to Source may grow ever stronger. This, you will see, will be a blessing in disguise. Even if perhaps not recognized in that moment as being such.

Too many of you have suffered from an ostrich-head-in-the-sand syndrome. And it is this that will bring on the worst of the shock. So do be prepared to deal with those suffering in this way. This is all for now.

Your beloved and ever-loving Mother Mary

# Choices and Getting Real With the Self by Nada

By thru Shellee-Kim

Oct 3, 2013

2 August 2013

Beloved Ones

We wish to bring forth some information for your perusal this night. It has come to our attention that many of those who's missions it was to stand up and be counted are shying away from their work.

This is not in accordance with your contracted agreements. And it is imperative that you ones find the courage within to face your respective Dark Night Of The Soul in order that you can reclaim yourselves.

Ask yourselves where your complacency has taken you. Is it where you would have liked? Is it taking you to the next step of evolution and service? Or is IT leading you down the garden path, rather than you directing IT?

When the calling occurs, we expect those of you who are ready to jump to attention. However, there are many more that are required to be at the ready. With the extra time given you, we hoped you would put this to good use, using it as further preparation time.

However, it appears as if many more of you have instead become lackadaisical and more bogged down by your daily trials. We wished and hoped that this would be different.

Further, we ask as many of you as possible to now make that internal commitment to your contracts by ACTING upon them. A commitment to serve means you are required to serve through ACT-ION. This is how you solidify and anchor in such a promise. Doing this then allows the next natural step to unfold, allowing for further choices along that path.

Understanding the dynamics of choice is mightily important here. To choose is not merely to say something is so. Or to intellectually choose it alone. It is to embrace with your entire being that which you have decided is your choice. And if there are obstacles in your pathway to embracing this, then it is to get to grips with these obstacles, removing them one at a time (if needs be) from your pathway.

To move fully into the wholeness of yourselves requires this anyway. So it is merely a question of doing this now or later. Of course we would suggest there is no time like the present moment. There is much work to be done at many levels and all hands are needed on deck, as it were. We have relied upon you Ones (the sincere Lightseekers) to hold the fort. Now it is time to go forth from the fort into the field, to help those flailing about and in real need. You have spent, many of you, years in preparing for what is to come. And now is the time when your preparation should pay off. And we would like to see the success of each and every one of you.

That, we think, is all for tonight. Although there is much more to say on this important topic. For choice, is that which consciously and unconsciously, guides your every next move. As you journey ever onwards and upwards.

With great love

Nada

[Back to MENU.](#)

# Sa-Ra 8: Friendship

By thru Shellee-Kim

Oct 13, 2013

10 September 2013

Tonight, beloved friends, I would like to cover an aspect of consciousness that is little discussed. And that is the development of spiritual growth that friendship brings and triggers.

How is friendship relevant to our growth, our expansion of consciousness and our personal healing within? You may well ask. Friendship can be both a gift and a mirror and thus in the main, the provider of many great lessons. If we allow it. Sometimes it can even be a curse, as some might describe it, filled with darkness and pain and betrayal. These are no lesser gifts, yet they are generally perceived as such.

Sometimes a friendship is merely for a season. Others last a lifetime. But most seem to span somewhere in the middle of these. It is our human needs that draw us in, especially where there is a particular resonance with another. Which impulses us into being desirous of a closer bond with someone. It is often also a soul agreement at work on a higher level and thus a fulfilment of an obligation; a duty to the Self and the other.

Friendship can be a many faceted experience and its influence can vary over one's life - from superficial to intense bonds bordering on co-dependency. And while the exchange of this energy may be supremely comforting, as these cords of attachment grow ever thicker over time, often this results ultimately in a power struggle. Even if it's never acknowledged as such externally - as the entire struggle may take place on the inner planes. This is one of the things we mean by 'great lessons' provided in friendship.

Some friendships become such a necessary 'escape' from other commitments or abusive scenarios in one of the party's life, that the comfort, soothing and validation provided by the friendship may often become the mainstay of the life of the one (or both) experiencing suffering of this type.

The element that best fuels inner growth in friendship is based on the fact that friendship is an intimate relationship between two -regardless of gender. Yet it is not that intimate that it crosses lines or promises to replace the relationship you have with your partner. That is not its function. However, friendship can serve interchangeably and momentarily as both of these at different times, fulfilling very personal needs.

Friendship can also often do what an intimate relationship with a partner perhaps cannot achieve. And that is to hold up that mirror to you that you might see yourself more clearly; more objectively. And because of your regard for your friend, you will wish to know and understand what it is your friend perceives. And therein lies the gift to you.

Of course, this can and does work both ways. If both are open to such an exchange. More importantly, friendship can be close enough, without being too close in that manner that might offend or upset. And this level and type of intimacy is perceived as the delicate balance required to both mutually inspire, comfort and challenge simultaneously.

We are not here talking of the friendships developed out of romantic partnerships. As valuable as these might be. But those that are purely platonic and remain so for the duration of the friendship. Somehow friendships are often perceived as filling the unfilled gaps of a romantic relationship.



And the unfulfilled dependency is moved from the intimate relationship to the friendship. This is unhealthy, beloveds. Of course, dependency on and within the romantic relationship is in itself, unhealthy.

But what this 'transference' does essentially is defer dealings and confrontations necessary in the romantic relationship. While at the same time setting yourself up for failure in the friendship in some way by storing an increasing amount of emotional energy into it. And thus expectations. And in scenarios like these inevitably the bottom will, sooner or later, drop out.

The healthiest way to relate within a friendship while still deriving maximum benefit of the gifts it brings is to love one another as one does a family member, yet still maintain some level of healthy and respectful space from one another. That you can appreciate one another fully at all times, be aware and open to all that is being brought forth for your learning and enjoy that special space that has been created by the two of you; just for the two of you.

This is all for now, beloveds.

As always, it's my pleasure and delight to share with you.

Until the next

Your beloved Sa-Ra

# The Final Battle: WE Are The Armour - Sekhmet

By through Shellee-Kim

Nov 13, 2013

9 November 2013

Goodday all beloved Lightworkers on Planet Earth. We come to you today to announce an aspect of the new - shortly to be made known unto you.

In a few days or weeks of your time you are to have made available to you a wider range of your own innate qualities. Those which are considered aspects of your True Essence. These are the 'tools of the trade' which have been referred to in a previous message through this one, our Shellee-Kim.

These 'essence-tial' qualities are these each of you will enter the fray with and with which you will do battle. As Warriors of Light, your role is to cast Light on all and everything you encounter. Always taking into account your inner discernment first, of course.

You are to use your inner tools wisely and well. The linkup to Source and Christ Michael Aton for the benefit of this last part of the Dark War will provide the extra shielding required for your protection and confidence.

We would add a warning to this: during these short, frenzied and intense final moments prior to the onset of the 3DD, some will try to hold you messengers of the Light responsible for the (SK: I first heard the word 'calamitous') events that have unfolded on Earth. People will WANT to blame others [SK: I got a visual here typical of 'witch-hunting' women by groups during the Middle Ages].

This time of testing and final preparation of you all has and is being carefully monitored. You will NOT be entering this, the place and time of your final testing, alone.

You Ones have put up a tremendous fight and have overcome much. The Earth Mother herself is in tremendous gratitude to you ALL for that.

And this, beloveds, is just the beginning of her and your new cycle of journeying together \*big smile\*. Where you all get to finally fulfil your deepest dreams. And even those dreams which you have not even dreamed the possibility of, lying buried deep within you.

The culmination of this cycle bring the factions of Light together at last. And no more shall you know the loneliness of isolation. Together, you are a force to be reckoned with.

And it is together you shall be able to demonstrate to the world your skills and gifts of the Spirit. Your pledge to serve Source through Christ Michael's plan will be inspirational to others.

We would leave you with these words today and say how proud we all are of all of you.

Be you all richly blessed and know we watch you closely, guide and protect you.

I AM Sekhmet with the Hathors

Wishing you well.

# Grand Finale Points by Christ Michael

By thru Shellee-Kim

Nov 21, 2013

18 November 2013

CM: Ready to take up the cudgels?

SK: Yes!

CM: Oh good! Let's go then...

Firstly: to all my devoted Ones. You are the reason for our flurry of preparation we are now in. If you could see the activity now underway in honour of you all, you would be as excited as we are. But that is just an aside.

What I would like to inform you all of is the series of events to unfold dramatically now in your Reality. For some, as you've already heard - this will be awesome, breathtaking and beyond belief in the most positive sense of these words.

For others: the experience won't be nearly as good or pleasing. But these are the choices that have been made and are just now to begin manifesting.

My beloved children: You ARE to know the glories of multidimensionality on your plane and within your minds and hearts. This phase of the unfolding revelations has long been awaited and prepared for you all who are joining forces with my Legions of the Light.

There are some points you would do well to remember that I'd like to impress upon you this day. Do make sure you include as part of your daily practices, some form of protection that acts as a personal shield when you go out (into the 'battlefield' of the world). It is and will continue to be important to keep yourself 'clean' that the Light of your very being may continue to flow unhindered through you.

There is to be no more nonsensical leverage given to the Dark ones - their time is up! Their core group still hasn't yet accepted this, but this is their personal struggle and has no place in your future journey. When all is said and done, they have been given ample opportunity to rethink their own strategies. And have refused to do so over and over again.

But more importantly, the chaotic Grand Finale will push final choices upon people-and especially those who have refused to choose, up until this point.

Indeed it is to be a most grand turning point. One which has been devised as the most accessible means to both recognizing the Games played on earth for all this time and to begin re-connecting with the God within in more authentic fashion. And we see much being achieved in a very concentrated period of your time.

Glory be to the One Father that has and is making all this possible. It is and has been a truly stupendous bit of planning. Particularly given the constant changes within the larger plan. Now we are to know no more delays.

Let the Light and mine Shining Warriors stand forth as mine channels of my Light. And know that nothing further is to be tolerated.

We ARE now to override all time-delaying tactics and everything else that has produced delays.

The Mother (Earth) is to wait no more. IT IS TIME!

Selah. So Be It.

I AM your beloved and most loving Creator Son

Christ Michael Aton of Nebadon

Over and out...

# Sa-Ra 9: The Road To Exposure

By through Shellee-Kim

Nov 24, 2013

24 November 2013

Beloved friends and all my family members on the Earth:

It is with great pleasure and delight I AM RETURNED once more!

Here we all are in these days of the End and the New beginnings. It is indeed a most propitious time to be on the Earth and taking advantage of all that that brings.

For now, it is a great time of secrets that have dwelled long in the hearts and minds of mankind to be revealed. To both himself and the world. This is already happening and happens at many levels. All that is hidden is to be made known; to be exposed that all might know what hides in the depths beneath.

And this applies equally to the individual as it does governments, corporations, the military and more besides. All are to encounter themselves finally, whether they like what they see or not. This is what drives the revelations of the End Times, as many of you ones have come to call it.

And so let it be known that no more lies and deceptions of your world and your very selves are to be tolerated. There can be no growth without this occurrence. And all your millennia spent endlessly incarnating here will have been for nought.

This is to be a profound experience for you all and one which you cannot do without for further progress of your soul. Together we will be helping and supporting you along each inch of this road. And when you reach it's end you will, if you allow yourself, be profoundly changed from the experience. This will further your soul goals immensely.

Following on from a discussion we had with Shellee-Kim recently, it is also to be known that many of you are to be subject to great confusion through all this. Again, WE will be offering our assistance here for your greater clarity and inner peace. This is not a road exclusively open to some and not others. It is one that is for all of humanity at this time.

And those already at the end of this road or walking upon a new one are to lend a hand to those behind them; those that may have become stuck amongst boulders or other items obstructing their walkway. For all those that are willing and able to reach the end of the road that they may choose anew at the crossroads, great rewards of choice await. Which can ultimately lead to a massive acceleration in your spiritual evolution in the longer term. This is how crucially important choices are during this period.

We will leave this with you now to mull over. And to hopefully RE-MEMBER when the time is upon you.

With my great love and gratitude to you all for the work you are doing within.

Its importance cannot be underestimated.

This is your ever-loving Sa-Ra  
Saying goodbye for now.

# Sa-Ra 10: Battle Victorious

By through Shellee-Kim

Nov 28, 2013

27 November 2013

Goodday to One and All on the earth plane!

[SK: I typed 'Godday' first...perhaps God's day officially starts today? It sure feels that way :-)]

Things are indeed heating up...can you feel it, beloveds? And we are overjoyed as this mean our work with you is to start. All you who make the daily effort to heal, clear and bring disparate parts within to balance are to know the great fruits of your labour. Make no mistake about this...Your toiling and endeavours count for everything. And this work does not continue on interminably. There is a point at which everything stops, turns. You are so very close to this point.

Beloveds, today I would speak a little on conflict and inner turmoil. I have covered this before. But today I relate these inner struggles in the context of that which currently occurs on your planet and in the invisible world within and around you.

Let it be known that those who would wish to see you fail in your endeavours are meeting a most sticky end, of their own creation of course. Much like the insect caught in the web of a spider. The more they try to struggle to free themselves, the stickier and more bound in the web they become.

And this is how inner conflict and turmoil can feel: the more you try to fight that which threatens to overwhelm you, the more you feel as if you are losing the battle. Would you, beloved ones, at this point, ask your Higher Selves to step in and remove from your being all that is not of your own creation. The Violet Flame of Transmutation is most useful for this.

In this last moment of darkness before the dawn, the inner and outer battleground is rife with dangers, surprise attacks and all manner of secret artillery that seemingly pop out from nowhere. And YOU are the enemy, in the perception of the Dark ones.

Confront these forces head on by shining your inner shields so brightly within that they are blinded by its brilliance and can take no further steps in advancing upon you. When you feel yourselves spiraling down into fear within, call upon our Armies of Light to send you extra backup that you might both have added power, in addition to greater discernment that you might know what is occurring within or without. You ones have for too long been at a decided disadvantage in very often not knowing the source of such attacks. Or even that one is occurring at all. The time of spiritual inequality now ends. You are to know clearly who your enemies are and how to deal with them quickly and effectively. The coming period will require it of you.

Beloveds, we are in immense joy as the veil now comes down. This would be simultaneously the veil to both yourselves and thusly your inner and outer world. This is what was meant previously in one of Shellee's messages where it was described that you are to know and have your True Essence returned to you. In this whole and returned state shall all be much easier within, that you might step forth to win this last and final Battle before your imminent Victory.

And we can assure you: Victory is most certainly imminent.

Will you take these words as my gift of encouragement to you as you go forth?

Our brave and strong and true Warriors of the Light: we applaud you and stand by at the finish line, waiting to welcome you warmly to your hearts and our world.

With all my love along with the Sisters.

I AM your Sa-Ra

Signing off for now.

# Sara 11: Living/Teaching the God Within

By through Shellee-Kim

Dec 2, 2013

30 November 2013

It is I Sa-Ra, come forth once again.

And this time I would like to speak about another very serious matter. I would like to speak about the nature of the God within as it relates to your upcoming service.

Yes. What or who is this God within? This is my question to you today...

Do you know?

The God within, dear Ones, is the most gracious, the most noble, the most balanced and the most compassionate, tolerant and loving aspects of your Self expressed. And these are just a few of the God within's attributes. The God within is one who's love knows no bounds.

The Father Fragment within is the God within. The God within is the Father Fragment within. These are both one and the same. There are many other names for this, but suffice it to say the Father Fragment is the best description.

When the Father Fragment or God within is fully operational within each of you, you will know these and many other attributes besides.

When you are able to give full expression to these or the God within, you then also have access to the Lighted realms of other dimensions.

And this applies to the feeling? (SK: couldn't hear word/phrase on recording clearly) and knowing of the Truth of all things. It is through this knowing that your wisdom is automatically able to shine that all might have access to and receive of this. Standing tall in your wisdom is being in great service to others.

It is important to note beloved ones, that some might perceive you as the God/Goddesses that you are. This is so, but in some cases they will see you as ones above and beyond them, out of their reach. Then there will be others who will feel threatened by you, which will perhaps only serve to diminish their own already shrunken sense of Self.

These will be some perceptions and reactions that you can expect to come forth. However, all you have really done is embraced your God within; your True Self. Not to speak too lightly of that either, for it comes at a cost to many of you.

Embracing and living the God/dess within comes with its own set of responsibilities also. Namely (SK: or mainly?) due to what I've mentioned above - the projections and perceptions of others who occupy a different space energetically.

But of course these you cannot be responsible for. You can only continue to behave as per that which the God within requires of you.

The God within is your access point to eternity in the Now.



Cultivating this relationship successfully assures you of permanently having on hand within: a protector, wise counsel, a teacher of Truths and many more roles that co-exist simultaneously within you when this relationship is successfully activated.

