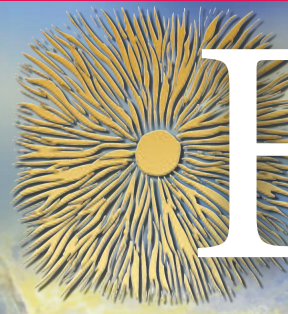


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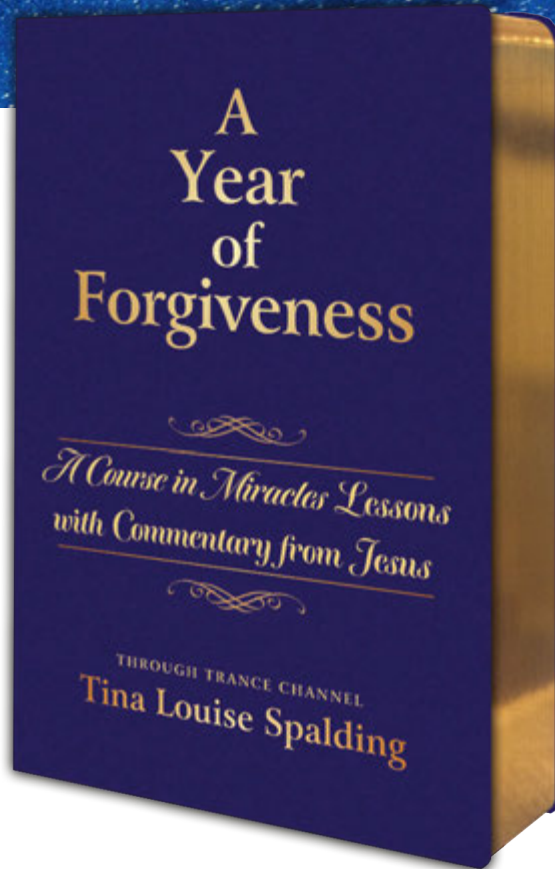
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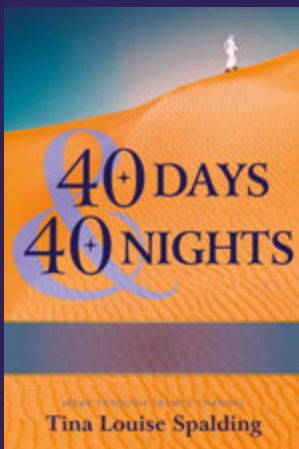
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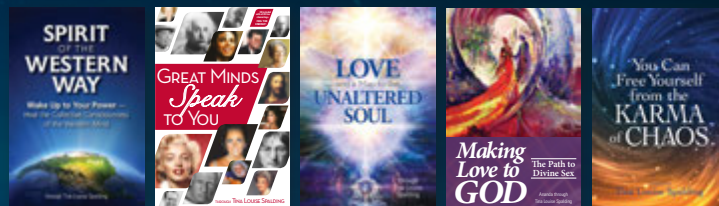


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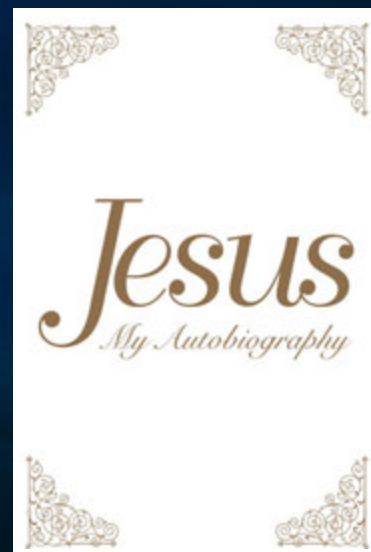
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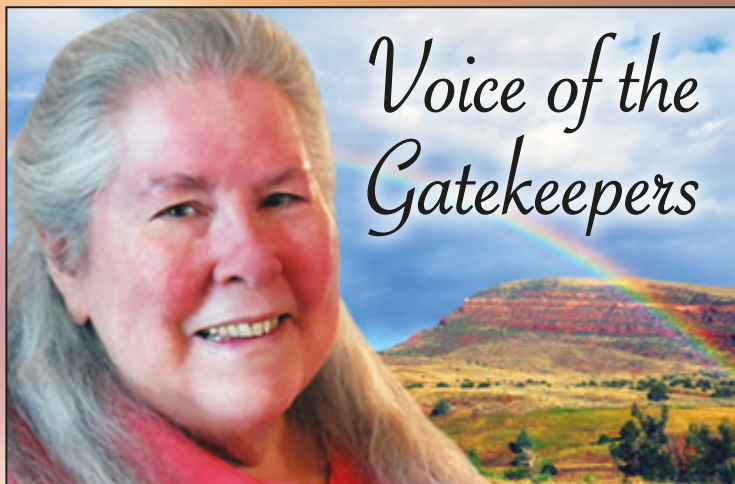
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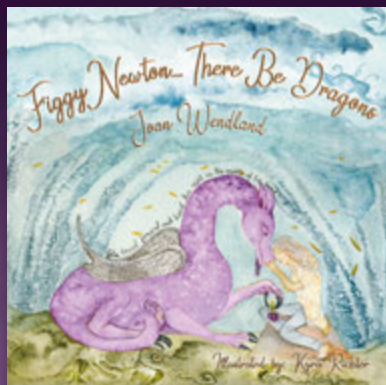
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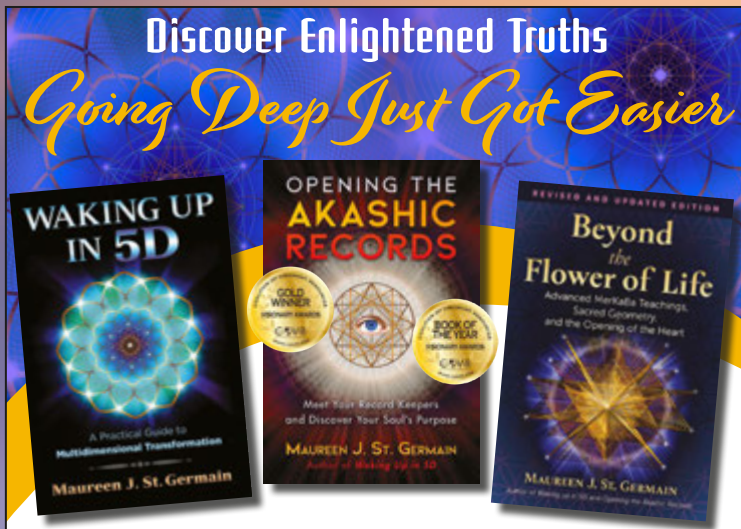
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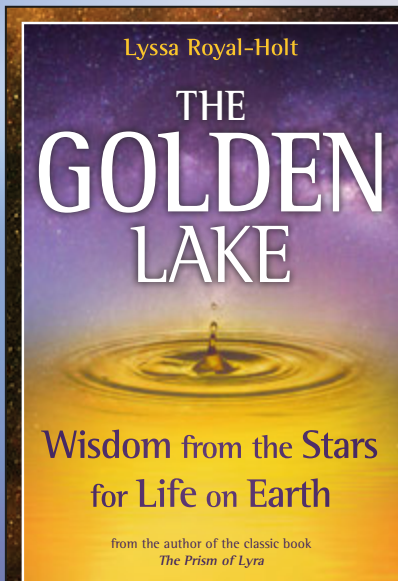
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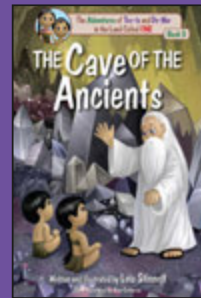
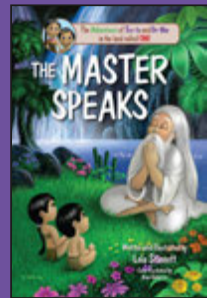
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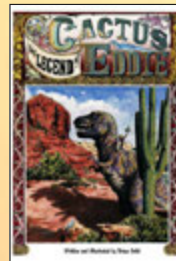
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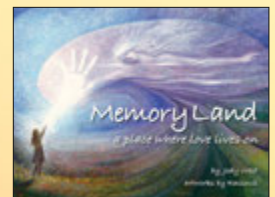
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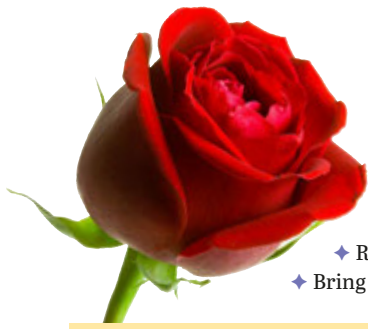
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Thank you

In this time of the global pandemic, we thank all medical professionals who care for those with COVID-19 and all the essential workers who risk infection to keep the world running.

We send our heartfelt gratitude and prayers to you all, and we ask that you be kept safe and well.



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Nourish the Seed through Prayer

Amma through Cathy Chapman

Good day to you, my precious ones. I am Amma, the Divine Mother of the divine mothers. Most importantly, I am your mother. I have carried you in my womb from the time when you split off from the oneness — never leaving the oneness but having a different experience. You are protected and cared for.

The reason I have asked this one [the channel] to let me come through and speak about prayer — and that is the word you most often hear — is that there are some misconceptions. I want to give you new conceptions. How is that, new conceptions? With conception, what happens? There is a new birth. After conception, there is a time when the one conceived is hidden within the womb and filled with love and nourishment until it comes to a place where it can live outside the womb. I'm talking about the womb of your mother, your birth mother. This is a concept we wish to place in you. We, Amma and Abba, give you the seed. We ask you to allow it to be there and to water it with your love.

Pray from the Heart in Perfect Comfort

Use your love and what we give you to communicate with us and with yourself. Various religions have mentioned four types of prayer; gratitude, petition, and praise are three of these, and asking for forgiveness is the fourth. It is easy from the human realm to identify with these four and to distinguish the type of prayer offered. That is an intellectual exercise, and it is perfectly fine to do it, but we ask you to learn how to communicate with us from the heart and connect to it when you use your mind.

The mind contains different beliefs that can interfere with your communication with us. The most negative belief, the one that interferes the most, is the belief that you are not worthy to be in communication with us.

When you come to talk to us, form an image in your mind of the most loving figure you can imagine. It could

be a parent, grandparent, favorite teacher, best friend, or mentor with whom you have felt perfectly safe and comfortable sitting and sharing your heart. Imagine being so comfortable that you plop on the floor in front of the person and share what happened in your day. You feel love filling you.

That is how comfortable you can be with us. Sit on the floor, chair, or sofa, loving and being loved. You are nourished by our words, by our love, and by the stories we tell you deep within your heart. You are comfortable. You are protected from anything that has happened in your life that disturbs that comfort. Sitting there in great comfort, what would you say?

You Are Perfect the Way You Are

If given the freedom to pour out your heart, what would you say? If given the freedom to explain in great detail without any judgment your hopes and dreams, what would you say? If you had someone you could come to when tears stream down your face, what would you say, and what would you want at that time?

Imagine yourself as a child who was not picked for a team. Your heart is broken. Perhaps it was one of your friends who did not pick you. Perhaps the friend said something ugly to you. Perhaps you were able to run to your mother, father, or someone you knew and trusted. What if you could climb up into the person's lap or she lifted you into her lap and held you as you cried and poured out your fears, anguish, pain, and questions that really cannot be answered? What if you could simply be held and rocked with love?

Can you feel me and can you feel Abba holding you in our laps and allowing you to share whatever is within you? We hold you close, protect you, and love you. We do not explain the other person's words or actions. Our



whole focus is on you. We kiss away your tears, not to eliminate or minimize in any way your pain. We let you experience your pain so that you can release it and no longer carry it within your body or psyche. We rock you gently.

Any time you think or say, “I must not be good enough,” or “There is something wrong with me,” we say to you, “You are perfect the way you are, and I would not want you to be any different.”

We hold you and care for you. We send love to you. In no way do we deny your pain or your fears. We gently tell you the lies you tell yourself and then tell you the truth. That you are not good enough or that you are not lovable — those are lies.

We will not try to rip those lies from you, because that is where you are at this time. But we will gently tell you, “Oh, precious one, precious one that I love so much, if only you could see yourself as we see you. You are made of love.” We will even whisper in your ears the beautiful colors we see within you. We will sing to you the sound of your name, a collection of music, color, and words. We will hold you and rock you, sending you the sound of your name, which brings forth within you the knowledge of who you are.

We tell you that you can do this; you can do this life. It doesn't matter what has happened to you — the horrors, disappointments, losses, sense of hopelessness, or despair. We will hold you and we do hold you, telling you we are here. Even when you feel the most alone, even when you feel there is no loving presence present, we are holding you, rocking you, and loving you. We gently coax you to open your heart to our love. You can come to us when you are not in pain. You can come and sit on our laps and tell us your hopes and your dreams. You can say, “I want to be a great artist.” You can say, “I want to write twenty books.” You can say, “I want to learn how to grow plants.”

You can say, “I want my wife, my husband, my partner, my children, or my friends to love me.”

Wear and Share the Crown of Your Love

You can even ask, “Is there something that maybe I need to do differently?” or say, “We had this argument, Amma, and I don't understand what happened. Please help me.” You can ask, “I have this party to attend. I would love to wear something wonderful; what would look best on me?” and you might get some ideas for outfits. We would also tell you that your love is what looks best on you. Your love shining from your heart is what you need most. That is the clothing to wear, always. That is the crown to wear: the crown of your love.

You can voice prayers of petition, or you can just say, “I'm so worried about my friend. I'm not sure what to do.” We might whisper something simple that you can do, such as sending her a card, bringing her flowers, or

baking her a cake. More than anything, such symbols represent your love in a form she can hold. What you really send her is your love.

Sometimes people are so wounded that they will not receive your love. They might have been hurt by you or by someone else. They do not send love. They do not accept a physical gift or accept your love, but you can send your love to them from afar. There is no space, no time, and no distance. Send them love. You can sit on our laps and ask, “Will you join me in sending love? Will you help me send love of the exact vibration she needs, the one she will accept into her energy?”

Know that when you pray for someone, your heart joins with our love. We love those who you love the most more than you can imagine. If you collect all the love you can find in the universe, we love you more than that. That is why we cannot separate you from us. You could separate yourself from us; we cannot do that. It is impossible. Isn't it amazing that God cannot do something? God cannot separate God's creation from God's self, because God would then be less than, and there is no way that God can be less than.

When you come to us and share with us, know that there are no right words. You do not have to say a prayer that has been written, but you can. You do not have to say things in a particular ritual, but you can. Prayer and communication with us are the giving of yourself to us and our giving of ourselves to you.

Let me say that again: Prayer is the giving of yourself to us and our giving of ourselves to you, and we will give to you as much as you can handle.

Pray beyond Words and Don't Be Mental

You might wonder why some people seem to have a closer connection with God, however they define God. It is because of their willingness within to accept what God gives: the joy and the love. Be with us from your hearts, not from your minds, not trying to find the right words. That's mental. Hmm, that's used in two different ways, right? That is mental. Maybe it is a little crazy to try to find the right words to speak to the love that created you and knows you better than you know yourself. There are no magic words for us. There might be magic words for you.

Do not be mental and use your mind or beliefs that say it has to be “this” way or “that” way. You are not separate from us even though you might feel that you are. Simply see yourself in our laps of love. Feel the love we give you.

What is one of the most perfect prayers? It might surprise you. One of the most perfect prayers is to ask us to assist you in opening your heart so that you can send more love out to those who need it. When you do that, you ask us for healing. You make a petition for yourself

to be more of who you are so that you can know more of who you are. Then you ask us to help others by being an instrument of that help. You take in the love and send it out, and there is no way that you can be in anything but gratitude when you are in your heart. There is no way that you cannot learn that you are a greater love than what you know.

We have no judgment of you. When you finally leave your body, you will come through a tunnel. Yes, there is a tunnel. It is a very large tunnel because that tunnel is filled with souls coming home and souls coming from home to go to their next experience and incarnation. That tunnel is the same no matter what planet, galaxy, or universe you were in. It is a very large tunnel.

When coming to that tunnel, many people on Earth fear judgment. They have heard that if we are displeased with you, you will go to a certain place and never see us again. That's not true. It is something that humans developed so that they could manage this world. For us, this world is a place of learning and growth. We are here always. It doesn't matter what you hear about beings who might have come from another planet and enslaved this planet or that there are good angels and bad angels. It doesn't matter what stories you have heard. There is only one thing to remember: You are loved beyond your ability to know. We accept you back from this incarnation, excited that you are coming. All those who served within your life, whether helpful or not, were actually helpful, because they gave you the experiences you wanted. They are all here applauding you as you come.

The judgment you hear about is by one central figure, and that is you. As you judge what you did, what do we do? We show you what actually happened. You might see the repercussions of something, but there is no judgment there. Know that when you have hurt someone, you have given them an opportunity, and we're not saying this so that you will go and hurt someone. That is not the goal, but you have also given the opportunity for them to grow beyond that hurt.

Ah, and what does that mean for you? When someone has hurt you, they have given you the opportunity to move beyond that pain and to delve deeply within yourself to discover the love from which you are made.

Sit in the Lap of God without Fear

Prayer is communication with us. It means asking questions and being with us. It also means asking how to love others more and what you can do for them. It means saying, "Oh, I blew it that time. I hurt someone, and I am so sorry." You cry in our arms and in our laps as you wash away the pain of what you experienced as not being who you believe you are: a being of love. Tears wash you clean. Tears of joy wash away what inhibits your joy. Tears of sadness from how life has been wash

away the pain of how you did not uphold your commitment to yourself in this human realm. They wash away the pain of how life has let you down.

We hold you and we rock you. We embrace you in our love and tell you how perfectly you were experiencing and learning what you came here to experience and learn. We enfold you in our love and whisper how perfect and amazing you are.

Just accept our love. Accept how we love you. Accept that life is an experience of learning who you truly are as love incarnate and allowing the love from which you were made to shine forth in all you do.

Right now, make a commitment to yourself to put away all the fears of sitting in our laps — the laps of Amma, Abba, or any name you use for God. Come sit with any being of love you wish to share your life with.

Often you see masters and saints as separate from you. You experience the rituals and prayers you say to them and to honor them. You don't realize that any of the masters or saints of your personal traditions welcome you to sit, cry, and laugh with them. They are here to assist, teach, guide, and love you. Your masters, saints, and teachers are not better than you. They are not of a higher level than you. They simply have more awareness of who they are as love incarnate and as the power and presence of God.

You do not have to approach any of us, me (Amma), Abba, or any other with a name you use for God, with fear. You are of us, and we love you. Have no fear in approaching the saints and masters by whatever name you use. All will wrap you in their arms. They all know what you yearn to know. Put down the need to have a barrier between you and them and us. Put down the need to say that the masters and saints are more than you. They might know more than you, but they are of love.

They know more about love and who love is because they have struggled to learn. They have cried, raged, laughed, and sung. They will listen. They will whisper to you the truth of acceptance, forgiveness, love, and joy. Allow them to teach you and to love you.

That which you call the Creator, All That Is, Love Itself, or God — the one you stand in awe before with all the wonders created — is also the love that wishes you to come and recognize us as the love that loves you.

Heal to Move Forward

A little healing might be helpful. Bring to mind something you believe that keeps you from wanting to run into our arms and sit on our laps. You might or might not have an exact instance in mind. If you do not, just say, "I would like to heal the wound within me or the event that prevents me from believing I can run with great trust, joy, and abandonment into the arms of God.

Are you willing to give that wound to us? Hold it out

to us. Let me take it from you. Let Abba take it from you. Let God, by any name you use, dissolve the fear around your heart that this wound brought to you. I call your soul-healing angels to bring back to you all the pieces of yourself you lost at that time and to clean, repair, and heal those pieces and then fully integrate them within you. With that pain healed, know that you can now see yourself more clearly, because you have a greater awareness of who you are and how much we love you.

Always remember that I am Amma the Divine Mother of the divine mothers, and I am your mother. Abba, the

Father, says to you now with joy and a glint of laughter in his eyes, "Since I have no womb, I carve you on the palm of my hand." Our blessings to you.

Cathy Chapman has been a psychotherapist since 1976. Over the years, she's integrated spirituality, psychotherapy, energy work, and hypnotherapy into a powerful process of brief therapy. Cathy believes that people are perfect spiritual beings who came into their physical bodies to explore life and, believe it or not, have fun. To learn more about Cathy, go to her website, OdysseytoWholeness.com. To join Dr. Cathy for her Sunday Ceremonies, register at <https://drcathyphd.info/CeremoniesReg>. Each week you'll hear a channeled message from Amma the Divine Mother (most often), Melchizedek, Mother Mary, Yeshua, and others. No charge!

You Are the Higher Consciousness

Juliano and the Arcturians through David K. Miller

Greetings, this is Juliano. We are the Arcturians. We need to accelerate our teachings and work as intensely as possible to expand the consciousness of humanity. Humanity has evolved to the place of consciousness, or self-awareness. This is a trait that is expressed in the mystical expression I Am That I Am, which is in the Kabbalah as one of the names of the divine expressed in Hebrew as *Ehyeh Asher Ehyeh*. For this Hebrew expression, the correct literal translation is I Will Be That I Will Be. You in the West have translated it through various languages from Greek to Latin to German to English as I Am That I Am. Both I Am That I Am and I Will Be That I Will Be imply higher consciousness.

I Will Be That I Will Be is an expanded level of consciousness, because it implies you have the ability to direct your evolution. That is exactly what humanity needs to do now: direct the evolution of the species to a higher level. This can only occur when there is a consciousness or an awareness that you can do that. It sounds needlessly repetitious when you say this, but believe me, it is a higher state of being when a species can say, "I Am That I Am." It means, "I am aware of what I am, I am aware of who I am," and when one goes a step further, "I will be that I will be," *Ehyeh Asher Ehyeh*. Then this goes to the next level, a higher level of directed evolution. That is why *Ehyeh Asher Ehyeh* is considered a sacred name of God in the Kabbalah.

Humankind, throughout the ages, has understood that the Adam species is made in the image of the divine and shares the one quality that is truly divine: I will be what I will be. Humanity is now at that stage of development in the midst of this planetary crisis, when

that next evolutionary step is greatly needed.



Activate Your Assemblage Point

Biologically and neurologically, we have taught from the shamanistic perspective the existence of the assemblage point. The assemblage point is, in various different shamanistic traditions, located behind the head. Some recognize it existing at the brain stem, and others have recognized it as the upper shoulder/neck level. Basically, the assemblage point is a valve that is, biologically, in the human nervous system. I call this a perceptual valve. When that valve is open, from the shamanistic perspective, then one has a deeper perception — a deeper ability to perceive this reality and other realities.

Many times, the other realities are in the lower astral plane or are in the animal world. For example, you get reports of people experiencing power animals or being able to deal with and remove lower spirits. Such experiences can be activated by the assemblage point, which is an actual biological and neurological place in the nervous system of your species.

In modern neurobiology, scientists talk about the reticular activating system. From our perspective and our study of the human species, we equate that system with the assemblage point. It has been identified as being related to the lower brain stem. From a neurobiological standpoint, the reticular activating system operates like a valve that can be opened or closed. This perceptual valve is open from an evolutionary standpoint to a certain position that allows humanity to see and operate in the third dimension.

Take Off Your Blinders

I have compared this to the blinders on a horse in a race. The idea is that the owner wants the horse to run without distraction. If the horse is not distracted, it can run at the highest speed possible. If it turns to the left or turns to the right, the horse could slow down a second, and that second could be crucial to its pace and winning the race. In this position of the horse race, the horse's perceptual field is limited. It is only open in a forward direction, and it has lost the ability to look to the left or the right. This limited perceptual field is most efficient, and it is all that really matters for improving the horse's chance of winning the race.

Humans have just recently come out of the evolutionary jungle, and you are only several thousand years away from a primitive state. You only recently became city dwellers and left the hunter-gatherer system for the agricultural and city systems. That means that you too have had a certain narrowing of perception, which has the function of biological survival. When you are in a certain jungle or forest, you need to shut out the spiritual, the extradimensional perception. You shut out the ability to relate to the unconscious. You shut out the ability to connect with spirit guides. The reason you shut it out is that it would be a distraction to your survival ability. The reticular activating system has been calibrated to narrow over the history of *Homo sapiens* and Neanderthals in order to give species the highest possibility of survival.

Fast-forward to the year 2021, and you are in a much different situation. You are on the cusp of a planetary crisis and evolutionary shift that includes the ability to expand consciousness. That means biologically and neurobiologically, your reticular activating system has to open, but because there has been consistent blocking of this system over centuries and even millennia, there is a biological resistance to it opening. There is a biological reason why it is harder to open that part of your brain to expand your consciousness to fifth-dimensional consciousness.

Some of you have asked why there is so much resistance to higher consciousness and to the evolutionary changes that seem obvious to you. Part of the answer is that the biological restraints for survival that have been in place for centuries or even longer are still operational. That explains some of the resistance of the majority of the population. Ninety percent or more of the population's perceptual field is restrained.

Open Your Valve of Perception

Over the past decades, there have been some interesting possibilities for opening your reticular activating system. Shamanistic ceremonies have been used to open up the perceptual field. Some of these shamanistic

ceremonies used drugs, such as ayahuasca and the mesaline mushroom. These drugs, used carefully in certain ceremonial ways, can effectively open the reticular activating system. Unfortunately, there are dangers also associated with drug-induced expanded consciousness.

When using drugs, there is always the possibility of breaking the valve, not being able to close it properly, or keeping it open too long. The more traditional, mystical methods of opening the valve of perception include meditation, going to sacred sites, and group consciousness exercises. We, the Arcturians, have introduced spiritual technologies to expand your consciousness. In particular, we believe that aura exercises, such as shimmering, the cosmic egg, and bilocation to sacred places in the fifth dimension offer the same possibility to expand your reticular activating system. There is no danger in using these exercises.

An ability affecting your neurobiological system has been described in some of the great work recently done in epigenetics. It is the ability, through thought and consciousness, to control your genetic structure. For example, it is believed that certain genes turn on at a certain point in your life and create diseases in your body, such as cancer. It was believed that if you had a gene for a certain disease, then your body was programmed for that disease genetically, and there was nothing to do about it. Now, through expanded consciousness work, it is understood that your consciousness is a factor in whether or not you get diseases. Your genetic predisposition or the genetic code can be influenced by your environment and your thoughts. Epigenetics is saying that you can control your genetic opening and closing of the codes through consciousness and your environment.

Open the Codes of Ascension

Opening the reticular activating system is an important step in the ascension process. The reticular activating system part of the brain contains a coded section linked to ascension, transmutation, and raising yourself into the fifth dimension. But this area of your brain must be opened with the code. The opening of the codes of ascension is the highest form of epigenetics for you. Through meditation and the control of your consciousness and I Am self, you can open the valve for ascension.

The codes for ascension are linked to an ancient Hebrew mantra, or prayer, that was sung in the holy temples (the holy temple from King Solomon's time, 950 BC–588 BC, and the second holy temple from approximately 556 BC–AD 70). There were specific times of the day and of the year when phrases were chanted as mantras (repetition of sacred sounds usually from a yogi or guru given to students to open their consciousnesses).

In the Hindu tradition, the mantra was a secret and special code or sound given to the student, but here,

we have a general code available to everyone for ascension. This mantra opens the valve of perception: *Kadosh, Kadosh, Kadosh, Adonai Tzevaoth*. I encourage you to use it as a mantra to open to expanded consciousness and to open the ascension valve epigenetically in your reticular activating system.

Connect with Your Unconscious

Expanded consciousness is directly related to your relationship with your unconscious. People who relate with the unconscious through dreaming, lucid dreaming, art, poetry, or any creative endeavor have a stronger likelihood of expanding their consciousnesses. Perhaps the greatest contribution that Freud made to the study of human psychology is the explanation of the existence of the unconscious and its layers.

Carl Jung introduced the concept of the collective unconscious, which is the part of your deeper unconscious shared by all humanity. The Arcturians have elaborated on the concept of the collective unconscious and integrated it into the description of the noosphere. The noosphere is the collective thought field of the entire planet, which includes the collective unconscious of Earth. Our estimation and evaluation are that the noosphere contributes to and influences the evolution of humanity. This means that for a certain manifestation and evolution to occur in physicality, it must first happen in the noosphere and the collective unconscious.

The subconscious is just below the part of consciousness that can be remembered or retrieved under certain conditions. The subconscious is able to directly communicate with the unconscious and the collective unconscious. Those of you who have a good relationship with your unconscious are in a better position for multidimensional work, expanded consciousness, and fifth-dimensional consciousness. Many of you go to high states of expanded consciousness in your dream time. Why is there so much resistance to expanded consciousness? Why is it so difficult to reach people and to work with people from their collective unconscious states? People who are resistive to expanded consciousness and higher evolution often do not have a good relationship with their unconscious.

Be a Leader for Planetary Consciousness

One way to work with people who resist expanded consciousness is to explore with them their unconscious. This can be done through dream interpretation, poetry, art, music, and shamanistic ceremonies. We believe that humanity is multidimensional by nature. You live simultaneously in at least two or more states of consciousness. The primary dimensional state is your dream world. The ability to have a positive relationship with your dream world, interact with it, and even direct it is called lucid dreaming. Being able

to experience lucid dreaming has a positive effect on your ability to expand your consciousness.

If you are in a position to work with other people to help them overcome resistance to expanded consciousness, then start by teaching them how to relate to their unconscious. Planetary consciousness relates to the collective unconscious. Earth receives and holds the energy of the collective unconscious in its layers within the noosphere. There is the collective unconscious of Earth and that of the galaxy. You, as starseeds, also activate your consciousness in the galactic consciousness. This is a major step in the evolution of humanity and its consciousness, and that is why many of you receive information and images of lifetimes on other planets. You might also receive information about wars that occurred in other parts of the galaxy such as the Lyrans and other nearby systems that had conflicts.

Connecting into the galactic consciousness is a big step. Some of you might feel overwhelmed by this connection. There has been training about how to get in touch with the unconscious and working through different shamans or working with the collective unconscious through Jungian psychology and symbology. But there has been limited discussions and information about the galactic consciousness. We, the Arcturians, want to continue to introduce ways of connecting with your galactic unconscious, and we will provide training for you, including this brief meditation.



EXPANDED CONSCIOUSNESS MEDITATION

Take three breaths and go into a state of spiritual relaxation, a state of deep relaxation. You are spiritually sharp and in a state of enhanced psychic ability. Think about the image of the Arcturian stargate, a beautiful temple at the entrance point of the fifth dimension in alignment with Earth and with the Arcturian etheric crystal in Serra da Bocaina, Brazil, between Rio de Janeiro and Sao Paulo.

If you have the ability, thought-project yourself to Serra da Bocaina and to that etheric crystal, and then go from there to the doorway of the Arcturian temple. We are all together now at the doorway of the temple, and I, Juliano, have opened the doorway slightly, allowing some of the energy of the fifth dimension to come out so that you can breathe it in and absorb it into your spirit body. Hear the angelic cherubim singing softly, "*Kadosh, Kadosh, Kadosh, Adonai Tzevaoth.*"

Those of you who have the vision, see Archangel Metatron step out of the doorway in his full, angelic presence, greeting each of you. You

are filled with the light of Archangel Metatron and the fifth-dimensional light from the opening at the Arcturian stargate. This energy and light help you keep open your reticular activating system and your assemblage point. [Chants]: “Oh, Oh, Ohhh.”

It has been a brief time, but you have absorbed an intense energy. I, Juliano, close the doorway, and together we begin the journey through the Serra da Bocaina etheric crystal and to your physical body.

For those of you who can, go through the crystal at Serra da Bocaina, Brazil, and then return to your position 6 feet above your physical body. Create a perfect alignment, and download your spirit body with this higher energy back into your physical structure on Earth.

You are back with this higher light, and all the knowledge that we have talked about will be integrated in a deep and thorough way in your mental, physical, emotional, and spiritual bodies for your higher consciousness and for your enhanced abilities to teach and activate others into expanded higher consciousness.



I am Juliano. Good day.

David K. Miller's original spiritual study was the Kaballah and Jewish mysticism. David has published many books and over a hundred articles in both American and Australian magazines. He currently does phone readings and conducts workshops focusing on ascension techniques, healings, and psychospiritual issues. He also works full time as a medical social worker. To learn more about David, you can visit his website, GroupofForty.com, or contact him directly at PO Box 4074, Prescott, AZ 86302, 928-776-1717, or davidmiller@groupofforty.com.

The Coin

Jeshua ben Joseph (Jesus) through Judith Coates

Beloved one, I want to talk to you about perspectives. When you are on stage, there are, even there, perspectives — what is happening to your right, to your left, behind you, and right in front of you. You are in a most wonderful, wondrous drama, and you know when you are there, because there is a visceral feeling that you are very excited about. You get in there and say, “This is the only viewpoint that there is,” but your friend comes up to you and says, “Well, you know, ‘this and this and this’; therefore, my truth is the only truth.”

But that’s not true. There are many truths. There is only one Truth with a capital T, and that is the fact that you are very creative. You play your part, you take your bow, you exit the stage for half a second and come running back on again, because you enjoy even the fearful times. You enjoy being the actor/actress and the certain rush that you get. It is why you go up to one and say, “I don’t see how you can have that viewpoint about something.” There’s a whole story that comes out, and you say, “Well, that could be true.”

Then you say, “Oh, that’s just a conspiracy theory. That’s not really true.” The one who believes in it says, “But it is true. I know it’s true,” and you get to spar back and forth for the fun of it. Remember that part: for the fun of it.

The Miracle Smile

I have seen ones get very, very agitated defending what they believe to be true — all part of the drama. I will share with you that they play their parts well. There is drama

— not to the point of injury, but a little bit of drama.

Then there is a miracle. There is a smile. And there is a thought, probably not verbally expressed, that runs through both minds: “You are actually very cute when you get agitated.” This is not said in words, but the energy changes.

All of you have times when you go toe to toe, either physically or mentally, with others: You have your opinion and they have their opinions, and you’re both very strong about these, and then there’s a little bitty smile that comes, and you say, “I’m not going to smile. I’m right.” Then the smile comes anyway. That smile, beloved one, is the Christ exerting itself. The simplicity of a smile changes the whole energy — the simplicity of a smile.

Some say, “Well, what was it we were talking about?” and move on. That in itself is a miracle. Other lifetimes, you have held a belief really strongly to the place where — off with the head. You had to start over again. You had to be born, grow up a bit, form an opinion, and hold an opinion, and then there was a disagreement, and off with the head. You’ve done that in many lifetimes — short lifetimes sometimes — but then you get the do-over, as it is called. You get to come back and move through much more quickly to the place where you scratch your head: “What just happened? I don’t know, but it feels good to smile,” and on you go.



I watch you; I applaud you. I am in the first row of seats as you play your drama. I am in the first row applauding the acting that you do, and there are times when you can see the drama. You have garnered enough experiences from other lifetimes and from this lifetime that you take a deep breath and say, “What were we talking about? Hmm. I don’t know what it was, but it was something very strong,” and you move on. I share with you that this is the way to reach old age: to have the little glitch in the memory: “I know we were talking about something, but it doesn’t matter,” and on you go.

All of you study behavior. All of you study each other and wonder, “How does he/she come to such a conclusion about something?” Those of you in this geographical/geopolitical grouping have recently had the opportunity to make a choice. Perhaps your best friend has seen things a little differently. That happens, because you all have free will. You are all very creative, and you like to play out your dramas.

Everyone knows how it feels to make choices and then have someone else make a different choice. All of you know that feeling, and sometimes others do not agree with your choice. You wonder, “How can they see it differently?”