The God within is that which each one of YOU Light Warriors have prepared for over all these many years (and the many lifetimes of experience) to come to this point where you are able to teach the God within and what it is and what it can mean to others...

That they may know, be inspired and so seek to have the very same relationship with their own individual God within.

Do you see the importance of your past work, beloveds?

Do you understand that you are the Way show-ers? The show-ers of the Way?

And do you understand that by your very demonstration of living, expressing, feeling the God within, that you are doing exactly this?

Whatever your respective gifts and skills, your talents ....it matters not. For as long as you are living the God within, you are teaching beloveds, and you are serving.

This is all for today, beloved ones.

May you find these words thought-provoking, that they might bear some fruit and assist you a little further in your preparations for the immediate future.

With my Love and great Blessings upon you all

This is your beloved Sa-Ra

Saying 'Adieu' for now.

# Sa-Ra 12: Self Confidence

By through Shellee-Kim

Dec 4, 2013

[Together with Nada]

4 December 2013

Goodday One and All

It is indeed a pleasure to be with you here again.

Today we would speak of an issue many of you go through very often, it seems. That issue known as lack of confidence within.

Lack of self-confidence, beloved ones, is derived from a poor sense of Self. It exists for numerous reasons.

It can exist as a result of the many lies and self-deceptions ones continue to talk them Selves into and it can exist due to lingering doubts of one's own abilities in Self (therefore lack of trust in Self). And it can exist as a result of general feelings of inadequacy and constant comparisons to others, creating self-judgement in an ongoing self-destructive cycle.

These are some reasons for the existence of lack of confidence in Self. And thus the lack of the full expression of the glories of the True Self.

It is not necessary at this time to divulge further details as to WHY each might be sitting with this problem and its results. You will know if you ask within - and most sincerely from your Heart - where this stems from within YOU.

What is important this day is to know how to get to grips with the fact that it does live within you, to accept rather than fight it and to surrender it; to let it go.

And you can do this by calling in a higher power, by calling in the Source to assist you in removing it from you.

You can do this by surrendering it to your Higher Self and asking that this be removed or transmuted from your field.

And you can do this by dissolving this energy - that comes often as a false thought form and belief - in any other number of ways.

Whatever form or technique is most resonant for you, will be what will work for you.

Being and standing in your own authority is diametrically opposed to a state of poor self-confidence. They are at opposite ends of the spectrum, as it were. You are not in full authority and in your sovereignty if you still have remaining doubts about yourself.

Thus we encourage each one of you who feels held back or are holding themselves back, to ask that the causes of this issue are brought up to the surface of your mind, that you might release them with the help available to you.

It is an imperative next step as you journey towards reclaiming yourSelf.

Good leaders and those who will guide others without thinking twice are ones who are confident in themselves and their abilities. They do not look back and do not look sideways.

So it is extremely important, crucial even - that now in light of what is required - you are able and willing in the process of taking other parts of yourself back and activating all of you, that you also activate a healthy and well rounded sense of Self. Thus expressing yourself with confidence - naturally and easily.

Those who will be leading and guiding others will need their wits about them all of the time. Self confidence and trust in who you are and what you are doing and perhaps the most important, what you are hearing within, is essential as you go forward hour by hour, day by day. And as you embrace the many challenges that will confront you on the road.

You are not expected, as with everything else, to go this alone. And as we have stated, you have all manner of experts and specialists ready to be called on from our side to guide you towards letting go of your perceived lack and filling up the space with a Knowingness of who and what you are.

That Knowingness then becomes the rock, the anchor from which all springs forth through your mind and your heart.

That Knowingness can and does and will counteract any lack of self-confidence. But it is equally necessary for you to take the initial steps.

Remember, as you take the steps with your intent, your will and desire to heal something within or/let it go, so does extra help from the invisible realms rush forward to assist you and respond to that Act-ion.

And so be it.

Beloveds, it's been our pleasure one more time to be with you.

It is I, Sa-Ra and Nada that have come forth together this day.

Loving you All very much

And wishing you further success

Until the next...

We bid you farewell.

# Sa-Ra 13: The Chaos Of Disempowerment

By through Shellee-Kim

Dec 11, 2013

9 December 2013

Well beloveds, I would like to speak today about all that now leaves your earth plane that is of energetic dissonance.

But none of these disappears until they HIT your reality first. I felt that was an appropriate word. As in order that they might depart, they first come to the surface of your mind, your world.

And this is why it feels rather chaotic around you. Even though you ones might feel largely stable in your anchoring of the Light, this is not necessarily the case for the mass populace. And indeed, many are in severe states of discomfort. Much of it internal for this is where it all begins.

The masks that are being held up for control to keep a lid on these conflicted states within that it might not disrupt the outer life and outer projected image to the world, are anyway crumbling now. That none can or may hide any longer.

Yet people still continue to fight this process as it occurs and as it is even for their benefit. For the fear that surfaces now in dealing with long-repressed memories, behaviours and dysfunctions are screaming for release.

And things are to take a turn for the worse, beloveds - a most necessary part of the collective healing process. Again you ones are on the frontline, our Warriors of the Light. Clearing and cleansing the way ahead so those who choose to forge onwards may know a road that opens to them as they embrace IT; the road to Truth that we spoke about earlier (see Sa-Ra 9).

The time of full disclosure is now upon you. It begins first with the Self as these things always do. No matter what might befall others, beloveds, do make a clear distinction in your mind about what exactly is sourced within another and what is sourced within yourself. Therefore defining what you should be owning or not.

People will be projecting on to you left, right and centre at this time, should they be given the opportunity.

The ego mind regards this as the easiest way of dealing with its fractures and divisions and that which it cannot and refuses to deal with.

And so others will constantly seek to make THEIR problems, YOUR problems. You will need to be clear about who YOU are that you do not take any of this on, for you all have enough to deal with on your own plates.

It's very important, beloved ones, that you do not make any mistakes with others in shouldering responsibility for them that should be THEIRS to deal with. This is a most important issue and too many of you, particularly women, are prone to doing this unthinkingly. With both their children (especially boys) and their partners.

It has been conditioned within. Particularly as young girls who grow up watching their mothers interacting with their fathers. It is seen that the way to be a woman is to make the other/the partner

feel better about themselves, by shouldering the BURDENS of the other. Many women have talked themselves into BELIEVING this is loving and nurturing and the way to be.

When, in actual fact, this is playing the martyr role by 'sacrificing' parts of yourself for an-other. Which ultimately makes you a victim also - of your own creation.

This is NOT empowered behaviour beloveds. Nor is it balanced or helping you to move towards a sovereign state within.

We realise these are EXTREMELY deep and very entrenched patterns of programming that have been alive and within your people almost since the journey between the sexes began on your planet.

So we would ask you women particularly, to pay special attention and give extra awareness to this power imbalance and ask of your respective teams from our realms to bring forth insights to you in your behaviours in this area. That you might enjoy breakthroughs within and connect more of the dots about yourself regarding ways in which you are not fully running your own lives.

That you might choose to let these patterns of response GO NOW in prioritising your journey towards wholeness and sovereignty.

As I have said, this is particularly pertinent for women, because in shouldering the responsibility for men (and often male children also), you are BOTH left feeling disempowered. Men often looking to others and their women to both rescue them and blame them, that they might project all that which is of discomfort onto them (women). And women similarly as I have described - in taking it all and accepting often that which does not belong to them in the first place.

So we believe women can shift the direction of this malady on your plane that has erupted into much discontent between the sexes.

Of course it is each and every one's responsibility. And I speak here today of the collective impact of this dilemma.

We believe this is enough for today for you to digest and dwell on.

And indeed, time is short until we meet physically. And these, you might say are some of the last moment preparations.

So, until we meet next

And with all the love in my heart

I, Sa-Ra

Say 'Adieu'

# Sa-Ra 14: The Meaning Of Life

By through Shellee-Kim

Dec 16, 2013

Goodday one and all.

And a very good day it is. \*big smile\*

We are all having and experiencing breakthroughs, are we not?

Today, beloved friends, I would like to speak of the meaning of Life.

Of course, this is and ever has been one of the most bandied about questions since humanity began its quest on your plane.

Although this quest-ion is not one reserved for humanity on earth alone. In your unconsciousness and mass amnesia and in battling the forces of duality, the earth plane is rife with difficulty and most challenging lessons. And one of the reasons you all chose to be here at this time.

The choice to be on earth at this time allows you far closer to the answer to this question. Because beloveds, the meaning of Life is to be found in your relationship with God and the God within.

It is in becoming a Co-creator with Him that all things are possible. And all things are KNOWN. It is in the development of yourSelf as a conscious and willing instrument of God that YOU are able to help others answer the big Questions, including this one.

It is in your ability to demonstrate the answers also that others will know you KNOW them, rather than just speak OF them. Being able to answer such questions is one thing, but living the answers to demonstrate 'proof' of KNOWING is another. And one that is far more convincing to those that will come upon you seeking guidance and answers of their own.

Beloved ones, age-old questions such as these encompass all of the lifestream's desires, dreams, fears, fulfillments and so much more.

The meaning of Life is an utterly simple but simultaneously most complex question - and answer. Simple in that when the entire being has been aligned with complete Self love and Self acceptance, it is also automatically aligned with the allowance of the Higher Self into expression through you.

Or as Shellee now calls it, EM/Expanded Me, which we like very much as this is what the entirety of YOU in full expression IS.

And complex due to the very nature of duality playing out in every facet of your thinking and feeling world while you experience. And more importantly, how you choose to process that which you experience in your daily living. All of which takes you further towards joining with your EM or moving further away from it, moment by moment, day by day.

So, in short beloveds, 'What is the meaning of Life' as a question cannot be asked/answered unless accompanied by 'Who and What Am I?' You are Life and Life is You.

You could not exist here without a physical form as you've chosen it on earth at this time - and therefore there would be no experience of Life as you've wished for it right here, right now. This also answers, in part, the question of what is Life.

As Life is a vehicle for expression, for growth and evolution of the Soul, for the fulfillment of dreams of Co-Creation and for tying up loose ends within (including the experience of cause and effect or karma, as some call it) in order to have all this.

The ultimate and most-sought after expression in physicality is in the joining of all aspects within - of yourSelf. It is then you have reached a profound goal as one who has taken a physical human form on such a world as this.

And this beloveds, is the answer to the lives you seek and the lives you live.

It is also the completion within the experience of a Life in duality; an ending and an arrival point both. Thus it is a gateway to a new consciousness.

And many of you reading here now are inching ever closer to this gateway. And we are overjoyed at the accelerated progress we are seeing.

It is truly our pleasure and our privilege to be able to have a hand in supporting you through all of this as you figure out further the answer to the meaning of your Life.

In awe of you all...

In gratitude and with my heart-felt appreciation for your efforts.

I Am your Sa-Ra

Bidding you 'Adieu' until the next.

# Sa-Ra 15: On Your Marks, Get Set and ...

By through Shellee-Kim

Dec 24, 2013

22 December 2013

Sa-Ra 15: On Your Marks, Get Set and ...

In the name of the one God I come forth to share with you once more. All glory be to our Creator. It is a pleasure to again be with you all.

Well, beloved ones, it seems that we have reached the place of no return - a point we wished to arrive at some time back and it is upon us once more.

It is time now to polish up those shields and swords once again. It is time to take up your arms. You have all waited and prepared very long for these moments to come and the ones which follow it. There is much to be said for preparation. But that is at an end and now is the time for the climax, the action.

The pitch in point must be reached that all might know what the journey has been about. At least in whichever ways they manage to interpret the disseminations of Truth.

That each is to be given fair opportunity to KNOW and with that will come a response-ability that each has to Self. And then will the telling times unfold as we watch each making the choices that will take him or her further towards their evolution on the eternal path of the soul. Or making a choice that takes them further away from that goal, if only momentarily. So these are profound times, beloveds, that we are entering.

And all of YOU we know feel this equally profoundly and will continue to do so as the days unfold and the energies build and more information and Truths flood your consciousness.

Of course, you ones who have long been at this are way better prepared and so you have had to be. This is not to say that some amongst you will not also be receiving of certain shocks during the chaotic moments. Please do prepare for this [as best you can] .

Just because you have conscious awareness of much, it is not to say no preparation is needed for what you may encounter.

[SK: I get visuals of natural/herbal/homeopathic remedies, such as Rescue remedy and herbal Skeletium on hand...to help ourselves/others in dealing with the whole physical, emotional and mental roller coaster ride we will face].

There are many, many people today on your earth who are willing and able to look at what has transpired on your world, particularly in recent years.

While the 'Darkies' as you call them, have let numerous things slip (whether intentionally or not), this has created greater suspicion in the minds of many more about who and what might be running your world.

So from the perspective of the extra time given, it has served as a great blessing in creating even more doubt in the minds of many one-time adherents to the mainstream media who are now seriously questioning what that is. And this is truly excellent news. For in this interim period,



though you ones might see it as a great limitation of further postponements, it has served a great purpose. One of which is ultimately in helping man to challenge that which is so-called 'official' and of mainstream thinking.

So this vital period just passed has not been time wasted. You could say it has been the securing of perhaps even greater open mindedness that you will see when the time comes.

And we speak here not of those bound to the limitations of religions or ideologies or spiritual paths who have made a strong emotional investment in their particular chosen system. But more those who are the regular Joe and Jill Soap types who have not committed themselves to any one of these. Which will turn out to be a blessing in itself for that will be one obstruction less on the road to Truth.

Yes, many from our realm are surrounding you now more than ever. And some will shortly be coming upon some of you - as in a most physical encounter. These preparations are underway for you are to work together in co-operation: those of 'Heaven' and those of Earth.

Consider this a most special and privileged blessing from Creator.

So when all is said and done, we now with you step into the action we have long been planning for with you, towards this...the culmination of the end of this cycle and the start of the new.

And, as that unfolds, you Shining Ones shall take on a whole new dimension, literally and figuratively, within each of you as part of your own rewards and agreement.

Each of you have chosen at this time to bring into expression your own unique gifts, providing wondrous service for the Father and CM's plan.

We are so very excited to be part of this unfoldment for indeed this has been a LONG, LONG time in the works.

And of course a big part of our excitement is the fact we are to be reunited with you.

And so be it!

We look so very forward to the moment, as we know you do too.

With all of our Love

From Sa-Ra and the Sisters here today

Stand tall in your power now

For all begins.

Until the next

Wishing you farewell.

# TO KNOW WHO WE ARE by CHRIST MICHAEL

By through Shellee-Kim

Dec 26, 2013

22 December 2013

[SK: This followed after yet another tortured moment of mine over the world's ills and humanity's general suffering of so many, many kinds:]

CM: And now it (SK:the mess of the world) will be rectified from within in a holy manner by you Ones.

Did you think, any of you, that your own long hard years of suffering and preparation therein was purely for your misery?

Did you think that each time you achieved integration within by some lesson in your world that it counted only towards your personal evolution of soul?

Did you believe when you fully came into acceptance and forgiveness of Self and another it was only for YOU?

No, my most beloved Rainbow Warriors of the Light. You ones on Earth have been through very powerful initiations of and into your own Self to test your mettle. And only the strongest have survived.

Those who are able to stand fully in the Light of their own Trust within which is Trust of the God within you each.

Yes, all these varied and respective trials and tribulations that continue have been for one purpose alone:

And that has been for you to TRULY KNOW WHO YOU ARE.

Are you getting it now, beloveds?

We do hope so.

The road/s have been tough and steep. But these have been the requirements to bring you to that place within of balance and unwavering devotion to this Master Plan for Earth and her people. As Creator Sons/Daughters bearing witness to and being involved in your own testing, this will give rise to your own greatness on your individually chosen upward ascent in the longer term.

In the shorter term: You have come here to to do wondrous service to and for others and the Planet.

And we congratulate you and tell you both you have all but arrived at the start/end point.

With our greatest admiration and my personal gratitude to you each.

This is your beloved CM Aton of Nebadon  
Signing out this day.

# Sa-Ra 16: AN ANNOUNCEMENT

By through Shellee-Kim

Dec 30, 2013

27 December 2013

A good evening to you and all of our friends and family.

It is with much pleasure that we hereby announce our plans to move in to your world...seen and heard. Nothing can stop us now. And it will be a sight to behold.

When people look up and see the spectacle in the sky it will be as if their very worlds have changed in the twinkling of an eye.

And thereafter will there be no further misplacing amongst people of that which obligates and creates a sense of duty within and that which is unfulfilling in the life and in the minds of many.

These end times or moments are designed to stimulate on every level, in every way and affect every aspect of one's expression.