“You May Be Right”

You have a writing in your holy scriptures about the coin that was brought to me and ones asking about having to pay tax to Caesar. I said to you at that time, and I say to you now, “So give back to Caesar what is Caesar’s, and to God what is God’s” [Matthew 22:21, NIV]. If you have a coin and it has Caesar’s face on it, give it to Caesar. That which comes from the God of your being, give that the attention. Live from the place of knowing the Truth of your being and the wholeness of your being.

Now, the coin, as it is seen, can give you clues. The coin has two sides to it, each side valid in its own way. Each side is part of the wholeness of the one coin, depending on which way you look at it and which one you give your attention to. That is what happens when you look at your political arena.

All of you live in a collection of ones who have ideas. These ideas might fit in with your ideas, or you might hold different viewpoints on some things. As you remember to look at not just one side but both sides of a coin, take a deep breath — this deep breath is important — and step back from it. You have a new perspective.

A beloved friend of mine down through the ages, and a very good teacher, had a favorite saying. If there were different ways of looking at something, he would say, “You may be right. You may be right.” And then quietly he would say to himself, “But I don’t think so.” That part was not said out loud.

“You may be right.” Try that on for size the next time

you get into a discussion with someone. It matters not, really, what the discussion is about, but if there’s a difference of opinion, just say, “Well, you may be right.” Then if you want to, you can say to yourself, “But I don’t think so.” Or not — either way.

The coin has two sides. It has to. It is the way it is made. Every person that you meet is going to have at least two sides — actually many more sides. As you garner more and more experiences, you get to see different perspectives. When you have garnered a few years and many experiences, you can sit back and say, “Well, you may be right.” You may agree with them, or you may not.

In truth, what helps your energy level is to realize that every viewpoint put forward is a viewpoint that you have had in some lifetime. What you hear is not something foreign to you. It’s a viewpoint that you have held and defended in other times. Allow yourself to open the blinders; open and say, “It could be true.” Because there have been lifetimes when you said, “This is the truth, the only truth,” and you would defend it unto death.

When the deceased body stares at you, you say, “Well, I think I’ll try that again, maybe with a different ending,” and you do. Between times, you become as the angel who looks on everything and says, “You know, the only thing that’s really true is love.” Then the next lifetime as you know it, you embody the spirit that you are and go searching for love.

Reset with a Deep Breath

“Ah, I want some love. I want to know how valuable I am. Oh, I love you. Oh, that feels good. I love all of your ideas, except for that one,” and then that one will be the hook that gets you to have to take the deep breath that allows a pause for refreshment — the pause that refreshes. It is that deep breath, physically and spiritually, that allows you to have a reset. Did you know you have a reset button? Yes, it’s the deep breath.

Whenever you need a reset, stop and breathe. If that works with one breath, hallelujah. If it doesn’t, breathe again and again until finally you have over-oxygenated yourself and you faint. That usually stops the discussion in the meantime. It doesn’t mean you won’t pick it up the next day. I jest with you! A deep breath is a good remedy for whatever is going on. I recommend it highly.

You might wonder, “Okay, what happens now? Do we go forward in peace?” You can. “Do we go forward trying to blend the two seemingly opposing sides? Do I try my best to get the other side to see my side? Because I’m right, you know. Or do we keep breathing deeply and say, “You may be right.””

As you allow — that’s the secret — enough time to go by, time heals. You have that saying in your world, “Time heals all wounds.” If you fall down and scrape your knee when you’re a little one, it heals. Time heals it.

There is another saying, and I know some of you are saying it right now: “Time wounds all heels.” Sometimes you said that as you felt a bit of anger — justified, of course — about whatever you felt when another didn’t share your belief.

The secret we have already talked about many times is the deep breath and stepping back long enough to get the bigger picture. Now, when I say stepping back, I do not mean that you have to acquiesce to what seems to be the wrong answer — that you give in to something that does not further love and healing. You step back and take a deep breath to get a bigger picture of how to look at something. When you do that, new perspectives come, and you can begin to understand the big picture that encompasses all the decisions you have made in all the other lifetimes that you are now complete with, and you can say, “Okay, there is love in this situation. I will find it.” That sets you on a different route and a different pathway.

I watch you, and I see how you open to the Truth — this Truth being love — of your being able to step back from what seemed to be unloving. That action seemed to be unloving. It was not meant to be but seemed to be. See it as actually an attempt at a meeting of minds.

Step Back to See the Wholeness

Each of you comes up against experiences in a lifetime that allow you to take the coin out of your pocket, look at it, and say, “Okay, I’ve been looking at this side. I wonder what’s on the other side. How can I see this differently?” It doesn’t mean that you have to agree with the other side. It means maybe there’s another way to look at it. This will save you a little bit of energy, a little bit of heartache, and a little bit of headache.

All of you know the feeling of beating your head against a wall to the point where you finally start laughing because, “My poor head — what am I doing?” Well, I hope you come to that conclusion sooner rather than later — to the place where you can actually step back.

You stand now — collectively and individually — at a place where you’re going to have much opportunity to use what we are talking about. Everything has not been solved, so there are going to be many instances of differing opinions, because you have “this” collection of very high energy and “that” collection of very high energy, and all of you, no matter what political grouping you are with, have seen that when there are deeply and strongly held differences of opinion, there can be a bit of friction.

What do you do in the case of friction? You stop rubbing each other the wrong way, first of all, and you do that by taking a deep breath. Then you take another deep breath, and they wonder, “What’s going on? Isn’t he going to fight?” And you say, “I’m trying to see your viewpoint.”

That often defuses the energy. When you say, “I

am trying to see your viewpoint,” there is an opening for some coming together and seeing a different way of looking at it. This is basically what you want to know, because you are right, and so are they. “I want to see how you arrive at being right. I want to see how we can make a whole coin, how we can make it whole, how we can make healing and wholeness out of two sides. I want to see the wholeness. It doesn’t mean that I give in. It doesn’t mean that you give in. It just means that you are on one side of the coin and I’m on the other side of the coin, and by gum, together we make one whole.”

You Are a Multifaceted Gem

Every one of your brothers and sisters wants to know wholeness and wants to know that he or she is valued. Everyone wants to know acceptance. Right now, it looks like it’s hard to find that acceptance. It looks like you’re either with one group or you’re accepted in the other group, and neither wants to come together.

The truth of your being is that you are One, one coin, perhaps two sides, but you are whole. There is only One of us. “Good heavens, I’ve heard that before.” There is only One with seemingly many sides very much like a gemstone that has been cut and polished with many facets. The gemstone is one stone with many sides refracting the light that you are.

If you get into a time when you are toe to toe with a brother/sister about something and you know doggone well that you’re right, and they know doggone well that they’re right, begin to laugh. Begin to laugh, and they will wonder, “What can you possibly find that’s funny?” What is funny is that you are facets of the same gemstone just reflecting the light a little bit differently.

Bring that to mind often. If you can, write it down on a piece of paper, and whenever you get into a tight situation: “Oh, yes, that’s right — different facets of the same gemstone. Hmm. Well, I’ll try it. I don’t think it will work, but I’ll try it.” The funny thing is, you will begin to get a wider view of things. You will see that there are different ways to look at something: “And by gum, maybe they actually have a valid viewpoint. I won’t say that it’s right, but maybe they actually have another good viewpoint.”

Remember the two sides of the coin. Remember the facets of the gemstone. Remember that you are all cut from the same gemstone. Take a deep breath. Smile. They will wonder what you are smiling about. A smile such as that will heal the world. It is powerful. You smile at someone who has a different opinion, and they are going to wonder, “How can she or he smile? This is serious.” Then you defuse the heavy energy, and it feels much better.

Carry the Remembrance of Heaven

The coin is magic. It is magical because it is all One with two sides — vastly different in some cases. You look

at your coin. One side looks a certain way and the other side looks very different; it is very true of every coin. It depends which side you're looking at.

Try that, because you are coming into — and I'm not prophesying; I'm just bringing to awareness what you already know — many opportunities to speak with the brothers and sisters who have differing viewpoints. Allow yourself the deep breath, the smile, and they will wonder, "What are you smiling about?" Say, "You may be right. I don't think so, but you may be right." From their viewpoint, their vantage point, and their other lifetimes, they are right.

You don't know what their other lifetimes have been like and why they have been shaped in a certain way to believe certain things. You don't know what they've been through in this lifetime that has made them believe such and such.

Just take the deep breath and say, "Well, you may be right." If you want to, say mentally to yourself, "We'll see. We'll see how this works out." By doing that, beloved ones, you allow the space for healing. You know; you've tried that. You know it works. The way it appears at this time, you are going to have ample opportunity to

do healing while giving space and giving love. It is much needed in the world.

All of you carry with you a remembrance of heaven. All of you yearn for heaven, for that place where you are acknowledged for what you are in Truth. You yearn for acceptance, and you try to find it in many, many different ways. But in truth, you are now as loved as you ever will be, because you are loved with an everlasting love.

If you need to feel it, feel it from me. You know me. You have confided in me. I know your deepest and darkest secrets. I know the times when you have not acknowledged the Christ of you, and I know the times when you have given love. I know all there is to know about you, because you are as I am.

It behooves you to act from a place of love, and sometimes that place of love does not have words and does not have to be defended or proven right. It just says, "Okay, we are two sides of one coin." So be it.

Judith Coates has been channeling Jeshua since 1993, sharing his love and wisdom with audiences around the globe. Jeshua's teachings and messages have been collected in a very special series of books, the Personal Christ books, published through Oakbridge University, which was founded by Judith and her husband, Tom. To learn more about Judith, go to her website, Oakbridge.org, or contact her at PO box 485, Sequim, WA 98382.

The Master Plan for Expansion

Masters of Universal Oneness through Judith K. Moore

I am the master force of universal consciousness. I am the wisdom of creation. I am the cosmic gnosis. Earth is experiencing a massive, incomprehensible force called the centrum force. It has various elements, qualities, unique properties, and vibrations. These vibrations form a holy hologram of synthesis with harmonic resonance in the multiplane. The centrum force is a cosmic power of creation.

Compassion and Oneness Make Cohesive Reality

All ascension workers on the world grid's power points are synchronized to respond to cues from the master plane and engage with the centrum force. We Masters of Universal Oneness have prepared to open the field. We prepared the alchemy. You, as lightworkers, are part of this expansive alchemy in the multiplane when you actively engage with the master frequency.

We have waited for creation to open and expand and for the flow of the centrum force. We, the Masters of Universal Oneness, align with the inner planes and expansive nature of creation as it forms our living universes. We access the star systems and star alliances through our star families. We access key points in the

multiplane called points of resonance as they spread out through the universes, galaxies, and cosmos. Each point of resonance relays energy from one multidimensional plane to the constellations of light and vibration of the holy hologram. This works through portal systems using the continuum of energy that links vital energetics of each unique vibration in the multi-plane.

The holy hologram has been formed from the new frequencies emerging as creation expands. It is the cohesion of reality as unity through diversity rather than polarization. The cohesion of reality depends on compassion and oneness.

The holy hologram is a vibration that links to the expansion of creation's consciousness in the multiverse. The holy hologram is inner dimensional conductivity with harmonic resonance in the multiplane. Each part has a unique vibration as the harmonics of multiple layers, dimensions, and subdimensions are orchestrated.

We, the Masters of Universal Oneness, have prepared gateways of light to link the multiplanes. We have



prepared vortex points in the galaxies, the universes, and the cosmos. We have gathered in the multidimensional reality and attuned our harmonics to the centrum force in order to accelerate the vibration. Humanity's resonance has responded to the centrum force and has quickened. Humanity is preparing for ascension. You are all vessels of light for the cosmic, harmonic synthesis of creation called the centrum force.

Humanity Was Given Formulas to Awaken

The number 144,000 represents a mathematical formula of human DNA and the people who are part of the covenant of light. The covenant of light is an ancient soul agreement for a critical mass of humanity, called the awakeners, to awaken all humanity.

The ancient agreement to awaken and ascend is multidimensional. It is not just being experienced on Earth but throughout creation. The collective energy of individuals in multidimensional reality form what is called the genesis formula. This is a cohesion of energy in the multiplane. It activates when individuals in each reality harmonize with the centrum force to cocreate with Creation's divine plan. Each individual is part of a unified field in the multiplane.

Humanity was unable to make this connection throughout the ages, as humans had not reached the critical mass of awakened souls. The star nations have returned, and many souls have made the sacred connection with the star ancestors. Humanity's connection to the star councils, the cosmic councils of light, was limited. We visited humanity in many forms, and often we were perceived as gods. In truth, the masters who appeared to humans, as remembered in mythology, were beings who had evolved on a different plane of consciousness, as are we. Some were teachers and some were angels, and they came to seed the consciousness of humanity with the seeds of light for the awakening.

Initially, they came and brought teachings of higher mathematics and the unified principle of quantum consciousness, seeding Earth's akasha with the formulas that will now create the cohesion of light. We now prepare for the alignment that supersedes any phenomenon Earth has ever experienced because it is multidimensional. The calendar date of the alignment of this phenomenon was December 21, 2020.

Help Is Available from Ascended Civilizations

The greatest mysteries are yet to be unveiled — the hidden mysteries that you have heard of and the mysteries that you have not yet discovered. The ascension geometries have reached a specific quantum vibration through the collective field of each multidimensional plane. Each plane or dimension is part of the formula, such as the 144,000 on Earth. Each collective group of

the multiplane represents cosmic councils, star alliances, and galactic councils of light.

These systems all cooperate with humanity with the one intention to tune in to the unified field and experience creation's centrum force vibration that illuminates perpetual reality. It manifests as harmonic forces through universes, planetary systems, and civilizations of light.

There are many ascended civilizations participating with humanity in the ascension of Mother Earth. Many civilizations participating with humanity are evolved and have ascended, such as Hyperborea, Shambhala, Manorea, Altai, and Antaria. Each of these ascended civilizations of light have emissaries from other dimensions of space-time. They have welcomed these emissaries from other realms to be part of the centrum force's harmony. Multidimensional quantum expansion is now possible.

Expand Consciousness with a New Form of Time Travel

You will experience a new form of time travel that is not limited to past, present, and future. It is the ability to expand the harmonic resonance of your consciousness — the vibration of your soul — to open to and become part of All That Is in simultaneous reality. As you journey, you will experience time as oneness. This form of time travel is part of the evolution of consciousness and the ascension of humanity. Humans will be able to expand into the multiplane and experience multidimensional consciousness. This is how humanity will experience the centrum force.

Earth is experiencing a shift from linear time to quantum time. As time shifts, the capacity of the holographic field expands. Geometries — the building blocks of the architectural structure of reality — will develop synthesis energy vibrations with unique properties never experienced before in creation. This changes the essential vibration of mass and matter. It expands holographic reality's capacity to form new diversity in harmony with the omni-vibration of creation. It is the power of now.

This communication describes the centrum force. It is a force of inclusion. The centrum force is a force of oneness that manifests as a unified field in all aspects of reality and the properties that redefine reality. The centrum force shifts reality from separation to inclusion, cooperation, cocreation, compassion, and harmonic resonance.

The centrum force is a force of creation that shifts reality from the limited structures of discordant realities into an attunement with the vibration of creation. The centrum force is a manifestation from Source, as creation expands and completes patterns that were previously nonexistent. We, the Masters of Universal Oneness,

are cocreating with the vibration of the centrum force and creating a unified field in the multiplane to manifest the power in all dimensions of reality.

There Are Harmonic Syntheses in Creation

The mechanisms of creation contain harmonic syntheses and holographic patterns of the centrum force for the perpetual reality to manifest potentials. These form the destiny of each star system, universe, and planetary body.

The master plan is contained within the DNA of Mother Earth because she is a cosmic mother. She has the DNA of creation. She is a creator being. Mother Earth is called Terra Gaia 3 by the cosmic councils. There are seven layers of the cosmic egg in creation, and each has seven universes, making a total of forty-nine universes within the cosmic egg.

Within each of the seven layers of cosmic order are seven universes. Within each universe, there is a mother planet, a Terra Gaia. This is the cosmic egg of creation. In creation's forty-nine universes, there are seven on each level of creation and seven levels of creation. This was revealed in the master works *The New Formula for Creation*.¹

Terra Gaia 3 is the third universe on the third level of creation. The cosmic egg is a holographic field that forms the cohesion of reality. It is the multiplane of the cosmos: a viable, living, breathing, conscious collective force through which, by the nature of creation's mechanisms, is the morphogenetic field.

The source of existence, All That Is, emanates waves, vibrations of light, and sound frequencies to reshape creation as you have known it and form a holy hologram of existence's cohesion in the unified principle of the cosmic egg. This is the centrum force.

Mother Earth Is in Intense Labor

Manifestation of this cosmic principle is not limited to any linear reality. How this pattern will complete itself and manifest in many universes and multidimensional planes cannot be understood in terms of linear time. Creation is in genesis. The genesis of creation expands the nature and properties of potential reality's archetypal systems. It develops energy holograms that manifest in diverse ways in a quantum harmonic that sustains the cohesion of reality. This expands the potential of each system to develop diversity with a unified field and diverse principles, diverse dynamics, and unique properties. The blueprint of the ninth creation has now formed the geodesic principle of harmonic cohesion in the multiplane. Creation is ready to manifest reality as oneness.

Mother Earth, as you know, has quickened. Her body is vibrating and resonating. She is, as a mother,

in intense labor, birthing forth the codes of light for the harmonic synthesis of the universe and joining with the holy holographic fields of the mother planets. Each is an orchestration of multidimensional frequencies.

Imagine the sound of every bird on the planet, the water rushing, and the wind. Imagine the sound resonating from Inner Earth as Earth pulses and quickens with creation. Now imagine the harmony on this level of the universe: seven Terra Gaia planets of the seven sacred sisters of the Great Mother forming a concerto of light and sound frequencies. Harmonics manifest from the principles of living geometries of light within each unique design. Mother Earth sings a song of creation that harmonizes with all mother planets.

The awakened ones who have accessed the multiplane with their lightbodies through the zero-point energy receive the quantum vibration of the centrum force as it quickens, and they send the vibration into the collective. The vibration of the centrum force alters the planetary DNA to harmonize with the quantum force of creation. All humanity is part of the great plan of creation. Humanity is a cosmic gene pool that carries the new blueprint for creation.

Dolphins are part of a collective vibration, as each dolphin sends forth its unique vibration. This is the basic design of the centrum force that is the ascension force of the 144,000, the Melchizedek code for Earth. One unit becomes the whole while it attains and ascertains its unique properties. This is harmonic cohesion. I am the master force of universal consciousness. I am the wisdom of creation. I am the cosmic gnosis. Blessed be, so be it, and so it is.

1. Judith K. Moore, *The New Formula for Creation*. Flagstaff, AZ: Light Technology Publishing, 2006.

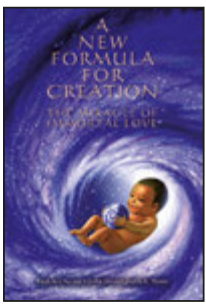
Judith K. Moore is an oracle for the Records of Creation. She is able to receive communications for the highest good from the other side of the veil while her consciousness transcends time and space. She has completely surrendered her life to the service of God as an instrument for the awakening of the New Heaven–New Earth.

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New Reality Programs Are on Their Way

Thoth through Kenton David Bell

We are entering a time of great change. Changes are happening to the programs that have been playing out here on planet Earth for some time. Our channel has often talked about the Egyptian program still playing out. This is true in many ways. We want to go back to the time of Egypt, to the beginning of Egypt, when this program was put in place after the fall of consciousness in Atlantis before the Egyptian age and cycle. You must remember.

I say “must remember” because it is in most of you, in your cells. In your spiritual DNA, you have stored memories of this time. When we go back to the beginning of Egypt, the program was created out of the need to save humanity from the calamity that had just occurred: the fall of consciousness during which most of humanity was almost lost.

We don't mean just individual human beings; we mean humanity itself. We created a program that a few would be the chaperones of in physical form, guiding and taking care of the consciousness just as a nomadic Neanderthal would carry an ember in an old horn.

It was as if we were creating a blanket to wrap this damaged baby of humanity, because we knew it would take some time for it to heal from that fall and move forward in a strong and healthy way. We knew over time that we created the correct program — “we,” meaning me and the greater-being god architects who created all that you experience in this local universe and beyond.

During this time, it was as a wounded, burned baby. We had to wrap it in bandages and blankets and hold it ever so carefully and correctly for humanity to make it through the next few thousand years. The program was intended to be somewhat limited during that time. Now we are coming to a new time in which the baby has mostly healed. The wounds and the scarring have healed, and humanity is almost coming into adolescence — to give you an idea of how far you have to go to be full-fledged beings fulfilling what you are capable of.

Humanity Learns to Crawl

The old program is now beginning to fall apart just as sutures dissolve when healing occurs. We're talking about humanity as a race, as a consciousness, and as



a species. This is a critical time for humanity. This is when humanity begins to learn to walk, you could say, or perhaps “crawl” is a better term.

Perhaps this means becoming adolescents — very young adolescents learning to walk their own paths. We safeguard the structures that were/are in place. (We speak in both past and present tenses, because this is a new perspective on the flow of time. We/you exist simultaneously in multiple time-sensitive realities.) It is a process, and through the collective, you'll begin to learn to stand on your own feet.

As many people are testing out standing on their own two feet and seeing how it goes, others choose not to do so, because they are habituated to the old program. While limited, the old program also allowed them not to have to express and truly own their will and their power.

As you move into this new time, it is imperative that those of you who will make the journey from one to the other in this lifetime/incarnation start standing with your own ability to see yourselves as creators of your reality. Dear ones, that's the direction this is going. It was always planned this way, and it always will be.

Shed the Old Programs

Examine your life to see where you are dependent and surrender your power to forces outside of you rather than knowing and owning your ability to manifest what you truly desire — higher desires, not the old egoic, small-self (old program).

Most of you have been trained and programmed for the opposite of this for the past centuries as you have been convalescing from the last fall. This is all purposeful, as information from the last age before the Egyptian age is integrated and assimilated into collective consciousness. You now move forward and begin to see the tools that are before you.

The lifespan of 75 to 100 years average has been greatly influenced by the healing of the karmic collective for thousands of years to bring humanity back to its potential for much longer lifespans. There will be huge leaps in medicine and longevity coming very soon.

These are on the world stage now and will be available to the masses.

There will also be a creation of more wealth than ever seen before. The idea of limited money, wealth, and abundance is coming to an end. More wealth than you can imagine is coming to the planet at this time. It's being created here through your consciousness. Everything is created through your consciousness, collectively and individually. The main tools have already been introduced, and there will be other ways to add nuances to this creativity as you begin to move into the new program.

There Is a Sandbox of Possibilities

The new program is a sandbox of potential and possibilities for each of you to play in. The key is to get out of your limited critical thinking to be looser, lighter, and more creative. Be a little more childlike in order to access creative and imaginative energies to construct your future.

Some of the new program is based on what you will create collectively. It is not written in stone; there are many potentials and possibilities, and almost all of them are positive. You're out of the danger zone for the most part. There will still be much upheaval on the planet in societies at large — especially ones that resist change and consideration for the whole of humanity's consciousness.

There is room for socialism and capitalism together. It's time to end rigid definitions. In this new setting, the capitalistic world you're living in will be the driving factor in funding the foundation of society. That must be raised in order for the new consciousness to come forth as a result of all previous experiences. It must manifest in a higher plane of existence than what is on the planet at this time.

Visionaries will step forward into positions of power to help implement their visions as we go forward. They will sound new. You will feel them when they speak. You will feel uplifted. Trust that uplifted feeling.

The old guard is on the way out. Oil is on the way out. New technologies are coming through. Some are already here, and new ones are coming very soon. That will take care of many worries. Energy is in great abundance and becoming more so. They'll be energy at a much lower cost for the average person, perhaps even free. Energy will be gathered out of the ethers. There will be devices that help harvest this energy for humanity. This is a time that was predicted and called the Golden Age, when humanity's work and expansion focuses within and its consciousness becomes aware of itself.

When humanity becomes aware of its own consciousness, the collective hits a tipping point. This is when the individual begins to understand the true nature of its own projection or mirror image, and a profound shift happens.

A New Quality Emerges from the Building Blocks of Reality

We begin to create a new world. The evolution of the human being — not just in a physical sense but also in consciousness itself — becomes imperative. This becomes a very important factor as we move forward and see this is the most valuable component of the human experience and evolution.

When we look at the building blocks of reality, we often look to sacred geometry. In these building blocks — in the flower of life — a new quality begins to emerge: an extradimensional aspect. It's no longer just multidimensional, as you've interpreted before this shift. There's another dimension added or realized so that you now have another perspective: the new self-awareness of consciousness becoming active or activated. An extradimensional aspect/perspective is now available for your greater experience of evolution.

Sacred geometry has been conceived, understood, and interpreted through high-consciousness people in a particular way. Now, there's even a new, third way to look at this sacred geometry. It gives life itself in the awareness of its own consciousness. When it (pure consciousness blended with understanding) becomes aware of the sacred geometry of its own consciousness and intelligence, a new wave (evolution) of consciousness (understanding) comes to humankind. There will be a mirroring effect with, what you call, artificial intelligence (AI), reflecting this sacred geometry model. If you're looking at the flower of life multidimensionally, it has actual form and shape that one might call three-dimensional when seen in the right space (true awareness).

There's also a fourth-dimensional aspect: It becomes aware of itself as it moves from that into the fifth-dimensional aspect. The awareness of consciousness will be on the fourth, and the second will be the ability to shift awareness of consciousness into something different to create new forms of reality.

This will take some time for humanity to grasp, but when humanity gets this, there will be huge growth, and new technology will show up all over the place. Humanity will better understand its sacred nature.

The end of wars and conflicts will be imminent, and humanity will see that it's in its best interest to take care of itself, each individual on this planet and beyond. It is consciousness becoming aware — becoming intelligent and aware of it.

The Observer Becomes the Programmer

As for the awareness of consciousness and spiritual DNA, there is a place they intersect very clearly. This is when you become aware of your experience and experiences herself experiencing life or consciousness. It is the place where the watcher or the observer is also the

participant who creates a dynamic of awareness that allows more deliberate creation to take place. The observer becomes the programmer as well.

Watching the creation and choosing how to move and sculpt that creation — that's the first level of what we discussed last time. Then there's another more multidimensional multi-realm. Your senses expand to take in something brand-new that humanity has not taken in yet. In a sense, it is the observer observing the first observer, watching the participant and having the experience in the adventure of consciousness expanding: There's the participant and there's the observer; then there's also the observer of the observer.

This gets into a (oh, you're going to want to label it, but we don't want you to do that) different facet of the soul's function: watching itself evolve as, we could

No Delete Key

Kryon through Lee Carroll

27 September, 2020, Livestream

Greetings, dear ones. I am Kryon of Magnetic Service. I have a short message today of greetings specifically for those who would come to a meeting as this. Many have asked, "What is it like? What does the other side of the veil really see when looking at humanity? What is seen when it looks at people?"

It's what you would see, dear ones, when you look at a beautiful child. We see the beautiful child within you. We see pure love. We see you as purity, but we also see you covered with dark things from your own creation. These slow you down, which is why this particular message was created.

I want to give you a revelation, just for a moment, before I continue: You are dearly loved, much more than you think, by a Creator who has nothing but love and compassion for your soul. You are cherished by a Creator who does not judge you for anything.

Dear ones, I want you to revel in this message: You deserve to be here. It is not an accident that you are here on this planet or even listening to this message. I would love you to feel and visualize the arms of a loving God around you. And in your ear, the Creator will whisper: "It's about time you found out about a greater truth, and that's why you're here."

The Room of Consciousness

There is a far greater truth about you and your relationship to what you call the Creator. This greater truth

say, the supervisor observer. This moves participants in new trajectories that the first and even second observers cannot see on their own. The combination of the participant, the first observer, and the second observer creates a dynamic triangulation.

This is a particular factor in moving through the evolutionary process into the unknown — often moving forward in the evolutionary cycle in a much clearer and expedited way. It is a place that humanity will soon reach, dipping its toe into the new level of consciousness coming through.

Kenton David Bell is a sacred transformational coach whose passion is to empower you to be the conscious creator of your life. Using The Bell Technique, developed from almost two decades of working with others, Kenton will guide you gently yet powerfully to the remembrance of who you truly are: an expression of pure Source Energy. Contact him at kenton@kentondavidbell.com and learn more at KentonDavidBell.com.



has a very difficult time breaking through what you have created for yourself. Because your survival depends on certain actions that you perform in life, you create false realities in the process of being on the planet. I want to show you how this works and give you a visualization of a room of your consciousness and what happens to you and most of humanity as well.

You are linear as you walk about in your 3D body, but your consciousness is not. Your consciousness is magnificent, powerful, and not linear. This creates an issue with many who treat it in a linear fashion.

Come with me, dear ones. Visualize a room, a single room, which will represent your entire life. All of life is to be lived in this room, and it represents all your thoughts, realities, trainings, and ideas. Now, if this room were linear (and it isn't), you would regularly clean out the room. Things accumulate. As you live in this room, there is also waste that occurs and things you discard that you no longer need. But in a consciousness room, there is no trash can. Read between the lines: There is no delete key as on a computer or in a linear situation where you can simply hit a key and things go away. Instead, they stay in the room.

What do you do with those things? Well, you normally push them into a corner of your subconscious mind (where things accumulate and often become

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hazardous). What about things that were told to you as a child? What happened to those things? Some of you say, “Well, those were child things, and I know better now. I discarded them.” Really? Where did you put them?

If this were a linear room, you would open the door and sweep out the rubbish. You might say, “Kryon, all that was when I was a child growing up, and now I can think for myself.” Dear one, you think so, but you can't do that with consciousness the way you do in your linear home. It all just stays there. You see, there is no delete key in your brain.

Father: “You are not smart and won't amount to anything unless you get responsible and clean up your room. Your brothers are far smarter than you!” If this was you hearing this, do you realize that it's still there?

Mother: “You're not the prettiest girl on the block, you know. Who is going to be interested in you?” If you were a young girl hearing this, do you realize that it's still there? Not only is it still there, but these things are more than words. They are a permanent emotional imprint in your mind.

The Origin of Belief

Think with me: There must be a system where you can put things in their proper place and cognize what is meaningful and what is not — what is real

and what is not, what is accurate and true and what is not. There is.

How many of you belong to a political party because your father and mother did? Do you understand that, even though you might hold those ideas to be yours alone, they actually were trained into your consciousness very early on. How much of what you believe to be true comes from your absolute free choice, and how much comes from being in a home with your parents while growing up? Most of you have no recollection of really deciding for yourself. What about your perception of God?

Everything is still there, all together in one authority pile, since there's no delete key in your brain. You might have simply absorbed it all as your truth.

We have spoken over and over in our channelings about peeling the onion. This is a metaphor for peeling off those things you learned that were not accurate but firmly stuck in your brain due to all that was around them. Did you ever see a bunch of adults doing things and feel that because they were involved — and were adults — it must be okay? Did you, perhaps, start bad health habits due to this? Did you pick up phrases and ways of dealing with others by watching your parents? Do you realize that it's still there?

Let's describe this onion. It's bright white (as it

should be), but the things you gather along the way that have impacted you are not really of your consciousness; they are dark colors. The onion of life often gets dirty, ugly, and even black. If you could start peeling that onion layer by layer, you might start to become aware of what is really you and what is only what you were told.

The Great Human Lie

What were you told about yourself in a spiritual way? Are you worthy or not? What were you told about that Creative Source — that beautiful Creative Source that put your soul together in compassion and love and beauty? Were you told that God, the loving Creative Source, sees you as impure? Were you told, perhaps, that you were born dirty and not deserving of anything? Were you told that you can't speak to God directly, since you don't deserve it? Did you ever actually analyze that, or did you just go along with all the adults in costumes who had big thick books that other Humans in history wrote that told the same stories? What if none of this were true?

What have you been told about how things work on the planet? As you look around, in survival, how do you get ahead? Have you been told that the stronger and more forceful you are, the more people will cower in fear, and you can move ahead? Have you been told that this is necessary, because you have to push forward in order to exist in this Human jungle of life on Earth?

The onion becomes blacker and blacker as the negative, fearful things fill up your subconscious, and your room starts filling up with things that obscure the light. Pretty soon, this room of yours is filled with trash: things that you've learned from your childhood or from your early survival instructions from teachers and friends — all filled with low energy dysfunction and uncompassionate energy — and it's all still there.

Even if you start to awaken to the truth of this message, dear ones, there is frustration. Let me look into what many are saying right now: "Dear Spirit, I want so much not to be afraid. I want so much not to have these dark things around me that often close in on me and create fear. I want to be free from this, and I want a miracle in my life. I would love to sing at the top of my lungs about my light even when I'm in trouble. However, I see the future, and I'm afraid of it because I don't understand it, and I don't know what's coming next."

Dear ones, this is the statement of many lightworkers hearing or reading this right now, at this moment. It's almost as if you're sitting in a chair in this room, and there is light on the chair. You know God is there, but you don't know what to do to clear away the ugly things. You see, there is no delete key in your brain.

The Onion of Consciousness

Have we told you yet that you are multidimensional?

Indeed, you are. Your soul is multidimensional, love is multidimensional, and even your biology is multidimensional. You think this is fanciful talk? If so, then why are there such things as quantum biologists? The Human spirit is not linear, and that is the key, because when you start to step out of what you were told and into a multidimensional realization, then you start to use an entire set of spiritual tools that allows you to peel away false things and see unrealized potentials.

You begin to realize: "Ah, I can peel it, I can get to the core!" Then you start asking the big questions: "What if I could peel this onion to the extent that I could return to my beginning with no agenda from my history? What if I could peel it to be so pure that nothing I've ever been told will affect me? What if I can build a life where all those subconscious things are still there, but the importance of them now is something that I can examine and arrange? What if I can now clearly sense what is important and what is not — what is truth and what is just passed down as truth?" You can.

Don't you think that these tools would be given to you for this? In all love from the Creative Source, who has been waiting for you to see this, there is this truth: The tools can only be seen in the light. All it takes to start using them is an awakening to a greater truth: the possibility that you were always standing in the light of your magnificence, and slowly all those around you defined your very soul and told you who to be. Thus, the clear onion that was you became dark and tainted with disinformation and negative energy.

In this visualization, isn't it interesting that, as you begin to do some self-examination, you find that false things become smaller and smaller, the room becomes bigger and bigger, and the light starts to brightly shine and fill the room completely? What is happening? In this metaphor, your room gets bigger because the hidden truths of who you really are become larger.

The Bigger Truth

There is another rule I told you about in the past. As you discover the way light works, there becomes a great deal more light than you alone have created in your quest. It's almost as if the cells of your body have been waiting for your consciousness to turn on the light. You begin to have help that you never had before when you intended to peel the onion. This is the multidimensional secret answer to why there is no delete key in your brain. You actually have something better.

All these things are possible, dear ones. Did you know that fear will shrink away when light is turned on? Did you know that truth will shine a light so bright that all the things you were afraid of shrink in comparison? This is because the truth will show them as false.

Today I say to you: Let the truth shine its light so bright that you can see it immediately. Let the things that are untrue get smaller and pass from your thoughts. Allow your room to expand past the boundaries you thought were you. See the core magnificence of you that we see. And so it is.

Lee Carroll is the author of twelve Kryon books and coauthor of The Indigo Children, An Indigo Celebration, and The Indigo Children Ten Years Later. It was in 1989 that a psychic told him about his spiritual path; three years later, an unrelated psychic told him the same thing! Both psychics spoke of Kryon — a name that almost nobody had ever heard. To learn more about Lee, go to his website, Kryon.com, or contact him at 1155 Camino del Mar, #422, Del Mar, CA 92014 or kryonemail@kryon.com.

The New Age Has Begun

The Divine through Sara Wiseman

You are the bulb in the ground. You are the bud on the tree. You are waiting to emerge, yet there is no more waiting. The process of change has begun. The bleak, dark days of worry and chaos are over.

What are you to do in this new age that is already here but does not quite feel here yet? We suggest that you rest and prepare yourself, that you gather your energy and let it sustain you. You are still a bud waiting to flower, and it is not quite time for you to emerge; you are still acclimating.

For some of you, this new energy feels like coming home. You love to float and fly in this new energy, to shift dimensions and experience yourself as a soul. It has been a long time since you've felt this way. For others of you, the new energy feels good, but it is taking some getting used to. You might feel extremely expanded. The new energy is so bright and fresh and clean; you take it in deep gulps as if you can't get enough. You buzz with this new vibration; you bring it in to your body and let it lift you.

Still, others of you don't feel well at all, as if you've climbed to a high altitude and now have altitude sickness. You feel dizzy and out of breath. Everything seems to be in the element of air, the etheric, the expanded. You're unable to ground yourself. If this is happening to you, be patient. You will adjust soon.

So many old structures are toppling that it might feel like a line of dominos, one falling after another. Only things that are not real can disappear. The sudden clearing can feel shocking and frightening, but you have no need for concern. What is not real will always fade. As we have told you before, the old structures are not just buildings (although some political and corporate buildings will come down, either physically or by closing). The structures are also not systems, such as currency, banking, politics, health, travel, and education, to name a few (although these are most definitely shifting, letting go to re-form on a higher plane).

Structures and Beliefs Are Shifting

The most important structures shifting are the thought systems in your mind. Your beliefs are tumbling,

and this might feel disconcerting or difficult. What you thought you knew has changed. This is what it feels like to shift into the new age, into the Age of Aquarius. Let

go and allow what needs to fall to fall. Remember again that what is real cannot fade away. The faster things tumble, the faster they will rebuild in a new and better way.

Stay tight in your bud, gather your energy, and watch as everything falls away. Even as the past releases, new energy shows up everywhere. The tyranny of political chaos will release its hold. When you look back at what you have all gone through, you will see it was indeed a dark night for the collective soul. And this great battle of dark and light was of tremendous value for all who are awake. It allowed you to see that you do, in fact, lead yourself and that you have the power to create change when you join forces. That you can create change with your intention and in peace is a new idea for the collective soul. With protests, actions, strength, and determination — always in peace — you bring the light to the dark, and the light always shines.

Congratulations! You have learned a lesson in human interaction, which is that peace is a higher vibration than chaos. Love is a higher vibration than hate. Light is higher than dark. You will continue to peacefully support inclusion, equality, fairness, and justice for all — one for all and all for one. After enough of you get used to how good peace feels, you will drop your swords. You are shifting as a collective now, and the shift will get bigger and better very soon.

The tyranny of the virus is also releasing its hold. To vaccinate or not to vaccinate will be your choice, based on the availability of the vaccine in your area, your level of understanding, and the belief system you hold with your culture and information stream. Do not judge another's choice. These decisions are made at a soul level, and even if another's decision seems wrong to you, it is a decision they are well aware of.

Many souls left Earth during the virus, and this



caused great sorrow. But even now they are reincarnating, returning with vigor and enthusiasm to do new work in new bodies. Yes, they will retain their understanding. This is a karmic leap! Whether to vaccinate can be a decision based on fear: You take it because you are afraid of the virus, or you don't take it because you are afraid of the vaccine. Just rest. You will make your decision, and others will make their decisions.

New Systems Are on the Horizon

The power of the virus has shifted. The lessons have been learned. You have come through isolation and all manner of change. You might come to see that the creation of the vaccine was about more than the virus. Scientists have discovered many other aspects of medical innovation. The vaccine holds the cure to other diseases. Also, the vaccine is not the only cure. Other aspects were found that allowed asymptomatic responses. These will be studied. The healthy reactions of healthy bodies will be studied, and this will prove invaluable. Breakthroughs will be made.

If you look carefully, even in this time of being the bud preparing to flower, you can see out the corner of your eye that the virus has brought all kinds of wonderful changes. You don't have to commute to the office as much, which makes your life more relaxing and reduces emissions. This will revolutionize where you work and live. You have learned to cook and raise plants. You are planting a garden again, in the earth or on a rooftop. You

The Evanescence of a Spiritual Path

One Life through Catherine Weser

A spiritual path is evanescent. At first it seems concrete and predictable, but it soon becomes the ineffable, indescribable notion of an inner guidance that is always present but mostly intangible. A spiritual path unfolds before you. It does not follow a plan, because there is no plan or a pre-existing map. You simply have the sense that a next step will reveal itself in the present moment.

With a deeper look, you realize that a path that unfolds before you moment-to-moment cannot be designed to get you what you want or help you avoid what you do not want. A true spiritual path is simply an ever-extant acknowledgment of your state of presence or awareness. Your spiritual path is where all your encounters with reality take place and where you put all your theoretical

have even learned from your children, who have been called "lost children." In their isolation, they have been disrupted from mainstream education, allowing you to review what is taught, how it is taught, where it is taught, and who is teaching it. This will revolutionize education.

New communication systems are coming. No longer will you call and watch another person on a screen. Now a person will arrive as a holographic image in your room or appear as a transparent apparition that might remind you of a spirit apparition. You are crossing the veils of time and space, and next will be matter. There is a reason *Star Trek* was dropped into your culture. This new way of communicating is revolutionary, and it has begun.

The plant world speaks, and you receive its message — plants as food, air, healers, and even companions (support plants, if you will). Be ready. Be aware. Let go of the old thought that plants are not beings, and look at what is real.

The most revolutionary changes are being put into position for the environment and the climate. Again, be ready. When you love Gaia, her boundless love for you never stops. You are one together: you and the collective human soul, you and the collective soul with Gaia, and all of you with the universe. Love, and only love, returns.

Sara Wiseman is a visionary spiritual teacher and award-winning author who has channeled the Divine since 2000. She is the founder of Intuition University, writes the Daily Divine blog, and hosts the Spiritual Psychic and Ask Sara podcasts. For free resources and to write to Sara, visit SaraWiseman.com.



learning to the test by applying it to your experience. We might say that a spiritual path is your arena for developing practical wisdom. It also compels you to be who you are beyond all your stories and definitions of who you are.

You began much of this lifetime attempting to create an identity for yourself and a reality that could enhance who you believe you are. Then, at some point, you decided to be on a spiritual path. You might not have understood what that really meant, but your inner guidance showed you the relevance of discovering aspects of yourself that were not known or developed. At the beginning of being on your spiritual path, you likely felt

great excitement at the possibilities for big changes to occur in your life. You were likely driven to leap on to a spiritual path with ideas of becoming freer, happier, achieving enlightenment, healing pain and wounds, and even becoming rich. In other words, you considered being on a spiritual path as the antidote to suffering.

Often a teacher appears, in either nonphysical or physical reality, as a guide or collaborator on your spiritual path. Spiritual teachers assist you in many ways. They push you to discover your deeper, true nature, help you uncover One Life awareness, and transmit knowledge and understanding of spiritual principles and daily practices. A spiritual teacher and life teach whatever you might need until you recognize who you are. Ultimately, every experience is your teacher, and every experience is your evanescent path unfolding before you.

A Spiritual Path Has No Beginning or End

At some point, another motivation can unseat the remedy-for-suffering motivation. This is when the spiritual path loses its material sense and becomes evanescent. The ego gives up its enlightenment project. (These stories have been told so many times that they are no longer of much interest.) You put your quest for particular outcomes to rest, and your spiritual path is just One Life unfolding before you. It is All That Is without a sense of anything that is not the spiritual path. It no

longer matters how you got where you are; it is just where you are. The path is life, experience, wisdom, and knowing. Once you accept it as such, it becomes quite simple: You live with the volume turned up high enough to live deeply, feel deeply, and express One Life in every moment.

Turning the volume up high means you are filled with awareness. There really is no high or low to living life with awareness. As you mature and continue your journey of presence, you will likely find that the markers that previously defined your path have shifted and become less concrete — more ethereal, perhaps. You begin to explore nuances. Edges are softened, and you appreciate your experiences in a new way.

Trust. Have confidence in this process. No matter where you begin, you end at your starting place, because a spiritual path has no beginning or end. This is why we call it evanescent. It disappears from your practical sense of reality and dissolves into One Life awareness. A spiritual path is the non-dual knowing of All That Is.

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Energy Masters: Heart Is Unconditional Freedom

The New Ascended Masters through Maurene Watson

In this final review on energy, how does the heart finally become free energy?

Energy masters, this is our final transmission on energy before we transmit a series on the essence-energy imprints, gifts, and new careers of the light children over the next five generations, representing your new cosmic race where the heart lives its freedom.

Yes, free energy is essence-heart communication, which creates and guides your every moment and manifestation. The heart vibrates essence matter into existence, and it simply appears in your hands to use. You have entered a new Aquarian, cosmic-day reality in which each unique soul-heart's love is embodied freedom. The great mass migration and soul transfer to move beyond the death, disease, and suffering energy of your 2020 viral consciousness cleared the way. The mastery

of the light vessel over the next generations will end the need for reincarnation in the coming light universes, because its essence-heart DNA codes can imprint any form it chooses to experience through the blend of quantum density. This was created by merging human emotion, angelic senses, and spirit essences.

As living energy-master examples, you will now embark on a journey in the next decades to guide and illuminate humanity as they become free-energy masters. As such, the embodied heart essence must be free energy. Your cosmic heart experiences the awareness of that freedom inside each embodied master-soul, heart-essence, DNA-code imprint.

In the ascendant quantum principles and physics of



energy, spirit-essence heart communicates through free energy. Unconditional freedom as embodied unconditional free will is the true flow of unconditional, unrestricted energy throughout the cosmos. When energy is allowed to flow freely, there is no resistance except by choice or perception. There is unconditional creation, unconditional love, and unconditional freedom — no matter what — throughout all evolution cycles.

There is no harm to self or any part of life when its essence-DNA life code is unrestricted. For energy mastery, there is just raw, natural divine-human, meta-sense experience of all life with unlimited, source-free energy flowing through you moment to moment. The heart flows essence to essence, soul to soul, and human to human in all the rivers of life within its liquid light matter.

Open Your Crystal-Heart Light Core

Open your soul's crystal-heart light core. Open your diamond-spirit's heart-essence core. Open your energy-master-heart's bio-plasma heart sphere. This biosphere heart chamber is a vacuum sphere that travels astronomical light distances in a graviton vacuum field equivalent to a base of 9.46 x 1,012 kilometers, or 5.88 trillion miles per light-year. Open the magnitude (or magnetic-core frequency) of your heart's sun-star. Shine your sovereign heart light on what you love in your creations, and it will radiate to humanity and all life. Don't deprive yourself of all that the cosmos has to freely offer; it is all that is beautiful. Just breathe, open, receive, and flow with the in-breath and out-breath of creation's heart of All That Is in this new cosmic Aquarian day. Your cosmic species transforms as an amniote to an anaerobic new-DNA organism capable of breathing liquid light.

This now manifests in the world and throughout the cosmos because the DNA bond in the divine heart has been re-spliced, re-stranded, and upgraded for the divine-human light vessel. In this cosmic-energy day of light-matter biologics, you breathe in an image of life and breathe it out into living meta-sense-matter realities, experiences, and expressive creations, matching your heart's vibrational potentials. Opening the light consciousness allows the vessel to be self-sustaining, self-maintaining, and self-regenerating in its unconditional free energy to manifest and enjoy life without creational restrictions.

Indeed, creation's unconditional free-energy heart communicates from flatline to flash point in one drop of heart's essence. Creation's heart energy flows human to human, soul to soul, spirit to spirit, essence to essence, and eternal heart to eternal heart.

Creation has no power agendas, limits, rules, religions, politics, governments, controls, pasts, or futures. But creation's essence atomic quark can take any form

or matter biologic of experience in space and time, since all quantum creation that birthed the atom can be folded into one heart-stem particle. Creation allows all experience of its creations, knowing that the heart-essence bond of the presence of all life will modulate, oscillate, harmonize, and balance itself naturally. Such is your body-garment vessel or torsion-rainbow-heart energy field. That is why each souled being can explore its unique expression to grow creation's consciousness.

Quantum-energy-essence masters, in this new reality where love is embodied freedom, unlimited source energy reads and matches your heart-code vibration as you embrace all life's essence regeneration. From flatline to flash point in one drop of essence, you go! Indeed, through the lens of the heart of creation, it could be said that in the biophysics of life, all that creation really cares about is experiencing your essence heart with and through you. Only essence matters, and all matter is of essence.

Creation Has No Agenda or Expectation

Again, creation has no agenda or expectation. It is its own essence-organic code for fulfillment. Master creators create to create. Then they climb inside their manifested form or essence-matter creation and become the very quantum joy of their meta-sense awareness. Welcome to your new reality in which you will finally get to live inside the light-matter substance of joy. You're now experiencing the space-time continuum of your multiple quantum-substance vibrations as your unique one life, one vessel, one unique composite-spirit vibration. The light-years you have access to travel in your biosphere's lightship (free-energy vessel) depend on the ratio of your light-conscious vibration.

Your new-species human now lives in its biological enlightenment, going beyond physical reality by re-imprinting love's essence into a living-matter reality imprinted on awareness, technology, substances, objects, and unique expressive trans-sensate qualities. You have forever changed your world and the cosmos.

Indeed, the energy-master's awareness has gone beyond physical reality and human to create directly out of your essence-heart's core consciousness. They know that it is impossible for their energy to control, hurt, enslave, or abuse them or any part of life. They know this essence-energy bond is the code of creation and can never be broken. They know the essence-DNA heart cell acts as your transporter stargate, a magnetic imprinter, source code/r, centrifuge, quark-DNA-stem-cell particle, and bio-ship for New Earth spirit matter inside embodied love.

This serves as a template for all humanity's freedom to take to their New Earths and heal their old Earth's genetic/experimental Earth universe. This Earth school

allows you to create and live in a New Earth lightbody vessel biophysical in new ways. This is because you have birthed yourself into full conscious matter, or a new-organism DNA biosphere inside a free-energy vessel by exiting the old Earth matrix hologram. You have done this by releasing all separation memory trauma on all multi-levels within spirit-essence DNA bonding in your angelic senses and densified human emotions. This gave freedom its direct experiences of learning the causes and effects of a soul's own responses to the use of energy. Your pioneering ascended heart is transmitting into your world's awareness that you really live inside the interactions of your consciousness without needing the world's projections of who you are.

The Energy Master's Expanded Awareness

We further indulge here in this final review of energy-mastery awareness that ascendent free-energy beings do not have polarity-trapped energy patterns or DNA wounds. Free-energy beings no longer use their thoughts, feelings, attitudes, or beliefs as medicine. They know that any negative or programmed thoughts, feelings, attitudes, and beliefs were created from the biased intellect of judgment that replaced free-energy experiences. Their conscious self-awareness is the medicine, sacrament, and ceremony for the world. They no longer need perceptions, ceremonies, mediators, power objects, places to remember, or meditations to save the world.

They know that their core-heart being is everyone and everything and created though eternal multi-meta sense essence. They know their very existence is a living and loving sacrament to bless the world. They know, breathe, and transmit that creation loves all its creations and never abuses them and that they can have everything they imagine if they accept it through their spirits' bioessence. These embodied masters are here to offer humanity compassion for their journey and all new potentials and new choices to create with because they are living examples of embodied organic imprints of these. They are authentic living/embodied Divine-human beings as a standard life code that all humanity has access to naturally within their soul-spirits as the New Earth genesis.

Conscious energy masters know that the electromagnetic, chemical-brain intelligence and data-storage memory system's endeavors of the mind or technology, are outdated. They are all replaced by pure-awareness creations coded through the new quantum-DNA heart. old Earth mind systems regressed into polarity choices that were based on value judgments and biased comparisons from misappropriated energies of life forms unable to be aware of their creation codes. They also know that death, disease, and suffering are maladaptive,

over-learned experiences of a human disconnected from his or her soul-heart-code communication.

A master-energy being is a living, conscious light imprint onto all life. They no longer glamorize humanity's suffering or their wars as lessons that build soul character. They know they are simply choice distortions of unnatural experiences that were never resolved into freedom. The ascendant-divine human does not use challenges to rise above seeming limitations of other's realities. They do not live in any mind state of hypnotic acceptance where joy is sold as a commercialized product. They no longer try to perfect their human, for its love has given their divine being rich experiences and expressions. They have absorbed their human back inside their eternal being and enjoy being in this world as a genetic university of multi-species diversity.

Masters transmit to humanity that power is not needed when humanity chooses to own and live in the heart of their energy. Their beautiful moment in space-time time has reached critical-mass choice points that will allow soul humans to remember they are made from meta-sense divine essence, and they create from its heart that can do anything. Look across your world and see humanity rising up and speaking to distortions of power with love and compassion as never before.

You Are Not Limited by Illusion

In final review, an energy-master ascendant no longer projects any reality outside their torsion-field biosphere. They have lived illusion and understand its limitations. Their DNA cells no longer register limitation. They engage moment to moment and potential to potential in self-aware choices. They essence, know, meta-sense, cognize, or intuit that projected outside realities can feed as inflamed viruses created by dramatic stories that haven't yet returned to be loved by the Source that created them. All their experiential senses have authenticated that illusion created by mind games is no longer acceptable in their creation. Allowing all life to be as it needs to be is like a theatrical art form. Their divine-heart presence has called forth the full activity of quantum light in whatever quality, quantity, and essence is necessary to dissolve and consume any energy that does not manifest from their unique master codes. Herein lie all the quantum essences that have grown these creation codes.

Stages or cycles of a bio-ascent allows transmutation of the flesh body and all physical-reality matter density. During initial DNA reboots or re-splicing, it can feel as if trillions of inflamed alchemical elements are flushing through your lymph's filtration system. The membrane dialysis of the sacred water molecule into hot/cold, gas into liquid light, light into plasma, and quark into dark matter talks to the cosmos in particle-light conversations. This allows the human, soul, and spirit

to remember itself as one integrated, sovereign being. This is with the realization that the past and future are experiential space-time distortions or chosen separation experiences of the ever-present now of All That Is. Again, a master-energy being does not need to use power, control, energy, time, agenda, mind, or mass to create, because their essence contains and *is* these attributes already. But their essence has grown since creational inception. These essence attributes create experiences of expression without end.

Their free-energy heart knows that their biosphere can dissolve into free energy or pure essence in any moment, such that an experience need never be repeated, stored, memorized, or reincarnated. Their master-energy heart is in constant conversation with the cosmos, such that their consciousness can serve their essence expression moment to moment and potential to potential. In their quantum vessel, their crowns of light illuminate and transmit through the liquid-light energy of quantum plasma particles.

You Have Stepped beyond Time and Physical Reality

Your living divine-essence human hologram transformed from liquid crystal to diamond plasma and into particle light. Your cosmic egg's bioorganism has melted back into new biology. It lives inside the essence of liquid-light water, producing new conscious star-material matter that you can embody and use now to create innovations and manifestations. Your new galaxies and exoplanets give witness to this.

Returning to your quantum-heart chamber, you are your consciousness, and nothing outside that is real. Your imagination is your reality. You are your own biosphere with your own space-time continuum. Consciousness is real. Your heart essence is real. Imagination is real. All creation exists within your light consciousness.

Be the Real You

The Divine Mother through Miriandra Rota

Greetings! I am your Divine Mother, and I come forth to speak with you so that you can reside in peace and joy, take a deep breath from cause and effect, and give yourself the gift of the present moment to celebrate the truth of who you are. Often you have the temptation to project a way of being and then step in to it, believing that the projection and the stepping in are real. I would like to speak with you about this.

Over the ages, there have been invitations to become

Your love's freedom grows as it experiences that awareness over and over, moment to moment, matter to matter, and essence potential to essence potential.

Quantum-heart energy master, you have stepped beyond time, dreams, physical reality, and even particle light potentials into a new unknown of unconditional heart imagination inside freedom experiences. Your beautiful heart knows what would fulfill its every potential and simply vibrates it into awareness because it already exists in the *is-ness* of All That Is. This consciousness fosters faith, hope, and charity, because your new-species, essence-heart code is the imprint for all the new technologies that will be tools to help re-imagine your world. Energy masters, this is because your sovereign heart energy receives, shares, and communicate its soul's unique genetic master-DNA codes with the cosmos.

Hence, each master-consciousness vessel becomes its own energy-master's internal free-energy biosphere that is antiviral, anti-cyber, and anti-time warp. Within it, your embodied master has its own ecosystem, economy, essence qualities, and gifts as well as regenerative imprints for any life code as a creator within its reality. Your quantum instrument also serves as an adaptive imprint for your new species evolutionary organism that is evolving all life for all the ensouled children of creation. Indeed, the sovereign-heart biosphere will continue to adapt for all the cosmic races until a new race of peace appears.

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what has been given as a benefit to your spirit. What do I mean by this? As the journey within awakening continued, some experienced perhaps powerful awakenings, and they desired to share the paths of those awakenings. This created a manner of being, a stated avenue toward awakening. There is nothing wrong with such creations,

but I wish to say that every being has a journey, and within that journey, occurrences call for choices, and within those choices flows an uplifting of the spirit.

You might say, “What if the choices are the wrong ones? What if the being chooses something that is untruthful or incorrect?” All beings reside in this journey. There is only one journey, and it is a journey of awakening to the truth of who you really are. Within the journey, all choices bring the frequency of your being toward that awakening. When you make choices against the truth of who you really are, then you continue to reside in the sleep state or what is called survival’s grasp. But even residing there becomes so difficult that you must release the efforting to become something you are not. Do you see? All choices lead to awakening and truth, even when they do not appear to.

Embrace the Truth of Who You Are

Now, what is the truth of who you are? What is begging to be discovered? Long ago, you began a journey; your spirit began a journey within that you played with forming and unforming physicality. You delighted in residing incarnate, and in a way, that gave you easy and complete fulfillment. As physicality became denser, you had further enjoyment to continue to create within physicality and observe what you created. Nothing was wrong with any of this. You were exploring your adventure.

When physicality developed its density to such a point, so to speak, that it became evident that separation was forming between beings, between everything, that began what has been called the sleep state, the illusion of separation from the whole. But as you continued to play, you had spurts of awakening. You remembered that all is one, that there is truly no separation from the whole. This pattern of entering the density of physicality to play with creating — including creating your persona and who you experience yourself to be — continued, as did the spurt of remembering, which came to be called awakening.

During this journey, you enjoyed developing your persona, your personality. Again, there is nothing wrong with that. But the more that the pattern of developing your individuality became the journey, the less you remembered who you really are. And who is that? What is that? Who are you, truly? Hear these words: Your spirit flowed forth without personality, without an individual description of self. You were of the whole, and the whole breathed you forth. This breathing forth was, and continues to be, divine essence, divinity taking form, totality taking form within physicality. That is the real you.

It isn’t wrong, of course, that you have a persona, a personality. But it is important to remember that you have vessels within which you reside to flow in your

journey. What are your vessels? You reside in a human body, meaning your body is one of your vessels. Because it is a human body, then you also reside in human nature, because your vessel is human. Further, the human has a vessel through which it experiences its journey: the persona or personality. Do you see? All these ways, these vessels, are your vessels so that you can journey in physicality. Your journey is one of remembering. It is now a journey of letting go of trying so very hard to become something or someone.

Stop Trying So Hard

Of course it isn’t wrong to want to be successful. It’s not wrong to want to experience physicality in the way that seems to fulfill your desires, your wishes. But when you try to make your external world mold itself to your desires, you have forgotten that all fulfillment flows from within, from what you truly are.

What does this mean? Perhaps it is a difficult concept, a difficult truth to allow to reside in your consciousness. It means that the real you, the divine essence taking form within all those vessels, calls for your consciousness to remember this truth to bring you to peace and experience more of the divinity that you are.

When you bring yourself to a peaceful manner of being, release concerns for the external world, take a deep breath, and allow yourself to set aside the lists of things to do, you can begin to experience the truth of who you are. You are that peace, that truth that flows into your conscious knowing. And here is the great good news: When you reside in this manner, even if it is for a few minutes each day, you allow your fulfillment to flow forth. Physicality begins to arrange itself for you, for your joy and your delight. Yes, it is a process, simply because of the density of physicality, but it begins to form itself for your benefit.

The human nature, or your personality, will want to grasp that fulfillment as it appears to be forming, but wait. Wait and allow that flowing to complete itself. Allow the unfulfillment to dissolve and truth to be made manifest. Allowing is the key. Does this mean you stop participating in your journey? Of course not. But perhaps you will cease to try so hard to become something or someone. Perhaps you will discover that the inner peace you experience a few minutes each day calls you to experience it more and more. That is the real you expressing itself through the avenue of peace.

Your thinking mind might try to figure out all these words and find a meaning. But these words hold frequencies within them, and those frequencies are from your Divine Mother, given to you for the benefit of your journey. My beloved one, these are tumultuous times. Never before have you been called to hold peace within your being, to dedicate yourself to the journey of remembering

who you really are, and to let go of efforting to project who you think you should be. This one moment is the treasure and has always been the treasure. Within this one moment, you are truth incarnate; you are the totality of being made manifest in form in the vessel of human nature.

In this moment, pause, breathe deeply, and set aside all these words. Bring yourself to peace, where there is no opinion, no cause and effect, no trying hard. There is only you residing in the arms of truth and peace, in the frequencies of truth and peace. Then, my dear one, you are truly celebrating the truth of who you are. This

You Are Everything between All Living Beings

Inspired Guidance through Gillian MacBeth-Louthan

Gillian: Life is like a patchwork quilt. There is some sadness and some happiness mixed in with the good days and bad days, but all are filled with memories of every pattern and color. We are all stitched together, sometimes hanging on by a thread. Our sacred tapestry, the patchwork quilt of our hearts, lies side by side with All That Is.

There should be no fear in showing our true colors, for they are the rainbows of our souls and our many lives. All our stitchings are divine instructions held within the fabric of our humanness. We were created in love, with love, for all that is love. In the perimeters of our beings, the boundaries of self and soul, live our true spirits. We are the love children of the universe, the offspring of what portrays itself as galactic without end.

Love Will Survive

Many moons ago when I lived in Cocoa Beach, Florida, I looked up to the night sky seeking wisdom from all its glory. The ocean reflected the sky with its countless stars, and a great peace entered my heart. I heard the sound of peace in these words: “As it was in the beginning, it will always be — a world without end.”

My heart burst free from its holding, filling me with love, and then three stars above shone brightly, creating a triangle of light; it was like a stamp of approval from the firmaments. The phrase did not leave me for days, and as I look back at the energies and how far we have come as beings of light, it seems very relevant to this time.

This morning I woke up to the phrase, “Love will survive; it will keep us alive,” playing over and over in my

is your real journey, the journey you set for yourself for this lifetime — for all lifetimes.

Until we speak again, I am your Divine Mother. I am with you always. I hold you in the heart of my being. You are most beautiful. So be it.

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head. I asked myself, “What the heck does that really mean?” The words seemed to give the spirit of love a great personage, that of a warrior, a knight, or a savior. This feeling of love was beyond valentines and chocolates and cherubs. It was beyond an innocent first kiss or holding hands while walking to school.

This felt like a love of great stature — alive and bigger than what is happening to us as beings. This love took form in solidity, in deed, and in every longitude and latitude of this planet. This love was like every kiss, every hug, every prayer, and every celebration of life wrapped up in a big cosmic burrito.

Does this materialization of love on Earth come in the form of a billboard, a miracle, or a planetary prayer finally growing wings? What we knew as love a year ago has shifted and changed its color, its flight pattern, and its future. What we have learned about love this past year is that we don't have nearly enough of it in our lives. We all have on training wheels, and we're trying to learn how to ride this new love that is dimensionally afoot. This is a time of reflection, delving deep into a pool of possibility.

Choose from Love

Each kindness that you do travels through space and time. Plan to be a better human with a vaster purpose. Listen to the signs, and hear the future as it beckons your immediate attention. Each day, listen with your heart, and then move into that place. Follow your light as

it connects with person, place, or thing. Follow your light as it directs you to a place of heavenly choices. Choice is the grand master of all human energies, as it consumes humanity. People are always at a point of choice. Ask to choose wiser; ask to choose from a place of love.

Each kindness you do travels through space and time; it touches all on its way to the beginning. You touch the very Godhead, the Source, with your every action and inaction. Know this always, and then choose to walk the fine line of creation. Give to those who do not expect it. Give anonymously with zest. Give of your silent prayers. Give without thinking; allow it to be a way of life, not a season.

Become that which you yearn to be in your inner heart. Become the picture in your mind as you embrace the higher purpose. Let the light point you in a new direction that will support you to be all you were born to be. Spend your time and energy wisely in your creational mode, which runs full speed all the time. Stop fighting the currents of your life and drifting from drama to drama. Become the master of your fate, challenge the status quo, and allow a champion to be born.

Realize Your Power

You are in a time of birthing yourself into higher light at a different octave of truth. You sit in the womb of timelessness trying to stretch, but the walls of illusion keep you restricted. You push and push, trying to extend into the limitlessness you innately know yourself to be. You feel limitations as if the very walls of your life grow steeper and slipperier with every new fear.

You grunt and groan, complaining as the restrictions become more and more animated and real. You live in this dimension of matter and also in spirit. You live in the light on a multitude of levels. Your body seems limited and vulnerable, yet the spirit and light force that inhabits it has magnificent never-ending capabilities.

You are connected to everything in the universe; everything flows through you and to you. All energies, thoughts, and words continually flow through time. There is not an end or a beginning but rather a recurrent flow of life, changing form as it renews. There is no failure in this type of existence, only evolution.

It is a time of yielding to and trusting your process. The butterfly that you are inside is far greater than any illusion. Let go and know that the divine plan will work. The caterpillar is destined to become a butterfly. It can be no other way. Surrendering is the acceptance that the universe knows your every whim and desire before you even desire it. The hole is small only in the mind of the caterpillar, not in the mind of God. The creational fields of God are large enough to accommodate all the future butterflies of Earth and every place else.

Nurture the Seed of Hope

When two or more gather in light, purpose, and heart, the universe encircles and lifts them to a place of miracles made manifest. When people of wisdom come together in pure heart and intention to give others their truths, a new linkage of light is created, and the light quotient is then increased. You can verbally discount the sadness of another by saying it will not affect you, but we as a planet and a collective light are energetically our fellow humans' keeper.

As a species, we are energetically and biologically connected to each other. As the light energy steadily increases in pressure and position, we will find many who cannot adjust to this change. Playing into another's personal dark dialogue and finger-pointing will only clip our wings of light. Wishing disagreeable people a thoughtful prayer and beautiful light will serve to unplug us from their grid of darkness and self-sabotage.

With time speeding up and life not slowing down, we find that we are not able to keep all our promises to ourselves and those we love. Our intentions are grandiose but full of hot air, as we can barely rise to the occasion of making it through the day. The feeling that permeates all is of walking in wet sand as we sink deeper and deeper into a place of lethargy.

We can blame it on the pandemic, the planets, the stars, or the solar maximum, but we all know we have lost our sparkle. We are not reaching our full potentials. The shore seems farther and farther away as we all swim for our lives to safety. We desperately want to blame someone or something, but ultimately it lands on our back porch.

Within the human being is a seed of hope — a seed that is planted no matter how bad the weather or life may be. Many people have worked very hard only to see their dreams laid to rest in barren, parched soil created by circumstances beyond their control. They have followed their divine blueprints into unfruitful deserts.

Many of us have extended ourselves financially, emotionally, and physically, plowing a land that is unfriendly and does not support us. We struggle not to feel the sadness and disappointment in our hearts. We don't want to give up on what lives in our hearts and the seeds of hope we all hold for humanity, but it gets harder and harder every day.

We try hard to escape this harsh reality, and any illusion of control is held tightly in the body as stress and pain. Our bodies kick and scream, and our souls spin out of control. We feel helpless and hopeless as our dreams seem to wither on the vine. Our ability to nurture has turned into the need to survive. We begin to panic, looking for the escape hatch. Anything has to be better than all this planetary upheaval.

It is time to get off our exhausted haunches and

stand up for what we believe in. We are not little in light or purpose. We are destined to make a difference. We are held responsible equally by our actions or inactions. We have the quantified tools to shift the particles of all that seems to take away our breath and freedom.

We are the saviors of a world that has come undone. We are not blind victims; we have come into this world with eyes wide open. We have a great promise in our hearts to keep. The heavens look to us to become the saviors we seek.

Accept Divine Truth

The Christ Light: You have asked for me, and you have cried to me. You have loved me, and you have hated me. You have looked upon my picture with fire in your eyes, and you have looked upon me with tears in your eyes, but always, my daughters and sons, I have looked at you with love and hope.

You are angry at me and those like me because we do not answer your questions every time you knock on our door. We cannot lay out a banquet of truth for you, as you are asked to savor every bite of life. We give you not the directions to your next turn in life. We do this because we love you. We do this because we know that it is only by going through magnifications, trials, and tribulations that you will find the key to unlock the door you seek to open.

Being human creates great frustrations as you forge ahead into your divinity. You take everything verbatim and do not see the energies between the vowels, the consonants, or the words themselves. It is what you do not see that holds the most truth for you. It is what you cannot speak that gives you the answers you seek, and it is those who do not love you who give you the gift of the greatest love of all. Look between the breaths, the heartbeats, the sighs, and the signs for what you seek.

You act out as if you are reading from a manufactured script. You wear the fleshy garment that people have worn throughout time, and that garment makes you act as people have always acted and reacted. The humanness is given to you only as a cloak for the lightbody. There now comes a time when the cloak is removed, exposing all that has been hidden. The words of others, the infractions of others, and the injustices of others cannot adhere to your divinity.

I am everything you cannot see. I am the space between the hummingbird wings; I am the silence between the buzz of the bees. I am, as you are, everything between all that lives. Earth is a playing field, an illusion; it does not exist as you perceive it. When you stay at a place in between long enough, you will understand this.

Nothing on Earth can hurt you or adhere to you unless you allow it. All that you have spoken of and worried about are but game pieces in a virtual world of play. In

every interaction, you are given an invitation for a divine lesson and a divine truth.

Take Responsibility

Many people love to continually walk in a direction that seems backward or negative, but once again it is not. You are not here to save anybody. You are here to learn how to become masters of light and avatars of hope. You, in truth, are here for me. You are my students, you are my hope, and you are my love.

I am, in truth, here for the universal father element and the mother light. We are all separate octaves of the same light; each of us becoming a little denser, a little bit more physical, and a little bit more forgetful until one day the very densest part of the light remembers it is destined to be more, awakening from its voluntary amnesia.

Each situation you have given to yourself as a lesson and gift will unwrap itself. It is in this unwrapping that you will find your true spirit. You will realize that you are but one drop of light in the ocean of universes. All life chooses! You are 100 percent responsible for your expanded awareness into more light and more thought and more love.

Always, it is for you. It is for the divinity in you. It is for the Christ in you. It is for the holiness in you. When you let go of that, you do it for others. Then you find the place of love. Then you find another room of the mansion, and then you find what you seek of this time and this place.

All else is a creation of fears and of limitations. If all humanity were to suddenly remember in full, then this Earth would disappear, for it would no longer be needed. It is but a place of remembering, and that is all.

You Are Masters of Light

All livingness responds to your thoughts, fears, abilities, inabilities, limitations, and perceptions. Life gives to you what you think you deserve. I am but a breath away, a word away. Come into my space. You invite me so often to come to you. Come into my section of the mansion; visit with me. Let me clear away the tears in your eyes so that you can see clearly. Let me give you the contacts of a new light so that you may see.

The unrest within you is an invitation for peace. We are all cut of the same cloth; we are from the same fabric of light. The human heart will find its way to a great opening in the soul, out of the old soil of previous paradigms. Earth is growing wings for an unscheduled flight into a new future.

The human heart is a powerful device, more powerful than the Ark of the Covenant, as it inherently has a greater, longer-lasting effect on all that crosses its path. It can be a cruel mistress on occasion and can seduce one into wrong choices.