The timing of these events is quite synchronicitous and everything has been most carefully mapped out. Even within the ever-changing plan, or rather some of its pieces.

For the overall plan has remained the same throughout. It is only how it is to play out that has been changed - many times.

Now we stick to the scenario that we have chosen for you all to experience as much of yourselves as possible that will enable you to make grander choices. Ones which can accelerate your evolution, as you have already been informed.

Not all is as it seems for still the anti-life forces on this planet wish to take you down with them, although their every attempt fails. But this has not been enough to stop them from trying.

It is high time you ones now showed them who YOU are. We DO realise this has been difficult if not impossible for many, given the circumstances...

Their technology remains operational and... they will stop at nothing to try and take down any and all -if they had their way - who try to oppose their will for global control. And they have, which includes the many revolutionaries, inventors, thinkers and a wide array of grand souls who have already had their own/their family's lives taken from them. Or had their family members' lives negatively impacted on in some way.

And so it has been necessary that you ones have remained in quarantine of sorts; a protection for your own good. For we will not tolerate any amount of interference with YOU ones who have important jobs to do.

We are very pleased to say that the power of the ones who still perceive themselves as controllers is dwindling mightily fast. Particularly in the eyes of ones who have long been their most steadfast allies. This is a humiliating defeat in the Darkies' eyes (SK: Sa-Ra uses my term for them here). For they have lost respect in many an instance amongst their peers.

As you now move into your own activation of all that YOU are, you may now take centre stage without fear of retribution for your efforts. The Darkies are being rendered completely powerless as we speak.

No more shall you KNOW yourself to be limited and remaining in the shadows. For you were not designed nor have you CHOSEN to live your lives in shadow.

You are our glorious Starseeds of MAGNIFICENT LIGHT and LIGHT you shall BE, you shall HAVE and you shall DEMONSTRATE that all the world WILL KNOW IT.

That is all for this evening, but there is an urgency about (SK: Sa-Ra being cryptic and unwilling to elaborate further) which may tell you something...

And we will soon be with you. Celebrating in our reunion and working alongside you.

With all my Love

This is your beloved Sa-Ra

Saying goodbye  
For now.

# Sa-Ra 17: Self-Reliance

By through Shellee-Kim

Jan 10, 2014

8 January 2014

Today, dear friends, as always it is a pleasure to be here with you. Things are moving much faster than you could imagine from our perspective. Of course, you would be seeing it differently from yours.

In any event dear friends and family, there is much movement and there IS much progress being made - that you might see visible manifestations of change coming into view shortly.

But what I would like to address with you today is the question of self-reliance.

Self-reliance, beloved ones, is the ability and desire to rely purely on yourself for guidance and personal decision-making in your life.

Self-reliance is not necessarily the stereotypically painted picture in your world of one who is perceived as strong and often not needy of others. Instead, self-reliance has everything to do with self-trust. And self-trust, in turn, is knowing and accepting who you are at core. And the making of the decisions and taking of the choices that are the most in alignment with your Higher Self on your journey towards Oneness with God.

Your world and your society tends to equate self-reliance with emotional and psychological strength, often at the expense of all else. While inner strength plays a part in this, it is not the only quality needed as a person who is balanced and expressing in a state of self-reliance.

When we speak of self-reliance we do not speak of one who is exclusively aligned with their masculine energy within. But one who's able to maintain good balance between both the masculine and the feminine aspects within. In that expression are they able to create the self-reliance within that is able to be both objective with self and others, sensitive to self and others, compassionate with self and others, as well as firm with self and others, in addition to other qualities.

Self-reliance speaks of one who receives their answers, gets their guidance and takes their cues from within; who is not subject to the whims or the judgements of other and/or who does not give their power away to those outside of themselves.

No matter how close the relationship with others may be. This is a very fine line, we understand, to walk in balance with upon your earth.

For what it means is to share with those you love but not be influenced by them enough that your own self-trust and self-reliance is affected by the relationship.

The more one is in open-hearted and loving relationships the more difficult this can become. And there is a dilemma in staying free from those you hold in high esteem - while simultaneously acknowledging and even embracing what they bring sometimes.

And here we do not only mean in your intimate partnerships, but those relationships you share with your family members, friends and children.

So it is a question of observing, listening and feeling through that which comes to you from outside. And being able to hold all such external stimuli (often in the form of advice, opinions, insights, feelings) that comes at you, in a great measure of balance within.

While you receive much needed support from others in this way, a point to remember is that none of the external stimuli can ever replace your own inner voice when it comes to your decision-making. And this should always be priority in listening to.

Self-reliance, beloveds, is the stuff that Warriors of the Spirit are made of. But again, this does not necessarily mean you go it all independently. For there is not only strength in unity, but power in numbers, as you know.

And so while this might appear to be contradictory, it is not.

For you might stand together very very closely, allowing each others' positive influences to rub off on you.

But what we warn against is that you do not imbibe necessarily the perspectives of others, making THEM your OWN. For you have your own and it is for you to discern daily what that is and develop yourself to a point of KNOWING. Thus can self-reliance thrive.

Sometimes in the intertwining of your relationships with one another, there is a lack of 'breathing space', which can subtly usurp one or both. Particularly so in co-dependent partnerships and why, when they end, one or both parties will feel 'shattered' and have to rebuild their identities. That comes from having placed their trust and self-reliance into the hands of their partners.

In summary:

It is our advice that you watch to see how your choices and thus your actions are informed by the influences of those closest to you...those who you depend upon and who YOU rely upon.

And while advice might be sound from some of these ones, please beloved ones, it is quite imperative that your choices be ENTIRELY of YOUR OWN CREATION. And this is what we mean by self-reliance.

So we will leave this with you today that you might ponder over it. And we hope this is another worthwhile piece of information that you might use to expand upon yourselves during this time.

Wishing you all

Our greatest love and admiration for your efforts

This is I, Sa-Ra, coming to you this day

And until the next

I say to you  
'Adieu'

# Going Forward by Mother Mary

By through Shellee-Kim

Jan 15, 2014

13 January 2014

Beloved people of Earth

We come to you today with more news. It is time to put your money where your mouth is, so to speak. It is time to begin to stand as one. Despite what and who you might still perceive as adversaries in your way.

You will stampede forth as many individuals forming a mass of Light as you come together. This will have a snowballing effect around the globe. And it will seemingly happen out of nowhere. The conditions upon your plane are ripe for this kind of impact now.

For those of you tasked with specific missions that you have been diligently working towards manifesting (etherically and in your night work, most particularly), please know you will be guided every step of the way as you become conscious of what these are and what you will need to do to achieve your goal in bringing them to fruition - and subsequent success.

It is our great pleasure to make our expertise available to you here, as you intend your Service and its manifested form, act upon that and ask for the guidance. And as you find yourself up against the challenges that need resolving. Always will we be available to assist that you might reach the success many of you have been aiming for for many years.

Remember beloveds, there are huge numbers in your world population today. And very small numbers of you, our (soon-to-be) Active Warriors. With this in mind, it is reasonable to think, expect and know you will have extra assistance to deal efficiently with the many who will come upon you. All requesting your help of one type or another or help in many ways.

You are all to know great success in your various Missions. It can be no other way. But first you will learn and know how to convert mass panic and fear to intrigue and inspiration that you may catch the interest of the masses. This is a most important step in the process and will determine the ones which follow. This is merely a mention and you need not give this further thought right now, only to be aware when this occurs. At the time all will be obvious to you as to how to proceed.

Wherever you are, we are. This will be good to keep in mind and as a reminder that you are never alone. Of course, you are never alone anyway as you are always within God as He is always within you.

Beloveds, when we look around we see many of you are disgruntled with your lives. You feel as if you are not DOING enough for Earth or her people; that you are stifled and cannot exercise true, full and free expression in your choices currently. And while this is so, all changes in the blink of an eye. As it does so, worlds within worlds open up for your choosing and manifesting.

Yours (collectively) has been a path of cultivating great patience and tolerance. First and foremost with and for yourselves. It will also be this that will see you in good stead in your extensive dealings with others.

YOUR work, for many of you committed Ones, has taken the form of resolving and bringing into greater balance your inner world and Selves; your perceptions. This has been your priority and reason for your varied experiences. This preparation work has been a vital bridge in preparing you for the NEW YOU about to E-MERGE.

Therefore please do not underestimate the importance of all the learning you have experienced and the new place this has brought you to within.

We will leave this with you for this moment. And return shortly with more to share.

I AM your Mother Mary, loving each one of you most tenderly. You are all our most precious children in whom much is stored.

I come to you along with the Sisters this day.

Blessed Be.



# Sa-Ra 18: Self-Abasement

By through Shellee-Kim

Jan 19, 2014

17 January 2014

Dear friends and family of Earth! It is a pleasure to once more have the opportunity to share with you in this way.

Things are chugging along very well and you should see some 'surprising' things manifesting soon.

Shortly will there also be much that will ease your paths and open for your full expression, both personally and publicly.

When all this starts you will be well prepared - for any and all eventualities. And this need not be a source of fear or nervous anticipation at this time. Not for any of you that have chosen Service to this most magnificent of Christ Michael's unfolding Plans. And this also includes those not consciously in-the-know of Christ Michael.

I have meant for a while to address the issue of Self-abasement with you. And this issue is but a symptom of a larger issue - that issue being Self-worth.

Self-abasement ( to humiliate or belittle oneself) is to think so little in and of oneself that one becomes or remains unconscious of the self humiliation we put ourselves through. Or that meted out to us by our loved ones which we accept without thinking twice.

At this juncture, beloveds, there is no time and no energy to be further wasted on defending of (particularly to yourself) or apologising for the attitudes, behaviours and responses of others. And most particularly those closest to you.

Truthfully, those not in strength enough within of who they are - and even those that are many a time - dealing with such is extremely self-defeatist. And is nothing short of self-abasement. Now we are not telling you here to run a mile from your families, friends and loved ones. But we are saying most clearly that the time of being 'peace keeper' from your perspective is done. There is nothing further you need do or say to uphold 'harmony'. Nor is it your responsibility to do so. What is required of you far more at this time is to keep yourself in a state of self-preservation for the coming moments when ALL OF YOU will be required to be PRESENT.

Dealing with an issue such as self-abasement therefore is imperative now. As allowing such is in direct conflict with this objective. Understanding what within you has allowed such belittling and humiliation of self to take hold where you have accepted it as a part of you is now priority.

Women, in particular, struggle immensely with self-abasement. As humiliation is often something that they are on the receiving end of - from their men. And from the still mainly patriarchal societies in which you live. Sometimes this belittling and humiliation (which some call emotional/psychological abuse) is most overt, at others it's very subtle. But either way this is the sub text that adds to a gender that already is and feels collectively victimised.

Yes, life between the sexes is still most definitely unequal. And the guilt that many women are made to feel about merely existing and being a woman with womanly feelings is consistently used against them. Perpetuating feelings of being 'lesser than' which continues the self-abasement.

It is extremely difficult to see a situation when your face is right up against it. It is suggested that in order to have some type of clarity in this department it is necessary that you do something to remove yourself from the situation/sameness of it, if only temporarily. Take a day or two away from the home, if you can.

Or if you cannot, have an emotional/psychological time out from interacting with your partner for a while. Perhaps one where you focus your energy on something/someone else for a short time. Sometimes it may even be a friend or stranger that could help to trigger insights into your situation that you might use as a starting point to explore all this. Anything that works for you that could provide the necessary 'distance' to SEE yourself more objectively. And do explain to your partner why it is you're doing this.

Self-abasement starts first from within, like everything else. But is exacerbated by such memes as misogyny. Which have in turn produced the collective and individual sense of victimhood in women in this successful programming of suppression of the feminine force on your earth. Having said this, self-abasement is NOT the domain of women alone. Men fall prey to it just as easily. But due to the memes set up between the genders and to keep them at war with one another within and without, men project this also back to women. It has been encouraged that they do so for millenia on your plane and this is how the continued perceived 'lack of responsibility' within men continues.

Is is up to you, dear women in particular, now to heal yourselves of this deeply ingrained malady that affects all.

You will successfully say : NO MORE! When you stand fully in your OWN power. And NOT in the shadow of another. Women are no longer to be the second-class citizen of this world. And for you to know absolute freedom means for you first to know that which holds you back from yourselves that you may remedy it.

You have no obligation to any other, and particularly those you love, to be less than who you are. This is dis-eased thinking and feeling.

Expect those around you to NOT take kindly to the changes you make within.

So be it, Beloveds. THIS is what is required of you here at this time. And nothing shall stand in your Paths. Regardless of those you may lose en route.

I leave this with you now to give your attention to as you continue to examine yourSelves in relation to your loved ones.

I AM loving you all, most deeply

As always

This is your Sa-Ra

Until the next

Signing off for now.

# Sa-Ra 19: Self-Abasement II

By through Shellee-Kim

Jan 26, 2014

22 January

It is a pleasure to be with you all here this evening...

Tonight I would like to continue in a deeper vein on our topic of the previous message on self-abasement.

Another phrase for the same is self-disparagement. All is part of the same ill-ness that lives within the human psyche.

Whether self-abasement or self-disparagement, both are feelings and actions demonstrating lack of love of the Self. As we said previously, part of this unloving expression towards Self and others has created the victimhood mentality, individually and collectively.

However, I did not explain much about how and WHY this occurs. I would like to explore some of the mechanics of this tonight.

Do not underestimate the importance of this topic, for it is this societal ill that has kept many in chains. And you ones who are working hard on your personal freedom need to lead the way in breaking those chains.

You are not the chattel of another, especially not you women. Nor are you to be used as a punch bag. You are not any longer to know unboundaried behaviour in reactions to others. For oftentimes it is in your empathy, sympathy, compassion and your desiring to be of assistance, that you open yourself to those who would abuse you.

There is a very fine dividing line between standing in your own power and demonstrating compassion and empathy in order to serve another and doing the same, but with the element of self-love added that instantly places you firmly in your own true power. Which is also your great protection.

Remember, if you cannot or will not protect and defend yourselves in the face of verbal, physical or emotional abuse, you have no business guiding others.

For when those who criticise you and are openly disapproving of what you say and feel are in your midst, you will need to know clearly how to stand. You will need to know both how to protect and defend yourself as well as knowing how to be open and compromising. While still remaining compassionate of heart.

Although this may appear to be a tall order technically, it can easily be done with the right understanding and clearance of the factors that hinder the process.

Now we would draw your attention to some of the ways you have allowed yourselves to be used and debased by others, in making THEM feel better most often. And YOU WORSE when this occurs. But you have become numbed to the emotional results of these in most instances, pushing much into the unconscious in not wanting to 'make a fuss' or purely and simply not wanting or knowing how to deal with it, AKA denial.

Some of the ways this plays out in your relations with others:

You, as a woman, might walk past a group of men and hear a typical wolf whistle directed at you. Many cultures turn a blind eye and ear to this, subtly condoning this belittling behaviour. Often these men - with a false sense of strength, power and group bravado encouraging them - may get no response from the woman, but they'll make an overtly undermining/humiliating comment about her, anyway.

If the woman chooses to respond -negatively in particular - she'll receive an undermining response also, in the main. Often accompanied by disparaging laughter from the male group supporting this. Either way, it seems the woman loses. If she chooses to 'stand up' to the man she is openly undermined; while ignoring him attracts a similar response.

These 'cultural norms' are far from normal. But I illustrate this as an example to show how deeply conditioned this pattern of response is within women across the world in accepting such humiliations as 'normal' male behaviour.

This type of conditioning often then draws women in as co-conspirators of their own gender/personal self-disparagement. Such as buying into and reinforcing negative stereotypes. Such as perpetuating the 'helpless, idiot female' role who needs someone else to be responsible for her.

You, as a woman, may signal this in an aversion to map reading, changing your car tyre or some such that your men might 'rescue' you from. Watch yourselves beloveds and see how often you do this, because something else has decided it's not your role. In fact, this is you making yourself lesser-than and more limited.

And to your men, you women will do just the same. You may signal to your male partner that he is useless in the kitchen so he shouldn't be there. Or that he is clueless in dealing with and raising children, essentially limiting his involvement in both. But then you may complain down the line how 'irresponsible' your man is. When you were a contributor to that result, making sure he couldn't take responsibility in the above scenarios, as examples. Do you see?

And many men will follow this line of least resistance. And instead of trying to work with this and work that meme out, you often choose to surrender passively to it instead.

This is what your mostly-male controllers wish for men to think about women, women about men and both genders to think of themselves. These and many other self-disparaging thoughts about who we are as men and women have been artificially ingrained as part of the programming of separation on earth.