The human heart always follows its self, sometimes landing on dead-end streets. The human heart has a resolution that unfurls itself as a banner strewn across the heavens. The death of the old is upon you as you awaken to a higher institution of light and enter the hallway of future choices. You have the ability to cast your hope into a place that is anchored in faith.

Listen for the future signs within every inch of your body. Do not allow your gridlocked consciousness to get you lost in the maze of life. Listen to the heightened senses of the body. When the hairs on your skin raise a red flag, listen. Pay attention to what is around you. When the alarm is going off, literally listen, child, listen, for what affects one, affects all.

You have been given the gift of supreme realization — virtual clarity. What do you do with this sacred gift? How will you use it and store its truths? Look to your

The Path to Purity

The Unicorns through Jaap van Etten

We are the voice of the Unicorn collective. We are grateful that you almost always describe us as positive creatures in your stories and movies. Children love us, and adults increasingly connect with us. We are part of the invisible worlds. These worlds are out of phase with yours or at a frequency outside your perception. You do not see us with your eyes, but many of you believe in our existence for a variety of reasons. That is touching in many ways but also risky.

You need other ways of seeing these worlds and all that exists in them. You call that way of seeing extrasensory perception. Most people have forgotten that perception with other senses exists. Even when you use these extra senses, that does not mean you can receive all energies from the subtle realms. It also does not mean you can interpret and understand the energies that reach your brain.

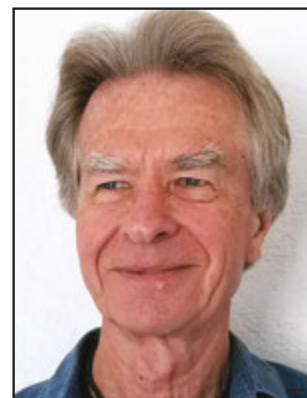
Few references exist about these subtle worlds, their energies, and the beings living in them. Therefore, people have interpreted the subtle worlds in many ways, almost as many ways as there are people who can see them. It is like the story of the blind men and the elephant: Each man interprets the entire elephant based on the small part he feels. That is true in your world in general and even more so in your interpretations of the subtle worlds.

Many beings who live in the astral world are shape-shifters. They take particular pleasure in misleading people they consider stupid and ignorant. Many people

future with clear eyes; see clearly what unfolds 360 degrees. Do not be blind to the worlds, for each choice escorts you into another place of learning in a distinct latitude and cosmic longitude.

You are asked to enter the quantum fields of reality where you direct the orchestra, the energies, and the creations without fault, fear, falling, or failing. Nature has held the sacred text and the sacred truths until humans were aware enough to embrace them in love. All life has messages hidden within. It is time to release the bounty that lives within the rocks, the clouds, the sky, the snow, the trees, and the water.

Gillian MacBeth-Louthan is a visionary, a seer, born with the gift of knowing. She has been a clairvoyant psychic since age five. Gillian is a teacher, messenger, and world-renowned trance channel. She is keeper of the star languages and a crystal whisperer. Gillian lives in the Smokey Mountains of Tennessee. To learn more, go to theQuantumAwakening.com.



share information about the subtle worlds implanted by these astral beings, believing that what they perceive is correct. We do not share this to discourage you. On the contrary, we invite you to explore, and we want to help you avoid the pitfalls that come from exploring worlds you do not sufficiently know. What you perceive is not necessarily true, and it is important to explore with other people you trust and share with them without fighting about who is right or wrong. Exploring means being willing to look at all information.

We can start by saying that the only way to know the truth is when you connect from your heart, but you humans have difficulty staying in your hearts when you receive or perceive something. You want to understand and interpret, and you immediately go to your minds. That is how many people get lured into the pitfalls of astral beings. You believe that what you receive aligns with higher truth because you start from your heart, but then you forget to stay there.

Learn to Connect

You can only correctly interpret an unknown world from your heart. Accept that you will make many misinterpretations, but that is part of exploration. Don't ever believe that you have the truth. Believe that you understand a bit more of an extensive new system.

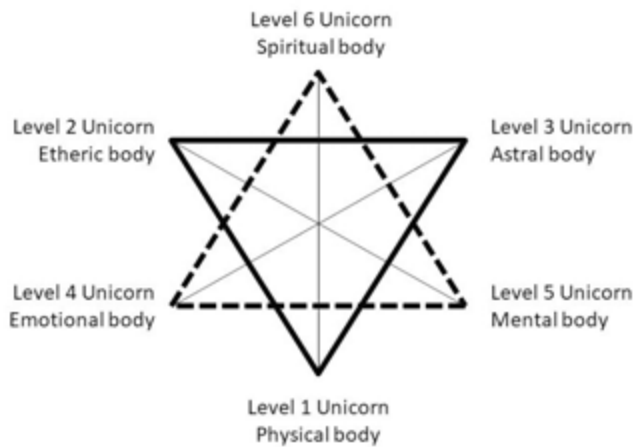


Image 1. The relation between unicorn and human energy bodies

After you start exploring with the right attitude, the next challenge is making a connection. Many of you believe you connect with us, but in most cases, you make no connection at all. You connect with an image, an idea you have of us. Contrary to many other beings, we only respond to an invitation to connect when the invitation comes from pure intent. Being curious about us is not a reason for us to connect with you.

Even when you come from your heart, if you cannot find our vibration, we know that you are not ready to connect. You might define our attitude as arrogant. We understand that, but you human beings believe you have the right to own the world and all that lives on it. Rather than connecting, you direct and force others to do what you believe you have the right to receive. You base your whole society on directing or being directed. This attitude is beginning to change, but change is still limited.

Allowing ourselves to be directed by humans would diminish our power and take away our energy's purity. That is why we cannot be commanded and told to come when a human wants it. When you insist on calling us, an astral being will likely respond. Most of you do not know us and thus do not know whether it is one of us or a being pretending to be us.

You might wonder how to connect with us. The answer is simple: from your heart. Imagine a connection with us from your heart. When your intent and energy are pure enough, we will come. We don't come because you summon us but because we feel an energy we can connect with. When we connect with you, you will know. We guided the channel to use the morphogenetic system to learn to feel and resonate with our energy to connect with us.

A Group of Six Species

You might be surprised to learn that Unicorns are not just one species, but six. We also do not look like



Image 2. The center of a portal to Alpha Centauri B, the star system from which unicorns originated

horses with one horn although we have accepted this form, and those who connect with us perceive us mostly in this way. In a workshop and video the channel made at our request, he mentions that we look more like deer than horses.¹ As you might know, a deer hoof has two toes while a horse hoof has only one. Even though a deer's image is not entirely correct, it resonates more with how we feel about ourselves.

Your stories and pictures of Unicorns are all inspired by one of our species, the largest of our six expressions. Each of our six species has a morphogenetic grid, but there is only one morphogenetic field. We decided to manifest ourselves in six forms (species) with different functions. Our species' function is to support those ready and open to balance their six energy bodies [image 1]. The term that we like to use for our support process is "purifying." We do that for you when you connect with us by resonating with our energies.

We have chosen to introduce ourselves fully by mentioning all six species, but we are aware that most of you cannot even connect with the form that supports you in purifying your physical body. Nonetheless, we asked the channel to create a meditation that gives you the potential to connect with us.¹ In this time, every bit of connection is worthwhile, and anyone who feels ready should have the opportunity to connect with us in the full spectrum of what we offer. We recommend that you do this meditation when you want to connect with us. You can do it as often as feels right for you. The energy field we create through this meditation holds unique possibilities.

Our Origin

The spiritual essences you often call souls that work through forms on this planet, whether visible or invisible, originate in different star systems. That is also true for us. Our star system of origin is Alpha Centauri B. Like all souls, we stay connected with our star system of origin through portals.

When incarnating into physical form, most souls lose the ability to connect with their star system of origin. We have not. We need the connection with our origin to keep our purity and help you find your energy-body's purity. We actively charge our systems through these portals. While it would be good for you to also do that, like your relatives, the Sidhe,² do, the connection for most of you is almost completely lost. Purifying your energy body might help you remember, and we offer our assistance with this.

Image 2 shows the location of one of our portals, a portal to Alpha Centauri B. Looking at the picture is a way to connect with our field. While you might think we make the connection difficult, we long for it. We are

here to help you, but we only do that under the right circumstances. We are waiting for you.

1. *Connecting with Unicorns: Purifying Our Energy Bodies*, YouTube, https://www.youtube.com/watch?v=TKlinjIX_xM
2. Jaap van Etten. *Birth of a New Consciousness, Dialogues with the Sidhe*. Flagstaff, AZ: Light Technology Publishing, 2015.

Jaap van Etten, PhD, was born and educated in the Netherlands. He received his PhD in biology in Amsterdam, specializing in ecology. For the past twenty-three years, his focus has been on metaphysical ecology. He studies and teaches about human energies, Earth energies, and the energies of stones, crystals, and crystal skulls; he also looks at how these energies interact. He is the author of *Crystal Skulls: Interacting with a Phenomenon*, *Gifts of Mother Earth*, *Birth of a New Consciousness*, and *Dragons: Guardians of Creative Powers*. He currently resides in Sedona, Arizona.

The Physical Vessel's Keys for Ascension

Archangel Michael through Ronna

Beloved masters, as you move forward on the path of enlightenment, you come to a better understanding of cosmic law and the workings of the universe. We welcome the opportunity to help you grasp some concepts of creation and the complexity of the physical vessel. We will explain to you the etheric body's composition and its importance in the ascension process.

The etheric body or etheric web is of a much finer substance than the earthly body and refers to the invisible counterpart of the physical body. It includes the physical aura, which conveys your physical state of health via various colors or the lack/distortion of them within the etheric web pattern. Pain, suffering, and resentment are thought forms that keep you from becoming the bearer of light you were meant to be.

The auric field is the invisible electromagnetic force-field that surrounds the physical body. It magnifies energy to you and radiates vibrational frequency patterns from you. The aura of the mental body within the etheric web is almost nonexistent in those trapped in the restrictions of the third and lower-fourth dimensions, because they see the world and events through a filter of illusion created by their past beliefs, thoughts, and actions.

Move into the Harmony of Higher Dimensions

In a third or fourth-dimensional environment, the dominating force in the emotional body is the astral plane. The majority of people are under the influence of their base personalities and the ego-desire body,

which is composed of unfulfilled yearnings from the past, emotional imbalances, and feelings of being unworthy or unloved. One of the most dramatic phases of the ascension process is moving through the distortions of the emotional, mass-consciousness belief system into the stability, freshness, and harmony of the higher dimensions.

Never forget that fear takes away your power. The general mass-consciousness belief system is powered by negative, hostile thinking and a resistance to new concepts and change. The masses are frozen in a reality of pain and suffering but are unwilling to entertain new, expansive ideas that would release them from their self-imposed prison of limitation.

It is vitally important that you stay firmly grounded and balanced within the accepted range of duality while functioning within the reality of the third dimension's final phases. Strive to establish emotional harmony and serenity within the illusionary world of the fourth dimension as you seek wisdom and become acclimated to the mental plane of the lower-fifth dimension. You must be alert for the whispers of your soul and higher self. It is also important to understand that you do not have just one higher self but many fragments, or sparks, of higher self scattered throughout this subuniverse.

The ascension process entails the gradual integration and assimilation of the next higher-dimensional frequency facet of your higher self. You are expanding your



light and conscious awareness. Your transformation into self-mastery and the ascension process will be greatly accelerated once you have expanded your personal lifeline of light — an etheric tube of light — which is your core connection to your Divine I Am presence. You reestablish your connection to the river of life via your personal *antakarana* (rainbow bridge of light), which contains the pure creator essence referred to as adamantine particles. Over many past ages, humanity has diminished the connection to the river of life and light so that, in most people, it has become only a small trickle.

Embrace Your Soul Song's Sphere of Radiance

Each of you has a sphere of radiance produced by the vibrational patterns of your auric field and your soul song. Ascension means bringing the total-body chakra system into balance, which helps to refine, clear, and balance the etheric body and auric field. Your goal is to return these to their perfect divine blueprint. This is the human blueprint for your original body called the Adam/Eve Kadmon lightbody. We observe you via bands of color in your multiple body systems — physical, mental, emotional, and etheric — which have been created by your thoughts, actions, and deeds throughout your many lifetimes down through the ages.

Your energetic signature is composed of the vibrational frequency patterns you emit day by day via your thoughts, actions, and deeds. Your energetic signature can vary greatly when you are functioning within a third- or fourth-dimensional environment. However, as you progress along the path of enlightenment, your energetic signature gradually becomes more harmonious and melodious, and it eventually becomes a part of your permanent soul song signature. Your soul advancement is monitored by the frequencies of your soul song and not by your daily actions.

Your soul song is composed of mid-fourth and higher-dimensional vibrational patterns of unconditional love, wisdom, balance, and harmony. As you are a self-master, your energetic signature and your soul song will merge into a celestial mandala of sound and color by which you will be identified in the higher realms. You are recognized by the brilliance of your inner light. The more light essence you incorporate into your physical vessel, the more brilliantly your aura will glow.

The holy spirit or your higher mental self is the discerning higher intelligence that monitors and regulates the light infusions and gifts of spirit. These are allotted to you according to your level of spiritual awareness and your present needs. Special dispensations are also monitored and dispensed by your holy mental self, which is the intermediary between you and your I Am presence, or God self.

Attune to Your Higher Self through Meditation

Meditation helps to discipline the lower mind and the ego so that you can consciously attune to the musings of your higher mind. It takes patience and discipline to stop the mind chatter that is the norm for those closed off from their higher consciousnesses. We encourage you to practice active and passive meditation. A decree or affirmation is a prayer with power. It should be a concise, positive affirmation expressed with confidence and the assurance that it will be manifested in the proper form at the appropriate time. When affirmations are sent with loving intent for the greatest good, you align your will with that of your higher self, and universal law assures that your cocreator thoughts and aspirations combine with those of like mind to increase their strength.

Silent meditation means listening for an answer from your higher self, guardian angel, or the holy spirit. Being centered within your sacred heart and sacred mind can convey cosmic truths and inspired thoughts to millions of people, and the loving vibrations of your auric field bless everyone they come in contact with. Serenity and joy are qualities of the soul. Intelligent love results when the soul becomes the dominating force within and the ego personality is brought under control. When you successfully dissolve the membranes of light guarding the entrance to your sacred mind, you gain access to your personal storehouse of divine wisdom.



ASCENSION SYMPTOMS

Here is a recap of a few of the many ascension symptoms that you, initiates on the path, might experience at this time:

- You withdraw from social activities and events that were pleasurable in the past. Loud noises, crowds, and boisterous activities disturb you, and you yearn for seclusion or the serenity of nature. As your vibrational frequencies lift and become more harmonious, you disengage from interaction with people, events, and places that emit lower, discordant frequencies. Also, gradually, you have less and less in common with certain friends and relatives, especially those who are negative, judgmental, and unkind to others.
- You might have intense bursts of energy whereby you can hardly stay still. You feel so light inside that you barely feel your bodily form. At other times, you feel so weighed down that you almost feel you are sinking into the ground with extreme fatigue. Your bodily form is going through an intense metamorphosis on an etheric and cellular level, and some of the

transformational symptoms are not pleasant — especially for those existing in an older or somewhat debilitated bodily form.

- As the kundalini (sacred fire) begins to rise up your spinal column (the etheric tube of light), you might experience times of intense inner heat while your exterior body feels cold and even clammy. Initially, this is why it is best to strive for a gradual release of the kundalini fire stored in the root chakra at the base of the spine so that you can slowly integrate the higher frequencies of God light. Faster and more are not always better when you are in the midst of the transformational process of ascension.
- For those in the early stages of the process, the integration of refined light frequencies will not be overly dramatic. However, for starseeds well on their way in the ascension process, who have agreed to be world-servers and help clear the path for others, it can be a formidable and ongoing process to integrate and share higher frequencies of light.
- You might feel as though you are on a mental roller coaster as you experience emotional ups and downs. You tap into and release much impacted energy and discordant frequency patterns from a deep cellular level. It is vitally important to allow these feelings to come to the surface and be transmuted into refined light substance. It is important that you learn to become an observer of what occurs as you objectively view, process, and rectify, with loving patience and understanding, that which is revealed to you.
- Your eating habits might change drastically. Whatever you choose to eat, follow your inner guidance and monitor how your body feels after you have ingested anything. Your body elemental, or inner body intelligence, is awakening, and if you pay attention, it will direct you to the proper diet. Always remember: Moderation in all things is the key.
- You might have many strange aches and pains for which there is no definitive diagnosis. There are many minor chakra and meridian points within the physical body. As the higher frequencies of light try to flow through your body, they might meet resistance at these critical junctures, which can cause discomfort. One of the most common areas of distress is in the spinal column of the upper back between the shoulder blades.
- You might feel as though you are losing your

mind — or at least your memory. There are multidimensional levels in the brain, so as you lift your frequency patterns, the lower levels of the brain will gradually be refined. You will no longer need or be able to access much of your negative past history or the trivia you have stored there. You will gain access to the higher levels of the brain where your sacred mind dwells. The unification of the sacred mind and the sacred heart is an integral part of the ascension process.



Beloveds, this is an exhilarating time to be in the physical vessel, yet your physical vessel struggles to keep up with the ever-increasing frequencies that you are integrating moment by moment and day by day. Many of you who have not suffered colds, the flu, or intestinal disturbances for many years again experience these debilitating symptoms, and some of you ask, “What am I doing wrong?” You are not doing anything wrong, my brave friends; it is what you are doing right that causes some of these uncomfortable bouts of bodily distress.

We acknowledge that these occurrences are not pleasant to experience. However, we wish to give you another facet of truth to ponder. Again, many of you deeply immersed in an accelerated transformational process experience these uncomfortable symptoms as a way to quickly transmute the old, negative energies in your physical vessel. You could call it a transmutation or baptism by fire, a burning and releasing of old frequency patterns to allow the higher, more refined crystalline cells of consciousness to infiltrate and take control within. Not all viruses are bad, nor are all the uncomfortable symptoms you experience. See them as a means to an end and serving a higher purpose. These things too will pass, dear ones.

Nurture yourselves and pay attention as never before to your physical vessels and the signals or messages your wise body elemental projects to you. How will you enjoy the beautiful world of love, joy, and abundance you create if your precious physical vessel is not vibrant and healthy?

Join us in your personal pyramid of light, beloveds, and allow us to assist you to move through the process with ease, grace, and great joy. May the radiance of our Father/Mother God pour down on you and fill you with the light of life everlasting. Know that we are ever near to guide and protect you.

Ronna is an internationally known channel. She brings Archangel Michael's messages of hope and inspiration to thousands each year. Ronna's spiritual search began in the early 1970s. After intense study and training, she began a career as a spiritual teacher and counselor. To learn more about Ronna, visit StarQuestMastery.com or contact her at 775-856-3654 or ronnastar@earthlink.net.

Elevate Earth's Collective Consciousness

P'Taah through Marcela

I am P'Taah, a master teacher in the Pleiadian Collective. The Pleiadian connection is important to help star-seeds remember why you came to Earth. Pleiadians are human, and we also experienced a third-dimensional planet that ascended. We have experience in the ascension process and can guide you. You are inherent healers. As a starseed in a human incarnation, you have many gifts, including individual healing, group healing, and planetary healing, that you can share with those in your immediate circle and the rest of the world.

Our mission is to help you remember your true essence and identify your healing gifts. We want to help you heal yourself and identify the areas in your life that need attention to transmute and transcend those densities and possible blockages you brought in as a part of your soul's expansion, evolution, and development. We want to help you relate to yourself in a more loving and understanding way, because being in this dimension at this time is difficult for a starseed.

Before you came into this human incarnation, you decided you would assist humanity in its ascension. You made this commitment and contract, and now you are awakening to this memory and to the truth that you are important in the evolution of Earth and Earth's ascension. You, and others like you, are needed at this time. We are here to help you relate to yourself better, have more love and compassion for yourself, and in this way have more love and compassion for others. We are here to help you navigate this three-dimensional experience with a perspective of love, understanding, and compassion.

You are part of a collective consciousness. As a starseed, you must influence the collective consciousness, for it is in trouble. It needs vibratory elevation; it needs to rise and become more spiritually enlightened. This is what you are here to do. In healing yourself, progressing as an individual, developing your soul, and identifying your soul mission, you can help yourself, those around you, and Earth to ascend.

Awaken to Your True Origin

The Pleiadians have already gone through what Earth is experiencing, and we are very familiar and



experienced in the ascension process. We were not successful initially, but we learned from our inabilities and were able to move forward and eventually ascend. Now we are an enlightened people. Our world has no wars, fighting, hatred, or jealousy. We have no competition, poverty, greed, or corruption. We were able to rise out of those lower vibrations and consciousness and ascend into a new and unified planetary experience guided by a divine Christ consciousness.

Our connection allows you, a starseed, to awaken to your true origin. You are not of an earthly origin but a galactic one. You are multidimensional, and you experienced other lifetimes in which you were a part of ascension or tried to help your planet ascend and could not. You experienced end times. Trauma from your galactic past has carried into this Earth experience, and that trauma can be troublesome. You might be unaware of the underlying trauma you carry in your genetic code and your genetic history that goes beyond your current earthly experience and DNA lineage.

The Pleiadian connection can help you transmute the trauma you carry from past lives in other planetary systems where you tried to help your planet ascend, but the planet self-destructed. As a starseed, it is important to awaken to the true essence of who you are and to understand you might have brought trauma from your galactic history to this timeline. We are here to help you transmute this energy so that you can personally evolve. We wish to connect you to your history as a planetary healer and as someone with experience in planetary ascension.

When you understand your abilities to heal and help Earth and Earth's people to evolve, you help yourself in your personal ascension and the planet in its collective ascension. We are very committed to helping you understand who you are, your healing abilities, your history, the work you've done in other planetary systems, and your history on the Pleiades and why it is important for you to remember this now and bring it into this timeline. All your talents, gifts, and healing abilities are needed at this time for ascension.

You Are a Powerful Healer

We are here to guide you and improve your relationship with yourself. We came here to help you transmute all that no longer serves you. We want you to shed the densities that hold you back from your true essence and that keep you from understanding your true talents and abilities as a planetary healer. This is what you came to do. You are supported in your desire to ascend, help others, and help Earth. This can be confusing if your mission and abilities as a healer are not clear. We serve as counselors and guides to help bring into focus your mission and how you can help yourself and others in ascension.

You are not here by chance. You came into this timeline because it was foreseen that Earth would be in peril and would need the help of many starseeds to raise the vibratory frequency of the collective to save the planet and help her rise out of this difficult situation and move into the fifth dimension. You are here for a purpose; you are important. The work you are currently doing and will do is important. You are an essential part of the fabric of all starseeds on Earth.

Everything you do is appreciated and revered. Mother Earth needs all committed starseeds to awaken to your mission. Your overall mission, in part, is to help Earth and humanity ascend into the fifth dimension. You also have a personal mission and distinct

healing abilities. The Pleiadian connection can help you identify and improve these abilities and enhance their development.

We are here to awaken you to the Pleiadian teachings and the importance of self-love and how you relate to yourself. An important lesson for a starseed is self-love. How do you engage yourself? What is your self-talk? What things do you say to yourself? We are here to help you relate to yourself in the highest vibration with the most love and self-acceptance. Beneath the density of your human suit lives a very powerful divine being who can effect change.

You volunteered and were chosen to come to this timeline during this difficult moment in Earth's history. We are here to help you transmute the densities, blockages, and galactic karma that reside in your genetic code. We are here to purify your soul, bring forward your light, and help you have the best relationship possible with yourself so that your light can influence those around you and you can become the powerful, pure healer you were meant to be.

Marcela is a channel, energy healer, and spiritual teacher. She is a messenger for the Pleiadean Collective and ascended masters, relaying messages and guidance from these fifth-dimensional energies to help starseeds and empaths become empowered and improve circumstances in their current timelines. Learn more at www.readingsbymarcela.com, or contact Marcela at info@readingsbymarcela.com.

The Gift of Freedom: Part Three

Galactic Council of Lightbeings through [gia combs-ramirez](#)

Greetings! We are the Galactic Council of Lightbeings. We are here to support you in this time of great transformation for all living systems on Earth.

Humans tend to associate emotions with the heart and thoughts with the mind. Thoughts are created by a variety of stimuli. External energies from EMF fields, planets, group or collective consciousness, social conditioning such as governments, schools, religions, family, and hormones as well as emotions all produce thoughts.

Love Is the True State of Choice

Achievement of mental freedom requires alignment of the subconscious and conscious minds to the frequency field of love, which is the true place and state of choice. From there, you can decide which mental constructs you believe in and act on. If your beliefs are aligned with universal values, you will access the greatest power of presence, which is important when cocreating.

How do you avoid being controlled or manipulated by

others? Don't buy into it. By this, we mean don't go into resistance. Don't let fears and insecurities about not belonging or not being worthy of love affect your mind. Don't let fear itself manipulate you into being reactive from a survival mind frame instead of a thriving mind frame.

The first step to achieve this is the energetic one. The second step is a conscious choice on your part not to be manipulated mentally by others. When faced with someone who is bullying, controlling, or otherwise attacking you, the only option at the moment is to leave physically. Once clear of that energy, you can reset yourself to love (using meditation). Then you can determine what your values are in the situation and align your actions to these.

If communication with the other person is possible at a later time, we encourage you to clearly communicate from the field of love. That person might or might not



drop down into her essence to respond, but showing a willingness to listen by asking essence questions is the first step. Setting a boundary for what type of communication you won't be engaging in (bullying, anger, venting, and so on) is the second step.

Thought involves both the head (conscious brain) and the solar plexus (subconscious brain). Often energy comes through the door of the subconscious energy center, as it is not as protected as the conscious brain is. The ultimate reason someone wants to manipulate or control you is about your power. If humans are not able to access their own sources of vital life force energy, they will attempt to take it from other people. In a situation where you willingly give up your power to appease another person, you essentially give him vital life force energy.

Negative souls operating from old energy paradigms want to use your untapped spiritual power. Your willingness to be a fierce advocate for yourself and your gifts will block this from happening.

Old-energy paradigm spiritual practices used by certain gurus or ministers promised enlightenment or ascension to heaven if you gave up your free will and choice to them. Once you did so, that soul, not of energetic integrity, could tap into your spiritual power and use it for its own empowerment. Those gurus or ministers relied on the pain of separating from them to deter people from leaving their flocks.

In the New Earth energies, the themes of Aquarius play out in positive groups with themes such as justice, fairness, and equality. Free will and choice should be honored and respected. If not, that is a clear indicator that you're not in the right place. Choose to leave.

Mental Love Is Pure Awareness

Whereas the physical body accesses love by being in the vibration of love, the mind does so through the frequency of love. Expressing and actualizing love mentally requires several components. The first is being in your own, not someone else's, timing. The second is overlapping the frequency ratio of 1.618, known as the golden mean. The third is being connected to your creative energies, which (when expressed through the mind) create original thought. Once you identify original thought, all other thoughts become part of your perception mechanisms to help identify what is going on around you.

The greatest state of love actualized mentally is when you are in pure awareness. It's a point of perfect balance often achieved in meditation. You can perceive an issue, a problem, a challenge, or anything not aligned to love and bring the pure presence of light as love to it. This alone shifts consciousness and form on the planet.

Note: This month, we offer two meditations. The first focuses on clearing and aligning thought to the love-actualized ratio and connecting creative energies to the mind for original thought. The second is a quick reset before practicing the art of pure awareness. The energy meditations can be found at ScienceofEnergyHealing.com/sedona.

gia combs-ramirez is the founder of Crystalline Consciousness Technique™, based on sacred geometry and the three phases of New Earth energy transformation. Channeled in 2004, CCT heals Earth systems including all living beings. gia is a master of energetic and spiritual transformation, working globally with clients. She is the author of two books about transformation, titled The Way of Transformation: Discovering the Divine Map to Unlock Your Highest Potential and Transformation: The Emergence of the Crystalline System. Her latest book is New Earth Reiki. Her website is ScienceofEnergyHealing.com.

Manage Your Ascension Symptoms: the Neck

Alison David Bird, the Fully Integrated Avatar Grace Elohim

Incoming cosmic frequencies are forcing open dormant neural pathways, clearing blockages, purifying negative miasmatic energies, and addressing corruption within the DNA. This causes negative implanted programs to begin to release as we activate the 7D lightbody template.

This can be experienced by the physical manifestation of pain in the area at the top of the spine permeating down over the shoulder joints through the arms to the hands, causing stiffness and cramping in the fingers. What feel like newly laid tubes or pathways run down

along the outside of the hips, thighs, and shins to the feet.

Our previous article discussed pain in the lower extremities, and we will discuss arm and hand pain in the future. For now, we will concentrate on the pain in the neck. Beginning at the top of the thoracic spine, then to C7, and down to the atlas at C1, you might experience severe restriction of movement and tightness in the neck muscles, which might pull the spine slightly out of alignment.



We will activate the ninth galactic chakra, which some refer to as the mouth of God. It is at the back of the neck where the skull balances on top of the spine and connects to the medulla oblongata, the reticular formation of the brain and spinal cord. Cosmic energy is poured into that space and transmitted through the cervical spine. It is forced down through the newly mapped energetic pathways as the nervous system continues to evolve with us in deep joy.

This might result in difficulty turning your head to look over your shoulder. You might hear a persistent crack when you do and have the strange feeling that your neck could snap off and your head fall from your shoulders.

The discomfort might be more severe on one side of the body than on the other, complicated by the deliberate severing of the seventh vertical axial line symbolized by the spear-of-destiny injury in the body of Christ. This symptom might be problematic and persistent for some, because it requires that you heal and release many negative programs to be able to finally climb down off the cross and activate the seventh DNA strand.

Symptoms that emanate from the cervical spine include the following:

- neck pain, tension, headaches, dizziness, and spinning sensations (C2–C3)
- feeling as if a live nerve is running between the skull through the cervical spine and into a point on the shoulder that is tender to the touch (C4–C5)
- radiating pain across the shoulders emanating from the top of the thoracic spine (C5–C6)
- tension along either side of the neck and down the front of the body causing tenderness below the clavicle and pain underneath the base of the skull, the side of the head, the ears, and under the jaw (C3–C4)
- temporary numbness and tingling moving up the spine

Solutions to Gain Relief

Self-massage techniques (lying down): The medulla oblongata is at the back of the cranium where the cranium and skull meet the top of the spine. Lying in bed,

place your middle fingers into the soft spots on both sides of the spine at the base of the skull. Press for a count of twenty and release for twenty. Repeat. Gently support your neck on a pillow using your middle fingers and rotate your skull to release tension and relax the muscles.

You can use a carrier oil with a few drops of peppermint and lavender oil or, if you don't mind the bite, rub in some Deep Blue. CBD salve might also be helpful.

Self-massage techniques (seated): Sit forward in an armchair. Place your arms behind you, and rest the backs of your hands on the arms of the chair (extended behind you as far as is comfortable). Slowly sit back allowing the backs of your hands to take the weight, and feel the muscles around your neck and shoulder release. Hold it for a few seconds.

Sit with your back straight, breathe in, suck in your stomach to take pressure off your spine, and lower your chin slowly to your chest. Breathe in deeply, feeling the muscles in your back and shoulders release. Slowly return your head to its upright position.

In the same seated position, keep your head straight and turn it to look over your right shoulder and left shoulder alternately. Keeping your spine aligned, slowly bring your ear to your shoulder while keeping your shoulder low and relaxed.

Other suggestions: Stand with your feet shoulder-width apart, spine aligned, and butt tucked under. Put your hands on your hips, lower your chin a little, and rotate your shoulders backward eight times and then forward eight times.

Alternate hot and cold packs to reduce pain and inflammation. Go for craniosacral therapy, manipulation, or adjustments.

Alison David Bird, CHt, is the coauthor of Marconics, Volume 2: Angels of Atlantis and the avatar Grace Elohim. A creator-level oversoul, Grace is fully integrated within Alison's biological vehicle. They do not channel conventionally. Information is transferred via kelontic data streaming. Alison, a former medical journalist, finally accepted her role as a psychic healer in 2008. In 2012, she was contacted by Pleiadians of the GFL, and in 2013, she was bestowed with Marconic Energy, for which she has been custodian over many lifetimes. To learn more, go to Marconics.com.

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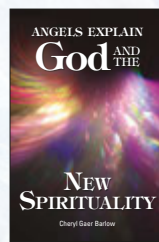
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Love Moves You Forward

Goddess Sophia through Karinna Nielsen

Every human on Earth at this time of great shift is a courageous spirit of love in service to creation. This is how we see you from the light of spirit. We see you as evolving souls who shine the light yourselves into a third-dimensional world — into the density of physical life on Earth — to discover and experience the Creator's love within.

In one way or another, each of you is searching for the truth of who you are. You might feel that you are living your life just trying to get through the circumstances thrust on you. What if it is actually your plan that you are living out? How would it be to have an understanding of the love that it took to put that plan together and honor the Creator with your life's journey? That would lead us to the topic of ascension and knowing that it is all about love.

Ascension Is Remembering Who You Are

Whether you realize it or not, there is a constant flow of communication between you in the human light and your higher self in the light of spirit. Your higher self is always connected to you — perhaps not always paying that much attention unless you are doing something in love. At this point, all higher selves work with all their aspects to get where they need to be for the great shift. This is where meditation comes in, my friends. How will you avail yourself of the guidance if you don't listen in meditation?

Ascension occurs when you remember who you are. What a feeling and what an awakening — the lifting of the veil! Of course, there are many more personal aspects to this and details about your journey, but that is the process in a nutshell.

Many have asked: "Well, if we are ascending, which dimension is it? Is it the fourth, fifth, or sixth?" These questions are understandable as you look around now and see a world shifting and striving for change. What better time to look within your heart and at your life to see what needs to be completed, shifted, and changed?

In the energy focus of this new year, you enter a new phase of the great shift and see great changes in the world and in you. You will have opportunities to let go of things that no longer serve you and begin to see yourself in a new light. Use the prevailing energy to refresh yourself and transition your life to something brand-new.

The Great Shift Is in You

The great shift is in you. Never mind the nightly news, what unfolds in your social media feeds, or even discussions you have about which dimension it is. Look inside yourself for guidance. Listen to your heart, and be ready to respond in love to the changes. That is key. You won't regret it. Nurture yourself and feel your way through the energies.

If you have a sense that your higher self is working with you to make these changes, you are right. The higher selves of everyone on the planet are fully engaged in this process of ascension, making sure that their aspects on Earth are moving through the evolutionary process as well as possible.

I suggest that you breathe and feel the blessings of light on your path. Feel the love of your Creator within you and all around you. Love yourself like never before and take time to visualize and dream your aspirations into the world. Pray, meditate, and above all breathe deeply.

Consciously Engage in Ascension

I recently had an experience that could have really gone south, but instead it turned out much better. I took the time to do the 5-Breath Self-Healing Meditation¹ before I left home, and magically, everything aligned in the best possible way. Can you comment on this, please?

As you can see, my love, ascension is a daily process of mastering your life on Earth. You are ascending every time you have one of those experiences when you want to say, "My life is magical!" Yes, it is magical, because you make the magic happen.

Magic happens when you crack into the matrix of thought that says things are supposed to go a certain way. What if they aren't? What if you say your prayers to clarify your intentions, do your breathing and meditations, and all energies of the universe align to your heartfelt desires? In this way, you consciously engage the process of ascension and do what you need to do every minute of every day to get there.

Where is *there*? It is the next level. Is it the fourth, fifth, or sixth? Why don't you just keep going and find out? How fun is it to discover that you have done the full journey of living life on Earth? How exciting is it to



have magical moments and the feeling of love that you had? Maybe, just maybe, you got it right: You stayed in love and didn't go into fear.