This is in direct conflict with the balance you are seeking to strike in your growth into becoming the gods/goddesses within that you are. And why it is so very important that this be dealt with.

it is time to discard the lot of these inauthentic power/powerlessness expressions and find your true inner north of authentic personal power; balanced power. Which can then manifest in balanced relations with one another.

Take the work place for instance - rife with all manner of friction, bubbling just below the surface usually. It's a good thing you can't read one another's minds, for you certainly wouldn't like what you hear, most of you [Sa-Ra laughs].

But it is at the workplace much of this undermining of both genders continues day in and day out. How, you ask, can one make progress when one's superior you're supposed to be in deference of uses his position to constantly, belittle, denigrate and humiliate those around him. This is done

very subtly of course and often times in the mode of light-hearted jest. When all of you around him know this is not the case.

And of course being on the receiving end of this is the experience of both genders - no limitations here. In many instances, this energetic dumping ground ensures the one dumped upon returns home to dump same on his or her loved one. What comes in, must also go out, so to speak.

So there is this cycle of unhealthy psychic energies you are constantly awash with. You are dealing with both your own and others' projections and your own and others' creations, as above, of abasement.

Yes, there's a lot to contend with here. What is required is for you now to shift into a completely new mindset where you do not allow such to cross your path further. Again, this comes in and through the total acceptance of all of yourself.

Demanding and commanding respect or refusing to accept the load that another wishes to dump on you means making it CLEAR to that person this is NOT acceptable. And that what he or she is offloading is not yours to TAKE on.

WITHOUT doing these things, you are effectively saying 'I am worth less; worthless'.

And how can you expect to be WORTHY of responsibility bestowed upon you when you are screaming 'I am worth less' - though it may be a silent scream.

These few examples I have given are but several of hundreds that are rife in your interactions with others daily that make you feel lesser-than about yourselves.

Commanding respect and demanding the same of others, beloveds, means first that you fall in love with yourself. So completely, totally and absolutely that you defend yourself in the natural way one would your very own child.

And here we do not mean this to be a mental exercise alone, but one which becomes a permanent state lived where you are first able and willing to hold YOURSELF in the highest esteem before you can expect others to do so of and with you.

And so I leave this with you this evening. Hoping it will be another nugget of Truth to add to your repertoire of growing self-knowledge.

May the Force of Light and Love burn ever stronger within you. For it will all be much needed in the times ahead.

Beloveds, this is your Sa-Ra

Loving you and leaving you for now

Until the next.

# Be Watchful by Mother Mary

By through Shellee-Kim

Feb 1, 2014

31 January 2014

Here I AM beloved ones. it is good once again to have these moments together with you. Yes, today beloveds, is a day of some significance.

It is both the end of this, your first month of this year 2014, and the start of a new month tomorrow. In addition to being a turning point in all of our affairs. Which means you finally get to see some tangible and physical manifestations of your many efforts.

Please be alert to this fact and watchful. I will not say more but please do watch events around your world.

During the next several days of your time what will occur will herald the start of a series of events which unfold in fairly rapid succession. And for which we ask you all to be prepared as best you can be in your respective situations and circumstances.

Further, some of you will now be brought up to speed in a far more conscious way. No more blind amnesia - as this one, our Shellee-Kim likes to say. This is for the purpose of being instructed as to how to proceed in the next moments of your time. And how best to serve in your respective posts.

We do not see the unfoldment of what is to come as something fearful (and do remember what FEAR stands for: False Evidence Appearing Real) but quite it's opposite. A confirmation of great joy to come as all begins to get rolling in unimagined ways.

Through various messengers we have covered the potential occurrences of many scenarios that didn't manifest on your world. In those moments, these were thought by us to be the most likely manifestations in accordance with your collective determination. But, of course, the energy of these would-be events each dissolved away from becoming your manifested reality at these various past points in time.

However, our deadline is over and done and we're now playing a penalty (SK: as in a sports match) , if you like. Which has been graced upon us by Source Himself to allow for the perfect execution of that which follows. And WE are so very thrilled that this day dawns at long last and our work together may begin in earnest.

Beloveds, YOU are the reasons for the varied postponements. In both the creation of them and in the devising of more workable means that you may achieve your collective and individual goals. We have wished that conditions be made as easy as possible under the upcoming circumstances, for all to choose the path of your Higher Selves greatest desire; the path which leads to your ultimate liberation.

We are excited to say we believe we have come to this place where all may shift gear to the places of their highest choosing, should they wish to do so.

Although it is with some regret that not MORE shall be joining us as we go forward in the CREATION of a brave new world. This is the nature of free will.

The numbers of those we know about so far are small but powerful. And we believe this group has it within them to lead and inspire the masses.

...and we leave this with you for now.

I AM your everloving Mother Mary at your service eternally.

And I now take my leave.

Blessings be upon one and all.

# Sa-Ra 20: (Self) Discernment

By through Shellee-Kim

Feb 6, 2014

3 February 2014

Well, beloveds, it is indeed a wondrous day. We see the Son/Sun shining upon you all -even those who aren't in sunshine country at the moment :-)

I will explain: There are few on your plane at this time who are truly ready for the changes ahead. Though we, as a collective, have put out many messages through a variety of trusted channels and messengers. Unfortunatley, most who read these are looking for the temporary 'fix' they provide, rather than taking the advice and guidance offered to heart. And applying it to your own life so the days may pass with real progress within yourselves being made.

Of course, this is but another choice. And then there's the relatively small fraction amongst you who DO diligently work with the material offered and take it most seriously. So our efforts are not entirely wasted. However, with this AH group we do make a good deal of progress and the Truth is taken seriously. This warms us greatly :-)[as per her Son/Sun comment above].

Today, we would like it to be known that when the dam wall bursts many more will be wishing to join your ranks. That is, more will be shocked into understanding the importance of such Truths and will be actively searching for those who can provide answers on this. And so all you past efforts that you have individually and collectively made are not to go wasted. Their value shall be recognised.

Just a few words of encouragement, beloveds, in the midst of what appears to be a total meltdown of your societies on so very many fronts.

Well, what I would like to speak of today, beloveds, is the question/topic of discernment. But this time let's put a slightly different spin on it.

Assessing situations and people accurately requires discernment. But to accurately discern where others are at, you first need to know where YOU are at. So let's call it self-discernment, in this instance.

When you are in the state of discerning something or someone you put your 'feelers' out; sense that situation or person so you can receive an accurate 'reading', yes? But being 100% accurate also requires you first clear any and all inner obstacles that could be blocking your reading of that situation or person.

Such as if you have a predisposition to or an aversion to the colour blue that someone may be wearing as a piece of clothing, as a simple example.

If the person you're trying to discern is wearing this colour it could pose a problem because of your associations with the colour blue. Unless you've managed to bring your intense likes or dislikes of the colour blue into your awareness and understand what drives it, you won't necessarily be free of this as an influencing factor when attempting to discern. Meaning you'll likely get an inaccurate reading of the person and the situation.



Understanding, therefore, what blue means to YOU first is part of the preparatory work of now so you might get busy with bringing yourself into a state of neutrality in such places within. A place where you will NOT have the emotional charges causing those interfering likes and dislikes.

This plays out in much the same way with what you refer to as your moral codes. Very often, it is whatever you feel strongly for or against that creates your imbalances within. So if you can lightly touch these aspects of your moral codes [SK: I get a visual of two hands lightly touching at the fingertips] rather than holding fast to these as absolute Truths [SK: Visual of two hands in a hard handshake grip, not letting each other go], you will be in a far more fluid and open state within. And one where your inner voice can more easily be felt and heard, with less obstructions surrounding it.

Another example is a crying child in a public place who holds onto it's mother's hand. It is very difficult for most of you in such a scenario to NOT size up such a situation, often with your own preconceived judgements at work. And for most, this will not be a neutral response as your past will often interfere with you here. In such a situation, for many of you your inner dialogue will already be at work. 'If this was my child, I would ...', you may say to yourself; whatever it is you believe is the 'right' response to the child and in this situation. Often as per your own conditioned upbringing. And even without knowing the context.

Do you see the difficulty with discernment of your world now more clearly? And how much of yourselves, your past selves, interfere with you today? This is further excavation work that is required by you. That you turn over and examine all principles, morals, likes, dislikes you feel strongly about - whether positively or negatively.

If you are committed to this process, you will find out soon enough that many 'values' you thought you held dear were empty of REAL value to you, as you journey to YOUR OWN wholeness. And, at worst, were perhaps REACTIONS to others: a DEFENSE for your self-preservation/fears or a value belonging entirely to another. Often to one of your caregivers as a child or another influential authority.

Letting go of these and finding out what you REALLY feel and where you stand NOW is deeply empowering, beloveds.

And, in fact, is essential in serving with a clear and open heart and mind. That you might clearly discern your world and those in it, making the best possible choices for yourself and all else.

I will leave this in your hands for now. That you may choose what to do with this material also.

Each and every one of you are so deeply loved by us All

I AM your Sa-Ra

Loving you and at your Service

And until the next I say

Adieu.

# From Siraya

By through Shellee-Kim

Feb 13, 2014

11 February 2014

It is I Siraya

Better late than never, they say...(SK: he's been trying for a message for 24 hrs with me)

Indeed, shall we go ahead? This is a public message.

SK: Over to you Siraya.

Siraya: Tonight I am most pleased to have this time with you - friends of Earth.

We have all come a long way together - and separately. And this period has been as much about our own learning and growth, as it has been yours - do you know?

Oh, some might not accept that what they perceive as the Great Masters might have a reason for such activities as learning and growing. Are we not beyond it all, you may ask? Well, we are certainly beyond some of the lessons posed to you in your dimension of duality.

But learning doesn't stop with you on your planet. It is the very essence and inspiration for our constant adventuring; for our glorifying of the Light and Him from whence it comes.

WE are constantly and joyously in a state of learning and growth. And it is the desired state to be in, whichever part of the Universe is traversed and in whatever form we may find ourselves.

We are as tired as you as regards your beleaguered planet and we intend bringing all to a head now, removing the golden-browned soufflé from the oven so we may SERVE YOU (an analogy related to 'readiness' that CM & I have joked around with a bit - first begun on 8\* I think).

We cannot further keep you ones from your tasks, after all :-)

And perhaps some will cast their memories back to this period of peace...longingly. For you will inevitably be rushed off your feet. But you will all find it within you to cope with what your respective circumstances demand of you, of that we are sure.

Where we stand at present and as we read your energies, we see many of you are taking yourselves a lot more seriously as of late. This is an excellent indication to us that you are opening yourself to even better choices and opportunities and it certainly bodes well for your future.

All that remains for me to say is 'We will be seeing one another sooner than you think'.

I AM the One you know as Siraya

Come forth as sent by our Father God this night that you Ones may take a measure of comfort in my words.

And know that this is Truth.

So Be It

[He had a weirdly Light-hearted vibe around him, lots of \* :) \*here, almost unfamiliar to me. Other times he's been pretty serious. I could almost swear that he could barely hold his tongue, holding back what he didn't necessarily want to; felt like he wanted to share more and the word 'surprise' came to mind several times.]

# Sa-Ra 21: Self-Sabotage

By through Shellee-Kim

Feb 16, 2014

Another botch up from my voice recorder and took me forever to transcribe. I had to rework some bits with Sa-Ra to clarify.

I also forgot to emphasis certain words that she did, so you'll just have to take it as is, I'm afraid...]

9 February 2014

Ah good morning Shellee, One and All. It is a pleasure to be with you once more. And I bring good tidings from all the Celestials. We are most pleased with events as they are currently unfolding. For this will accelate the ushering in of events on your plane which has been promised you and for which you all eagerly await.

For today though, I would speak of self-sabotage. This is a most important topic, beloveds. For it is diametrically opposed to all you are trying to achieve.

Self-sabotage is self -destruction in progress and the antithesis of becoming whole and stepping into your highest truths.

It is most important to understand this dynamic as it might filter within you most deeply - in order to get to the core of your specific issue around this.

What is self-sabotage? Self sabotage, beloveds is an ego reactive mechanism born of a fear/s that begins to accelerate over time, consuming parts of the consciousness in the most subtle manner. IF this process is not brought into the awareness and arrested through action on your part.

Self-sabotage is a response to external stimuli in your tailor-made created world. This often reflects unworthiness within, producing a need for self-punishment (they frequently work hand-in-hand).

There is also an increasing need as a reaction of ego to feel more in CONTROL of the life alongside this. Which is the opposite of surrendering to the God within and the Higher Self.

Self-sabotage can also exist as the result in believing yourself not able or incapable, which offsets a lack of confidence in turn.

Self-sabotage is an attempt to protect and defend yourself from what your unconscious ego aspect deems necessary to protect and defend. As a reactive mechanism used by the lower mind, by its nature it denies the higher aspect of you that wishes to see the life succed and bear fruit.

The causes of origin of many of these self-sabotaging patterns are mostly hidden from view and buried deep within. These can be difficult to access, but by no means impossible.

In order to free yourself of the limited effects of these in the life, delving within is the most necessary next step. For in freeing yourself of these you automatically allow in that which the Higher Self wishes to bring you. Which is the plan for your highest possibility in this lifetime.

You cannot go around this, you cannot dismiss this, you cannot underestimate its workings and you cannot pretend it doesn't exist. These obstacles must be faced head on. For these, beloveds, are some of the many stumbling blocks on the path towards personal Mastery and ascension for ones who wish to transcend duality within.

That you live in astonishing times with truly magnificent energies and assistance in support of this healing work is one decided advantage. Although the work is never done for you by an external source, as you know.

To know true Mastery in this arena, we suggest acquainting yourself that you might get comfortable with aspects of your Shadow - that you might bring some of these causes to light. We will start off by suggesting that you look at long established, self-destructive patterns/their manifestations within your living that have resulted in feelings of limitation, emotional pain, lack (in any or all areas of the living) and feelings of discontent. These are often some of the symptoms of self-sabotaging patterns.

Let us take for example: a person who's greatly creative -and is a working creative - but has an increasing dependence on alcohol/another substance to feel their creativity. When none was required in the first instance to express their great gift.

At this point, the alcohol/substance is being used to fuel a state of being that supports the flow of creativity. Over time and as pressure increases as the need to maintain an income does, the dependency on the alcohol/substance does too. Until such a point is arrived at where the feelings derived from the alcohol/substance are needed for the person to feel functional in other areas of the living also.

Now the feelings the alcohol/substance provides supercedes that of the desire to turn out a good piece of creative work. And this is when less controllable addiction has set in.

How was this point reached, beloveds?

At a particular place in time - and before the dependency on the alcohol took precedence - this person experienced a 'crisis' within - whether aware of it or not. In turn this triggered self doubt affecting the person's confidence. Not feeling good enough, the person sought assistance in the alcohol/substance.

Perhaps the need for the alcohol initially was triggered by an event, interaction with a person or an accumulation of experiences that 'broke the camels back', so to speak. The return of past unpleasant memories and feelings resurfacing, which may have been working on the psyche unconsciously until this point, is also a major trigger for many.

Why did this not happen earlier, you might ask? The human will and ego are able to have their way oftentimes. Creating what you call on earth a 'successful life' [SK: materially-speaking] until such a trigger point is reached.

While the above was an extreme example, as a suggestion to understanding how self-sabotage may work within you, we ask that you sit with yourself as you reflect on your day and interactions. (\*)Reflect on your reactions to others in both your working, your personal life and with your families.

Following on from my previous message on Self-Discernment, you will see that time and again you allow the ego mind to take precedence, often automatically.

It is most necessary to know the workings of your mind, that you might ENTER the heart of the

darkness within in order to transcend or release it. Thereby making the space for the flow of all that is good to work consistently in your life.

So we would say here once you are comfortable intellectually and emotionally with these concepts, how they relate to your specific condition and are happy to take charge of them, you'll more easily be able to arrive at the heart of the issue.

Observe your reactions (see \* above) and the condition they bring forth into any given situation. And ask yourself whether these were of ego mind origin thus encouraging limitation or whether these were of divine mind origin, thus encouraging your freedom.

Ask yourself/your Higher Self and guidance how you can change your reaction tomorrow to bring about a more prosperous result.

In order to get to the heart of the issue that lies in the unconscious, we would ask you to use a technique where you see yourself as a small child reacting to those around you during your reflecting state. Ask within whether you felt empowered or disempowered in relation to the other/the event. If you felt disempowered, what was it you sought to do then in order to feel empowered again in that situation?

Did you choose to have a tantrum? Retreat into silence and sulks? Did you become an entirely different persona? Or did you perhaps resort to manipulation tactics in combination with one of the above?

And there in your response you will find your self-sabotaging pattern emerging many times and reasons for it, in most instances. Although it may appear to wear the face of needing to be in control or defensive, on the surface.

All these things we speak of beloveds, we speak of only because we see the many places in the relationships with yourselves that you are not in acceptance of and do not love. In self-sabotage as with all obstacles in your path of oneness with your divine self, all stem from a lack of self-love.

And so we leave this with you now that you may ponder it and that it may make sense. And that you may derive some benefit from what we have put forth today.

This is your beloved Sa-Ra

Wishing you all a most bounteous day

Until next we meet

I bid you Farewell.

# Dealing With Disappointment by Christ Michael

By through Shellee-Kim

Feb 21, 2014

19 February 2014

It IS I CM, your Sovereign...He of the top hat and tails fame. :) Will you be so kind...? (SK: as to take a message, he means, as he makes a sweeping gesture of a bow with hat in hand to make me laugh...and I ALWAYS do, without fail!)

It IS TIME. We know you have heard this ad nauseum. We know you (many of you) now take these updates with a pinch of salt as a result of the countless disappointments experienced after you chose to hold expectations within about their statements.

We know of the many that surround you and those you feel you have made a fool of yourself in front of, with your apparent loss of credibility as a result of 'non-happenings'.

And we know of your hope, coupled with your anticipation and the deep and ongoing frustrations when you once more feel let down by us.

I AM here to say there is to be no more of this. We move ahead now with the most updated plan we have formulated. Which, in fact, is an old one remodeled somewhat. Again, details not forthcoming here and now for reasons you know about and those you don't.

So, we are all at the crossroads to our endings and our beginnings, are we NOT? We know YOU are choosing wisely. For this is a momentous time to be incarnate upon the Earth, the likes of which haven't been seen for millennia.

It is a moment that you greatly ambitious ones wouldn't have missed, not for all the tea in China! And therein lies your conundrum. How did you and how do you extract the essence of the lesson from these potential scenarios that never quite make it through to your reality?

How have you assessed the impact of each one of these letdowns on you - that you may use the experience shortly to help others? Which will ensure you are personally able to relate to the indignant anger, disappointment and desperation that people around you will display liberally. You see, you will have 'gone first' with these and be in the perfect position to empathise.

Can you take it from ME personally that you, my most loved children, will have nothing to fear? You have already passed through the chaos, confusion and your own pains of awakening.

You have WILLINGLY chosen to walk through those cleansing and liberating fires. In so doing, you have FREED YOURSELVES to varying degrees of the Matrix and those who control it.

Your job now is only to remain a strong, steady focal point for others who may wish to join you on your journey as these final pages of this final chapter of this cycle draws to a close.

Feel FREE my children, FEEL it within; FEEL ME within your breast that you might share my essence, which is yours and yours which is MINE, THAT ALL may know of God, our Father living within you and each one...

It is this that the FINAL moments here on your earth may be distilled into. Do NOT take lightly these words. For these ACT-ions will help determine all.

SK: Have u been spying on the 8\* Darkening Sun discussion, per chance? ;)

CM: Now what makes you ask that...?

SK: Hmmm....I wonder...

CM: Well, then you'd just better wonder some more, hadn't you?

SK: Seriously, though, I feel like you're responding to some of the commenters here. Folks are really applying their Minds and Hearts in trying to under-stand yours and our Father's perspective on this. But, as we're not you, nor privy to the facts and various other factors that would put a lot in context for us, we're running in circles a bit.

CM: I see you beloved ones are most adept. Creatures of great promise, of much depth and natural abilities. All of which SHALL be used. YOU and your talents shall not be laid to waste - KNOW THIS.

That is all for tonight. My peace be upon you ALL . And my Love, as always.

This is CM signing off.



## Sa-Ra 22: Avarice

By through Shellee-Kim

Feb 26, 2014

24 February 2014

Sa-Ra : Shellee, it is a joy \*taking my hands and smiling\*

SK: \*Getting a gorgeous etheric hug from S\* Do you have a message for me, Sa-Ra?

Sa-Ra: Aah Shellee I do. It seems as though I'm last in the queue today :) \*There's been quite a list of IFS knocking at my door today for some reason.\*

It is a pleasure as always to be with you All.

Well, today marks another special day. And why you have been in such demand. It is a day of some energetic significance - I will say that much. As in one of those 'breakthrough' types of days. And allows us to further our aims and ambitions on your and your planet's behalf. And you have found we all come to you in extra Joy today, have we not? :-)

SK: Yes, you have. But can't you stop beating around the bush and tell me exactly what it is you're talking about? I don't do cryptic well at all...

Sa-Ra: Shellee, we know you don't do cryptic; we know you like it straight up. However, some things are best left unsaid or NOT spelled out, as in this case.

SK: And some days I feel more beserk than others (today being one) - with me feeling my sanity from all this day and night etheric work is hanging by a very fine thread...not that I ever really FELT sane (whatever THAT is)...

Sa-Ra: Are you ready to continue on Shellee? As today I'd like to talk to you about avarice.

Avarice is a state of being that brings to the fore in the human mind and heart a hungering and a constant, hovering feeling of lack amongst those who are addicted to and practise this.

If it lives within them, avarice is not something most people will willingly acknowledge to others. For it is frowned upon in most societies, and indeed many around the world with religious/traditional beliefs battle daily with the inner conflict this produces.

Many of the African and Asian cultures in particular have, as a tenet of their traditions and culture, to share what they have (in South Africa this is called ubuntu) with others and their communities. And this giving and sharing is, therefore, in stark contrast to the very cultivated and perceived need for avarice.

Avarice has been within humanity's consciousness as long as humanity has walked on this plane. And is the very reason for wars and mass destruction of a people, as well as having been the motivator for slavery and the conquering of much that was good in your history.

Today in your modern world avarice is seen almost as a desirable quality to possess. And is perceived to be a hallmark associated with one who is considered 'ambitious, dynamic and successful', particularly in your western societies. In fact, the leading country in the world when it comes to avarice today would have to be within the people of the United States of America.

The experimentation done upon the consciousness of the people here has ensured that most see the accumulation of material things as being a healthy pastime.

Yet, this dis-ease has produced nothing healthy in those who are unquestioningly addicted to it. And in this society, perhaps it is but a fraction of the populace that feels it is right to share what they have with others. Though this may have been 'earned' at the expense of and exploitation of others to begin with.

Avarice, you see, gives rise to other qualities and ego states/feelings within. When another has convinced you or you have convinced yourself that you need something, much else creeps in. In the first instance, you believe yourself to be lacking in something. This often comes as a result of feeling badly about yourself, especially when you compare yourself to others. This essentially produces a sense of competition with others. You see your fellow brothers and sisters then as 'having' and you as 'lacking'. This is the basis for much of your advertising in western countries. Again, with the most success being in the USA, particularly as regards consumer programming.

In addition to lack, producing feelings of inadequacy, competition and envy between people, avarice also produces and encourages an innate selfishness. For self-centredness and selfishness is the opposite of sharing and caring. Thus producing even further separation between people and communities in such a 'me' encouraged culture.

Shellee is thinking here about the ego manipulation in the movie *The Devil's Advocate*, which is a good example of how the implanting of avarice within can lead to one's eventual self-destruction. Even when there's seeming justification in being initially motivated to do something for 'a good cause'.

You may be asking how avarice can be avoided, living in a consumer-driven world? Or how it is you can prevent your children being infected by this dis-ease of life on your plane?

Well beloveds, there is a really simple answer to all this. And that is to ensure that within yourself YOU are first and foremost filled with a strong enough sense of your own God self. Having your own strong and unique identity at the earliest point in your life means you will no longer succumb to the pressures of your society(whatever those may be). For it is the 'holes' within that produces the symptoms above. Yet the success of this is also reliant on parents' examples who themselves need to come from that place of their own God-identity within, first and foremost.

Your children, of course, will want to 'fit in' and gain acceptance from their peers. And this can be another source of division and separation within, exacerbated by the media. How do you handle this?

Beloveds, this is where very big decisions are sometimes made within families who wish to escape the dangers of this. And while it is not always practical to make a permanent escape to a desert island or a like-minded community, counteractive steps can be taken wherever you are.

It is most important to DEMONSTRATE in your living and interaction with others that you are perfectly comfortable and at ease with WHO YOU ARE and WHAT YOU HAVE. And that while your child's friend's household may encourage material ambition as a worthy life goal, you can consistently show your child how satisfying having what you NEED alone is. And that the goals of the soul are the ones really worthy of ambition.

Demonstrate this along with the pleasure and satisfaction that can be derived in creating of material items yourselves, rather than purchasing them. The effort and energy of encouraging creativity from a young age adds greatly to the value of such in the young mind.

To avoid being trapped by avarice, the important thing here is both you and your family FIRST need to develop the inner satisfaction of a God-conscious led identity and life.

Much that has motivated humanity has been its keepers' needs for control. And avarice works at the level of the ego as a great separating mechanism from the Higher Mind, producing in turn, much else that separates ones from the spirit within. And each other, subsequently.

I hope this has provided you with some food for thought as to where and what in your own thinking and living may need changing, beloveds.

Each one of you beloved people are most dear to my heart.

And your every bit of growth and success is also our success.

Loving you, as always

Until the next

I AM your beloved Sa-Ra

# What Is To Come by the Trinity/Triodity Sisters

By through Shellee-Kim

Mar 1, 2014

24 February 2014

Sisters of Triodities/Trinity We Are (said 3 x in almost sing-song like fashion)

SK: We haven't spoken before - at least this way...

Trinity/Triodity Sisters: Indeed, we haven't. Well, not officially. But here we are with you today.

And this is indeed a public message. We come today with great joy in our hearts. For your realm is to begin to display the unfoldment of a show and tell that will leave your populace quite stunned.

SK: What does that mean exactly?

TS: It means, our beloved friend, we are to make our presence known in your dimension, amongst your people.

It also means the time for action is upon you. And please do not expect your dealings with others to necessarily be smooth...growth rarely is.

It is the time of the 'quickenings'. And all that occurs from hereon out will be marked by very intense experiences, emotions and a great deal of change for everyone on every level.

We are most excited by these changes-to-be as they represent to us all, including those beyond your portals/world, a great shift and a wondrous opportunity. For it is this that heralds in the grand 'New Day'; where all have opportunity to graduate into their chosen new state.

We see this as a magnificent blessing; a bestowal of Source/God upon all life in this sector.

You, who have readied yourselves, for the great Gift of the ages, stand Tall now to both deliver of Truth and to Receive of it.

The support each one of you has is truly stupendous. You are surrounded by teams of Light beings, both those who are of a protective order as well as those who specialise in the fields you do.

[SK:experts in YOUR own area of speciality]

This will all serve to enhance your own offerings now. This is truly a co-creative effort of note and one which those from elsewhere watch with some degree of envy.

You are the major players in a class act to be. And your respective positions are a most privileged one.

Serving Source in this fashion through his son CMA is an opportunity for many as you observe this Creator Son's handiwork and his choices as he brings this planet into its own.

His has been no easy chore. And he is cheered on by those near and far for his innovative approach to a world that was at one time unlikely to ever see the Light of day again.

It has been a remarkable process to witness.

We stand by, ready to serve you and yours...

Thank you for allowing us the space to bring forth our message today.

We bless you and leave you now

We are the Sisters of Tridities/Trinity

# Change In The Air by Mother Mary

By through Shellee-Kim

Mar 2, 2014

24 February 2014

A very good day to you, One and All

We are most pleased to be with you again here and I come today with a full representation of the Sisters, as SK calls us.

We would speak to you this day of the changes in the air. Surely you can feel this now beloveds...?

Wave upon Wave has been released unto your shores and planet of late. And though its effects might be subtle as far as you are concerned, they have also been profound for those experiencing them.

As the metaphorical noose tightens up increasingly now, a further amount of discomfort will be clearly and visibly seen in the masses by you ones observing.

Take care and be vigilant at all times in preventing yourselves from being pulled in to the dramas of others. This is not your concern. And as you discern better with the passing of days, it will be easier to see 'what belongs to whom': who's drama's these are and why people are in need of creating them.

Take heed less of what others say than what they do - that you might discern better. This will always help further in clarifying.

Some of you have readied yourselves to the point where you are now able to embrace all of your Selves. In this totality of expression your service becomes profound. And each who strives towards this goal is rewarded with much help from our side.

Beloveds, we cherish each and every one of you that strives to serve in whatever the capacity. To stay on this path in the face of the onslaught of distractions and technology of the dark that plagues you is not an easy choice.

It is a bit like trying to swim, keeping afloat and finding something to anchor to in the middle of a whirlpool at sea.

While many factors are against your success, WE help to counteract as many of these moves as we can. That you might be consistently free-er to make your choices as you travel onwards.

Yes, by comparison life and the energies in the new world will seem and feel like a relative paradise. The removal of the onslaught of elements that the dark have stacked against you will feel as though you have broken through a concrete wall with your bare hands. And emerged to see the Light of Freedom on the other side.

By the same token, we do not wish to paint a picture of heaven and bliss exclusively without considering the practical reality of your situation-to-be. It WILL be difficult and you will be up against much.

YET the removal of the dark will be the removal of a massive burden. And it will have the effect of

lifting, lightening and creating an ease within you and without. Making any future challenges all the easier to deal with.

We would leave this now with you.

Our love and support, as always, are here for you.

Wishing you well this day :-)

I AM Mother Mary

# Quelling Curiosity by Siraya

By through Shellee-Kim

Mar 3, 2014

25 February 2014

Today I come forth. I AM the one known as Siraya. Brought through by this most beloved daughter who comes motivated only by joy in service.

[\*Personal SK stuff here] No untruths will you find in these words...

[\*More personal stuff here\*] Today beloved people of the earth plane many things come together for all of you and the masses.

You have waited far too long, with increasingly precarious conditions presented upon your plane - both man made and not.

Time is short for the movements of your Mother (Earth) are to begin. And by this we mean major movements, the like of which have not yet been seen.

This will be the prelude along with another feature (SK:???) which will get the ball rolling, so to speak. As it does so, the opportunities presented for all of humankind will be ones for the accelerated growth of those who so choose it. [\*Personal SK stuff here\*]

We ask here that you, the guides and wayshowers, are alert to our call as and when it comes. There will be a repeated series of flyovers across your skies that will leave the minds of the masses in no doubt as to the fact that planet Earth and her people are NOT alone in this system. This should not come as shocking news as you are familiar with this possibility. It is the start of the final scenario that allows for the further chain of events that follows and which will begin to open the eyes of the public at large.

Some of you are due to be 'beamed up' for further instruction during this phase.

SK: Who are 'some of you'?

Siraya: Those who have readied themselves and are contracted with specific roles to play on the larger stage. Or/and those who carry specific energy of an 'activation' kind for others. [\*More SK personal here\*]

But nor is any of this news to you either as you have been told of this before. Consider this just a gentle reminder here.

[SK:I'm given a visual of flyovers/ships in the skies simultaneously to Mamma Earth moving strongly and creating havoc and another unknown Divine revelation/element that is being blocked from my vision - added to that scenario]

This will all serve to have people know there is much more beyond their reality and real help is available, should they be open to choosing it.



There is not much more I can say and I have said enough to quell curiosity at this point. And so we leave it here for now.

Be blessed.

I AM Siraya signing off and out.

# Anchoring In The Divine Feminine

By through Shellee-Kim

Mar 10, 2014

Anchoring In The Feminine Divine

[I checked back with them on 8 March:

DD: We come forth as the Dancing Daughters directly from Creator Source - He who bathes the planet in the glorious Light of Himself]

4 March 2014

We come as One Voice to speak through our Shellee-Kim who is our scribe tonight.

She is to introduce you to the hierarchy of the Sisterhood. Which is really what she calls the Feminine Divine. Or you might wish to address it as the Female Principle, the Goddess energy, Mother energy or any other number of names you may have come to know this by.

This energy, whatever you wish to call it, is to transform your planet and those of yourselves who are open to receiving of it. It is and has always been a vital missing link in the quest for wholeness - both within yourselves and as part of the planetary body. This has been missing from your lives and selves for many an age, and in order to go forward, upwards and onwards, this is a necessary part of you that needs reclaiming.

Before we continue we would like to state for the record that few on your earth plane have successfully and wholly managed to integrate these two energies (the masculine and feminine) in their entirety and in balance within. For that is the keyword here: balance.

Once you are successful in this endeavour, you will know it quite certainly as you will feel wholly different. Your expression will be one of ease within -regardless of whether you're in female physical form expressing your masculinity as may be required in a given moment or in a masculine body expressing your feminine aspects. What matters is how comfortable within you will feel, with whatever is required of you or however you best can express in the moment.