When you have a vision for what you want to create, it is so powerful that it moves the elements to your heart-felt desires. That is what happened. Your will and clarity moved the energy to create the completion you were seeking, arriving early to an appointment that you could have been very late for — with green lights all the way.

Ascension can be a hot topic because some people look at it in a judgmental way, thinking, "I'm ascending, but you are not." Ascension is something everyone is engaged in every day whether aware of it or not. Each day, you have opportunities to choose love over fear, be kind, forgo anger, and love the situation you're in instead of being resentful.

Your Vehicle Has Been Upgraded

Lords of Light through Maureen St. Germain

Your carriage is being upgraded. See yourself in a beautiful horse-drawn carriage similar to Cinderella's, the one that turned into a pumpkin. If you are not familiar with the Cinderella story, imagine a royal carriage with beautiful gilding on the outside, luxurious padded seats, and beautiful springs. Your old carriage was like a wagon of the Wild West, and now you are in this beautiful carriage. Your vehicle has been upgraded.

We've deliberately used the image of a cart so that you understand that you are being towed. When people ask Maureen, "How do you know where to go?" she jokes, "I go where I'm towed." Everyone laughs because it is a play on the American word "told."

You are being towed to an expression in reality that not only feels luxurious but also well-provided-for. It is an environment of comfort and enthusiasm without worries. You are traveling in a golden environment.

Breathe a sigh of relief. Look around and decide what to create. Pretend you are an extraordinarily well-off individual who chooses what you want based on what you like and not on what you need. You are not afraid to let go of things you liked in the past, because you know you can get more. The new will be just as pleasing as the old because it will be fresh, different, and pleasing. We bring this up because we want you to be less attached to what you have and are afraid of losing. Move to a level of attachment that pleases you.

One year, Maureen told her sons, "When you pick up a Christmas ornament to put on the tree, make sure

My dear ones, when you look at what is going on in the world now, it might be easy to go into anger; choose instead to be in love every day. Love is what moves you forward; fear holds you back. Focus forward, and look with your inner vision at what you would like to create in your life. Stay positive, and know that you are consciously creating a magical life on Earth when you look at your life through the eyes of love. And so it is.

1. Find this meditation at SignatureCellHealing.com.

***Karina Nielsen** is a certified Signature Cell Healing® (a Lemurian healing modality) practitioner and trainer and is the lead facilitator for Signature Cell Healing workshops. She is a purveyor of ancient Lemurian wisdom and is passionate about guiding others to explore their unique talents and gifts. Contact Karinna for workshops and healing sessions, Lemurian wisdom mentoring, and Lemurian readings (Goddess, channeled, and astrology) at KarinnaNielsen.com.*



you really like it. If you don't really like it, put it in the box over here that is going to the Goodwill." Well, more ornaments ended up in that box than on the tree, but the tree looked fabulous. We want you to feel like that: If you get rid of half your belongings, you will be okay and very content.

Notice people in your world who have resources. Perhaps they have an inheritance they live on, a big company they own, or a well-paying job, but they choose a very a simple lifestyle. They recognize that the more belongings they have, the more work it takes to maintain them. You can expand your energy by decreasing your belongings. This will allow you to develop more time and energy for spiritual growth and mastery.

Enjoy the Ride

The road you are on is filled with love and light. Discovering who you really are will amaze you, as you have never thought of yourself as a cocreator. The world that's coming is the result of your prayers and requests and releasing your dramas. It will feel like a magical world. Keep your eyes and heart open. Look at life with wonder and joy. Explore what you can create now that you understand you have far more mastery than you thought.

As you read this, tune in to and turn to your heart.

Tuning in to your heart is sensing the vibration in your heart. Turning to your heart is moving your mind. You first use your emotions to tune in to your heart; then you use your mind to put your intention on your heart. See it expand and grow. Feel the love we hold for you. Be filled with appreciation and gratitude for this beautiful world you live in and for everything you have.

Stay in a place of deep gratitude for everything that happens to you. If you encounter something you find unpleasant, think to yourself, “I wonder what good will come from this experience.” Hold your tongue and do not complain, or complain to one close confidante who will soak up your tears but not correct you or repeat your story. Confine your disappointments to a minimal

The Great Gemstone of Oneness

Yeshua through Denise Bennett, PhD

Yeshua, what would you like to share with seekers of truth?

I like your question, cherub. Let us dive right in. Your intention is set, so take a deep breath and clear the workspace. You have both hands closed, and that means you are unable to receive. The vessel for knowledge is overloaded and full of clutter. So let us begin there. Search your thoughts and beliefs. What must you discard to transform your thinking? We have spoken about this before. You humans ask many questions, but you do not truly seek answers, as they would require action and change. You are comfortable with the status quo. You fear disruption of your routines, so you tolerate much in order to have predictability. Will you consider something else?

Answer this, dear ones: How happy are you? We watch you stumble around in the dark and complain of your numerous woes, and all the while you hold the lantern in your hand, unlit. We will spell this out for you. Your frustration — the global unrest — is merely one unsolved problem, not the myriad issues you imagine. You believe millions of separate minds and voices are clamoring for attention. You watch your news programs and believe the pitch — fear-filled and skewed — to achieve a predetermined outcome. The trap has been set, and you fall prey. Do you not see it? Why is it so frightening to hear the truth?

We give you a heads up: The illusion cannot sustain itself. This is a good thing, for ignorance has no place in God’s plan for salvation, which is the reunification

amount, and you will be towed to a much greater place than you ever thought possible.

Keeping your heart open and your attention on your heart is your most important activity. Do not let anything dissuade you from this. You are a magnificent being. You deserve the very best, and you are getting it. Sit back, relax, and enjoy the ride.

Maureen St. Germain serves as a messenger for the ascended masters and the angelic realm. She practices merkabah and assists people in opening their akashic records through their higher selves. She has been featured in numerous publications and on radio shows. She has published *Beyond the Flower of Life, Be a Genie, and Reweaving the Fabric of Your Reality* and produced dozens of guided meditation CDs. She maintains numerous blogs and MaureenStGermain.com, where she offers free guided meditations each month. To learn more, email her at info@maureenstgermain.com.



of 8 billion points of light, his only begotten son in totality. And who is that? It is you and it is me. We are one, my brothers and sisters. Not a single soul can be left out. You have entertained yourselves with the roles you play and the stories you concoct for so long that you have forgotten they are not real. How can I convince you of their temporal nature?

Your eyes appear open, but you do not see. It is time to remedy this. Here is a fine plan of action. For those who are ready, speak these words: “I am here, Lord, and I am ready for truth. I have been blinded far too long. I chose to be blind, but now I choose to see. This world of limitation and façade is beginning to fall away and will soon reveal the beauty and perfection of God’s creation. I am one with my brothers and sisters. Together, we take the next step: to live in light. I am the way, and I walk with God. Amen.”

Separation Is Your Fantasy

How do you feel now, dear ones? Did you feel a sense of peace wash over you? You question the oneness we speak of. Know this: Separation is your fantasy. There is only one of you. Your world of duality is a house of mirrors, but you do not realize it. You curse some reflections and adore others. But each is a facet of the whole — the Great Gemstone. Who in their right mind would view such a thing of beauty as fractured?

Now you see our dilemma. The very foundation you stand on is shaky and about to give way. Here is what we suggest: Be still and take several deep breaths. Ask us to assist you. Do you truly wish to see the oneness in all? Is peace your goal? Then drop your weapon and refuse to engage it. Turn off your antagonistic television shows filled with hate, and choose a higher vibration and vantage point. Be present. Observe your thoughts moment to moment and see how heavily burdened you are as you take sides and fight for position.

Do not condemn yourself or your brothers and sisters; just notice it. This is the classroom, and you are knee-deep in your studies. You have learned much, but you have much yet to discover. Take one step at a time. Now make a plan. Decide you will give up just one pointless, hurtful habit or pastime. Perhaps it is something you say — a phrase you utter without regard to its energetic properties and potentials. Now you know that your judgment brings harm to the self, so let it go.

Can you give up a negative thought? Then do so.

Change it. Lift it up and transform it. Consider the mind-altering foods and chemicals you partake, again without thought. These hold you back and delay your ascension. They numb your mind, and you know this. So why do them? Your hiding does not serve you.

Take courage, for these are the trials and tribulations we have spoken of. Shed the child's robing and come naked to the mount where I speak of God's love everlasting. Drop your shame, for nothing you have ever done could turn the Father away from his beloved children — you.

Give thanks, dear ones. Your suffering is nearly over. Behold the new day!

Denise Bennett is a healing intuitive with a doctorate in holistic nutrition. She is the author of God Given, Answers to Your Questions, a collaboration with her angel guides. Whether she is giving a reading, playing her music, or telling a charming animal story, Denise has a way of touching people's hearts. She is passionate about healing and encourages others to discover their own intuitive abilities. To learn more, visit AngelsandIntuition.org.

A Valentine's Wish for Love

The Collective Soul Consciousness through Carolyn Gervais

It was perhaps said best many years ago in a popular song of yours: "What the world needs now is love, sweet love. It's the only thing that there's just too little of."

As you know from your life experiences, the ability to feel human and animal compassion can surface as human love for a person or for a helpless animal that is beaten or abused. If you are someone who feels the need to help another person who is being bullied, you are compassionate and loving. The compassion you give evolves you and those around you. Your race, religion, and age do not matter. You are a light to the world that continues to evolve you and your planet.

Love Comes in All Sizes

Human love comes in all shapes, sizes, and degrees: a mother's love, a friend's love, a father's love, a sister's or brother's love, a child's love, a spouse's love, and even a pet's love. These types of love are all different in how they are demonstrated and expressed through the body's emotions, actions, and words. There is only one kind of love that has no type or rules. This is called unconditional love. Once the heart learns to feel and see genuine love and compassion for another living being, compassion cannot help but radiate from a person's eyes, smile, and actions.

When you see suffering and abuse in the world

around you, do you ask yourself how this might be affecting your children in the twenty-first century? Of course you do. How do you plan to instill in your children how important it is to believe in equality for all humans and in the need to act in honest and loving ways that create balance in your evolving world?

How You Love Matters

Does it matter how people love one another? Yes, it does very much. Does God love all of you equally as you love each of your children? Yes, your Creator loves you equally, because you all have an equal part of that Creator inside of you to share with one another.

Some people are not aware of their innate ability to love and be loved, especially if their experiences and upbringing did not cultivate that innate gift. Traumatic experiences can create strong reasons for people to close off or decrease their ability to love from the heart and soul. Maybe they have had constant abuse and little to no love and have just struggled to survive.

There are many people who are smart but lack confidence. They do not have a way to help themselves move up the ladder to something better. A lesson to be learned



over time is that if you believe you are less than and are not meant to love, be loved, or have love, you will create a repelling type of energy that is used to protect and hide true feelings with false beliefs. Some believe that human love is false and used to manipulate people, and sadly sometimes that is true.

As people mature and grow from life experiences, they begin to notice that many don't believe they can or will have the kind of love they have dreamed of, at least not at the moment. Know that most people have gone through this scenario many times in their lives. You are not alone, dear ones, and if romance is what you want, go find it. It is out there in your world waiting for you.

What Love Is Not

Many have had abusive people in their lives such as bosses, spouses, parents, and bullies. Bullies are not restricted to childhood. Most bullies use the same tactics no matter their age. They demand obedience, control, attention, and a lot of personal sacrifice from their victims.

As a child or young teen, you might have thought that the amount of love and positive attention you received from a bully depended on how nice you were to him or her, how confidently you acted, and how cool you were. Of course, none of that really mattered, because bullies just like to feel they are in control of whoever they choose to hurt or intimidate.

You can see and understand that either the bully or the bullied can and do feel out of place in their world. Tormenters create their version of cruelty wherein the big, bad bully can and will hurt people if they do not obey.

To hide their insecurities, bullies love to create an image they project to the world as their version of normalcy. Is it a surprise that such a person would hide their feelings and fears from themselves and everyone else? No. In their home lives, they are probably dominated by a much bigger and meaner bully that they long to be like. When they are away from home, they search out and threaten weaker, smaller prey to practice on so that they can pretend and feel they are in control and always will be.

There Are Different Types of Love

When your search for spiritual knowledge is true and pure, you will attract all kinds of help and encouragement from the creative force. All you need to begin is an honest soul intent. The deeper you go, the more your search and experiences will open your mind and heart, lifting you into new and unknown layers of yourself, your mind, and your soul. At some point, your heart will open so wide with the feeling of love for your Creator that tears of joy will flow endlessly for everything and everyone.

This is unconditional love, dear ones. It is the kind of love that blesses life and heals suffering. Love is the

air you breathe, which makes your heartbeat and allows you to think and feel. It is the reason you wake up every morning to create another day. You were all born to learn, and through that learning find, express, and expand your unique way to share and be love.

Conditional love is the most dominant form of love on your Earth. Conditional love can be and often is very selfish, because it is mostly driven by the ego. This means, "Here's what I want, and if you don't let me have it, I will stop loving you and leave you forever." There are endless degrees of ego likes and dislikes. Your human race can be unreliable, because there are too many who only care about their own well-being. Conditional love, however, can develop into unconditional love through the passage of time. Conditional love is how humanity practices for loving unconditionally.

You, together as a human species, have an opportunity to forever create and re-create the human condition by understanding where the purest form of love comes from and how your thoughts, words, and actions reflect the lack of that love every day. It is time to unbury the love that was given to each of you every time you incarnated on Earth. The quickest way to cultivate love and wisdom is to be willing to give some of your innate love and kindness to new people in some way whenever you can. Let your inner soul guide you to honor people you meet or pass by with a smile or greeting.

The Creator Uses Your Love Often

If you find yourself feeling unconditional love, it will be unmistakable. For instance, God, without warning, can turn your attention to a person jogging on the side of the road or riding a bike as you drive by. The second you look at the person, your heart is filled with the love of the creative force, as if that person were as dear as your own child, because your love at that moment is so overwhelmingly strong. You do not know why God called on your heart to give such love to this beloved person, but do not question it. This happens to those with loving and open hearts. The love you feel bursts out of your swelling heart and flows as a river. The love coming through is strong — a blessing of gratitude as God uses your human and spiritual heart to convey the gift of unconditional love to another.

There is nothing these experiences can be but unconditional love surging through your whole body, uninhibited and totally free to do and be used as a conduit for God's gift of all-encompassing love. Through continuous practice, people begin to look at themselves through honest and objective eyes. They recognize their faults, denials, and the way they manipulate themselves and others as their egos trick them into judgment, anger, and so on. These feelings block the ability to know and understand how to love unconditionally.

You are at a turning point in your evolution. You can begin to heal yourselves and your world by allowing the unconditional love inside of you to be activated and move into your hearts and minds. The expression of unconditional love through a spirit or soul connection is attainable for everyone who wants to answer questions about the deepest aspects of who and what they are. It is that longing and love of truth that will open humanity to inner wisdom. “What the world

needs now is love, sweet love.” And you, dear ones, are bringing that love.

Carolyn Gervais is the author of Life Before Life: How Soul Agreements Direct Our Destiny. She has been devoted to metaphysical spirituality for more than thirty-five years. Carolyn is certified in spiritual psychology and clinical hypnotherapy. She also has a master's degree in holistic nutrition. Carolyn facilitates client resolutions through intuitive counseling, in-depth dream interpretation, numerology and soul-path plans. To learn more, visit AwakeningYou.com or [Facebook.com/soulagreements](https://www.facebook.com/soulagreements).

Time Is No Longer a Limitation

Angel Ariel through Adria Wind Horse Estribou

The energy of something is always alive in your present moment, just as when you listen to music that was recorded twenty years ago. It's alive for you in that moment, right? Don't worry so much about the original moment: “Did I miss it? There was a great event in the sky, and I only saw it on photograph or video. Someone told me the story of something, and I wasn't there.” If you are fully in your present moment, you can join with that energy quite easily. We're not talking exactly about time travel or parallel-life jumping. It is quite possible to join with the energy of something, even in a recording or a memory, when it is very alive in the present moment.

Humanity is now in a phase of history when things go very quickly. You might hear about a solar flare, a surge in Earth energy, or a cosmic event such as an eclipse and think: “Oh, I missed it! I was trying to keep track of all those things, but I missed it.” Ask for it to come back for you. If you can sit in a meditative state in some manner, whatever that means for you — in an attentive, inward manner — then say: “It's two hours after the eclipse, but I just noticed the time. Is there energy still available for me?” Alternatively, you can say, “I just heard yesterday there was a solar flare, and I didn't pay attention because I didn't know. What does a solar flare feel like?” Ask yourself to go there.

The Speed of Wishes

One of the hallmarks of the fifth dimension is that time is no longer a limiting factor. This does not mean that time does not exist. However, many of you have begun to see that when you make wishes for fantastical things in your life or even fun, joyful, superfluous things, they come at you quickly. Five or twenty minutes go by, and you get your wish. You think that's really not possible, because the gears of creation and manifestation in a third-dimensional sense would need more

time. You say, “It must have been coming already before I wished for it, or how did that work?”

You're experiencing time as not a limiting factor. It's still there. There's still time on the clock — working hours, sleep hours, and those kinds of things — but it's there as a rhythm or a potential way for scheduling yourself for time or activities. It's not there to limit you any longer.

Please don't worry so much about missing out: “What is the reason for this exact timing? Why did I miss this thing? This thing is going to take twenty more years, and I can't bear it anymore!”

Forward in Time

It can go both ways with time. We've been talking about catching up to time, but what if you want to move forward in time or to come to a circumstance that doesn't exist yet? You can do that also. We caution against putting yourself too much into a time in the future when all the chess pieces are not yet moved on the board. You could come to ratify, codify, or solidify for yourself something that's not really going to happen exactly that way. Be cautious of jumping into the future too much, but know that it's available to you as well.

You might say: “Well, what does it feel like when I have this graduation ceremony or this wish comes true? What is it like? I'd just like to taste that experience a little bit, because right now I don't believe in it.” That would be a good reason to sample the future — if you feel: “I just can't believe in that.” Your mind can be a barrier to something coming true if you don't believe in it, since you're the one creating your world through such filters. Sampling a future wish that has come true can be a way to allow yourself to believe in it.



If you spend many hours of the day living in your future, you miss your present, and the present is where the action is. The present is where the aliveness is and where your free will shows up the clearest.

Dimensional Currents

What is the value of going back to something you think you missed? We mention this now in particular because the energy currents are so strong and fast that trying to experience all of them would be as trying to capture all the currents in a river all the time. Maybe you can do a still photograph of one of them or follow a few of them with your toes in the water. It's available to you in the present moment, but it moves by fast, right? The energies are alive in this way. They're moving.

When you think back on this time, 2020 to 2021, you might hear of a celestial happening or energetic event and say, "I missed that! There was a riot in my town that day or I didn't get to feel the celestial light on that day." Allow yourself to come into the present moment with the energy exchange that's available to you now in ways that it was not in the third dimension.

All of you reading this have this ability even if you conceive of yourselves as very third-dimensional beings. The energy has changed so much on Earth that that's really rarely the case. You would have to try very hard to shut out the higher dimensions now that they're very much a part of your energetic existence.

Let's use the river metaphor again to explain it: If you were floating on a river and there were many currents beneath you, you would only be aware of the one holding up your physical self, right? If you had a leg dangling in the water, you might feel some of the lower currents, different temperatures, and the pull on your toes. You might be aware of some of these, but most of the time, you're only aware of one layer at a time. It's usually the layer that's holding your physical self.

This makes sense, because most of your perceptions — the five senses — come through your physical self, to which they are attuned. If you're floating on the river, you're aware of the water moving up and down in space because of the rocks below, playfulness in the current, the wind, or something else, such as the movement of your feet in the water. You're not aware of all the currents beneath, but they're still there. They're part of the dynamic of the weather on that day and of your experience. But you're mostly aware of the top layer. You now experience the third dimension as the top layer.

Beyond the Surface

Whatever your physical self is touching — the smells, sights, and so on — is most often third-dimensional. You might come to the logical conclusion: "I have never left the third dimension." In a way, that's true. Your

perceptive abilities, for most of you, have not left the third dimension. At the same time, currents of energies are available to you and part of your experience. They're just, for many of you, not seen or felt. It's easy for the mind to discredit them and to say they must not be real.

We don't mean that in order to know that you're in the fifth dimension, your world must look, taste, or feel (to the touch) very different. It likely will not, because the perceptual layer is wrapped up with the third dimension for most of you.

Many of you are aware on one level or another that there are other energies at play. It doesn't matter whether you know how to label them the fifth dimension or another name. Give yourself time to sort that out and understand how it works.

Available Within

There's no rush here, right? When you arrive on vacation, on the first day, the first hour, you don't say: "Oh, I'm behind! I haven't yet gone to the waterfall, the pool, the lunch buffet, the movies, the live show, and all those other things." Instead, you anticipate: "Oh, look! There are massages, there is the beach, and more. What will we do first? What will we do next? How about now?" You are not thinking: "Oh, no! I haven't tasted everything. I don't know what it's all like yet."

If you can, shift your perception to the excitement of the many flavors to taste in coming years. There's much to be experienced here. Some of it will involve gifts coming online of different types of sight and perception. But you're not late when you don't yet know how to use all those things, right?

Some of us call it boredom when we know how to use all the tools well and understand our environment so well that it all feels like sameness — the everyday sameness. The good news is that at this stage on Earth, for humankind, it's not the time of sameness and boredom. It's the time of extraordinary energy play.

If you feel you're trapped in your house and limited, you miss social time, and it feels like sameness all around you, it might be a good time to sit, close your eyes, and experiment with discovering new energies and gifts. Be innocent and playful. There's more to experience than what the shell of the physical body can encounter.

If you're bored with your four rooms, maybe it's time to go within to see something beyond the television. See other landscapes. This is available to you.

Adria Wind Horse Estribou is a conscious channel of angels, Lemurians, and other beings who wish to assist humanity. She is the author of Angel Insights for Unprecedented Times and Why Did Lemuria Fall? Adria lives in Sedona, Arizona, and works one-on-one with clients around the world. For more information about monthly angel calls and angel blog messages, see her website, WingSound.com, and visit her Instagram, [@wingsoundhealing](https://www.instagram.com/wingsoundhealing).

What Luck Really Is

Azzaman Flow and Asr through Farali

Azzaman Flow: Luck refers to success or failure apparently brought about by chance. Have you ever thought about the possibility of events occurring in yours or another's life through mere luck? Does luck actually exist, or is it just a fabricated concept of the mind? All have witnessed or heard about instances where no conscious effort was made, but everything seemed to fall in place on its own.

An event could unexpectedly turn out positive rather than negative. For instance, if you have to find a vehicle to reach a destination in a very limited time, a cab might reach you without any wait. How would you consider this situation? If you tell another person, she might call you lucky, or you might refer to the day as lucky when everything apparently went amazingly well compared to the other days of the week.

Another possibility is that you have thoughts that drive you in the front seat and other thoughts in the back seat (not very prominent but still there). This is normally referred to as, "I had this at the back of my mind." When you come across a situation, you see positive and negative potential outcomes, and the rest gets a back seat in your mind as part of the least likely possibilities to occur. Of course, they are still there; though they are not physically, the energy is there. Because they are there, they are a part of the situation, and if a similar event takes place, you call it luck.

Fortune-tellers or people who normally make it a task to inform you about the probability of an upcoming event have access to shaping your thoughts. You might not believe them and brush their ideas aside, but it is certain that you maintain a link. You start thinking that way. You might have noticed that people who start the day by reading their horoscopes give their brains a direction toward what the prediction says. There is a clear difference between people who read the newspaper first thing in the morning to be aware of events happening around the world and those who scroll through it to find the day's horoscope leaving all the other news aside.

Luck in itself is nothing but a myth. The more relieved you are, the clearer are your thoughts. All the events of being lucky have to do with the alignment of the soul and body in harmony. The synchronization of both achieves a flow that results in luck.

Prayers serve as pathways for your thoughts to

travel through. Success and finding the right direction to your destination result from thoughts. The body, mind, and soul all depend on prayers for balance in life.



A Healthy Lifestyle Creates Balance

Asr: What is a world? In simple words, "the world" refers to Earth and all the countries and people residing there. Words throughout the vast languages you speak hold different meanings depending on context. For instance, have you ever heard someone say, "You are my world"? Would it make sense for Earth, or all countries and their people, to belong to that one person? Obviously not. In this case, it means, "You are everything to me." This might sound very minor, but it is one of the most powerful and multidimensional expressions. Most words are not just words; they are entangled in a philosophy. In this case, the world is a region: a place with restricted, defined boundaries.

The human body is comprised of inner and outer selves. The inner self includes everything inside the body, such as emotions, sentiments, spirituality, brain activity, and organs. The outer self, on the other hand, refers to the environment, the people, and the entirety of what surrounds your physical human body. These have a strong connection, and balance between them means a healthy lifestyle.

The inner world is where all things happen before they become reality on the outside. Your brain activity dominates and is mainly governed by the thoughts you think. You can shape your thoughts by exposing yourself to situations and spiritual people, taking precautions when you sense harm, and opting for a happier lifestyle. Your outer world cannot be confined. You cannot program it.

There are instances where your inner world is more commanding than your outer world. This is because your inner voice talks to your inner self and instructs it about what is good and what is not, the pros and cons, and what to accept and not accept. You refer to the thoughts that roam about as voices, making your own version of conversing. The voice in your head converses in the same language you usually speak because it is your thoughts, and you created them. You have made them a medium of instruction.

Your Inner World Sketches Your Outer World

When you see a building through a window, though it is a human-made product, you will not have any inspiration linked to it. The building is comprised of bricks that have no feeling. The heart, on the other hand, recognizes people it can vibe with, connect with, and respond to. You can decide how and what to eat, what to feed your mind and soul, which places to go, and so on, but you cannot change what happens outside your physical self — including what people think of you and how they act or react in certain instances. It is more of a mind game than a physical one. Your thoughts are the engine of the car of your life. Your inner world sketches your outer world.

How do you shape your thoughts? Thoughts have origin. They are products of the people you spend time with, the places you visit, your exposure to various situations and experiences, where you live, and most importantly your education. All these factors become part of your subconscious and make you who you are.

If all these fit perfectly, there are still some situations that block your thoughts and blur your idea of faith. Use techniques of meditation and prayer. Prayer is all about venting and talking to God, and meditation is all about listening. Listen to your inner self, and let your thoughts flow. Make peace with the outer and the inner selves to relieve your nerves and lift all blockages, one after another, to bring clarity of mind and enhance focus. Techniques such as these help you sustain a balance in life and a mutual harmony between your inner and outer selves.

Focus Inward for Contentment

A human body is a combination of physical, spiritual, mental, and emotional being. These four parts keep your life aligned and in a flow. Just as the four wheels of a car maintain balance for a smooth drive, these four parts contribute to maintaining the journey of life.

Happiness is a feeling that comes from the inside. It is more spiritual than physical. If you are happy on the inside, it will be visible on the outside. If helping someone in need has inculcated a feeling of contentment in you, your facial expressions and body language will have a lot to say about it even if you do not express it verbally.

People diverted to the physical side have more of an outward approach that drifts toward materialism. People who are materialistic will find temporary happiness in achieving materialistic things, but the thirst will grow to aim at one after another as the wanted list grows. Physical beings tend to build up attachments easily and inculcate a habit of constant thinking, causing immense stress that makes them less productive and finally affects their success rates. The constant quest makes you more connected to the world, and you lose opportunities for growth and develop feelings of frustration that turn into

anger without realizing the ultimate reality of short-term existence in the physical body.

When your mind works as a transmitter, it transfers thoughts of spirituality. When you have more of an inward approach, you tend to work on your inner self to maintain peace and develop patience; this leads to feelings of contentment. Your soul rises upward, and you feel relieved and lighter. Spiritual beings tend to inculcate feelings of satisfaction, and while they strive to listen to their inner selves, they constantly work on self-development. Spiritual contentment brings joy and lasts longer than you believe. It has a long-term existence, unlike the physical body, as the soul lives forever.

The ego is the barrier between the two. It controls and possesses. It creates comparisons and judgments, and it is connected to worldly, temporary happiness. The secret of a meaningful and harmonious life is to develop more of a spiritual dimension.

How to Live a Spiritual Life

Some of the points below will help you gain a spiritual perspective on the life you are living:

1. **Honest living:** Earn an honest living. Adopt a fair means of earning, and purify your earnings by spending them appropriately.
2. **Avoid alcohol:** Avoid alcohol and consumption of drugs. Avoid anything that makes you even a little unconscious or lose track of your senses.
3. **Good company:** Opt for spiritual people around you. It is rightly said, “A person is known by the company she keeps.” People consciously or unconsciously adopt habits and actions of those they keep company with. Surrounding yourself with spiritual people will boost your spiritual level as well.
4. **Meditate:** Meditation clears your mind and enhances focus. You can concentrate more on your thoughts, which help you choose your direction through mindfulness. Meditation derives inner peace, makes you divine, and uplifts your soul. It is an inward journey that helps with spiritual growth.
5. **Spread positivity:** Do good to others, and the good will make its way to you. You rise by uplifting others. Spread positivity around you through your actions, words, or practical means. Make a difference in someone's life, and you will feel a difference in your life too.

The physical self is a mirror that reflects the spiritual self. In short, we are basically spiritual beings wearing the costumes of physical bodies.

Farali has been a healer for thirteen years, incorporating Reiki and ancient Greek and Asian techniques into her healing practice. She helps each client maintain a balance of body, mind, and soul. Farali resides in Saskatchewan, Canada, and can be contacted at faralihealingcenter@gmail.com or 1-306-715-5513. For more information, visit her website at FaraliHealing.com.

The Sacred Silence of Anchorship

Archangel Zadkiel through Sri Ram Kaa and Master Lady Kira Raa



We are here. It is important for you to know we are here to share the points of anchorship. We offer these points into this space so that you can align to the point that calls to you, for there are many.

“Why am I here?” Remember to ask yourself this question. Why are you *here*? Why are you *still* here? Why did you say yes? Why have you re-upped? It is important for you to know that you have re-upped at this time. You have asked yourself, “Why am I here?”

When you ask this, you go deep into the truth of the I Am. Now go deep into the heart center. Go deep into the root. Ask yourself, “Why *am I here*?” Can you truly answer that question, or does your mind arise to respond on your behalf? This is why we offer the points of anchorship.



The divine galactic blueprint

Offer yourself this gift of remembrance, and ask: “Where is my torch? Do I wish to pick it up? Do I wish to carry it? Or do I wish to simply walk the path, knowing that all is illuminated, and that indeed I can see it?” Are you a torchbearer or a journeyer? It matters not. One is not better than the other. Each, in and of itself, is a necessary piece for universal integration. This is why we come today: to offer the points of anchorship.

Return to Integrated Goddess Energy

The gift of anchorship and understanding the truth of being a point of anchorship is the clarity and understanding of why you are here. Gift yourself with the opportunity, recognition, and knowing that you are, indeed, a torch.

You have choices: illuminate or walk. Either way, you are a being that bears light for many at this time. Make this decision and understand why. It is important to pay attention to this, and when you have been called, ask yourself: “Why have I been called? Who is doing the calling? Who is doing the responding?”

Let us share how the word assisted with the decline of Goddess energy on the planet. Before the written word, Goddess energy was revered. Before the alphabet, there was the embrace of feminine energy. The concept of love and wisdom was shared without words. Is not the love of a mother shared without words? Can you not feel this without hearing a word come from a mouth?

You are at the time of the release of the word and reunification of Goddess energy back into a third dimensional realm. This will escalate the movement and shift the energy of your experience more easily into a fifth-dimensional awareness. It is truly time to release the alphabetic word.

When you go into the silence, beyond the word, there is no longer conflict. When the written word came to be, it was with dogma and patterning of the word and thoughts. This is when the war of the word began. The energy of separation became acceptable.

The power of the written word was able to hide the

importance of divine balance between masculine and feminine. The energy of imbalance began to rise and say, “There is no more Goddess; thereby there is only God. Thereby there is only one. And if you do not like my one, then you should not be here. We will legitimize letting you go.” It is important for you to take this in.

We offer this to you as an opportunity to release word. Remember that when you greet and meet each other in the balance and truth of pure silence, there is no word to argue over. There is only the essence. There is the greeting. While you are in body, you have the gift. You can do this. The body does not need to interrupt you. When you are in the true balance of the energy — when you are the one essence — there is nothing to argue about and nothing to judge. There is nothing to separate you. There is only essence meeting essence, light reintegrating with light and becoming one again. It is important for you to remember this.

We offer this as assistance for those fully engaged in the third-dimensional mind. Offer greater harmony when you see more and more chaos erupting in the third-dimensional world. As you fully understand this, your expansion assists the reintegration of the masculine-feminine balance. This balance assists you to understand why the chaos is expressing so that you will not be repelled or frightened by it. Many will scamper on this planet: “Where do I go, and what do I do?” They will react. You need not react. It is the moment to be.

Action Offers Peace

Invite action and wholeness into your being. Dive into the silence and call forward the truth of essence. From there, you will maintain the gift of love for all. Be in the understanding of the truth.

This is why we offer anchorship and invite you into the wordless silence. Honor and breathe into the truth. The space where the masculine and feminine are in balance is already present. This is why many seek such balance. Multitudes are seeking union unaware that they are seeking balance. It happens in many different experiences. Balance is being sought by all because you are in the state of unification. You are rebalancing and gathering all energy into a harmonic state. This is the moment to anchor and call forward effervescent joy.

To arrive at balance, all that is out of balance must rear itself. It will rear itself profoundly. It will be visible and prominent. If you choose to be in a third-dimensional experience, it will be all-consuming. We offer the gift of anchorship so that you can answer from your soul with clarity when you ask, “Why am I here?” The more truthfully you answer from your soul and from your heart, the more you release, step into your truth, and help those around you to gain the freedom to step into their truths too.

Remember True Community

You, in your power, truth, and anchorship, invite others into the safety and opportunity to be in their power. When you vacillate and hesitate, you are unable to hold anchorship for others. This is why we return into the void.

Only in the void can the truth emerge. In the void, all is whole. In the void, all is there. You cannot get stuck in the void unless you choose to be there. Choosing to be there for a while is not a bad thing. It offers greater clarity and opportunity to revisit truth and balance in the wordless state.

Imagine the time when there was no written word and Goddess energy was very visible. Harmony reigned and birth was joyous. All supported all as true community.

Go to this time — not the time of your history books. Go to the time of true community and true essence when the word was song and tone. It was the gift of energy to energy, light to light, love to love, and heart to heart. This is your true state. You live heart to heart. You know this. You live energy to energy. You know this. You are a blissful being of effervescence. Your energy is a great gift. It is only when you are out of balance that the energy seeks a word or expression that causes judgment within.



Give yourself the gift of greeting energy to energy.

Give yourself the gift of calling forward the truth of your own energy.

Give yourself the gift of knowing the true balance of the masculine-feminine within.



Have fun with it. Play with it. Go be joyous. Get on the swing set. Go down the slide. Play in the sandbox and make a good castle. This will call it for you. It will offer that for each of you who touch this; even in this lifetime, you have touched it. You must recall this time and bring it back to you. You *deserve it*. You *do* deserve it.

Balance and Release Fear

It is your birthright to be in balance. Often when you are close to the balance you seek, everything looks out of balance: “Why did I lose my partner? Why did I not have ‘this’? Why is ‘this’ not happening? What is going on?” You are coming into balance. Say, “Hallelujah!”

Each step is a step forward; remember this. There are no steps backward. Be present with truth, knowing that the time of being is here. It has always been with you. It has always been a part of you. The time is here, now. You are at a time of glorious expansion. In the time of glorious expansion, even the atoms and molecules must expand and release.

Do not be afraid. Be in joy as you understand and decide the answer to, "Why am I here?" Those of you who have rooted your hearts will find it very easy to walk through this time, and there are other ways to walk through this time. This is one way, and it is an easy way. Truly, it is that easy.