You will be the ones who will begin to cultivate a desire for such a state as living, walking examples of it yourselves. An entirely new time is upon you all. One where you will never again remove or ALLOW to have suppressed such a vital aspect of your beingness in physical form. It is from the balanced expression this brings forth that you will have some of the tools needed to begin the healing of your relationships. First the one you have with yourselves and then all others. And this includes your intimate relationships, which, as we see it - regardless of eastern or western cultures or religious groups or any other identity - is fraught with difficulties.

This separation of the sexes has been around for as long as man and woman have and it has had a negative ripple effect over the passage of time. As you now finally begin opening to and integrating this natural part of you, so will ITS ripple effects begin their positive impact. And this bring us great Joy. For it is this in part we (as one of the groups energies) wish to assist in the anchoring of.

You and your fellow brothers and sisters of earth are to know some old ways of doing new things and new ways of doing old things in your new lives upon the coming earth. As a result, your lives are to become far more simplified than they are at present.

What you now may perceive as paradigm shifts will become a daily occurrence in many spheres of your existence. And the excitement of embracing new ideas will become almost like having a new daily diet and a very healthy one.

This will also prevent you from becoming stuck and lodged into patterns that do not serve.

All is finally as it should be. And WE are most delighted to be accompanying you down this road.

We will leave it at this for the moment as our scribe grows weary.

We will make contact again.

Be you blessed by the Father

And know that Ye and He are One

Be you blessed by the Mother

For She too is Who You Are

And we are the Dancing Daughters

Giving you our fondest farewell

## Sa-Ra 23: Envy

By through Shellee-Kim

Mar 17, 2014

6 March 2014

Aaah, it is a pleasure to be with you again beloved friends and family.

For this time change is really upon you all. And while we may have said this repeatedly in the past and created somewhat of a 'boy who cried wolf' pattern, we can tell you with certainty this time that the unfoldment of events are at your doorstep.

However, today I would speak with you on Envy.

Envy is one of the most spoken about vices or sins in all your religious and so-called holy books of the world. For such adherents of religion, this 'vice' or 'sin' is perceived as something very dirty and thus, unwanted. It is constantly sought to be pushed away, shut out or down when the receiver experiences a wave of this envy.

As with all other 'sins', it is perceived as a condition that is associated with being anti-spiritual in both alternative spirituality and mainstream religions. And thus for many of these adherents they tend to equate it with an external evil of sorts; a temptation to lead them astray off their chosen path.

Your religions are not given to encouraging exploration of that which dwells within man and lives within his ego. No amount of attempting to drive this 'evil' down and out, however, will produce fruit. As that which lives within which requires release and balance will continue to rear its head until the condition called envy is fully explored and accepted for what it is.

In many respects, therefore, those who 'believe' in a system or ideology and attempt to adopt practices of suppression of aspects of their ego including this, are in fact at a greater disadvantage in arriving at truth.

Envy is a condition that's created within due to any amount of internal and external situations and causes. External scenarios include: being triggered by a visit to someone's home where you left longing to have some material possession or another that was displayed in that home. Yet you cannot afford this.

Or perhaps the same effect was achieved in a comment or several someone made about their seemingly-easy, pleasurable lifestyle or decently-paying job. Whether true or not. And along with envy comes wave upon wave of resentment at your own seemingly-limited situation.

Alternatively, it may be a case of spiritual envy. Perhaps you feel envious over a guru/spiritual leader/religious authority figure showing favouritism to another you perceive as less deserving than you.

Essentially, beloveds, what is occurring in all of these scenarios are the feelings of inferiority that arise within you that produce comparisons and translate into envy, resentment and jealousy. Again, it is a question of how you perceive yourselves: one who stands strong in his or her own identity or one who succumbs to the values of another (society's), your culture, religion or lifestyle. More than ever on your plane it is seen as desirable to trample over one another to 'reach the top' of the ladder materially, where YOU become the envy of others. Your society and media

encourage this greatly. And thus you are programmed into feeling these feelings as part of having a 'normal and healthy' drive or ambition.

There is nothing healthy about feeling envious of who another is or what they possess. Regardless of whether these are their inner skills, talents, material possessions or innate essence.

In the case of the latter, there are many who very quietly constantly compare themselves to others, as regards their perception of spiritual development. And I say 'very quietly' as on many new age sites and forums this would be wholly discouraged if spoken of openly. And so it is pushed underground, including in the mind.

There is no race towards the unfoldment of your true Self. And thus no need to compare yourself with another. As it is this that causes and creates the feelings of unworthiness within and thus sets off the envy chain reaction.

Many of you that will read this believe yourselves NOT to be subject to envy. But envy nonetheless can play out in very subtle ways within.

Take, for example, a verbal altercation you may have with someone who might be on the opposite side of the fence to you: in lifestyle choices and values, including spiritual ones. While he or she may be in the midst of an angry rebuttal, are you not of the perception that you are right in your weighing up of the situation? And while horns are being locked, you thus see your response as quite justified.

What you don't necessarily see, however is that the other may be responding not to the claimed comments or situation in hand, but is having instead a jealous and resentful outburst, based on envy (of you).

Such as when an unemployed husband stays home to take care of the home and children while his wife works. In an outburst with his wife, he may feel his anger over cleaning house and taking care of children is completely justified in whatever it is he's irate about.

Yet, what may be really happening is at core he is deeply envious of his wife's perceived freedom. Particularly in comparison with what he may perceive as enslavement to the mundane as chief caregiver. He feels inferior in status and occupation as he compares himself with his wife. Unfortunately envy quickly turns to jealousy and resentment and these can and do erode and kill any relationship, over time.

Yet most prefer to ignore the road signs which creates envy, jealousy and resentments within while suppressing all and continuing on. But when relationships break down (and this includes both work relationships and social ones) these same people profess not to know how or why this occurred.

To heal this beloveds the real question is : how and where within myself did such a lack begin in the first instance? It is also important to be really clear about your varied relationships and know what the real basis for these are.

Are they there to prop up your false sense of self and what you identify externally with or are they there to enhance your evolution and growth? When you have answered this in all truth it is at this point you can start tackling how, where and why you allowed envy to grow within you.

Healing this condition means you bring more of your true Self to any and every relationship you have, impacting far more positively on others. And though the other may not be able to see what motivates him or her, you will be able to see and know what motivates YOU. And this is the entire

point. That you become aware of what drives YOUR reactions by knowing where they are truly sourced.

There are as many types of situations triggered by envy as there are situations that man and woman create around it. And I don't mean here necessarily together, as feeling envious is not limited to the domain of intimate relationships.

It is spiritual and emotional intelligence that is required to free oneself of this, as with other inner work. But, if left to its own devices or even encouraged in some scenarios, this condition can be life-destroying for those refusing to take ownership of this.

We would leave this with you for now that you might peruse for some added knowledge.

And say again how wonderfully proud we are of all of you - our cherished warriors.

Know that you are at the end of a long and troublesome (for many) road of learning.

We remain ever grateful to you for your achievements.

I am your beloved Sa-Ra

Wishing you well, wishing you peace and fortitude.

Until the next.

# DIFFUSING (ANGRY)MOB ENERGY

By Divine Dancing Daughters

Mar 18, 2014

12 March 2014

[GIVEN EARLIER THAT NIGHT...

Tonight we wish everyone a wondrous upcoming period. It will be the times of revelation like no other. It is also important to say how important each one of you in the grand scheme of things are and especially regarding how this plan is to play out. Know yours is a vital role in the greater picture.

Beloved friends: There has been much talk and desire about us showing ourselves to the public. We have heard and acknowledged all sincere, heart felt pleas in your petitioning us to appear and wish to acknowledge this in turn. SK: I GET THIS IS A RESPONSE TO THE TIU REQUEST THREAD]

\*\*\*\*\*

WE come again this night to bring more to you. As things are to get underway, we wish to ensure all are in reasonable shape and preparation for this.

The series of events - once they start - will come fast and thick. And there will be no time 'at the time' for any last minute preparations. Although you have been warned often enough about this and again recently. So there really is no excuse in not being prepared - in all the ways you can think of and have discussed with one another.

Let's change focus. WE wish to help you tackle something that could be useful to you in times to come...how to deal with angry people collectively, specifically those in a mob.

Most times when anger arises in people collectively it is created by an energetic wave of negative thoughtforms; this is typically what occurs during a mob reaction.

When people are emotionally aroused en masse they seek action. That action may be made manifest to demonstrate their anger and that there also may be an outlet for those they deem the 'responsible' party. This is the case in most mob-type scenarios.

Public protests could take the form of active demonstrations showing dummies or pictures of those they feel are responsible for their woes. It could take the form of silence, which is rare or it could take the form of embattled rage, where people take to the streets and become caught up in violence as part of the frenzy stirred within them.

We are looking here at groups of people, and sometimes large groups. When these thoughtforms are out to play, mobs are driven by pure e-motion. There is very little ability left to reason within as this has become smothered by the group frenzy. There is usually no desire or ability either to find the quiet space to return to a balance within, for all are usually caught up in the emotion of the moment. So what to do?

We suggest, beloved ones, especially you who are the guides and wayshowers, do something first to divert mass attention. And then seek methods to begin diffusing the anger. Once the anger has

subsided, you will be able to begin reasoning with people better and you will have taken yourself from harm's way also.

Diverting mass attention is simpler than it sounds. You and a small group could start by singing alongside the mob. Increasing your collective volume with each moment. This will ensure energy is detracted and the spell of anger 'hypnosis' is broken within the crowd.

Then choose one person within your group to begin speaking- using the same words repeatedly to start with until enough within the mob have your attention. At this point, it won't take much for the rest to pay you and your words attention.

Of course, you may not have enough people in your own group to sing loudly or strongly enough. In which case, you may need to resort to the art of diversion using a decoy. Which will require your full trust and faith in your protection, as with the above scenario.

In the decoy scenario you may wave a large distracting object from a higher vantage point or a passing means of transport. Or you may do something very physical and blatant, such as switch on a water hose and spray in the crowd's direction or use a megaphone to play distracting music/sing or some such.

The point of all this is to have you, the guides and wayshowers, gain a measure of control during such crowd scenarios. A space where YOU are in a position to take charge and speak your Truth. Once you have created this gap, you may begin to share your thoughts and ideas on what is happening and why. And try to answer questions as you can. As many will wish to know much from you.

The anger and excitable feelings of panic and fear won't have disappeared from the crowd, they will merely be momentarily dissipated. Most important, therefore, is to use your moments wisely. And your words. As you will then be in a key position to CALM PEOPLE DOWN. You will be given help here. Please listen to the God within AT ALL TIMES. This way you know exactly what to do and what NOT to do.

These are situations which can change from moment to moment and your objective is to offer calm from chaos and provide a level of comfort and reassurance. Therefore you need to BE it. Each scenario will be vastly different from the next and the one before it, so we speak in general terms here tonight. And leave some of these tips and our advice in the hopes that this can be useful to you.

We love and bless each one of you for you are All dear to our Hearts

WE are the Divine Dancing Daughters

Saying goodbye for now.



# LETTING LOVED ONES GO by the Divine Dancing Daughters

By through Shellee-Kim

Mar 21, 2014

16 March 2014

It is time to begin. All should know this. And all should seek to get their inner and outer houses at the ready. We tell you once again as some are of the dismissive mode of mind. And don't much take messages and their warnings seriously anymore.

We are clear in our understanding -as per Sa-Ra's most recent reference to the 'boy who cried Wolf'. And we do understand and appreciate your reasons for such past responses. However, we DO mean business as we speak these words. The tumultuous changes of the ages are upon you. [SK: I'm interrupted at this point and have no idea what this below in italics is or means or from whom it came...it just bubbled through then and I decided to leave it in:

*Silver streaks and pools of Light will radiate a vibration of refined etheric waxen weave...wherein lies the kernels of Truth, found beyond the mortal world of man and matter. Coiled tightly in tendrils of Love, its force so great it makes the heartstrings quaver.*

*Where only fools will tread can it be found ...indeed the 'fools' who have lost their hearts to God only to gain a Love beyond their ken. Transforming those into the receivers of man's highest honour on the earth plane: a union with God while walking in the flesh of man.*

*God's great bounty on ye doth fall; even as your fellow men do {fall} ...]*

[DDD message continues]...And none shall see the world in the same way again. For some, this shall be change of the most violent and assaulting nature, for others it will be a relief of the ages finally come. And others again will experience both the joys and the sorrows in part and as was expected, but will feel ill prepared for such events. As you HAVE BEEN TOLD, each will respond according to his or her readiness.

We would speak to you of those loved ones so many of you are worried about. You will need to make a decision beloveds. And that is to let those loved ones go who you can clearly see are not choosing to walk the same path you are.

And that moment is all but upon you now. For some, they have already experienced this and managed to do this letting go.

This is particularly difficult as it relates to your loved ones and cutting cords with them in order to withdraw. You cannot afford to have any ties to your pasts holding you from Yourself where you are headed. Please explore this notion seriously.

Some may be travelling in circles over this issue around feelings of disloyalty and guilt which may be the primary forces holding them back. And your choice here would be: choose then between loyalty to your human family or loyalty to the will of God in your heart; your Life. What will it be?

We know this is one of the hardest things (if not THE hardest) you can choose to do in the human physical experience. But it is time to know when you have exhausted all avenues; when there is nothing left to offer or do; when walking away as an act of tough love is in the highest and best interests of All.

It is, perhaps, the most difficult action you are required to take for now. And you have every one of our support in these choices, every step of the way.

Know this as you go forward this day and into the days that follow. Our contact, work and closeness with and to you grow ever stronger by the day.

As the pink lotus flower blossoms, so too is your consciousness being raised, awakening and reverberating through the Universe as One who is a voice of and for God.

Let it be

WE are the Divine Dancing Daughters (aka DDD's as SK has previously 'christened' us) J

Wishing you all of the joy to come that fills to overflowing within your Hearts. That all may know in who's name and graces you come forth.

# Things Are At A Head by Christ Michael

By through Shellee-Kim

Mar 24, 2014

CM: It is I, your sovereign CM, SK.....Can I have a word?

SK: And you even need ask, CM...? You know I drop everything to hear from you and make myself available to you...well, in most instances.

CM: Indeed I do. There are some things to mention and others to elaborate upon. Let me update you.

Most of you know by now of the planned flyovers and other sky activities that are to occur. There are also to be some additional 'cherries on the cake' that will delight many of the masses.

The exercise is primarily designed to raise the vibrations of humanity en masse, while simultaneously demonstrating those from elsewhere/off planet are benevolent and come in peace and joy as friends/family of earth people. These are important events for those reasons and others.

Now this is not to say that change within the hearts and minds of mankind will be permanently altered for the better by such open displays.

However, what occurs and its effects are to go a long way in softening, opening and allowing the masses greater accessibility to the Truths that will be brought forth. And this is of major importance.

This great final act and gifts of Source will serve as a mighty bridge -between the inner and outer worlds of man, between us/your galactic family and you, between the limitations of your peoples' programmed mind control and your freedom , etc .

When all is said, or rather shown, people will deeply desire to know what and who has limited them for so long. Enter the Adversary. Or the darkies, so named by SK. And no amount of cowering in a corner or trying to run for cover will 'save' them in this instance. For indeed they long since chose to give up on the possibility of being saved or saving themselves. And they will, at that moment, officially belong to the people of earth who will decide upon their fate further. So be it.

Is this pleasing to you so far, my beloved and long-suffering children? As WE are well pleased with our progress thus far. And all is in place now for the impactful events to follow...

It also pleases us deeply that things are at a head now and a measure of relief will be provided to all. But of course it won't be relief alone, but a mixed bag of all manner of emotions that will be triggered as you've already understood by a range of messages over time.

WE understand the tension you feel ( \*I get a visual of all of us frozen, poised in position on our individual athletic tracks, waiting for the gun shot to signal our 'start'\*).

At a point in time, all waiting must dissolve, making way for ACTION. That time is now.

Let the games begin.

I AM your beloved sovereign, Christ Michael Aton of Nebadon.

Always and forever at your service and brought forth in love.

# MORE ON OUR ROLES by the Divine Dancing Daughters

By through Shellee-Kim

Mar 27, 2014

We come forth tonight with more news from the higher realms and as it affects you.

There are numerous preparations in the making for your graduation party, beloveds. We wish for you also to have and anticipate joy and celebration as we move further along this timeline.

So many of you are to know the great rewards that your courage to stand true to your path and CM's Plan has brought. And the joy, once activated, is to be a permanent fixture within you. You are to never again know the sadness of separation.

And those who have been working on this union within and with God for many thousands of years are to finally know the fruits of their labour. Oh, happy days! And happy days they will be indeed as you all shall be leading the pack, as it were, for those on earth.