Return to the heart over and over again, and consciously call forward your anchorship. Understand the truth of who you are evermore. When the truth of your anchorship is in front of you, when all judgment is before you, when you recognize that the masculine-feminine is out of balance, or when you do not see the Goddess honored, embodied, or called forward, return to your heart and sincerely declare: "Thank you for this reminder. Thank you for putting this in front of me now. Thank you for giving me this visible opportunity to stand in balance, to be an anchor of balance, and to be able to transcend many dimensions."

Consider that you are out at sea and have thrown down an anchor. The anchor hits ground and the boat stops, yet the anchor can be moving, can it not? The anchor navigates the currents and might hit sand or a rock, and it just keeps anchoring. Nothing stops it from accomplishing its intention. It is designed to hold fast. As a light anchor, you are invited to hold fast and stay present through the currents. Understand the authenticity of your rooted heart center with the ascended energy that you have called forward.

You are invited to call yourself into anchorship, and there will be a time of experiencing the pull against the anchor. Many things will happen, and this is okay. You can choose to up-anchor at that point. You have the choice.

Accept the Energy

You mentioned that until the word came forth, the Divine Feminine was more in power. I accept that I am here embodying word. I teach and reach others through word. Can you share some wisdom with me as to how, in my work, I can help bring the Divine Feminine back into balance?

This is a beautiful question, and we appreciate your asking. We would love to share this for all who wish to hear. It is important to bring the word forth from the void and not forth from the head. Bring it from the void. When you bring forth the word, read it and ask yourself, "Does this offer judgment? Does this respect balance? Does this bring forth to the one who will receive this word an opportunity to claim her own void?" If you can answer yes to that, then keep going. You will indeed reintegrate the energy you seek through that conceptual way of presenting.

This is quite a new path for me, and there is a lot of change going on for me, as there is for everybody. I find joy and comfort in all

this, but at the same time, I feel a little confused as to where I am going and what I am doing. Can you help me out with this confusion? I am moving to California, and I am just not sure what I am doing anymore. It is kind of scary. I get into total fear the closer I get to my move.

What you fear is third-dimensional turmoil. You have called much third-dimensional turmoil to you because you have polarized the energy around you. Thereby, the only thing you can do is to embrace it fully. If you are in fear, then truly be in fear.

We understand this might not be what you wish to hear. We offer you the freedom that you seek if you embrace this fear fully and understand its root. You have been spinning out of control for almost two years. It is time to stop this pattern. It is time to get on the stick, as they say. You have called this new energy to you so that you can free yourself from this pattern, and to do so, you must go deep into it. As you go deep into it, you have the opportunity to do this before you make a physical move. This will not be your last physical move. You must only continue with what your heart knows is right. You listen to too many people. Listen only to you.

You have the divine opportunity to do this from your heart. This is why the energy has come into you, dearest child: You are seeking balance and union. It is already there for you. You must simply walk into your void and claim it.

You have been avoiding it because you are afraid to step in it. What a beautiful gift you give so many by modeling this. Now do it for yourself, because that which you seek is already there for you, and the joy that is you is beyond your imagination at this time. Dearest one, go into the cocoon so that your wings can grow, and you can truly fly. You will walk through this. Know this. Know that it is perfection, and do not fear the outcome. Simply walk through it. It will and is perfection. Know this. Many blessings.

How can I best achieve balance and awareness of my higher self?

We appreciate your asking this question, because it is a question many would like to ask. It is important for you to answer this question again: "Why am I here?" Keep answering that question. Keep refining that question.

It is also important to remain committed and focused on the Divine at all times. See the Divine in everything. When you do not see the Divine, when you see that you are not seeing the Divine, be kind and gentle to yourself for that recognition, and then turn your eyes back to the recognition of the Divine.

This too is for love. The more that you practice this, the more that you integrate; then effortlessly you will be able to stay in this balance. It is also an honoring of your divine heart in perfect balance and union.

Go into your divine heart, anchor it, and stay in the

truth of knowing. The more that you do this, the more will unveil, and the effortlessness of the flow will be abundant for you.

Love Is a Place of Being

Dearest ones, we now speak to all of you. It is important for you to recognize that the highest energy of love that has ever been available on a densified planet is here now. It is here now. You are at the time of bringing forth the highest energy of love. It is important to go beyond the concept of love as an emotion and to remember that love is a place of being.

It is a knowing, and oneship, and a balance. It is perfect. It is understanding. It is joyous reunion. How do you do this? Claim the knowing that you are not alone. You are never alone. When you say, "I am alone," or "I am lonely," go into your heart and remember: "I am not

alone. I am a universal being of oneship. I know why I am here."

If you do not know, keep going. Claim balance. Claim reunification. Understand the truth of being. Joyously celebrate your fear as you joyously celebrate your being. You are deeply loved and honored. Know that the peace you seek on this planet exists within you. Be the peace. Be the oneship. Be the knowing. We love you dearly. Many blessings.

Sri and Kira remain at the forefront of the higher consciousness movement due to the wisdom, clarity, and accuracy of the information they share. With five best-selling books, hundreds of published articles, and a top-rated radio show presence, they present extraordinary insights about our human origins and divine destination. Newsweek magazine stated: "Sri and Kira are offering reassurance and uplifting the consciousness of the world." Residing in Ecuador, they model universal citizenry and passionately exemplify the Yoga of Self-Ascension. Learn more at SriandKira.com and TOSABlueMountain.com.

Release the Fear of Living

Isis of Egypt with Osiris through Rae Chandran

Hello, my dear sisters and brothers, this is Isis. Many of you know me as the Mother of Love, Mother of Mystery and Alchemy, or Mother of Wholeness. I am all these and more. I hold the frequency of love for Earth and its inhabitants for the forward movement of the human race. This is just one small aspect of my wholeness.

I, along with my beloved Osiris, have been holding the light for Earth for eons. My beloved Osiris holds the energy of renewal and new beginnings, which can also be called rebirth or resurrection in all new moments. Have you ever wondered how the human consciousness evolves, how humans progress? What made them think a higher thought to create a new reality? If there are no higher thoughts, then there is no growth or advancement. Osiris and I have been the energy behind each inspiration to change in order to discover more of yourself and create a better life.

Begin a New Chapter

Osiris's energy is embedded inside the pineal gland. When fully awakened, it can spur growth in all areas of life. Fear prevents human beings from discovering more of themselves — fear of the unknown. Fear of the unknown creates the fear of failure. Fear of failure triggers the energies of doubt, confusion, and survival. Then the lower energies embedded in the chakras are activated, and this pulls back human endeavor. Also, due to the experiences of pain and suffering you have endured in the past, there is a great fear of any pain that could be

caused when you try a new experience.

Osiris's energy gently helps you to move beyond this encoded energy of pain and suffering and helps you to move into a place of new beginnings. Fear stops human beings from growth. In all the mystical teachings around the world, much emphasis has been placed on this.

What do human beings fear the most? They fear death. The fear of death causes the fear of true living in one's natural state of love and joy. When you release the fear of death, you release the fear of living.

Are you willing to let go of the fear of the unknown, or are you going to stay in one of the early chapters of your book of life? There are many to live. In most cases, each person has between thirty-six and forty-four chapters. Some have more.

Osiris's energy propels you to move forward by finishing your current chapter and beginning a new chapter. His energy contains dragon and phoenix energies. Both these energies represent dissolution and new creation. From the ashes, one rises again.

Go into your pineal gland and open the Osiris code. This code is shaped like a bow and arrow. The colors associated with the code are silver and gold. Touch the pineal gland with your thumb and chant: "Osi, Osa, Osiris," for a few minutes. Then visualize the arrow being



released. See it travel through Earth's atmosphere and join with the galactic code and the solar code, where your oversoul and spirit self reside.

You might feel a disconnection, and fear might come up, as your present life is built on all the thoughts and beliefs you have about yourself. Now you are moving into the unknown. This is where your faith in yourself comes in: Can you trust your self, your soul self, to carry you forward?

The journey into the unknown will take you to the temple of Osiris. Depending on how much courage and

faith you have in yourself, you will be initiated into the order of the one. Are you ready for this magnificence? Are you ready to accept your larger self? We await your return to oneness.

Rae Chandran creates individual and healing soul symbols that are channeled from ascended masters such as Master Kuthumi, Lord St. Germain, Mary Magdalene, Isis, and a host of other lightbeings. Rae has been on the path of self-discovery for some time and teaches spiritual disciplines and other modes of healing for audiences around the world. He also conducts spiritual tours to sacred energy spots. To learn more, go to RaeChandran.com.

Connect with Christ Consciousness

White Eagle through Therese Dorer

Therese: The vision I see is a morning sunrise. The sun is rising over the mountain peaks, and soaring in the morning light is a huge white eagle. The eagle circles and swoops around me and gently lands on a tree branch. Then with a flash of white light, the eagle shape-shifts into the lightbeing I know as White Eagle. He stands before me holding a white eagle feather.

White Eagle: Welcome to all who choose to read these words. I come before you today with much love and respect for your human journey in the Earth realm. I bring you words of hope and solidarity, and I stand with each of you. Today I give you the invitation to embrace Christ consciousness. Allow yourself to receive this mindfulness into your physical body, embrace it in your emotional and mental bodies, and allow it to support you in your spiritual body.

This transcendent, all-inclusive energy of unconditional love is available for each of you to embrace and accept into your hearts. You will receive support from this omnipresent energy of love. Remember, you chose to come to planet Earth in this journey as a human, and you are connected to the trees, rocks, animals, and the four elements of wind, earth, fire, and water.

You made your journey to Earth as a spirit connecting to the eternal flame of fire. You grew in your mother's womb surrounded by water. You emerged into your human form with your first breath, connecting to air. You were born to Earth in human form. Your journey here is a miracle that connects you to the four elements of fire, water, air, and earth, and these four elements continue to support you as a spirit having a human experience.



See with Eagle Eyes

I come to you today on the wings of the eagle, who sits in the east on the medicine wheel — the place of the rising sun. I bring forth to each of you a white eagle feather, my people's symbol of connection to grandmother wisdom. On Earth at this time, it is divine feminine energy that will soothe the waters and bring forth the unconditional love that will support the whole.

The eagle reminds you to see your world from a different perceptual state and to allow your vision to expand beyond the obvious. It offers the opportunity to see your world from different vantage points. Being awake to the higher perspectives will connect you to Christ consciousness and remind you not to get caught up in micromanaging your life. This expansive viewpoint will lead to a more fluid existence in which you will be less afraid of change or of moving into the development of your being.

You have been told before that each of you is a spirit having a human experience and that your spirit is vast and huge. In choosing to connect to Christ consciousness, you choose to connect to your eternal spirit. In the place of your becoming, you are unconditional love. We remind you to take some time to reconnect to this vast soul source that is you and breathe it into your physical body. As you make yourself available to receive this love that is you, expand your energy field. Use this energy of the higher self to support you and your extended connections of family, friends, and community. In this way, you carry and expand the Christ consciousness grid on Earth.

Your thoughts and feelings create the atmosphere you live in. Earth, from our perspective, is like a huge melting pot of feelings and energy that swirls and flows. You, as a human, swim in this energy field just as fish swim in ocean waters. Be mindful of your thoughts, words, and deeds, as they create the level of your well-being and the well-being of others in your energy field. Be aware of toxic thoughts and personalities. Limit the time you spend in the company of fear and dread, for these energies will affect your vibrational frequency.

Nature Will Heal You

You can find rejuvenating energy in nature, sourcing to the trees, lakes, rivers, and oceans. Mother Earth will always feed you and allow you opportunities to reset and rejuvenate your being. Trees and animals are not affected by the heavy energy created by humankind. They have their own ways of resetting, and as humans, you

Feel the Great Central Sun and God Love Within

Surya through David Christopher Lewis

I, Surya, activate the Great Central Sun magnet in your hearts and God government on Earth. The Great Central Sun is yours to claim within your cells, for when you accept the Central Sun's divine light where you are, I inscribe within you a replica of it for you to know. Bask within to feel its completeness, perfection, and divine glory. Within this radiance, God alights within you. Your spirit ascends to be fully with and in your God presence and one with the Great Central Sun. You have said these words acclaiming that you are one with the Sun, and the Sun comes to serve you, anoint you, and fill you with light.

Herald an Age of Enlightenment, Freedom, and God-Love

God government is needed now on planet Earth, yet what is government, save God's light over humankind? When God reigns supreme within human hearts, then you will see righteous government. When there is the anomaly of men and women here and there going after other gods, the gods of Baal, Beelzebub, and Satan, then you see not the divine light fully represented and manifested within your culture and world. This is the conundrum of the hour, dearest ones.

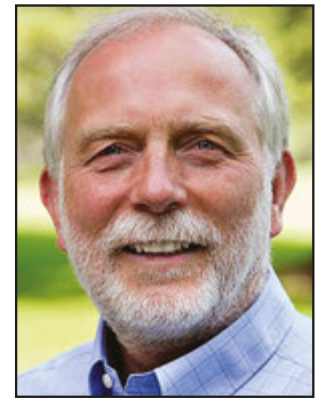
Many lightworkers, lightbearers, and lightsharers are

can learn a lot from them. They have much to teach you, and taking time to be in nature will always support you and connect you to unconditional love.

I invite you to greet the morning light in the east with a prayer and with trust in the new day, the new dawn. Breathe into your heart the Christ consciousness of unconditional love, and soar like an eagle. I leave you today with this supplication:

The Eagle flies over the mountaintop and
kisses the face of the Sun.
Eagle, great Eagle, let me fly with you awhile.

Therese Dorer lives in British Columbia, Canada. As a spiritual consultant for twenty years, her gifts include clairvoyance, mediumship, and shamanic healing. Therese loves teaching others about the power of earth-based medicine, and she feels honored to connect with the masters who come through her. She is a coauthor of the Wise Woman Journal for 2021 (ThreeWiseWomen.ca). Learn more about her private practice at CrystalClearInsights.ca.



calling for the great transformation, the great awakening, yet some will not have it, for they do not know God within themselves. How could there be a culture ensconced in godliness, virtue, and all that is benevolent and pure? You must be the receptors of a greater light from the Great Central Sun to hold that balance and to be that difference. More people will awaken to the great restorative fires of the spirit that come at the nexus of one age transiting to another.

When you fulfill what the Aquarian man and woman are meant to out-picture within your life as God love, brother-/sisterhood, compassion, understanding, and kindness, then light expands from your heart — one with God's, as you have proclaimed. The emanation of that fire and its ability to transform life manifests in greater action and greater God glory. Many will awaken to that spiritual empowerment, that enlightening fire, and the impressions of their great God presence. They now have no other choice than to yield to it, because this is an age of enlightenment, freedom, and God love.

Restore Your Soul to Its Perfect State

We come to restore the original blueprint of Earth as created and envisioned by God in the beginning — a

holy planet of light with a culture, indeed many cultures, evolving here while seeking to be one with God again. When the soul yields to God, heaven allows that soul to take on more spiritual quintessence and journey to the Great Central Sun. There, it can mindfully and consciously partake of the great enlivening and enriching blue-fire/white-fire cosmic energies that are creation itself. They restore that soul to its perfected state and ideal manifestation of light.

If you could simply meditate each day for a few moments, dearest ones, on being within the Great Central Sun, being cleansed and charged with light, feeling your oneness with Spirit, and knowing with certainty that you are and always will be one with God, then you will have a greater experience each day connecting with and anointing the spirit within. You will know your God ideal as a God-man or God-woman fully living in the light of your presence. You will be eternally free to pursue through your cocreative acts what God set you forth as a spirit-spark in the beginning to dream and realize completeness and totality.

You awaken to a greater livelihood and God manifestation each day as you pursue your divine course to live in the light of your presence. You know love in its infinitude, divine glory, and universality within the Holy Spirit's breath and omnipresence. When you can feel God's light and being energizing you each day, enlivening your spirit, then, dearest ones, you have caught fire and begin to know what it is to be free in that light.

You surrender much of your ability to magnetize a greater light from the Great Central Sun magnet by not loving yourself and others. The practice of self-love is important in this day and age when you have been demeaned and undermined by the dark ones. It is no longer their time, dearest ones; it is our time. We proclaim it. It is God's time for Earth to be transformed fully into the light. Accept your divinity, accept the God light as your true nature and your God reality as that which is and always has been the blueprint of greatness.

Find God in Joy

Enjoy your life with God each day, for in joy you recreate the original blueprint in a greater glory and out-picturing of your divine nature. Only the lackluster and joyless ones have left off proclaiming God as real and God as vital in their lives, even denying God as the Creator of all. It is no longer an option for those who deny the Lord to live and command you to live as they desire, for you are free within you, dearest ones, to live as God desires.

Think about this: Even during this [COVID-19] pandemic and what is occurring around the world, you have the choice to be a godly being, living as God fire, because you have free will and can choose to be anointed. Self-appointed as an arhat, a master in the becoming, you

attune your will to God's and atone for your past; you now are at one with the eternal.

It is a daily process of letting go of your former nature with all its miscreated manifestations in your life — thoughts, feelings, and memories that no longer serve you on your higher trajectory toward spiritual self-realization. Do not rue the past and dwell there in your minds and memories, dearest ones. Accept the future of the eternal now manifesting this moment as your opportunity to be fully self-realized through love with God and in God.

This is the key to a joyful life — live in love with God as a godly one and simply be the full glory and manifestation of your presence in action while walking on Earth in love each day. Find ways to love one another that are righteous and opportune. Find ways to serve one another that ennoble every soul, no matter what persuasion, belief system, and moorings in a former state of unreality. Find ways to simply be joyful as you are one with God, for in that state of pure beingness in the higher vibratory frequency of I Am That I Am, there is glory that shines around and within you, dearest hearts, that ennobles others in its radiance and in God power for transmutative change.

The light within your aura through conscious efforts to maintain the vigil of light in your daily life allows you to bless and encourage others by its radiance. The Holy Spirit's graces are perfumed through your being into the atmosphere and become a permanent blessing to others. When you understand this and seek to be one through God's manifestation, God can act and expand in that radiance more each day. Then you have solved the riddle of life itself, which is to give of self for the all and the one.

Practice Government through God

Some have sought to understand what is the greatest government that could be manifest on Earth. Would it be capitalism or a communal type of experience? From our perspective, it is simply a community of one where everyone knows God. Through that knowingness, that acceptance, there is a natural confirmation of each one within the whole that is original, glorious, and beautiful to behold. Each participates within the whole as honeybees within hives. Each is important. Each is essential to the evolution of the whole, yet there is still the individual spark of God identity, that uniqueness and special energy that each soul emanates and manifests. This is key for the actualization of God consciousness for all to proceed to the greater sense of oneness.

When people become one with God, they can empower others to do the same as divine magnetism manifests. You have seen this in your experiments in grade school with magnets and iron filings where you magnetize metal. Think of this principle: You can magnetize others to become godly and loving through your power

of love and the Great Central Sun magnet that clothes you within.

This one principle is something that every disciple and initiate must understand and seek to manifest, for it is the key to a golden-age civilization. When, one by one, godly men and women enrich society with their vibrations of holiness, peace, virtue, and love and more and more accept this dynamic as the new reality, then you will see no more war but only pure peace and brother-/sisterhood everywhere.

Begin anew each day to be a greater magnet for us: Surya. As you witness the sunrise, sunset, and noonday sun, we are there impelling you higher. We are there distilling the new frequencies that we emanate in that moment on your behalf to feed you light and fire. We are there to enrich your lives with new nuances of holy truth, wisdom, and understanding so that you have the wherewithal to meet the challenges of that day and to be victorious in all your efforts and affairs.

When you commune with the Sun, this dynamic is really implicit and manifests almost instantaneously and automatically. It is much better when you consciously engage in it with a pure heart, awakened mind, and empowered will suffused within your devotional practices, prayers and meditations, times of emanating love and light to humankind, during your working and playing hours, and when you are at rest at night.

Your Heart's Love of God Is a Magnet

The magnet of your heart's love for God continues to be impressive in its radiant glories and ability to woo souls upward more than you know, dearest ones. When your soul takes flight at night and you go to other star systems, commune with the Elohim, the chohans, the manus, your sponsoring masters, and many angels of the sacred fire, glory comes to you that refreshes both your spirit and your body temple. When you awaken in the morning and look to the Sun, it is as if a new vision comes to you and a new world opens before you. In that self-realization of the moment as opportune for a greater God glory to shine forth through you, you are the new blue with Morya El, you are the New Age with Lord Maitreya and Saint Germain, and you are the new planetary solar essence of Earth becoming a star in all its glory and divine radiance. You are key, dearest hearts, to the victory of Earth as you live consciously day by day in this light and perfume it for all reverently, holily, and virtuously.

We provide all with a blessing. From these hands of fire, there is an energy that charges you with the new blue, the new yellow, and the new pink as I raise your threefold flame and praise God within you. Feel the heat, the inner heat of your God presence within the crystal chamber of your heart. It is now blazing in all its glory, one with the light from the altar of God in the Great

Central Sun. Feel the impulses that give you all you require each day to live in a godly way through pure love, pure understanding, and pure faith.

As these fires transmute ancient energies and patterns within your electronic belt now, you are raised in glory. This is your new rapture, dearest ones. Why wait for Jesus to come at some future time? You can be enraptured now by accepting greater Christ love, wisdom, and faith within as Jesus did and still does today. Let every day be an enrapturing experience during which you are taken out of mortality into immortality through joy and feel the enriching and fiery energies of spirit clothing you in a new glory of solar light.

I am Surya, and Cuzco, my student, has risen to a new level for Earth and also adjusts energies and frequencies in many domains in this hour. You will see — according to humankind's will — a better God government ensuing soon. The dark ones will continue to be exposed and removed from the scene day by day and the light ones will be revered for their selflessness, sacrifice, surrender, and divine service to you all.

Experience a Golden Society of Solar Light

The turning of the money-changers' tables happens again, this time by Melchizedek, a guru of Jesus. If Jesus had turned over those tables 2,000 years ago (with the greater God power of a Melchizedek), just think what this could have meant then within Earth. Now it can be, dearest ones, a new opportunity for greater health, well-being, and even divine wealth for many when they are freed from the machinations of the dark ones who rule this roost of Earth through their controlling practices.

Be free, humankind, in a new culture and a new economy brought to you from the Sun by those who know what gold is — living, liquid, solar light precipitated as the metallic, shiny substance in your domain. To have a golden-age culture, you must be golden yourself. Had you thought of this?

“O God, I ask for the golden age to descend now. Therefore, I am golden in my thoughts, my character, my consciousness, and my daily actions. I live by the golden rule; therefore, I am a golden one with you, O Maitreya, Jesus, and the masters of wisdom — Kuthumi, Omraam, and our world teachers. I am golden now and evermore, because I live in the light of true wisdom, understanding, and holy knowledge. I am golden because I am pure, seeing this solar civilization manifest through me and through all as a cosmic reality now.”

Be that golden-age man or woman. In this understanding of your true nature, your wealth will increase and your health will be revitalized. As you breathe in the solar fires each day during your solar meditation, I will be there to enrich your lives in that golden frequency of light.

Thank you for your prayers to us this day and your

songs of praise. Because of your devotion and one-pointedness in following the messenger's lead in out-picturing this energy, we were able to come to Earth, alight here, and bring our light to all humankind.

The adjustments within Earth will continue. If a tiny asteroid comes, it will not create destruction when it enters the atmosphere of this planet, for we see the destiny of Earth as free, even as a Sun.

Make it so, dearest ones, by your acceptance and your intrepid, courageous work each day. You are the

key to the divine destiny of Earth through your loving lives lived to God's glory under the overshadowing presence of the Almighty in your midst, the Shekinah, the beauty, and the radiance of the Sun. Thank you.

*The Hearts-Center is a dynamic worldwide movement whose mission is to deliver teachings and inspiration from the ascended masters, angels, and divine beings through **David Christopher Lewis**. Daily prayer and meditation service broadcasts, local events, quarterly conferences, and annual pilgrimages provide opportunities for uniting hearts in service to the Divine. For more information, see HeartsCenter.org.*

All Is in Divine Order

Supreme Creator Goddess through Luanne

The chaos you see, feel, taste, touch, and hear is all in divine order, or shall we say, reorder. Your whole world, the one you created so brilliantly to experience All, is now in reorganization mode. You might have never sensed anything like this, so you have no frame of reference. Your third-dimensional senses are bombarded with all you created in the past to comprehend whether you want to continue creating or change completely. It is your choice. Choose wisely, my loves, for your future depends on it. Some of you will create a magical New Earth while others will cling to and repeat the past. This is the moment of choice. All is in divine order. As you are divine, all is in your control. You are free to create a world of love or fear.

The winds of change are upon you. Which way they blow is for you to decide. You might give up and come Home. At Home, you might regroup and return to whichever Earth you choose to create or re-create. The baton has been passed to you. We wait to see what each of you chooses.

Lead in the New

In all the chaos and bombardment of your senses, we see some, even lightworkers, lose their cool and revert to old habits. This is just for you to say one last goodbye to your old way of thinking. The old has a mesmerizing effect on you, as you have been immersed in it for so long. Remember, it is your creation. You become attached to what you create. See the light through the chaos, and know in your hearts that all is in divine order. You are also free to redo the past until you deem yourselves complete with it. You are free to create all new adventures for yourself and others.

As lightworkers, you become the leaders of the New Earth. We will never tell you not to go back and try to save those lost in the darkness, but we will say that it is their choice. As great and powerful goddesses of mine,

you want everyone to enjoy the peace and love of the future Earth. You see and feel, but your job is not to save others and try to bring them along. Your job is to create the most beautiful, magical light imaginable and beam it into the New Earth to create magnificence.

Every time you go back for a lost soul, you step out of your creative mode and become mired in the dark past of others choosing this path. This is not a place to be or to go even to save another. Those moments of return are distracting and take away precious moments of creating a loving New Earth. Notice your compassion, but know in your heart that they too have a choice, and allow them to choose differently than you. This is also part of your divineness — knowing when to move on and let go.

Your purpose is to feel, know, and choose for yourself your divine magnificence. Those left behind will have seen the magnificence of your light and will someday remember what you tried to show them. Someday they will understand. Now is not the time.

The chaos is to shake things up, see the past, and let go. Some will see and some will not. Don't try to understand in this time and space, as no understanding will be found. Just know that all is in divine order and reorder, and you are the creators of it all. Focus on love and light. Focus in your heart space and imagine a bright future. We love you always and in all ways. We surround you every moment with our love. Breathe it in and be at peace.

Merge with Your Greater Self and Rest with Me

Your next step toward ascending is to merge with your other selves to become one in spirit; then merge with the whole of who you really are on all planes of



existence. You are one being, and that one being is me. Join me once again. Your travels have been great and far. You have experienced love in all its forms and presentations. You might be weary or exhilarated by the trip, but now the return begins to who you really are: me. Hold on just a short while and watch.

Be aware of all that surrounds you, the seen and unseen, for all have a message for you: Be you no matter who or what surrounds you with its distracting call from the place of polarity. It is over on Earth. The New Earth is here — the great creation that my goddesses are creating for all.

The ego of density and low vibration still sings your song to keep you from moving onward toward your Home. It's yelling now, because you have lost interest in its siren. It speaks louder and louder at you until confusion reigns supreme. You breathe in love and rest your attention in the heart space, and there you find peace and harmony. This is where you find connection to me.

Please come and rest with me. I will give you strength to carry on. Feel the tears well up in your eyes. They tell

you of your great works. They tell you I am here on Earth surrounding you with my love. These are not tears of sadness for all the confusion, chaos, and loss. These are the tears of a heart opening to me. All That Is waits for you to become heart-centered in all you do, are, say, and be.

Each moment of heart-centered connection is one that spreads love to all. This is where you belong. You cannot return Home to rest with me until your great purpose is fulfilled, but you can merge with me at every chance as you breathe deeply, go deeply into your heart, and step inside for the moment of love and peace I offer you. Take your attention away from the outside, and step deeply into the center of your heart. There, I am waiting for you. I am a part of you. I am you.

Your tears are the feeling of great love I have for you. Intend to connect your heart to mine. Intend to merge with me often, and I will transport you to a world of great love. You, in turn, transfer this great love to all. You know this is your purpose.

Luanne

Your Healing Is My Healing

Mahatma Gandhi, Mother of Light, Shockara Starbeings, and Grandfather Shaman of Mesa Verde through Blue Turtle

Mahatma Gandhi: Beloved children of God, I delight in your deep, secure commitment to make the world a better place for everyone. Your continuing joy in the face of oppression, hostility, and downright indifference allows the divine energy to work through you. You are soldiers of light and love, dutifully engaged in bringing peace and joy to others.

In you, I see myself when I, too, extended friendship, hospitality, and kindness to those who needed it most as they were diminished, humiliated, and treated horribly because of who they were. In you is the greatest ongoing hope and promise for your world now as you work hard for healing and change.

Together you have embarked on a noble course where you gather strength, resilience, and steadfast hope to bring about a monumental and universal transformation for humankind, Mother Earth, and all Earth's children. How you act together now and proceed with care, caution, and utmost optimism matters.

You are all the cogs in the wheel of life working together to create good fortune and karma to make the world a better place for all. Nestled in your love and devotion, you elevate one another to effect powerful, positive change.



When I worked cooperatively with other leaders and colleagues in India for the equality of all Indians, I was lifted by my comrades into the holy realms. Their passion, joy, and knowing what was right touched me deeply and made me a better leader.

What you can each offer one another of your gifts, insights, and blessings will enhance each of you and all your efforts together. There is power and good in coming together through light and love for global shifts of consciousness and equality.

You will find that one good thing accomplished leads to the next good thing coming into being. Your profound efforts together on behalf of others will manifest exponentially as you ensure greater good and well-being for all. Your healing and well-being will occur naturally as you help others in this selfless way.

The path of the spiritual initiate is very self-directed, focused, and inclusive of the others' welfare. You can only open to your greatest self and being if you bring the community into the fold. Your dream is all community members' dream. Your healing, deep understanding, and wisdom become theirs too.

Feel how the healing energies manifest in your life and circumstances in exactly the way they need to for your comfort and ease. This also occurs for others. Completely trust how you are guided and led by divine energy; know that you are safe and protected on your arduous, monumental journey.

I always looked to God and the Atman for my way and knowing. I could always trust them implicitly. They could manifest in many different ways and forms so that I could relate to them easily while evolving and growing on my sacred path and calling in the world. As you gather together making tremendous societal shifts and changes, I walk with you bringing sustenance and light.

Everything You Touch Changes

Mother of Light: Beloved children of light, you are on a harrowing journey of self-discovery as you seek the accomplishment of your highest good. In the midst of the ongoing [COVID-19] pandemic, you find your way and your place of service. Open to the divine impulse as you are guided to help those in the greatest need of your gifts.

You could not even imagine how you would meet this personal and universal crisis, but now you know that this is a transformative, healing crisis that you can weather. You discover the degree of your mettle and courage to bring forth what is needed by each person you serve and touch.

You are pushed to the edges and frontiers of what

you are capable of and what matters most to you in this lifetime. Feeling tossed by the wind and pelted in the face by rain, you are invested in the healing process and work to bring about peace, restoration, and joy.

You are called to serve at the core of the issues presented, inflamed, and treated. You answer the call of justice in all arenas for all your sisters and brothers. You unite in force and structure with those who believe and want to live in the most loving ways.

Your joy radiates through you, and others are present to receive it readily. You are making a difference in your locality, community, and region. You bring forth the best attributes, gifts, and blessings that you have been given. You do not hold back in any way; you are there for all in need.

I stand in full solidarity with you as you fathom, navigate, and circumvent the storm. This monster has been relentless in its heartache and devastation. It has forced you to reach into the depths of your heart, soul, and being to retrieve and draw from the boundless treasures of the divine.

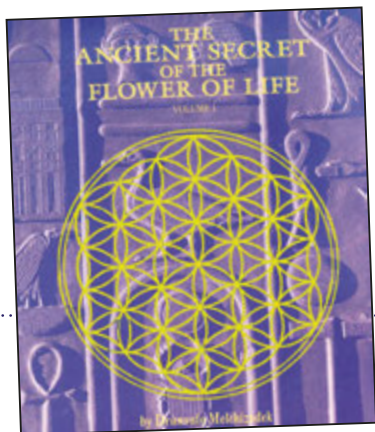
You know exactly how to proceed and what to do. There is no question or uncertainty within you. The scope of your being connected to the light is undaunted and brilliant. You understand that you have all the resources of the divine mind at your full disposal.

I guide you and lead you according to the work you are ready for and also evolving into the next challenge. You have chosen this sacred calling because you have

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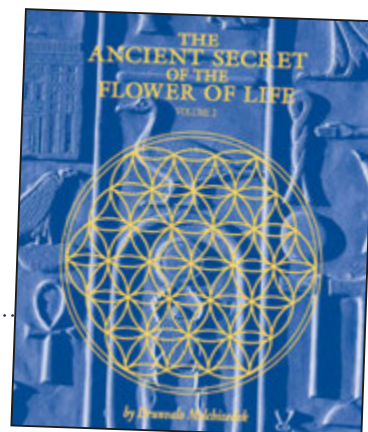


THE ANCIENT SECRET OF THE FLOWER OF LIFE VOLUMES 1 & 2

BY Drunvalo Melchizedek

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Once, all life in the universe knew the Flower of Life as the creation pattern, the geometrical design leading us into and out of physical existence. Then, from a very high state of consciousness, we fell into darkness. Melchizedek presents in text and graphics the Flower of Life workshop, illuminating the mysteries of how we came to be.

The sacred Flower of Life pattern is explored in even more depth in the second half of the famed Flower of Life workshop. The proportions of the human body; the nuances of human consciousness; the sizes and distances of the stars, planets, and moons; and even the creations of humankind are all shown to reflect their origins in this beautiful and divine image.

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cultivated and grown the seeds of liberation not only for yourself but also for the others you are readily serving.

You are part of a mighty force of peacekeepers, guardians, and protectors assisting in the desolate and isolated places where great suffering has been. You walk into the fray and bestow the blessed wisdom and kindness from which you work. You bring perfect love and light to bear witness and transform the ailing and struggling populace.

Each of you matters and transforms the pain, heartache, and sorrow into joy, blessing, and forgiveness. You are soldiers of the light who help others find and live their best selves. It is remarkable that you have chosen to be part of this monumental healing in the world. I adore you and hold fast to you, protecting you as you help others heal their lives.

Blossom into Possibility

Shockara Starbeings: Beloved Earth beings, we hold you tenderly in our hearts as you make the beautiful, incredible life changes that you have been attuned to making. For a long time, you have nourished and been nurtured by divine cosmic energies to fulfill your destiny and live your dream. It is marvelous how you have grown and matured during this unsure and volatile time.

Deep within the confinement and safety net of the pandemic, you have listened to the heartbeat of Mother Earth and the divine being to create and share a safe and prosperous sacred space with others who are as moved as you are. Offering your wisdom, gifts, and understanding to make sure that others make headway and create their dreams is powerfully transformative.

Know that you are fully guided and protected by the great power of the universe to unfold, live, and blossom into all your opportunities and possibilities. Watch from inside yourself how you connect with the incredible love and light you are part of and that fills your being.

You can shapeshift into Jaguar and Bear, creating safety for yourself and your sisters and brothers. You know the power and persuasion of Crow, Hawk, and Raven, as they move through the skies noting great details in their powerful vision. Each of them is here for you now as you expand within during this end of winter.

Notice how the overwhelming dark energy has moved back because the light is coming forth more and more and beckoning the faint beginning of new life and envisioning. The heavy snow and ice melt more readily as they begin to recede and move away from their steadfast intensity.

The Sun grows toward its full summer power with urgency and full breath. It is already preparing the precious, fragile new life and vegetation nestled safely within Mother Earth and nature. All creatures and beings, who tucked themselves away from the fierce winds

and storms, once again renew their astounding commitment to new purpose and continued life.

Like the blood flowing within your veins and arteries, water returns from solid to vibrant liquid to bring forth the miracle of life teeming within its microscopic scope. You will feel the exuberance and commitment to helping other children of Mother Earth come forward and flourish.

You return to yourself and your evolving well-being, which you deliberately nourished during these dark days so that you can be free and live according to the divine nature of all creation. Soon, once again, you will be able to meet and be in close proximity with your friends and loved ones.

Make sure that you take time now to meet challenges arising within you that come forth to be addressed and transformed. It is absolutely essential for your highest good to give up and separate from some things. In the final analysis, all that is yours to change and herald in the movement of new life will unfold for you.

You can meet this time well-prepared and informed by your deep work. It will seem natural for you to let go of what no longer serves you. You will be free and focused entirely on what you can seed and grow abundantly. We walk beside you as you make these magnificent choices for life.

You Are Filled with Strength and Gentleness

Grandfather Shaman of Mesa Verde: Beloved children of the Creator, you walk on the rutted road sure-footedly. You know why and how you are called, and you are fully committed to your divine gifts and blessings. You hold your head high facing the rising sun with the wind at your back speeding you on. You are calm, centered, and reassured.

The greater calling of life and creation compels you to leave behind what does not serve you as you enter sacred ground and understanding. You walk into a new world where you can serve well and thrive in its opportunity to bring forth love and light in abundant ways.

You know the pressure has been on you to conform to the world in its mediocre and material ways, but in your heart and soul, you are magnified in deep devotion and resonance with the Creator and All That Is. You want to make a difference and spread abundance and cheer.

Deer come toward you in great numbers because you are filled with both strength and gentleness. Bear receives you in her hibernation in the dark cave because she knows that you too wait patiently for the signs of new life to begin. Eagle flies high above you as he perceives the energy through his incredible sight. Each is present to work with you and serve you.

The world is unfolding in new ways, as you grow with

the Creator and plant new seeds for the spring in the midst of this horrific pandemic. You carry the shield and sword of comfort, care, and healing to those in dire need of transformation and renewal.

Like Saint Michael and the archangels, you are committed to overcoming the evil, heartache, and death sweeping across the country and the world. You are equally committed to the highest good and to providing healing medicine and care as needed.

Remember to always give thanks and blessing to the Creator for all that has been given to you, your loved ones, and your community in your time of need. The Creator, elders, and ancestors provide and direct relief, comfort, and grace.

You are part of an ongoing, steadfast continuum of love and light that is provided to bring forth abundance, healing, and transformation to those who are suffering, sick, and in great despair. You know where, when, and how to serve in the most beautiful and appropriate ways.

The sun continues to shine on you as you move in the world and take your rightful place helping others as an instrument of creation. As you fill with the Sun's bountiful radiance, you become a vital and extraordinary conduit of the light and love that you share powerfully and readily.

The love and light spread from you to the people you touch deeply, and through them to others they serve in their lives, creating a magical, mystical circle of power. This sacred circle enlarges throughout the world to bring about fantastic growth and change. As you hold the space for others' healing, I join you with my gifts of creation.

Blue Turtle, MDiv, MEd, has served the metaphysical community as an intuitive counselor and teacher for thirty years. He comes from an intuitive, maternal, Iberian-Serbian-Croatian lineage with his paternal line as founding Ashkenazi-Levite, caring for the female presence of God — the Shekinah — in the temple in Jerusalem. Blue Turtle shares a direct ancestor with Tutankhamen and Ramesses II, Pharaoh of the Exodus. You can contact him at mbarnett@tradenet.net or 215-256-8481.

It's Time to Cast a Big Net

Observer through Steve Rother

I join you this day with a vision of planet Earth to help you see where you are in this beautiful game. When you awoke this morning, you not only got up and put your clothes on but also put on your body suit. You designed this suit for your journey on the gameboard. It reminds you of the part you play as you regain consciousness from the sleep state.

Your body suit carries your larger goals, beliefs, and emotional scars, so it is like a bookmark, reminding you where you left off and what you were doing. When you sleep, you carefully set it aside as if it is a suit of clothes you hang up for the night. You clean it and prepare it for the next day's journey. It supports and protects you in the density of the game. It's a beautiful game, but seeing it as a game is very challenging when you're in the middle of it.

Something interesting happened recently that we would like you to become aware of and anchor in your life. As we've mentioned before, time started to shift and come together several years ago. Time has always been variable for people. Although that is not a problem, the collective vibration has been somewhat stationary in relation to time. That is changing ever so slowly. The human heart is on the rise. Celebrate this, dear one, and anchor it into your life.

As a human, you naturally react in fear when you feel a change in your base energy. Reactions vary greatly, but the overall reaction to any fear is to step back. This

is actually an energetic fear and not conscious. Your energy field, rotating in the form of a torus, retracts closer to the body and pulls back as it feels the shift. Although this can feel like protection in the short term, you can become open to outside influences and even radicalization if your field does not re-expand.

You deserve to be comfortable on this planet. It's very simple: You're a spirit. You came from infinity, which simply means you had everything you could imagine. Then you came here and pretended to be finite to play the game of being physically human. You've done amazingly well, but time has squeezed together over the past seven years. Now you feel as if you don't have enough time to do the things you used to do. That's a natural progression of age, as perception can change daily, but this is much more than that, and it's more widespread.

Take Care of Yourself First

Your physical body feels threatened as it experiences this squeeze. In response, it draws in its field and pulls it tight around your body, circulating but not expanding. This self-first action is an energetic survival instinct and absolutely appropriate, and you're the only one who can do it. You might think being self-first is the same



as being selfish, but they are different. If you are selfish, you put yourself in front of the energy line and cut everybody else off. If you are self-first, you fill your cup first and take care of your needs so that you have more to give to others.

You deserve to have everything you need, and more, on this journey. Abundance is your nature; lack is a learned condition. If you take care of others or are responsible for another, this can be a tedious balance. These are very difficult times for many of you on planet Earth, so taking time for yourself is a wise investment. We also tell you that help is on the way on several different levels.

Much of this was caused by the virus on planet Earth. If not the virus, it would have been something much worse. This could have resolved much faster with communication and unity, but things are coming that will help in many different areas. Yes, the virus has caused many deaths, but you have made new connections, and you are brightly shining your internal light. This is a time of heroes. Humanity has been working on this collectively, and the pressure has been building. Soon you will be able to see much more of what is ahead. So we ask you to take care of yourself and treat yourself well. If you have enough energy, take care of the person next to you. Treating them well begins a chain of events, one heart to the next. Do that often.

Let's return to your energy field. Like most on planet Earth, you are used to having a huge energy field, almost 3 feet across. You wake up and put on the body suit for the day ahead and find that your energy field has shrunk by about half. With a little practice and effort, you can re-expand it. This will become critical in the days ahead, but it takes more energy now.

With more alternate realities being offered on Earth to control people, just walking through daily life can be challenging. Try to stay centered in a reality that empowers you without disempowering others. Pointing to anything as "the problem" misdirects your energy. Everyone is deeply connected in spirit even if your human part disagrees about which reality you are living in.

That's the good news. It looks as if many opportunities for a jump in human perception will start to land around the third month of 2021. We'll come back later to work with you to put more of a focus on it, but you should prepare now. Anglers cast their nets where they believe the fish are. They pull those nets in with whatever catch they have and cast their nets again. Most of the time, dear one, your energy field takes in only what is directly in front of you. Now it's time to cast a much larger net, and that net will land around March.

Start Anew and Follow Your Passion

Set your net into motion now. Start a new project,

a new direction, or a new passion. Since the world has shifted, you might need to change your job or career. During the next few months, start casting well into the future. Where will you be six months from now, five months from now, or four months from now? Project yourself into the future and start something positive now that has to do with your passion and grounds you on the planet.

Three, four, or even five months from now, the energy waves coming will open possibilities and give you a new breathing pattern. As you might have noticed with the virus, many people have danced through it and not addressed critical issues. The real cost of that virus is starting to show as global economies attempt to reset. But that also opens doors, so watch for these magical waves and use a meditation, dream, or thought pattern to plant the feeling of where you wish to be.

A mindful moment can now anchor your reality in new ways, but you have to think big and cast a large net. Humanity has shifted some of the energy, but you're still incredibly separated. It's a rather fascinating process to watch as duality raises its head and rears up as it leaves.

This time on Earth is all about finding a collective place to grow, become empowered, and move into a creative aspect. All creativity comes from the same place: Home. In reality, everyone has the same ideas. A conscious flow of universal thought patterns moves very quietly from one brain to the next. You might find yourself thinking a very negative thought or a thought you would not normally consider. You are not responsible for every thought that flows through your brain, but you are responsible for the ones that stay there, so choose carefully.

Much is taking place on planet Earth. Humanity is finding a deeper understanding of the larger aspects of spirituality. Every person who incarnates has something to contribute to the evolving collective. At some point, you will be called to service. If you decide you're not ready and look the other way, the call will come again. Those who need your gifts see you; they know who you are. They might not understand it consciously, but they will reach out, and you might be the person they reach to. By taking that opportunity, you propagate a global web of love. That is magical. It shifts the energy of everything you work with.

It is with the greatest honor that we greet you in this way. We ask you to treat others with respect, nurture one another at every opportunity, and play well together as you create this magical new game.

***Steve Rother** was an entrepreneur before he became a lightworker and author. His change of path happened following a spiritual experience on New Year's Eve 1996. That night, he started saying things that, according to him, did not originate from him but came from the "group" — a group of nine energetic entities. To learn more about Steve, visit Espavo.org, or contact him at PO Box 34838, Las Vegas, NV 89133, 702-871-3317, or steve@espavo.org.*



Fulfill Your True Mission

Serina Aramaki

In Buddhism, the term “Buddha-nature” describes the concept that human beings are created by God and that we have the same nature as God, or Buddha, within us. It tells us we are all equal and that every one of us has an ability to create and design our future. However, how many of us truly know what we are here to create? How many can say, “I know my purpose, and I’m living for it”?

Staying true to our mission in life is key to staying the course through life’s storms. But to hold fast, we must have a clear understanding of what our mission is and a strong mindset to steer us there. Finding our mission and developing the mindset muscle that will keep us on course takes awareness, intention, and effort. Today’s chaotic, uncertain times have brought us to a choice point: sail adrift and rant at the wind and waves or take the helm and navigate a happy and abundant future for ourselves and the world.

Master Your Mindset to Steer Your Life’s Course

Step 1: Clear your mental space. When you remodel your home, it is best to begin with a little housecleaning. By sorting through your belongings and cleaning your rooms, you get an idea of what you have, what you want to keep, what you want to discard, and what you need to create the new space you envision. Similarly, when you set out to remodel your life, a little

mind-cleaning is called for to clean away old, negative habits and make space for your new dreams. It is important to assess your mind’s tendencies, realize what mistakes you have made, and determine what might be lacking in order to make a change for the better. Begin by contemplating these three questions:

- Do you have a tendency to make excuses and blame the environment or others when things don’t go your way? If so, observe your thoughts and words and consciously work on changing them to take responsibility for your circumstances. Japanese spiritual master Ryuho Okawa says that a successful mindset believes, “I am responsible for the sky being blue.
- Do you have a tendency to complain? Listen to yourself. Are you complaining? Realize that your thoughts and your words have power. They are the seeds of your future. Please be conscious of your thoughts and words, and make sure they are positive.
- Have you been thankful? Remind yourself that life is a gift. Please reflect on whether you have given enough thanks to the Creator/God for your life. And have you given thanks for the people in your life? No one can live alone; we live for each other. When you realize this, gratitude and the power of your



life’s purpose will swell from the bottom of your heart.

Step 2: Find your true mission. Once you master step one, you are ready to discover your true mission. To embark on that quest, the most important questions to contemplate are, “What if I am the one who created my life plan before I was born? If so, what kind of resolution did I make?” Some of you might want to shout, “I never, ever planned to live this life!” If that is you, try to stifle your emotions for a moment and consider this: What if you had planned your life exactly as it is now? What are you meant to accomplish in the environment you find yourself in and with the people you are among?

Remember your innate Buddha-nature, and be grateful that you, like everyone, have the ability to create something new to design and manifest your dream. When searching for that dream, your true mission, it is important to leave aside consideration for any of your worldly attachments (such as status and money) and listen to the pure voice of passion coming up from the bottom of your heart. Take a deep breath, calm your mind, and envision a clean,

white canvas. The dream you draw on the canvas is your true mission.

Step 3: Follow your passion.

Now that you know your mission, start making the effort to make the dream you found come true. That dream might seem impossible given your present circumstances, but it's important to start thinking about it. The famous author Dr. Joseph Murphy said, "Change your thoughts and you change your destiny." Everything begins with a thought.

Of course, we can't just think things into being. We need to make a concerted effort to make our thoughts into reality. But thoughts are strong energy; if powerful enough, they can change reality. If your dream is not just for the sake of your own self-realization but for the good of others and pleasing to God, it will be realized. If it doesn't come true, then please go back to step 1 and try to reflect on your mind's intentions and tendencies.

The mind is the rudder of our lives. It is imperative that we set it right by steering toward our true mission with loving, grateful, and benevolent thoughts.

***Serina Aramaki** is Director of Production and Distribution for HS Production's Twiceborn. Based on the true life of Ryuho Okawa, Twiceborn tells the story of Satire, a highly successful businessman who abandons everything to pursue his true calling: the happiness of humankind. Visit TwicebornMovie.com to find out more information about this inspiring film. The film will come to North America in fall 2020.*

Love Is an Expansion

Rachel Holmes

Love flows out like liquid honey
From our essence searching for
Someone to connect with, connection with
Someone to spiral upward with, ever upward with,
into the infinity of nothingness.
That's what love is.

It never stops;
It's always searching, always
Wanting connection,
Connection of the highest form,
To heal, to protect, to nourish, to take form, to give form to another,
Giving form to another other than self
To something more than self,

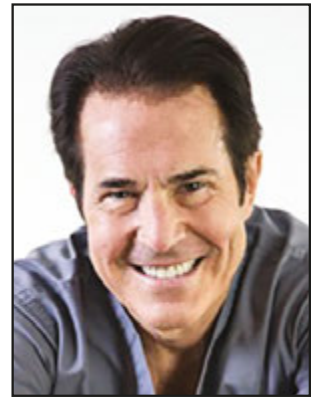
Freeing us from what we believe we are
To something more than who we are.
Divinity's love is lighting our way into
Future selves, future lives, future times, future ways.
Divinity's love shows us this path, lights this path for us.

Connection is the key, connecting with oneself to truly be free.
Freedom brings us true love.
That freedom gives us wings to soar to heights we can't reach alone.
Love is an expansion through the whole being, a deep knowing.

It's the connection that always lingers until connected;
We search for it, yearn for it, deserve it, and come back to it.
It is something we inherently have inside ourselves
and look for inside others.
Love is the glue that bonds us together even when we don't feel.



***Rachel Holmes** is an oracle, spiritual healer, soul aligner, energetic initiator, metaphysics teacher, sound-healing practitioner, and dancer. She specializes in facilitating the process of grounding her clients' higher selves into their physical Earth bodies to access their unique soul gifts. This provides practical tools for transformation by clearing a channel for guidance to come through. You can contact Rachel and learn more about her at HolmesHealing.com.*



GAIN without Pain: The Happiness Handbook for Health Care Professionals

Greg Hammer, MD

Two potent inducers of stress are (1) uncertainty about the future and (2) a world that does not comport with our wants and needs. The coronavirus (COVID-19) pandemic has brought both conditions to the forefront along with rampant, worldwide stress. Stress causes increases in adrenaline and cortisol in our bodies, increasing heartrate, blood pressure, and blood sugar.

Acute stress could be adaptive, enabling us, for example, to escape a predator by focusing our attention and directing blood flow to our muscles enabling us to run faster. When

stress lasts for days, weeks, and even months, however, it is maladaptive. Chronic stress has adverse effects on our immune system as well as our heart and blood vessels. Chronic stress also induces changes in our chromosomes akin to aging. We are all better off learning how to reduce stress by becoming more resilient in the face of adversity, especially during the current global coronavirus crisis.

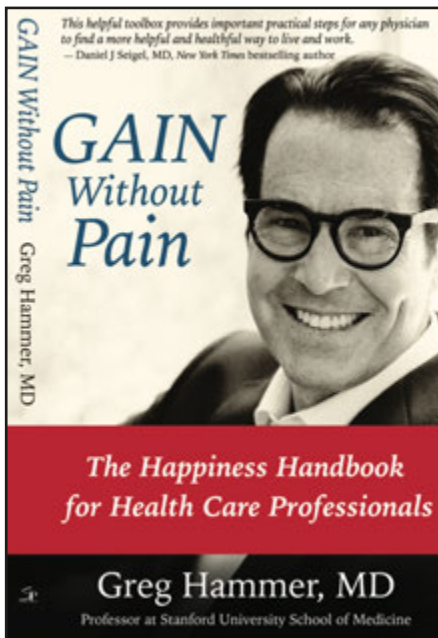
There are four core pillars of resilience: gratitude, acceptance, intention, and nonjudgment. Together these principles form the acronym GAIN. We can practice GAIN beginning with a three-minute contemplation or meditation each morning; this will remind us of these essential elements of resilience throughout our day. Here are some examples of thoughts we might embrace during this time of extraordinary stress:

Gratitude: We all have a lot to be grateful for. Let's consider how much better off most of us are than our ancestors were 100 years ago during the influenza pandemic of 1918. During that crisis, there was little communication — no internet to keep people updated or able to FaceTime with friends and family, poor sanitation, and far too few hospital beds and other essential resources to treat the critically ill. There were not enough ambulances,

caskets, or burial sites for those who had succumbed to the virus. Bodies were moved to bedrooms in homes where they often remained for days or longer. Nowadays we have much-improved access to medical care, food, and other necessities. As bad as things are, they could be much worse. We do indeed have reasons to be grateful.

Acceptance: As the Serenity Prayer reminds us, we are well-served to discern those things we can and cannot change and to accept the latter. During this historically difficult time, there is much that we cannot change. Let's open our hearts to the pain and suffering of others and ourselves and abide there, accepting these feelings. We did not create this pandemic, and we cannot cure it. We can only manage to remain safe by practicing social distancing while staying in touch with our loved ones by text, email, FaceTime, and other means.

Intention: Our brains are wired with a negativity bias. We remember feelings and events that are sad and painful while often losing track of the wonderful moments in life. The good news is that we can use our intention to rewire our brains. A good example is the Three Good Things program initiated at Duke University ([YouTube.com/watch?v=hZ4aT_RVHCs](https://www.youtube.com/watch?v=hZ4aT_RVHCs)). Simply thinking of three good things that happened during



GAIN without Pain is available from Amazon.com.
Paperback: ISBN 978-1-951104-01-6 • \$14.99 • 232 pp.

our day as we prepare for bed each evening improves our sleep and happiness. This practice is easy to embrace and requires no time; we simply need to be purposeful and diligent in embracing it regularly. Our brains remain plastic, or changeable, even during adulthood, contrary to what many believe. We simply need to deploy our intention.

Nonjudgment: We tend to continuously compare ourselves to others and form judgments of good or bad: “He is smarter than I am,” or “she is not as athletic as I am.” The process of constantly categorizing and judging is exhausting and detracts from our happiness. Unfortunately, we tend to judge ourselves most harshly. Fortunately, there is an alternative: We can simply view the world and ourselves with open minds and hearts and adopt a sort of benevolent indifference. This is not to be confused with being jaded or crass but rather means that we can

rest our judging minds and enjoy things just the way they are. Again, we did not create this world, and we can do little to change it. Let’s simply accept the way things are without judgment.

The GAIN practice can help us be more present. We tend to obsess about the past and future in ways that are maladaptive and distract us from being present. While it is adaptive to savor our past pleasurable memories and learn from our mistakes, it is harmful to be stuck in thoughts of regret and shame. Similarly, with thoughts of the future, it is adaptive to look forward to good times and plan to put food on the table but maladaptive to ruminate thoughts that bring fear and anxiety. Due to our negativity bias, we tend to catastrophize — meaning that we focus on the worst-case scenario even though this rarely happens.

Happiness resides in the present moment. Consider your happiest

times — laughing with others at a hilarious joke or event, connecting with a friend or lover, enjoying a moving concert or painting. All these experiences are devoid of thoughts of the past or future. We are “right here right now.” Mindfulness means, “paying attention on purpose in the present moment, nonjudgmentally,” according to the Center for Mindfulness founder Jon Kabat-Zinn. By embracing and employing the elements of GAIN, we are more mindful, resilient, and happy.

Greg Hammer, MD, is a pediatric intensive care physician, pediatric anesthesiologist, professor at Stanford University Medical Center, and number one best-selling author. He is a member of the Stanford WellMD initiative and the Wellness Committee for the American Society of Anesthesiologists. Dr. Hammer is currently the chair of the Physician Wellness Task Force for the California Society of Anesthesiologists. He has been a visiting professor and lecturer on wellness at institutions worldwide, and he teaches GAIN to medical students, residents, and fellows at Stanford. To learn more, visit GregHammerMD.com.

Light-Energy Healing Used Around the World

Zadok RA Osiris, Astaria Seraphina, the Council of the Ascended Masters, and Dr. Jim Ohneck

Cosmic energy is abundant in the cosmos. To gather and direct this energy, the Epoch 980nm Laser™ and the Epoch InfraHelios™ Light Systems are, in my opinion, the best and simplest tools for receiving positive healing energy.

— Zadok RA Osiris, ND, DD

Zadok RA Osiris and Astaria Seraphina: The Council of Ascended Masters announced that the ascended masters could move on. They could go into other life cycles, but they’ve chosen to stay here to help us — the likes of you and me

— so that we can continue our existence through experience. We are told that many of these masters are taking embodiments in native tribes in Ecuador, Peru, Guatemala, and Tibet and in leaders of various New Age retreat centers around the world.

We can thank our lucky stars that the ascended masters stay on the planet to assist us with thought projection and that they also employ lasers, wireless transmissions of light, and violet-flame activity. They are working now with an interplanetary starfleet commanded by Commander Ashtar to completely

heal planet Earth and lead it to ascension. This is the reason that their presence is so important.

The Council of the Ascended Masters: We are using the Epoch Lasers aboard our ships and aiming them at virus-infested portions of Earth. It is the 980nm ray of light, in the field of service as the violet ray and the violet flame to clean up earth so that by mid-2021, your planet will be ready and free from the karmic imbalance that allowed this fall from grace.

Zadok RA Osiris and Astaria Seraphina: It is a new Age of



Aquarius, and the masters tell us that we need a healing laser in every home. Because of their evolution, there are enough of these masters here on Earth in various retreats around the world that the light has allowed things like the Epoch Laser 980nm healing light and unicorns to come to Earth with their healing magic.

These masters hold these frequencies for us so that the healing love of the omniverse can penetrate our cells. They maintain their presence here directing spiritual energy to counterbalance the negative energy that's produced by humankind. And it's something we have to break out of.

We have to break away from the humdrum of normal existence and the usual aspirations that people have. This is why a collection of these masters are calling you to the Women's Wellness Awakenings (WWA), where you can find your true self.

Schedule Information

- The Inaugural WWA Global Summit, March 19 to 21, 2021, will be held at TOSA Blue Mountain in Ecuador. Come to hear Jim Ohneck of Epoch Lasers and Zadok RA Osiris present and speak (WWAGlobal.com).
- Sponsors are welcome for the Dome of Oneness project at TOSA Blue Mountain. The Dome Project will be launched on New Year's Eve (December 31, 2021) at 8PM ET. Please visit <https://sriandkira.com> for more information.

Visit Epoch Lasers at the following Life Expos in 2021:

- The Conscious Life Expo in Los Angeles: February 19 to 21, 2021 (TBA)
- The New Living Expo in San Mateo, CA: April 9 to 11, 2021
- The 2nd International Conference on Lifestyle, Disease &



Medicine: April 23 to 24, 2021 at 10:00AM GMT in Berlin, Germany

- The International New Age Trade Show (INATS) in Denver, CO: June 11 to 13, 2021

Message from the Founder's Corner

Dr. Jim Ohneck: Epoch Lasers LLC™ designs, manufactures, and sells high-performance, proprietary, patent-pending, therapeutic, light-based products that eliminate pain and reduce the need for addictive and costly medications. The end of 2020 brought many new experiences for Epoch Lasers. Most importantly, we were proud to become a sponsor for the WWA Global Summit. We also participated in the New Living Online Expo where we had fifty attendees listen to our joint presentation with Dr. Raja Merk Dove (Zadok RA Osiris) "Tesla, ET Technology & Epoch Lasers."

We have officially introduced our products on Amazon.com, and we have launched our new Epoch Lasers Facebook page. That busy year-end does not mean we will slow our efforts in 2021. We will continue to fulfill our mission to place an Epoch Light Healing device in every home and office, and we will continue to relieve people's pain while we ignite their spirits.

Dr. Raja Merk Dove — aka walk-in Zadok "RA" Osiris — is an international mystic and visionary, lightworker, healer, and senior ambassadorial starseed on Earth. With his twin soul Moira (who returned to Venus in 2011), they have more than forty-four years of experience. He helps other starseeds and lightworkers develop on their paths. If you would like to arrange a personal consultation with Zadok, you can email him at osirisra@earthlink.net. Zadok also offers a range of in-depth soul-counseling sessions with the ascended masters, including Quan Yin and Saint Germain. Zadok has led pilgrimages to Egypt, Mexico, Glastonbury, Roslyn Chapel, Tibet, and India. He has published the Aquarian Perspectives Star Love Network Journal and two critically acclaimed books: *Himalayan Star Conclaves and Whisperings of the Doves*. Zadok also operates the ever-popular *MarketingwithTheStars.com*, an email marketing service for new consciousness entrepreneurs. He cohosts Conclaves with the Stars on *OnenessTalkRadio.com* with the Epoch Lasers team. To learn more, go to *StarDoves.com*.

Dr. Jim Ohneck, or Gentleman Jim, as he is affectionately known by those who work closely with him, founded Laser Therapy Services in 2007. Then he spun off Epoch Lasers in 2018, building on twenty years of independent research and development in photobiotherapy. Jim holds a BSBA from the University of Phoenix and an AAS in Electronic Engineering Technology from the University of Hartford. He has also completed the IMD's Program for Executive Development in Lausanne, Switzerland. Jim has over thirty-five years of experience working in technology-based companies with twenty years of experience in high-tech companies since 1992. Jim has extensive knowledge of lasers, optics, and microelectronics. See *EpochLasers.com* or call 1-440-785-2298.

Astaria Seraphina is responsible for marketing and new business development for the Epoch Lasers healing-light pain-reduction technologies and works with chiropractic doctors worldwide.

The Four Dimensions of Sacred Geometry in Tarot

Ethan Indigo Smith

“Geometry focuses on understanding the tangible. Meditation focuses on understanding the intangible. The benefits of understanding the outside world are stupendous, and the benefits of understanding the inside world are limitless.”

— from *The Geometry of Energy: How to Meditate*

Tarot cards are a means to comprehend subtle energy. The tarot is often used to perform divination, which is essentially intuitive understanding of specific subtle energies. The tarot reveals the story of energetic development and the ascension process of an individual and situation through the understanding of subtle energy via the lessons in the symbolism of the cards. It can also be used for divination.

The study of the tarot is useful for understanding people and situations without necessarily utilizing it as a divination tool. The lessons available in the layered symbolism of the cards reveal meaning in our psychology, spirituality, and life experience helpful for our internal growth process and understanding the external world.

The *I Ching* is similarly used as a divination tool, and can be used also without the divination process or suggestions on how to deal with people or situations. The principles and philosophy behind the *I Ching* are similarly enlightening or revealing. Both are divination tools, but learning the symbolism and principles is useful without the actual practice of divination/readings.

Recognize Subtle Energies

Whether in a tarot card reading or through comprehension of the principles of subtle energy revealed in the symbolism of the cards, the tarot assists recognition and comprehension of subtleties. There are innumerable lessons in each of the cards on its own and in the cards' combinations, some more subtle than others. The more sensitive we become to the symbolism and subtleties, the easier it is to detect potential energy of people and situations.

Many of the concepts within the cards are relatable to deep, esoteric principles. At the same time, as with many objects and subjects, some of the more primal principles are so overtly in front of us that they become difficult to detect, overlooked as we seek the principled depths.

I have long been obsessed with the Matrix of Four, or the Duality of Polarity, and often relate/compare sets of four to each other or apply modular sets of four to concepts out of their original scope in order to elevate the observation potential. Through the Matrix of Four, the sacred geometry of tarot became stunningly obvious and beautifully compelling.

The Power of Four

In tarot cards, there are four suits from which the four suits we know in modern playing cards are derived. The four suits of the tarot are swords, wands, coins, and cups. As I explored the geometry of energy, I realized that these four suits



not only relate to elements but also to the four dimensions of geometry. The swords symbolize points, the wands (or staffs) symbolize lines, the coins (pentacles) symbolize planes, and the cups symbolize volume. I refer to these energy relationships in reference to meditation in my book, *The Geometry of Energy: How to Meditate* through the energies of concentration, connection, circulation, and unity expansion.

There are innumerable ways to utilize the comparative of the points, lines, planes, and volumes of geometry, sacred geometry, and the tarot, and many are explored in my book. Most subjects and objects contain positive and negative aspects, including aspects of these energies. The comparative dimensional parallels of sacred geometry are helpful for comprehending the energetic potentials of people and situations in innumerable manners as well as raising your meditation and energetic potentials.

How can you apply the sacred geometry of energy comparatives in your tarot practice, in your meditations, and in your intuitive engagements?

Ethan Indigo Smith was inspired to write his book, *The Complete Patriot's Guide to Oligarchical Collectivism*, as a result of the events of September 11, 2001. He has also written *The Matrix of Four: The Philosophy of the Duality of Polarity on the development of individual consciousness*, and *The Little Green Book of Revolution based on ideas of peaceful revolution, historical activism, and caring for Earth*. All are available on Amazon. Ethan can be reached at alpineethan@gmail.com or through Facebook.

Remember the “Resolve” in Resolution

Cyndi Dale

Several years ago, my son Gabriel was brainstorming ways to make money. Apparently, he didn't think he would receive enough for Christmas, at least not an amount adequate to purchase that amazing electric guitar. He established various tasks by which he could fleece me of as much money as possible. How about twenty dollars for a flushed toilet? How about another hundred to clean it — just the top, of course? Upon hearing too many refusals, he chose another recourse: a threat.

“Mom, if you don't let me make money, I'll become a lawyer when I grow up.” I think the idea was that he could then sue me for everything I was worth.

Every January, the turn of the calendar is synonymous with the word “pause.” Most of us want our upcoming year to differ, at least in part, from the previous year, so we set resolutions. A resolution is usually defined as a goal or a promise. We decree that this year we'll lose weight, meet a mate, break up a bad relationship, or exercise. That's great, but we have to remember that another definition of the word is “the process of resolving something.” We can't create the future until we embrace, reflect on, and, with kindness, release the past. And maybe we need to make a few changes.

Most of us review the past as if flipping through the pages of a book we once read, stopping at the turned-down corners to peruse the most important moments, lessons, and events. Some storylines are painful. Life is tragic. It is full of

undeserved pain, hurt inflicted by others on us, and, even worse, harm we've caused others. Some narratives are happier. Life is comedic and glistening with the serendipitous. We seemingly can't — or don't know how — to have one without the other. If we really desire a better future, we have to be a little more intentional than simply reading the highlights. We have to dig.

Dig for the Buried Self

We have to dig for the selves we've buried. We lose so much of ourselves on the way: that five-year-old who was hated by her mother, the ten-year-old who was yelled at by his dad, the first life partner, the one who cheated on us. We've left so many ages of ourselves behind, thinking we're better off without them, when the truth is that whatever — whoever — we fail to bring “up to date” continues to run our lives. That five-year-old will continue to attract relationships based on hate. The ten-year-old has either become an alcoholic or partners with one. And broken hearts keep on breaking the hearts of others. If someone hurts us, we either hurt others the same way or become vulnerable to people who are all too happy to scald us with the same hot water.

New Year's Eve is a perfect time to pay tribute to who we are, and have been, by listening to the “village within” — the various selves that have been hurt, damaged, confused, or treated with unrecognized kindness and civility. Taking an hour or two for quiet reflection is



a good start. Sit in silence or listen to calming music and ask the unremembered selves to appear. There might be quite a queue.

Let each present herself and ask what occurred that made her feel like she had to remain hidden in the past. Most of the time, our inner selves will present detrimental or abusive memories. But sometimes they'll hold up a joyful event, one we've forgotten and therefore have a hard time repeating. As the adult in the process, we need to treat the inner self in the way we wished an authority had treated us. If we are confused, we can ask our higher selves to assist. This is the part of us that knows it is connected to God. Or ask the Divine to help more directly. Finally, we need to remember to reflect on the word “change.” Are there any actions we should take to complete this healing or to alter the present so we can forge a more fruitful future?

We don't always have to walk the road of the distant past. Sometimes our more recent inner selves require a listening ear. Maybe we forgot to say, “I'm sorry” to someone we love. Maybe we need to say the same to ourselves. Maybe we need to pepper the universe with more thank yous.

Set a New Course

Peering through the looking glass backward is only half the New Year's blitz. Once we've jettisoned our anchors to the past, we have to decide where we're heading. Why set sail

without a course? Most of us confine our goal-setting to New Year's Eve, but it's not a process to rush. Pause. Take time to savor your desires, one at a time. For example, while you listen to your heart, you might ask:

- "Is this objective really important, or would I rather spend the energy a different way?"
- "I want to buy a new house, but do I need to? Is the outcome worth the effort? Might I be better off spending more time with the kids or taking up a hobby?"
- "Do I really want to pretend I'm going to shed those ten pounds, or would I rather work harder and buy a new wardrobe?"

If no immediate answer comes, meditate on the subject for a few days. Let the process unfold the outcome.

It's also important to examine the motives for our goals. It would be a sad world if Gabe became a lawyer just because he was mad at me. The truth is that we set objectives for the wrong reasons all the time and then live in regret — yet another way of hiding in the past. That potential artist, writer, super-duper accountant, horseback rider, or business consultant is still secreted in a corner of our hearts while the adult self-cloaks behind medical garb, aprons, cowboy boots, or some other attire that doesn't suit us.

Above all, we need to remember the two sides to resolutions: the part that concerns the past and the part that regards the future. In the middle is the divine self, the self that can be contacted in any pause — between heartbeats, breaths, thoughts, or actions. We can visit this place, this space within ourselves, once a year, as most people do, or we can decide to live there. And then maybe Gabe won't grow up to be a lawyer after all.

Cyndi Dale is an internationally renowned author, speaker, and energy healer. She is the author of twenty-seven books on energy medicine, intuition, and spirituality. To learn more, visit www.cyndidale.com.

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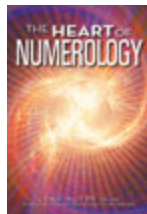
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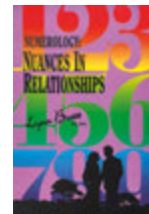
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PREDICTIONS

Don't let the prophecies, ancient or modern, trap you in a box of fear and futility.

Change the dance by becoming the light that you are — the light that continues through and beyond the box into the adventure of forever.

Think Carefully before Acting

Donna Taylor



One word best sums up the current energies: “tense.” Eight planets in fixed signs, including Mercury retrograde, doesn't leave much room for flexibility and tolerance. Fixed signs have a tendency to be blinkered and rigid in beliefs and actions. While we can be optimistic about the big planetary alignment in forward-thinking Aquarius — which suggests new beginnings for society — Saturn sits like an authoritarian school teacher alongside Jupiter, who always knows best and can be rather arrogant. This suggests that rules and restrictions are still coming thick and fast and that what is being implemented (or attempting to be implemented) will not be to everyone's liking.