Expressing all that you truly are gives others permission to express themselves more authentically. And in witnessing you in action, YOU provide an example of one they may aspire towards.

Let us not forget the many who will NOT be open to changing their consciousness, for one and/or many reasons (some of which have been discussed). Be compassionate with these ones, but know within when it is time to let them be. There is nothing you have to prove. And there are no 'winners' or 'losers' per se; no right or wrong choices to make.

You can only offer yourself as witness, plant seeds where possible and allow what takes hold, to take hold. And then to let go of that which cannot take hold. And please know that whatever happens, this is no reflection on you as a failure. There are to be NO failures. This is an important point. And the most important to remember throughout this ( trial of an) upcoming period is to honour another's free will in all things.

Obviously, if that other or group of others mean to harm you or other innocents you will need to rely upon your inner voice as to whether your involvement is required in the name of the highest good. Once established, you will know just what to do.

But again, it is NOT YOUR RESPONSIBILITY TO 'SAVE' EVERYONE. Or even anyone, for that matter. According to each one's individual skills, talents and contracts, so your particular role in the grand picture will emerge.

Through it you will learn the art of being fluid and flexible, you will learn and demonstrate sensitivity and compassion and you will leave behind you a trail of positive associations as regards your trustworthiness, your Truth talking and your balance and stability as a person. All most important that the masses may draw their own conclusions.

Remember, you are our ground crew representatives. And some of you will additionally be working more directly with some of us (\*SK: Again, they refer to 'us' collectively - as being the celestials and galactics, mentioned in general terms\*).

We will leave this with you for now. And, as always, we are delighted to come forth once more at this propitious time in your history and lives.

WE are the Divine Dancing Daughters, aka the DDD's.

And bless each and every one of you as you go forth. We shall be together again

# Sa-Ra 24: Dealing With People In Bereavement

By through Shellee-Kim

Mar 30, 2014

Tonight beloveds there is more to share. And it's around the topic of bereavement (SK: grief) in the context of the loss of loved ones.

Yes, the subject has been somewhat discussed by the DDD's as Shellee now calls them. And that was from the perspective of you choosing to cut ties with those loved ones whom you feel will not be accompanying you into your future.

Now I elaborate on loss by speaking on the subject from the perspective of those who will have their loved ones wrenched from them. And this will happen with little or no warning for these many. It will be for you to guide them, to comfort them and assist them through their processes and towards their healing. It will be a very rough period for so very many people. But this is a part of what has been chosen. And you guides and wayshowers are more than up to the task in dealing with this.

You will have answers for these many, beloveds. Some may not be able to stomach these answers at first. And remember, everyone will be at different stages of their grieving process. And of course, no two people react the same way to loss. So while there will be similarities, there will also be differences. Again, you will use your connection to the god within you to understand where they are in their process and what it is that may be needed of you.

Loss is not something to fear when you have an understanding of what's happened to the 'real' being; the soul which has been released from its shell, the physical form. It will be for you to convey this understanding that people may find peace and closure.

Remember also that there will be much chaos around you and base animal instincts will set in within mankind, propelled by fear. So you will initially be wanting to provide a good measure of palpable calmness and peace to counteract. Which in turn will allow people the luxury of thinking their situations through with greater clarity.

You may be dealing with young children who have lost every member of their family. Or teenagers who are in the same or similar positions. It would be best if you could gather these ones in groups with as many adults or 'parent figures' that they might know and feel a measure of safety, security and reassurance with. This would work especially well if these older ones are ones who have also lost THEIR younger family members. And listening within here again will see you in excellent stead, that you may make all the best choices...for all.

Bereavement, especially in the beginning stages of shock and denial on the loss of one or several loved ones is a particularly difficult phase. And the grief experienced by others will be intense and demand much of you.

There will be many animals in need of loving care also. And it would work particularly well if you suggested that groups of the grieving be tasked with this type of care-giving. More so if the people concerned have a high regard for animals. Providing this care will give people purpose in a crisis. It will also distract and interrupt their grieving while directing their energies into a positive 'cause'. You will come across groups of individuals who have been involved in construction and building, while others may be expert in delegating and organizing. These and other groups of specialists in their respective fields will all be able to be similarly mobilized to contribute practically in ways that are of benefit to all.

Your task is also to help bring people out of their basic animalistic nature where possible in these traumatic situations, and back into themselves. Where they can be made to understand, have their questions answered enough to provide a measure of comfort and then be given work of a practical nature.

People respond well to others in need when they themselves are in traumatic or crisis situations. It brings out the best in humanity, it has been said often. And, in fact, can be a great builder of unity consciousness. And this will be part of that which you will nurture.

Yes, you have quite a task ahead of you and we have covered some of what you are to face to aid you in your preparatory work.

Those you will be encountering will mostly be suffering multiple losses. But the one that brings the biggest life changes for many will be the shock of facing living a life without their loved one/s.

Beloved ones, we think this is ample for this evening.

And we wish you all strength, peace and composure.

We know you are quite capable, especially with all the help you are to receive.

May you all be richly blessed, divinely guided and protected.

I AM your Sa-Ra  
With you every step of the way  
And until we meet next  
I bid you farewell.



# MORE ON WHAT TO EXPECT by the Divine Dancing Daughters

By through Shellee-Kim

Apr 6, 2014

DDD's: Here we are....ready to begin, our dear one?

SK:Yeah, lovely ladies of the night...J

[\*SK:I see a visual of pink/purple skies, alternating with dark grey, pre-thunderly skies...whisps of these clouds covering the sky then move in a single direction - in fast motion like in a movie scene...like the cosmos is on the move...\*]

Dear beloved friends of earth

Your time has finally come! And you are now to know a new level of freedom, as well as the fear and panic that are to permeate the minds of many others. Yes, indeed it is to be a time of great contradictions and contrasts.

And many extreme experiences, sensations and feelings will be had by everyone in a concentrated period of time. Even though it may not be perceived as such, all is a great gift being bestowed upon you All - for your experiencing and learning, your discerning and for the purpose of taking you to an entirely different level of knowing yourselves and your world and those in it. Regardless of who you are.

This is a tremendously exciting period and all of the heavens rejoice at what is to be a grand Event. This will become a spectacle for many other races and civilizations from near and far (cosmically speaking) to observe and learn with you, through your experiences and process.

We would like here to reiterate about this also being a serious testing period for all. And you may consider it the final one for this cycle. Although it will not necessarily be 'one' lesson per se that faces you. But numerous aspects of yourself will be tested in a variety of ways. Most notable will be how you will choose to re-act and inter-act with people around you; regardless of the circumstances you find yourselves in.

Your courage is required, your ability to be a calm anchor amidst the chaos, your innovation and ability to set trends and your leadership and authority. These are just a handful of the inner qualities that will be required of you, as ones who are considered our Ground Crew and wayshowers.

Do not fear if you feel you have not all of these qualities within you. You will be helped where you perceive yourselves to have shortcomings and what will flow forth will be EXACTLY what is needed for YOU in your SPECIFIC set of circumstances. You will not be left stranded in how this is to unfold. Know this and you will stop giving these future potentials your worry energy.

All has been exquisitely thought out by your Creator Son, Christ Michael Aton. And each will enjoy the balance and skills required of them to perform their duties outstandingly. We know of what we speak and we have seen the successful outcome of this.

When those who are displaced cross your path, do use the opportunity each time to discern needs without either overdoing it and spending too much time and energy on that single situation, nor dismissing it. Somewhere in the middle is exactly the type of reaction you'd be looking for. Note that your time will be precious.

We see that there will be certain of you that will continue on with their eternal careers elsewhere. Many of you have chosen and agreed to contracts drawn up a very long time ago in your understanding of time.

Some chose to be here to anchor for the Earth Mother up until this point, others chose to be on Earth partially for the period of Changes, while others yet again are going the full gamut with the Mother and have committed to being here throughout the Changes. Many of the latter will return during the New Earth period to continue on, seeding through their respective specialities in service. And all is well with this.

When you see the sky begin to form silvery trails (and these are certainly not chemtrails!), this will be a sign to continue looking up as much more will be coming. That will be like your cosmic theatre cue, along with certain, unmistakable sounds.

[SK: That felt to me like the equivalent of the theatre curtains being raised. I hope that applies to our personal 'veils' as well]

We leave this with you for now as we take our leave.

With our infinite blessings and much love

We Are The Divine Dancing Daughters

# Sa-Ra 25: Time For Truth

By through Shellee-Kim

Apr 9, 2014

Here I am, Shellee. Are you well, beloved sister?

SK: Kind of spaced out...are you well?

S: Aah, we are always well, and of course extra productive at the current time with preparations of our own. May I continue Shellee? I'm all fired up and raring to go...

SK: Yes...[\*distracted with exhaustion and yawning\*]

S: Indeed it is wonderful to again be with you, beloved friends and family.

We have all come a very far way - together and separately. And all is to change in the twinkling of an eye. As it must. This final chapter in this cycle separates us and you completely from some, and joins us with others. What a time awaits, beloveds. [SK: said very excitedly; positively anticipating] So many of your (galactic) family come together in preparation now - to be reunited with you through forthcoming celebrations, the like of which hasn't been seen for many an eon. What a time it is to be!

But first comes the necessary bridge work that allows others to cross; those who are desiring of this. And we are hoping the numbers may swell, once the evidence and reasons for trusting galactic friends and those representing them on the ground (SK: us!) is apparent. And it WILL become apparent as many will see how deceived they have been for so long.

The house of Truth is to speak/sing through many Voices and instruments, each singing different notes, as it were, of a single song. Each will bring to the orchestra his or her special skills, talents and gifts with which to contribute to the music, as a whole. What joy we can already feel in the hearts and minds of the musicians/singers, as well as in humankind's.

Discerning Truth has never been as easy to discern as it will now become upon your Earth. Even as your world has sunk ever deeper into the quicksand of lie upon lie.

The coming period serves as a grand opportunity that will be graced with the ease of recognition; the ease of discernment for the many. Very little effort, beyond being of an open minded and hearted disposition, will be required to grasp these Truths as they anchor into your reality, confronting the mass mind. Oh, what days are ahead of us! [\*she says with exuberance\*]

Libraries of knowledge [SK: just heard these are earth libraries of knowledge where proof/evidence of true world events will be available to all] will make themselves available to the many. Which will be particularly useful to those of a skeptical bent.

Then there will be presentations brought forward in specific ways depicting an entirely different version of your world history and the accurate manner in which events played out. And the true villains and heroes, past and present of your societies, will be made known to the public.

All these and many other endeavours are designed to bring forth the Truth in our joint [\*SK: heaven and earth\*] and co-ordinated efforts.

These are just a few ways mentioned that will contribute to the great revolution of spirit that comes

upon you all. And it will be our pleasure and privilege to work with you in bringing as much success to these operations and their outcome as possible.

For all this and more there is much planning and preparation that has been and continues to be underway. And many of you have been extremely busy at night, in this regard.

As you continue on in these final moments to countdown where your world will never look or be the same again afterwards, it is sobering to see that many on your world are very lost now - to themselves and each other. Which is a gift of sorts.

For it is said on your world that to find yourself you first need to lose yourself. And the coming times are to provide the perfect opportunity for this.

This is all we have for you tonight, beloveds.

Ponder these words deeply and allow them to penetrate. For yours will be no ordinary tasks. But then you all are no ordinary Light warriors. And why you were chosen for your specific jobs.

Fulfilling upon these is to be your privilege.

With that I take my leave  
I AM your beloved Sa-Ra  
Standing by, as one of many, ready to serve with you.

# WARMING UP by the Divine Dancing Daughters

By through Shellee-Kim

Apr 15, 2014

We will speak now.

The great changes, our dear beloved ones on earth, are what we have all been waiting for for millennia.

Each and every one, near and far, on earth and off it, have their part to play in this grand unfoldment on your precious jewel of a planet. She is certainly the centre of attention now, as all who have ever had anything to do with her, are standing by and ready to serve as she moves into birthing the new 'her'. And all is most well.

Commanders and their Fleet are manning the skies, waiting for the 'start' alert. All are poised. And your beloved Creator Son, Christ Michael Aton, is charged with a fire such that we haven't seen in a long time.

Instruments are being warmed up in readiness for your grand conductor to step onto his cosmic stage and set the audience alight with his passion, leaving them gasping in delight. So it is with us...we too wait for the spectacle, for this announcement of the convergence point.

Never before in the history of your earth will such a show be on display for all the peoples of earth to revel in; to have such an opportunity for advancement in this time of the Quickening.

When all begins, beloveds, there will be little pause for breath as one 'event' leads to another and another.....until the chain of events returns people to... themselves. It starts with YOU and ends with YOU.

For this is the Grace of your Creator Source that wishes his bounty upon the entire planet and her people now. And so it is.

Sleepers and sleeping starseeds - those who committed to assisting during this period will be coming into their own far more fully than thought just a short time ago. We say 'coming into their own', as Truth will filter through quite quickly into the consciousness of these ones, jogging memories in the process. This is and will be an excellent breakthrough and swell numbers for the entire pre 3DD plan. And we are most overjoyed with this development.

Your planetary cabal or the Khazarian Zionists( KZ's, as SK calls them), are in for a rather rough ride. They are still in partial denial at their failure and what it is to bring them. However, that is and will be for them to deal with in the manner they see fit.

More interesting will it be to see how the people see fit to respond to THEM. And this remains a relatively unknown factor. And you all on the ground will be immensely important here, as you have already been informed.

Although there will be more of you now, you will still be required to undertake much by way of teaching, guiding, making decisions with lightning-speed and generally acting as voices of calm and reason amidst the chaos.

Oh, our joy at seeing you shining in your true essence cannot even be conveyed. And we are ecstatic to be able to be helping you make this return to yourSelves. As you mean so very much to us, each and every one of you.

You are our many sparkling gems who's Light will blaze brilliant trails across the planet. And who will become the catalysts for great change amongst your planetary populace.

Indeed. It is so. Now we shall take our leave.

With all the Love in our Hearts to you. You will be well sustained in the coming period. You are to be Gifted with much. We will say no more.

WE ARE the Divine Dancing Daughters  
Bringing our many blessings upon you.

# A Light Victory

By Infinite Mother Spirit

May 2, 2014

I AM your Holy Mother that comes thru this one, Shellee-Kim.

She has asked for my name or a title. Suffice it to say I am the Goddess counterpart to God; the embodiment of the Feminine Divine; I am all the suppressed parts of womanhood and the selfsame within men, in your patriarchal system.

Here now to balance, to re-form and help all beings so desirous of it, to reclaim their most sacred Selves in full.

I AM the One in whom all these energies reside. I AM SHE who is your most beloved Mother, who comes home to you now, even as you choose to come home to HER/ME.

Our most deeply beloved children: we, Holy Father and I, come forth this day with encouraging words about your victory and that of the Light's. Though it may feel quite differently to you, the underlying currents of energies flowing in towards all able to receive them, are indeed to have a profound effect on liberating you from the shackles of limitation that you have endured. And all, you will see, will NOT have been for naught.

It is with deep de-Light I AM now fully able to enter the consciousness and (energy) field of those who have sufficiently prepared. Who, in turn, will show the same way home for many others to follow.

It is our task to introduce you now to the concepts of what living in full consciousness feels like. And how this state in and of itself is one which profoundly affects all who cross its path in the most positive of ways. It is our bestowal and our joy that this time on Earth and amongst her people is now here.

To you who will be first in anchoring this as the catalysts you are, a Divine time awaits. Quite literally so.

You are to know a fullness of heart as you never have in this incarnation as all that WE ARE (SK: God and God-ess) freely flows as great spiritual wealth through you and of you. Your coming treasures have been most well earned in jobs quite magnificently done.

Your Victory Is Ours; Ours Is Yours

For We Are One

And together we shall storm forth as a united force of great Love, Compassion, Wisdom and so much more...

All that is of the God/Goddess is now yours. Know this.

I AM Your Holy Mother

And I love each and every one of you beloved children so dearly.

# ENDINGS AND BEGINNINGS

By the DIVINE DANCING DAUGHTERS

May 2, 2014

Good evening our beloved friends and family of earth. What a pleasure once more it is to be here with you, on the eve [SK\*DO NOT TAKE LITERALLY\*] of your great Transition.

For those of you not able to read or be on the internet regularly, we remain ever amongst you also. And you ones too shall have your day in the Sun, though you have not had the joy and privilege of being part of an online community thus far.[SK: including all those around the globe who have been committed to CM and working towards their part in the Plan, knowing or not]

This all changes rapidly. Those with clear contracts who have done the Will of their Higher Selves up to this point, will naturally find or have already found themselves drawn away from those who are choosing differently from them at this time. And you committed ones will find yourselves naturally gravitating towards your True Home and your True Family.

It will all occur in a most natural manner and you will not need to do much except be open of spirit. It is the point you have reached now by following the course marked by your Higher Selves. And so our WELCOME and CONGRATULATIONS both are in order here J

When the moment is upon you that you all rise up as One, you will no longer find those invisible shackles present; those which have so hindered your progress, your expression and your contribution. It all ends instantaneously. And begins instantaneously. The end and the beginning both, as the coin(of your world) is flipped.[SK: to reveal the 'other' side]

All of those who find themselves at the 'wrong' end of the stick and for which they didn't bargain (so they believe and think) will know - if not willingly at first- the choices THEY too have made which have led them to THEIR current destination.

And if you don't know already, many of you beloved ones reading here are to know the cleanliness of the soul; the state of feeling washed clean inside and out. For this is what is needed to go forward as the wondrous beings you are.

It is a most great time and one to be celebrated...yes, in Abundance [\*double meaning implied with a smile\*.] For it has indeed all been a road long beyond imagining.

But you are here. You are steadfast. And so you have made it. We acknowledge this warmly. And we are so very proud.

We are to know each other so much more fully with the passing of the days.

With all of our Love to you All  
We Are the DDD's



# A Grand Opportunity

By Infinite Mother Spirit

May 5, 2014

[aka IMS/Mother]

Ah...I am here indeed - as promised beloved daughter mine...Shall we begin?

SK: I'm ready...at your service ma'am.

IMS: Tonight beloveds, there is more to tell and share. We continue to make steady progress and all chess pieces in our ground work are well in place and ready for action. We speak here of the situations that will both sow discord and bring great happiness to others of you simultaneously.

But no matter. For the plan lacks nothing. And it is to be in everyone's best interest to work together as the events, circumstances and situations so require of it. And even when they don't necessarily, working together in community or as groups will begin to become second nature.

Co-operation will become the bridge via which you begin to access love and unity and caring for one another. Whether strangers or those known to you, it will be in the art of co-operation that you will come together as one people.

Some will not like the idea of this to begin with; they will feel it to be invasive and too penetrating of their personal space. But they will overcome their views, defences and resistance, the further down the road you all go.

When the time on your earth comes to an end for this cycle at the hour of the Three Dark Days, you will be in completely different relationship with one another in comparison with when you set out (at the start of this final phase on earth). This will have been a tremendous gift to you all.

[Cont. 1 May]

For it is not every day in your eternal journey that you can say you conquered and integrated aspects of yourself that contribute seriously to your long-term soul goals. And it is not every day either that one is able to say that they chose the earth experience here and now and furthermore, were accepted here - alongside the offerings of the multiple gifts of evolution it could bring.

Naturally, the secret lies in the choosing of these for optimum advantage and the greatest advancement. For being here now, no matter who you are or where you are, is truly a great privilege and is essentially a once in a many lifetimes experience.

Again, all is and ever has been in your responses to the many wondrous opportunities presenting. But none so glorious as those which are to visit you shortly.

Your Higher Selves all stand to attention, ready at a moment's notice to catch you should you fall; to help you stand tall and proud as you take your chances; to assist you at every turn in arriving at the destination you have set for yourselves. And all you need do is heed the call.

As we have said recently, choices and thus your evolution has never been easier than at this time to come. It is all there for the taking, my beloved children.

Please, do not miss out on this, the grand opportunity of the millennia. It is not one repeated often in time and place. And the configuration of the cosmos and your place in it at present is a most unique and favourable space (within and without) to be in.

This is all I have to share with you this evening, my most precious children. It is always my pleasure to be ever closer to you all...although I know you most intimately already.

Therefore these communiqués serve as affirmation for YOU, that you might know ME more clearly, more deeply and with greater understanding within your hearts.

From mine to yours  
I AM your loving Infinite Mother Spirit

# TURNING CHALLENGES INTO TRIUMPHS

By the Divine Dancing Daughters

May 10, 2014

We are pleased you have made the time for us. Shall we begin? We have more to share with you this evening, our dearly beloved friends. And we will start by saying: You are in charge of your own destinies.

'There are none so blind as those who will not see' is a famous adage on your world, is it not? And we wish for you to remove your own blinkers that you may know this is so.

No one else is directing your future except you. In the choices you make or don't make each step of the way. Therefore, each and every moment counts.

And the question to ask the Self with each step and at each turn is: 'Are these choices taking me further towards the plan of my Higher Self? Or further away from it? Nothing is set in stone. But until each and every moment is owned as your very own choice, you will be searching outside of yourself for the answers to what's within you. And holding the outside world or whoever in it responsible for your own creations. (the victim mentality).

This ownership of all of you is an imperative next step to BECOMING all of you. The ways you have been birthed and your cultural conditioning has led to ego separation from Source as being a point of pride amongst you, in many instances.

This separation is often, we note, perceived as and revered as a pride in being 'independent'. That is to say 'independent' of and separated from Source in order to fulfill the ego's longing-to appear in total control of the life. And this ...is what it takes to be identified with the body/mind and its needs and relationships.

It requires an understanding first and then an undoing of those which are your attachments in order to know the areas of your ego challenges. And for each these will play out differently, while the patterns remain similar to all.

And it is this that will define you in these last days of earth. Because the ego is to be mightily challenged, attachments and ego weaknesses will therefore challenge you, haunt you and constantly wish for you to know who is in power; in charge. (SK: ego always believes IT is).

And here will be some of your important choices. Who and what are you going to identify with? What will you be prepared to let go of - be they ideas, people or ways of living - in order that you may begin to identify with something greater than the sum total of your parts. A both extremely challenging and very exciting phase is almost upon you all.

Once you have understood many of these creations are not of your own making but belong to your society, your parents/upbringing or your religious indoctrination, you will know that these became some of the shackles you wear.

Are you ready to embark on the journey to beat all journeys? Are you ready that you might come face to face with finally knowing yourSelf? Would you embrace this enough to make perceived 'sacrifices' en route? Or will you steadfastly stick to the known and well-trodden routes familiar to you, no matter what?

Will you see what occurs as the time for a retreating into your shells of fear? Or will you step out bravely into the unknown where the treasures of the journey lie? And where you never need limit yourself again.

With eager anticipation we wait to see your choices; where and how they will take you. For now, though, and with tremendous Joy in our hearts We leave you.

As One

We are the DDD's.

# HOPE FROM HUMANITY'S BREAKDOWN

By the DIVINE DANCING DAUGHTERS

May 18, 2014

We would wish all the children of the earth a most grateful 'thank you' for partaking in this experiment that has been your earth school. Without it you would be sorely pressed to find another similar circumstance elsewhere that has provided you with the ability to learn (in the way you have) that you may go forwards in leaps and bounds in your evolution. We speak broadly here, of course.

Some will have made the respective grades they set for themselves here, while others will not have. And each will meet with their own group of elders who will guide them onto the next most beneficial step to their continued, respective journeys when the time comes. And then there are some who make the choices with little help from others as they are seen as responsible enough to make their own choices.

All of your hearts beat with the same potential for vibrating as one with the Christ Consciousness within, which all possess, but each are in their own unique position towards achieving this. We are very much concerned at present with what we see as a widespread collective apathy. And yet, yes, this is also part of the designed breakdown of the psyche of humanity at this time. There is a numbness that has spread over the people of your planet.

In many ways, in the short term this can feel like operating in a dead society (that is 'dead' to all that is of Light: morals, kindness, integrity, the light of true compassion, etc). However, in the longer term this provides something of a forced brake/break. As in a car suddenly being braked by a foot, coming to a sharp halt.

There is an advantage in this state of brake/breakdown, as it were, in that it may allow a flow or an 'injection' of new energy to permeate the spiritual blood stream of humans that much more easily. And when it comes, this new energy carries with it hope, humanity and greatly energizing Love, which can and will be felt like nothing ever has - as forms in flesh in your living experience to date.

Therefore, the brake/breakdown of all that remained within humanity and which needed a new start is a highly advantageous state to be in. If seen from this higher perspective. For it is truly to open doors within. When you reach a state of rock bottom, of nothingness effectively, there is nowhere to go but up, as you say on earth. And this is how we see this immediate period to follow for you.

A great many of your fellows at this time have entered either a zombie-type state, operating as an automaton. Or they are lost in the vicissitudes of their own fragmented selves and all that this brings. Have you not noticed how many more people in recent months appear to be on the edge, defensive or have hardened themselves quite quickly? While others may be sinking deeper and further more rapidly into their respective addictions. The breakdown of the parts within the psyche is unpleasant to witness, particularly if it is occurring amongst those close to you or family members. However, it is a necessary evil, of sorts. So the choice, when it comes, will be even more obvious... and in sharp contrast to what is currently being experienced by the masses.

All too often there is an assumption that 'all will work out' or 'we will just pray and hope that things get better' on your plane and amongst your people. But the upcoming choices are designed to place before you All the utter and absolute Truth that YOU might have the final say as this cycle closes.

Seen in this Light, it is yet another great and mighty gift that Source bestows upon you.

And so it is we take our leave now. With very much Love for all of you from all of us. We watch you closely, support and protect you. And we are ever here for you. Call our name that we may build more personally on our relationship together for we are here to serve you also.  
WE ARE the DDD's.

# KNOWING OUR CHOICES

By Infinite Mother Spirit

May 23, 2014

Shall we begin, beloved daughter mine?

We embrace this day with you beloved, for it is more important than you believe or know at this stage. This day of 21 May 2014 is a most important turning point. Not just for you, beloved daughter mine, but for the many amongst you who are to get busy going about God's business.

Why do I say this?

For it is today that certain energies have come together, now making it possible for us to forge ahead with the next bit of unfolding of the great Plan for your world. And that we can now bring manifestation into your view fully and transparently. We will not yet say of what exactly. For this you will see with your own eyes as it occurs.

SK: Can you offer up something a bit less cryptic...maybe indulge us with a teensy weensy bit of something?

IMS: Well, I can say-as it's been said many times before - look to the skies for your clues. These are your final moments for preparation, for brushing up on your skills - in both listening and speaking and measuring your emotional responses to individuals and groups. And for feeling equipped to handle whatever life throws at you in the moment. Please do not put off doing further work upon yourselves until 'tomorrow'. For 'tomorrow' could be too late. Each of you know exactly which areas within you need to work on and your committed diligence is required. Remember, each day you do something to build momentum towards your healing and balance or integrate yet another aspect of yourselves, means less work to do tomorrow.

SK: I keep having it come in waves that this is the separating time...of the wheat from the chaff. And that miniseries again comes to mind - The Stand by Stephen King - with people dividing themselves into two camps. Those who are compelled through dreams to find and follow an elderly, Negro woman, representing God and goodness. And others who are compelled to follow a younger blond man of the Dark with his supernatural powers. Why is this haunting me now?

IMS: Indeed, bdm, it is the time for this right now. This choice is being made. This defining of self must be made clear to people regarding what it is they have chosen - as the authentic reality of the world becomes known to them. It is why I advised you as I did this morning re your family member.

It is time for all to come home fully to themselves, whatever that choice is for each of you. And whether that has been chosen consciously or unconsciously. Remember, unconscious choices still remain choices. And the reason for our urging you through so many messages on the import of your daily intentions and prayers.

Now, you who are ready to do the work of God, step forward. Make your declaration known. And stand up and be counted. For you are One of many in God's army - both on and off planet - that are on standby.

Your service to God and your fellow man both is of utmost importance. I stand with you.

Wishing all of you, my precious beloved children, a wondrous transformation. And great success in your work ahead. It will all have been well worth the efforts.

I take my leave now.

This is your Infinite Mother Spirit.

[BDM = beloved daughter mine - that's what she calls me]



# BEING THE ROSES AMONGST THE THORNS

By Divine Dancing Daughters

May 23, 2014

Good evening - our most beloved and cherished friends of earth. It is indeed a fine day, regardless of what weather conditions you are experiencing in any given place on the globe today. And time for change is ever upon you...

Do you feel able to handle upheavals that may occur around you?

Are you willing to rush to the aid of individuals who are in crisis, where you may be required to SACRIFICE something of your own life in that moment?

Do you sense an increase in and are you feeling confident of your gifts and abilities at crowd control- the steering away from hysteria and the moving towards a state of calm and reason by whatever the means at your disposal?

Are you in a state of fear and anxiety more often than you are in one of harmony and peace yourself currently? If so, it is best to step aside and guide from within the crowd, where an equal amount of work is to be done.

Would you give up or share your living space and what resources are within it that the discomfort of others might be aided?

Would you help a person up from the gutter, quite literally, even if it meant slowing down your own rate of perceived progress and when no others would step forward to help?

Do you struggle internally with discerning where others are at? What their motives might be at any given time? And, if so, can you separate yourselves from them comfortably and without holding yourselves in guilt or obligation over them or their situation?

How do you feel when confronted by conflict between others? And how do you feel in your own situations of conflict and your emotional intelligence skills in resolving these?

We ask all these questions of you today beloved friends, as this is what you have been preparing yourselves to deal with. And we see that many of you are ready to 'face the music' here. These situations will be some of the greatest opportunities to showcase your growth and spiritual maturity and move up several more rungs on the ladder of your evolutionary journey.

It is all too often that we witness so much talk of Love and Light and Harmony and Peace. But what of those things within us all that are the very obstacles that may- in very practical ways- stop that flow of Love and Light within? THAT is a much more important question. And It is about shifting your perception here.

No one promised you a bed of roses or a rose garden in this 'end of days' period. At least not without getting entangled with a few thorns en route first.

Well, that is a fitting analogy as we see you as the roses amongst the many thorns. As well as seeing you as those who need to make their way PAST the thorns to arrive at the beauty of the roses. :)

We leave this with you for now. We are most grateful you have given your time to the understanding of this message as it will serve you well once you move into the 'action' stage.

Our blessings abound for all upon the Earth at this time. And we stand by, ever in support and service to you.

WE ARE the Divine Dancing Daughters.

# Questing For The Wealth Within

By the Divine Dancing Daughters

Jun 28, 2014

Ah, beloved Sister. It is our pleasure to connect with you once more.

We are here - ready and waiting. We shall start.

We wish to congratulate so many of you for coming through these particularly gruelling times. They have and continue to be fraught with challenges. These challenges are ones which speak directly to the places within you that are disempowered - clearly demonstrated in the mirrors of your world.

This phase too will pass. But the growing and learning never shall. And this phase will leave you with the distinct feeling of having been pivotal as a breakthrough in consciousness experience.

So while it (whatever YOUR experience personally is) may feel agonising while you are in it, the extra support you are each receiving helps to lighten the 'load' somewhat. Though this may mostly be occurring at the unconscious and subtle body level.

For you ones to know is: those who effort in whichever ways put forward to you for your consideration, are those who are in turn helped the most. For it is you - by your actions - that have invited it to be so. There is always a give and take, a symbiotic relationship in all things, in natural Law and between all (benevolent) beings. It is the way of the worlds ;- ) Of the universe/s... It is the way of God.

The point in mentioning this is: no matter the 'apparent' insignificance of events, chores or offers, it is in these that lie potential opportunities.

But more often than not these are passed over by you and the opportunity to evolve is missed.

[SK: I feel these 'opportunities' the DDD's speak of here is MEGA IMPORTANT at this time for us to pay attention to. They are trying to drive home something profound for our preparation at this time. And we must be alert to the signals in our worlds. Not to sound too melodramatic; just going with the feeling here...]

We would wish here to illustrate something simple:

If you had a valuable collector's coin and lost it in the street while walking, you would make every effort to search each square mile of ground covered in the area you walked and may have mislaid it in. You would retrace your steps. Get down on bended knees. You would look for that coin from every possible angle and perspective, in all nookies and crannies. You would perhaps look also for a reflective shine and you might call for the help of others in your search, perhaps offering a reward.

You would effort to do all this due the perceived high value of this coin. And what it could monetarily bring you. So we use this to illustrate that this same natural drive from within is what you are needing right now.

Knowing the value of your wholeness and the removal of obstacles from your path is one that

brings riches of another type. And you have been told this repeatedly in a range of ways, through various messengers over time.

This brings something far more permanent (although intangible) than material wealth. For those who would know the wealth of a complete relationship with God, with Harmony, Peace, Balance and Joy, it is to you we would say this.

For it is you ones who would stop at nothing to achieve this. And it comes through the natural compulsion or/and discipline of your efforts to ever seek more of yourselves - that you may find more.

And this is what we wish to leave you with this evening. Ponder it deeply. For herein lies great clues to where each of you currently find yourselves.

We will take our leave now.

Wishing you all peace in your hearts and our great love and support of your quests.

We are the  
DDD's.