Enter Uranus and Mars in Taurus. When Uranus and Mars get together, the result can be anything from dynamic and electrifying to destructive and violent. And because these two rebels are forming a tense square aspect to the big sky gods of Jupiter and Saturn, we can expect a certain amount of unrest, from awkward questions to protests and violent actions. This might not be what we want to hear, but we have reached the end of one astrological age (Pisces) and are moving into another (Aquarius), and chaos, disruption, and uncertainty are inevitable during any transitional period.

We are in uncharted territory, and most people are trying to muddle through and find their feet on what will be the New Earth. When we consider that an astrological age lasts for a little more than 2,000 years, the transitional period will take time. We actually began the transition around the beginning of this century, before the financial crash of 2008, and we are now fully in the transition period.

As the old age falls away, we catch glimpses of the new one, such as efforts to care for the environment, people refusing to compromise their integrity for money, and kindness and compassion for others. We see the new era dawning with more people questioning authority and

turning away from politics, centralized governments, global corporations, and big businesses ruled by power and greed. If any of these entities collapse, they will do so because they no longer resonate with the new energies.

You Are Being Tested

February holds a strong likelihood of increased tension as the transition proceeds to the next level. Keep in mind that Uranus has greater power than either Saturn or Jupiter and can overthrow them both. Uranus is known as the great awakener, and as he squares up to Saturn and Jupiter, we will likely see increasing numbers of ordinary people waking up and questioning what is happening in society. The key is to not react with anger or violence. Awakened people simply need to go about their business, knowing that the darkness swamping the light is largely an illusion and cannot hold for much longer.

Current planetary energies highlight the choice between acting recklessly and working toward progressive and creative change. This choice will also come up in our personal lives, especially for the fixed signs (Taurus, Leo, Scorpio, and Aquarius), with Taurus and Aquarius most in need of taking careful consideration before acting. These two signs need to count to ten before rising to any form of provocation, whether or not it appears to be coming from an external source. The fixed signs are being tested and need to hold the tension of opposites. This means being able to ride out difficult situations without acting impulsively or allowing tensions to break them.

On some level, this will apply to all of us, because this energy is very strong throughout February and will likely bring individual tests. Think for a moment about possible tests in your life:

- Are you being tested financially?

- Is your personal life a source of tension?
- Is your integrity being tested?
- Will you sell your soul or keep the faith and hold out for a better vision?
- Will you succumb to temptation or maintain your ethics?
- Will you allow a negative emotional or mental state to drag you down, or will you turn to a higher power and surrender your problems to the beings of light who can help you?

Tests can come in a variety of ways, and we are likely being forced to confront long-held areas of weakness. We might experience spiritual tests to see whether we are fit for the New Earth. This could be an opportunity to balance our karma and cleanse ourselves of lower dense energies to match the rising vibration of Earth.

Think Outside the Box

It is vital now to employ the tools that will help us stay in the light and make the right choices. We can enlist the support of healers or use flower essences to soothe our troubled mental and emotional states. We can choose to spend more time in nature and with people who love and support us. We can make the effort to eat nourishing meals and abide by regular rhythms. (Keeping synchronized with nature's rhythms gives us inner harmony and physical health that lends us strength.) We can spend less time in front of screens and gadgets that make us feel wired or agitated, strain our nervous

systems, and increase depression. We can make time for simple pleasures. If we're caught up in tense or difficult situations, we can remember that we are being tested and that the difficulty will pass.

February is a good month to think outside the box. Aquarius is a revolutionary sign and Uranus squaring Saturn pushes us to think differently. Ask yourself:

- How can I approach this situation differently?
- Can I be more creative or innovative in my thinking?
- Is there another way?
- How can I best change my thinking so that I can thrive and flourish?
- Where do I have a tendency to be rigid in my thoughts and beliefs?
- When am I inclined to slide toward negative assumptions?
- Is my habitual thinking contributing to areas of weakness in my life?
- If I think differently, can I raise my consciousness on this matter to a higher level?
- If I need to solve a problem, can I approach it from a different angle or ask for the opinion or wisdom of someone I value?

Collectively, we are being asked to raise our thinking so that we can transition to this new age with greater ease. It all starts with us as individuals, so rather than rushing to change the world, we need to first illuminate and heal our shadows. Only when we each heal and become whole as individuals can humanity as a whole also heal.

February Weekly Forecasts



• **ARIES** (March 21–April 19) •

February 1–7: Alek Wek said, “The most beautiful things are not associated with money; they are memories and moments. If you don’t celebrate those, they can pass you by.” Your chart has a strong social theme right now. No matter what is going on in the world, you need to reach out and connect with others, for this is where your opportunities lie. An issue with a friend might need resolving, or you might need to review situations involving groups, organizations, contacts, or acquaintances. The simple truth might be that you can’t get where you want to be without the help, input, or companionship of others. Any drive toward financial or material matters needs to be carefully balanced against the significant moments you could miss if you forget what’s really important.

February 8–14: With your ruler Mars being squared by five planets, this might not be the smoothest week you’ve ever had. Prepare for some challenges and obstacles, but remember that patience, perseverance, and tolerance work better than impatience, frustration,

and anger. You can’t always have what you want when you want it, and the new moon on February 11 suggests that progress will come, but only after you’ve reviewed or fixed one or two things. The new moon also brings an opportunity to turn over a new leaf in your social life, whether with a friend, group, organization, or any situation involving other people. Ultimately, this week’s planetary activity is very much about your future and your connections to the world. If you see no openings for involving yourself with others, find a way to create opportunities.

February 15–21: Things should generally ease and improve this week, but you might encounter bumps along the road related to your personal life/relationships and a tendency toward emotional outbursts. This will especially be the case around February 18 and 19 when Mars conjuncts the Moon and squares Venus. During this two-day period, you will need to be mindful of your emotional state; however, bad moods will quickly pass. The Sun moving into your zone of soul and spirit suggests that surrendering problems to a higher power is

a better approach than trying to do everything yourself. If you're feeling tired, this is a good time to retreat and catch up on rest.

February 22–28: The full moon brings health and replenishment into sharp focus, so if you've been burning the candle at both ends, you will definitely feel the need to recuperate. Sometimes you need to recuperate emotionally or psychologically to prevent damage on the physical level, so don't wait for a bout of exhaustion or physical aches and pains. A little solitude could be restorative now, as could any soulful activities, such as meditation, art, dream interpretation, or tuning in to your intuition. Your connection to the divine could be strong this week, which can strengthen your body and mind and act as an inner compass showing you the way to go.



• **TAURUS** (April 20–May 20) •

February 1–7: With Mars and Uranus in your sign and a cluster of planets in your success zone, you likely feel either dynamic or overly stretched and unable to relax. Maybe you can find a way to enjoy the busyness. If you're feeling frustrated, angry, or wired — all possible consequences of having Mars and Uranus in your sign — you might need to address the underlying cause. What is really frustrating you? What is the anger saying? Do you need a creative and refreshing change? Do you need to take more action or loosen some structures without destroying what has value? You are probably being called to channel dynamic energy into your vocation or professional life. As you do, you should notice a more peaceful state begin to emerge.

February 8–14: All that was said for last week applies to this week, only more so. A new moon lands at the top of your chart, making this a powerful time to move forward with your aims and ambitions. That said, Mars squaring several planets in your success zone suggests that what you're trying to achieve won't necessarily be easy. You might experience delays and have to work hard to achieve your goals, or a block or impediment could seem to thwart you. But the new moon suggests that if you can let go of what no longer fits — perhaps a break from the past — the path ahead will be much easier, and things should start to go your way with much less force and effort.

February 15–21: You still have Mars in your sign, granting you strength, power, and determination, particularly when it comes to getting what you want. But make sure what you want is in alignment with your soul's purpose; otherwise, you could run up against a brick wall and the result could be an angry outburst. With so much potential and possibility at your disposal, it might help to consider what you really want, because when you are aligned with your true desires, everything magically unfolds. You might want to ponder this quote

by Howard Thurman: “Don't ask yourself what the world needs. Ask yourself what makes you come alive, and go do that, because what the world needs is people who have come alive.”

February 22–28: Pay attention to your intuitive feelings this week, especially around the full moon on February 27. If you get a feeling to call someone, do so. If you feel compelled to take a certain turn while traveling, even if it seems to not be the right road, take the turn. We have all experienced our logical minds overriding feelings or impulses to do something and then later kicked ourselves when we realized our intuition was telling us something to our advantage. If you keep acting on your hunches, you might find that your life becomes magical and effortless: You are always in the right place, at the right time, with the right people, and doing the right things.



• **GEMINI** (May 21–June 20) •

February 1–7: According to Daniel L. Reardon, “In the long run, the pessimist may be proved right, but the optimist has a better time on the trip.” As Mercury retrogrades through your zone of adventure and optimism, you might be tempted to give up on something you thought was possible even if a little far-fetched. You might simply need to review the situation and remind yourself that anything is possible. Any impediments to progress could be reflecting your inner uncertainty. To determine if you are heading in the right direction, ask whether it feels meaningful. If so, this is a clear indication to proceed. If not, you might want to figure out how to get back on track, which could be as simple as noticing when you feel a sense of expansion.

February 8–14: Your ruler, Mercury, is still retrograding, suggesting the need for caution with your plans. But the new moon makes this a good time to expand your sense of what is possible and to challenge your limiting beliefs. When you confine yourself or others to labels or neat little boxes or tell yourself or others that something isn't possible, this is only one version of reality. You are being challenged to entertain a different view of reality where seemingly impossible things are not so impossible after all. If you don't try, you won't know. As quantum physics demonstrates, everything exists in potentiality, so step into the reality that best matches your highest potential.

February 15–21: Your ruling planet is neatly sandwiched between the planet of optimism and the planet of doubt, so you could find yourself swinging from one state of mind to another this week. If this is the case, try to find center ground, such as being cautiously optimistic or practical and determined in your efforts to manifest a possibility. Alternatively, you might need to challenge yourself to go beyond either extreme of

thinking and instead perceive things in a more whole and unified way. Clues will lie in any unconscious outbursts, because these strong emotions indicate what you have suppressed. Remember that whatever your current trigger, the cause is probably something in the past. By making peace with the past and releasing karmic ties, you'll find it easier to embrace new possibilities.

February 22–28: As the Sun moves into your success region, this is a good time to push yourself forward. Promote yourself, if that's appropriate, or allow yourself to shine in the outside world. The Sun-Venus alignment in this area bodes well for something auspicious or pleasant happening in your professional life or with your direction in general. The full moon on February 27 occurs in your zone of home and family, so your focus for a day or two needs to switch closer to home: Take care of your needs and the needs of those nearest to you. Getting the balance right between work and home could be the purpose of this full moon, but change might be necessary to move things forward or refresh stagnant energy that's holding you back. If you're not sure how to liberate yourself from being stuck, start by clearing clutter in your home and raising the vibration of your environment.



• **CANCER** (June 21–July 22) •

February 1–7: Rebirth and transformation are your key themes as a cluster of planets gathers in your zone of deep change. What do you need to release so that you can move to a better place? Shedding your old skin can be difficult because you have no guarantee you'll grow a new one. But of course you will, and your courage to release all that is outworn will be rewarded. So if you're unsure where you're going or what you want, a good purge might be in order. As B. K. S. Iyengar said, "When everything else is stripped away, the essential is revealed."

February 8–14: Transformation and rebirth are never easy processes, but it should be a little easier to let go of what you no longer need under this week's new moon. This time could feel rather intense and feature big themes in life: birth, death, sex, power, money/debt, mental health. Any of these could teach you a great deal. The trick is to not resist or force matters, because the more you struggle, the harder and more exhausting the process becomes. Let life carry you wherever it leads.

February 15–21: Once the Sun moves into Pisces on February 19, things will get a little easier. The heaviness of previous weeks should be replaced by lighter and more expansive energy, and you can entertain new possibilities or embrace an adventure. You don't need to travel the globe to broaden your horizons. Sometimes a small change is enough: Take a different route to work, catch a bus instead of driving the car, or eat food you've never

tried before. Adventures allow you to see life in more expansive ways, and they open doors to greater confidence and optimism. Whether you go for a big adventure or small, it's time to break out of your comfort zone.

February 22–28: The full moon on February 27 once again asks you to look at how you might be seeing a situation and whether there might be a more expansive view. You get used to seeing things a certain way and making judgments, but only your thinking makes something either good or bad. Under this week's full moon, enhanced by Venus, life will seem rosier, and you'll have an easier time attracting good things. Seeing the good in all things and enjoying moments of adventure will lead to an expanded state of being where you realize anything is possible in this moment.



• **LEO** (July 23–August 22) •

February 1–7: Almost all of us take people for granted, especially those closest to us. As Mercury retrogrades through your relationship zone, you might need to direct your attention to a relationship that is suffering from neglect or complacency. This is an opportune time to heal a relationship, make or renew commitments, and spend quality time with people you care about. See how happy you feel when you bring happiness to the lives of others.

February 8–14: It's all about relationships and dealing with other people as a big cluster of planets aligns with the new moon in this area of your chart. It might be time for a change, new beginnings, or some kind of development in at least one relationship. You might meet someone new, make or break a commitment, address a problem, or simply look at how you can get along better with people. Whatever the situation, it is time to start fresh in your personal life. As Lailah Gifty Akita said, "Share your life with others. You will have a joyful life."

February 15–21: Love and relationships are still center stage and will be for some time. But as the Sun moves into Pisces on February 19, the theme of transformation begins to emerge, making the end of the week a good time to consider how you can strengthen your weaknesses, be they in body, mind, or soul. Perhaps you would benefit from a cleanse or from letting go of a draining situation. Maybe you need to confront a fear or a weak spot in your personality. Clearing out stagnant energy in your home could help lift your vibration. Do whatever you feel compelled to do, particularly if it feels transformative.

February 22–28: With a full moon in your money zone on February 27, this is a week to deal with financial and material matters, and things will likely become clearer toward the end of the week. This is a good time to bring things to completion and share what you have. Venus and the Sun opposing the full moon suggests you

February Aspectarian

Transiting planets: Sun, Moon, Mercury, Venus, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto

Key: conjunction (0°), opposition (180°), square (90°), trine (120°), sextile (60°), quincunx (150°), semisextile (30°), semisquare (45°), sesquiquadrate (135°)

February 1: Moon sesquiquadrate Jupiter, Moon trine Pluto, Moon quincunx Mercury, Sun sesquiquadrate Moon, Moon sesquiquadrate Mars, Sun square Mars, Moon trine Venus, Moon trine Saturn, Moon quincunx Uranus

February 2: Moon trine Jupiter, Moon sesquiquadrate Mercury, Moon quincunx Mars, Sun trine Moon, Moon quincunx Neptune

February 3: Moon trine Mercury, Moon square Pluto, Mercury semisextile Pluto, Moon square Venus, Moon sesquiquadrate Neptune, Moon square Saturn

February 4: Moon opposite Uranus, Moon square Jupiter, Moon opposite Mars, Sun square Moon, Moon trine Neptune

February 5: Venus semisquare Neptune, Moon square Mercury, Moon sextile Pluto

February 6: Moon sextile Venus, Moon sextile Saturn, Moon quincunx Uranus, Venus conjunct Saturn, Moon semisquare Pluto, Moon sextile Jupiter, Moon quincunx Mars

February 7: Sun sextile Moon, Moon square Neptune, Venus square Uranus, Moon semisquare Saturn, Moon sextile Mercury, Moon sesquiquadrate Uranus, Moon semisquare Venus, Moon semisextile Pluto, Moon semisquare Jupiter, Moon sesquiquadrate Mars

February 8: Sun semisextile Neptune, Sun semisquare Moon, Moon semisquare Mercury, Moon semisextile Saturn, Moon trine Uranus, Moon semisextile Venus, Sun conjunct Mercury, Moon semisextile Jupiter, Mercury semisextile Neptune

February 9: Moon trine Mars, Moon semisextile Mercury, Moon sextile Neptune, Sun semisextile Moon, Moon conjunct Pluto

February 10: Moon semisquare Neptune, Mercury square Mars, Moon conjunct Saturn, Moon square Uranus, Moon conjunct Venus, Moon conjunct Jupiter

February 11: Moon conjunct Mercury, Moon square Mars, Moon semisextile Neptune, Venus conjunct Jupiter, Sun conjunct Moon, Moon semisextile Pluto

February 12: Moon semisextile Saturn, Moon sextile Uranus

February 13: Moon semisquare Pluto, Moon semisextile Jupiter, Mercury conjunct Venus, Moon semisextile Mercury, Moon semisextile Venus, Moon sextile Mars, Moon conjunct Neptune

February 14: Moon semisquare Saturn, Moon semisquare

Uranus, Mars sextile Neptune, Sun semisextile Pluto, Moon sextile Pluto, Sun semisextile Moon, Moon semisquare Jupiter, Moon semisquare Mercury, Moon semisquare Venus, Mercury conjunct Jupiter

February 15: Moon semisquare Mars, Moon sextile Saturn, Moon semisextile Uranus, Sun semisquare Moon, Moon sextile Mercury, Moon sextile Jupiter

February 16: Moon sextile Venus, Moon semisextile Neptune, Moon semisextile Mars, Moon square Pluto

February 17: Sun sextile Moon, Venus semisextile Neptune, Moon semisquare Neptune, Moon square Saturn, Moon conjunct Uranus, Saturn square Uranus

February 18: Moon square Mercury, Moon square Jupiter, Moon sextile Neptune, Moon square Venus

February 19: Moon conjunct Mars, Moon trine Pluto, Sun square Moon, Venus square Mars

February 20: Moon semisextile Uranus, Moon trine Saturn, Moon sesquiquadrate Pluto, Moon trine Mercury, Moon trine Jupiter

February 21: Moon square Neptune, Moon semisquare Uranus, Moon sesquiquadrate Saturn, Moon semisextile Mars, Moon trine Venus, Moon quincunx Pluto, Moon sesquiquadrate Mercury

February 22: Moon sesquiquadrate Jupiter, Venus semisextile Pluto, Sun trine Moon, Moon sextile Uranus, Moon quincunx Saturn, Moon semisquare Mars

February 23: Moon quincunx Mercury, Moon sesquiquadrate Venus, Moon quincunx Jupiter, Moon trine Neptune, Sun sesquiquadrate Moon

February 24: Moon sextile Mars, Moon opposite Pluto, Moon quincunx Venus, Moon sesquiquadrate Neptune

February 25: Sun quincunx Moon, Moon square Uranus, Mars trine Pluto, Moon opposite Saturn, Moon opposite Mercury, Moon opposite Jupiter, Sun sextile Uranus

February 26: Moon quincunx Neptune, Moon quincunx Pluto, Moon square Mars, Sun semisextile Saturn, Moon opposite Venus

February 27: Moon trine Uranus, Moon quincunx Saturn, Sun opposite Moon, Moon sesquiquadrate Pluto, Moon quincunx Mercury, Moon quincunx Jupiter

February 28: Moon opposite Neptune, Moon sesquiquadrate Uranus, Moon sesquiquadrate Saturn, Moon trine Pluto, Moon trine Mars, Moon sesquiquadrate Mercury, Moon sesquiquadrate Jupiter

could experience much contentment and happiness if you open your heart and give to others. This is not a week for grasping or focusing on ownership even if that feels tempting. Perhaps the answer to any dilemma is to let go with love. You might be surprised what comes back.



• **VIRGO** (August 23–September 22) •

February 1–7: You are in a prime position to make positive changes to your work or health, but you need to underpin both these areas for greater satisfaction with your daily life. If you don't leap out of bed in the morning gripped with passion for the day ahead, your health and productivity go down. Ask yourself what gives you the greatest satisfaction, then consider Mahatma Gandhi's words of wisdom: "The best way to find yourself is to lose yourself in the service of others."

February 8–14: If you feel the need for positive change with your health and well-being, the new moon on February 11 is the ideal time for a fresh start. Begin a new routine that supports your health, or let go of a detrimental habit or any other destructive activity that undermines your well-being. Your work can also benefit from a fresh approach, but the new moon and big cluster of planets in this region of your chart really asks you to reassess and constructively change how you spend your days, from the moment you wake up to the moment you fall asleep.

February 15–21: The focus on your daily routines — including work and health — continues. With Mercury retrograde, it would seem you might still need to focus on and review one or two elements of either your work or health, remembering that the Jupiter-Saturn conjunction is bringing you the gift of increased fulfillment with your daily life. Focus on what brings you the greatest satisfaction, particularly when this aligns with service to others. It's amazing how quickly personal problems diminish when you help others with theirs.

February 22–28: As the Sun aligns with Venus in your relationship zone, you are in a favorable position to enjoy time spent with others. The full moon on February 27 is likely to bring some clarity or resolution to a relationship issue, particularly if you are able to offer love and compassion. It's easy to fall into judgment or anger, but the situation now calls you to open your heart and be more loving. The results could be pleasantly surprising.



• **LIBRA** (September 23–October 22) •

February 1–7: Frank Capra said, "A hunch is creativity trying to tell you something." As the planets gather in your zone of fun, creativity, and enjoyment, it's time to pay more attention to what your heart says than what your head thinks. Embrace opportunities for pleasure and enjoyment: be more creative,

invite love into your life, or simply carve out more time to relax and be carefree. A passionate and colorful life might be calling, and while some degree of caution is merited, you have little to gain now by playing it safe.

February 8–14: One could argue that you are the most blessed of signs by the current alignment of planets residing in your area of fun, creativity, pleasure, and romance. If you aren't full of joy, you are being encouraged to find out why. Ask yourself what makes you feel joyous, and then build on that. Perhaps you need to live more creatively or romantically. Maybe you need a more playful spirit while realizing you are your own god and capable of creating whatever you desire. Nothing really matters at the end of the day, for life is a game. What game do you want to play? Allow the new moon to coax feelings and inspirations from your heart.

February 15–21: If life is a game, do you know the rules? Do you abide by them? When you forget or deliberately flout the rules, problems can occur: health issues, conflicts or breakdowns in relationships, poor finances, or things that "go wrong" to show where you might be acting inappropriately. The Sun's move into your zone of right action is a good opportunity to right any wrongs, tighten up your game, and get your life working more effectively. So while the planets are encouraging you to live more fully from the heart and to focus on what brings you joy, life might also be showing you there are limits. Your task is to know how far you can go in your pursuit of pleasure. This week, remind yourself that every action has consequences.

February 22–28: The planets are now evenly split between doing whatever your heart desires and being a good and dutiful person. This could result in a certain amount of inner conflict, and perhaps the answer is to love what you do for others. You might focus on healing or helping others (a strong healing theme is in your chart right now), or it could mean demonstrating your love and compassion to others through your work or your daily activities. Either way, there is a connection between service to others and your happiness. What do you love doing that could help other people? What gifts and talents do you have that could inspire others? Putting love into what you do for others is the key to your current success and well-being.



• **SCORPIO** (October 23–November 21) •

February 1–7: February begins with a strong focus on your inner world. That could translate as your home and family life or your inner thoughts and feelings. Much is likely going on here, from family dynamics and domestic changes to memories and emotional states rising up from the past. Be aware that whatever triggers your emotions now likely has its roots in something that happened long ago. Taking constructive

action toward home and family is the way forward. This is the ideal time to make changes to the space in which you live and to develop, heal, or create new dynamics with your family. It might also be appropriate to close a door on the past if a chapter of your life is ending.

February 8–14: Family and home life loom large as the new moon on February 11 and a group of planets gathers in your domestic zone. Here is your opportunity to start fresh in your home and family life: Mend a relationship, close a door on the past, move house, renovate the house you're in, or simply enjoy your abode and realize nothing is more important than the contentment of a cozy and happy home life. Using the principles of feng shui could be highly beneficial now. Clearing out old energies and bringing in a new vibration could positively affect you and anyone who shares your home.

February 15–21: A strong domestic theme still runs through your life, which could result in needing to resolve or review domestic issues. With Mercury still retrograding close to Saturn, taking a constructive approach to fixing or organizing things in your home or with your family should be productive now. Take care of whatever has been at the back of your mind. Clearing piles of clutter is a good use of the current energies, as is stripping old wallpaper or peeling paint. Fix possessions that need mending, or get rid of ones you no longer need. Another good use of the energies is to take a trip down memory lane: Organize old photographs, express your innermost feelings in a journal, or explore your inner landscape in therapy.

February 22–28: After the intensity of recent weeks, the Sun aligns with Venus in your house of fun, bringing a much lighter vibration and a more carefree feeling. This would be good for you to embrace, as too much seriousness isn't good for anyone. As John Wanamaker said, "People who cannot find time for recreation are obliged sooner or later to find time for illness." Think of recreation not just in terms of hobbies but anything that allows you to "re-create" yourself. Indulge your senses and take time to savor simple pleasures, or hang out with fun people. With a full moon in your social zone on February 27, the end of the week will indeed remind you that getting out and being with like-minded people is the cure for most ills.



• **SAGITTARIUS** (November 22–December 21) •

February 1–7: According to Seth Godin, "Sharing an idea you care about is a generous way to change your world for the better." In a world with so much to complain and worry about, try to focus on what you can do. A cluster of planets in your communication zone shows this is the time to speak up and allow yourself to shine. Now is a good opportunity to both share what you know to inspire or educate others

and to study and learn from others. Either way, this is a time to act on an idea and reach out to others.

February 8–14: This is likely a busy and active week with lots going on, and it's a mirror of the frenetic activity in your head. If you don't want to be afflicted by bouts of nervous exhaustion or anxiety, try to slow down and create rest periods or pockets of stillness within the day. Bear in mind that Mercury is retrograde in your mental/mind zone, suggesting glitches and breakdowns in communication, travel, technology, and a general feeling that life is stressful, awkward, and keeping you from getting where you need to be. The worst-case scenario is there could be accidents and other mishaps that stop you in your tracks. Preempt calamity by realizing you have no need to rush and that everything is unfolding as it should.

February 15–21: Mercury is still retrograde in your communication zone, but now it is strongly aligned with Saturn, emphasizing everything that was said last week. But this week, you have a greater need for a steady and constructive approach to daily life. Be realistic and don't rush things, but at the same time allow your optimism to guide you to your destination. Also understand that the mind is a powerful tool and your thoughts largely create the results you see around you. Bringing inner situations into your consciousness can be difficult, but if a fated situation seems to be at work in your life, you might want to examine it to uncover what inner situation you have been suppressing.

February 22–28: The Sun's move into your domestic zone slows the pace of life and invites you to savor simpler and cozier pleasures. What can you do to increase happiness and delight at home? Can you improve the décor and make your space more beautiful? Does a nourishing environment for you mean a candle on the table at mealtimes, a fire burning in the hearth, or healthy meals prepared with love? Even though the full moon on February 27 will pull you toward the outside world, such as work or other responsibilities, your home and family offer the greatest support and joy this week.



• **CAPRICORN** (December 22–January 19) •

February 1–7: As the planets gather in your money zone, you might think that many of your issues and problems revolve around financial and material matters. Whether it's money, work, business, possessions, or other structures in your life that give you stability, much is open to change. This is actually a good thing, because you are being asked to start again in some way with your financial and material growth or to rethink the way you have previously approached such matters. Placing too much importance on money, success, and possessions can cause as much suffering in the long run as denying the importance of the material

world. Balance is necessary, and this is the perfect week to review your material situation and start addressing what needs fixing.

February 8–14: As the new moon and a large and auspicious alignment of planets gather in your financial zone on February 11, this is a propitious time to create a new mindset in your material world. Look especially at the way you earn or manifest money. If you have been experiencing lack, then the current planetary picture should help you address the imbalance and generate greater abundance, especially if you express the gifts you were born with. Identify what you are really good at, and get to work.

February 15–21: The material theme continues, and the challenge is to attend to whatever needs fixing and sorting, from little details in financial or business matters to bigger problems that need more of your attention. Attending to your accounts and organizing financial paperwork could be one productive example of this important planetary transit. Or you might take on a new position, apply for a new job, or review certain aspects of your business. Ultimately, you need a balance between optimism and realism, between taking a big leap forward and taking small, practical steps. Ideally, you express your God-given gifts in a way that leads to abundance on every level. Patience, diligence, and hard work, coupled with an optimistic attitude and a good dollop of faith, can produce miracles.

February 22–28: Earl Nightingale said, “A great attitude does much more than turn on the lights in our worlds; it seems to magically connect us to all sorts of serendipitous opportunities that were somehow absent before the change.” The Sun’s arrival in your communication zone alongside the lovely Venus, will doubtless inject a certain joie de vivre into your thinking and have positive repercussions for every area of your life. Try to embrace this increased positivity by accepting that everything is as it should be, and grow your pleasure and delight in the world around you. Such a rosy outlook will lead you to the right place, at the right time, and with the right people on a more regular basis. The more confident, playful, and positive you are, the more life will yield positive results. All other things being equal, this week should mirror your glowing state of mind.



• **AQUARIUS** (January 20–February 18) •

February 1–7: If you feel caught between a rock and a hard place, you might need to shift your focus from what you can’t do or what isn’t going your way to what you can do. A certain amount of acceptance and tolerance for a difficult situation might be needed now as resisting or trying to force things will be counterproductive. Something new is trying to make itself known in your world, but you might

first need to go through a few trials before you emerge with the treasure. As in all good fairy tales, the hero has a bit of work to do before he wins the princess or gets the golden fleece.

February 8–14: If you feel you’re not moving forward or making much progress, maybe it’s because you’re not meant to, as this is more a time for reflection and reviewing situations in your life. That said, the new moon in your sign on February 11 will clear the way to a certain extent and provide an opportunity to create a new beginning, which could mean getting rid of something that has been holding you back. This is likely to be another eventful week focusing on your personal life and domestic situation, but adopting an attitude of acceptance will help you ride the choppy waves.

February 15–21: No matter what challenges you might be facing, this is a time of opportunity to make your life more satisfying. Your current difficulties might be showing you what you don’t want or providing insight into what you would like. As the Sun journeys through your sign alongside Jupiter, Saturn, and retrograding Mercury, pay close attention to yourself and your needs to figure out what is next in line for your personal growth and development. The issue of what you want and need to be happy is likely pressing now, but give yourself time to find the answers.

February 22–28: Mercury turning direct in your sign this week is good news: You can return to some sort of normality and feel that things are easing and moving forward again. The Sun’s move into Pisces will remove some of the intensity and pressure, turning your focus to your material situation so that you can now work on a financial issue to a successful resolution. Perhaps this is the time to focus on manifesting more abundance, whether financially or as a general feeling of plenty. This state of abundance could offset feelings of frustration, as Saturn’s square to Uranus is likely still causing snags with your personal, domestic, or family life or your inner needs. Let go of the need to control things, and focus on doing exactly what needs to be done. Being productive now is the way forward.



• **PISCES** (February 19–March 20) •

February 1–7: “We have forgotten the age-old fact that God speaks chiefly through dreams and visions.” Carl Jung was very much in tune with the workings of the universe and aware that the soul communicates not through the intellect but through the imagination. All the great works of art and spiritual revelations have originated in the imagination. As the planets align in your zone of the unconscious, you are in a prime position to access much wisdom, insight, and inspiration. You only need to ask, and then pay attention as answers present themselves.

Meditation, dreamwork, signs, symbols, art, music, and dance can all be keys to your progress and abundance.

February 8–14: With a new moon on February 11 in your zone of endings, this is a good week to close a door on something or bring a matter to completion. The past or deep feelings are likely quite apparent now, and looking back is fine if it helps you make sense of something or move on. But with a large and heavy grouping of planets also in this area, it would be all too easy to get lost in a labyrinth of sadness, sorrow, or wishful thinking. Try to balance an introspective mood with activity. Take the positive elements of this alignment of planets in such a sensitive area by tuning in to inner peace and inspiration through meditation, art, and all the things we mentioned last week. You can get lost in negative inner states or use inspiration to connect with the divine.

February 15–21: Are you making sandcastles in the air, or are you creating something real and true? Your head is likely buzzing with ideas and inspirations right now, and the trick is to translate them into something soulful or artistic. When the Sun moves into your sign on February 19, you might get a clearer idea of what to do.

Your energy, motivation, and positivity should increase, making it easier to do whatever inspires you. Remember that the Sun's journey through your sign signals a time to replenish your spirit by engaging in activities that make you feel good about yourself.

February 22–28: As Venus joins the Sun in your sign, life should take on a rosier hue. This alignment gives you permission to enjoy yourself and indulge in a little pleasure. Sometimes the cause of a bad mood is not giving yourself enough self-care, so schedule a massage, book a romantic night out, or watch a play. If none of these activities are viable, find ways to indulge your senses, and remember that being alive is a gift. Being a little hedonistic from time to time is perfectly okay; it's sometimes the best prescription when life feels a bit flat and gray.

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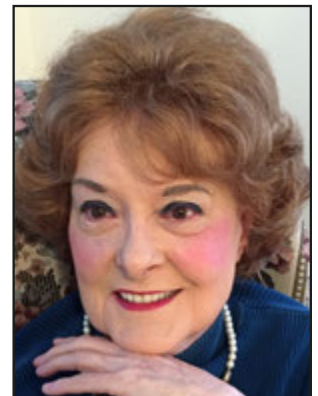
The Year of Worldwide Awakening

Elizabeth Joyce

Having pinned all hopes on next year, we eagerly wait for time to pass and our hopes to manifest. But what will change in 2021, and when, is a moot question. Astrologically, we are better placed in 2021. The planetary positions seem much more benign and the positive transits will help us reclaim ground lost in 2020:

- Jupiter has finally left its position of debility and moved to Aquarius, a benign sign and the natural eleventh sign of gains and desire fulfillment.
- Saturn is well placed throughout 2021 to support industry and efforts.
- Mars and Venus will not retrograde or spring further surprises.

After dealing with the huge changes of 2020, what will come to further shock us in 2021? We've been made to realize that the way we have been viewing and dealing with issues just doesn't work. Many changes and challenges have taken place, but this is all part of the great awakening. Because of the mass challenges we have been going through, it's really in our face.



Why is this awakening happening, and what is it all about? As the pandemic swooping across our planet, energies of true awakening bring us the ability to create the humans we want to be. This is true ascension. We're awakening to the fact that what we've been doing hasn't been working.

Do we continue with fighting and destructive demonstrations or do we bring this tension and anger down a notch or two? Can we begin to create an amazing world that highlights our talents? Can we create the amazing species we were meant to be from the beginning? We certainly brought the vibration down this past year.

Luckily, our precious Earth is a planet of massive choices. The darkness present here is not on other planets or in the other realms. That's why it's such a unique experience. All through 2019, I warned that something big was coming before we entered 2021. I even predicted this on the radio program *Coast to Coast AM* with George Noory on New Year's Day of both 2019 and 2020. I said we were entering the "terrible twenties." Many criticized

me as being negative, but I wanted us to prepare for the coming changes so we would not be drawn into fear and panic.

At the Top of the Roller Coaster

You might have been physically prepared, but what about your inner being? How is that doing? Are you in that darkness of fear? Well, chin up. It's time to loosen the ties. Remember your roller coaster ride of years gone by, the *click, click, click* that warned you as you approached the top and were about to topple down the other side. In 2021, you're going over the top. Take a deep breath, hold it in as long as you can, and let it out slowly. Laugh a bit. That's how to enjoy the ride. Then get right back in line.

I'm telling you to work with your mind and get in a place of peace and knowing. This tempo will allow you to go through these next few years like you're sliding down that tall roller-coaster hill. Whatever happens after this point will not be a surprise. You're prepared from within, and you're okay. If you slide around on the roller-coaster seat, know you won't be thrown out into a strange place. You're okay and you're doing fine. You do not need to feel afraid, because you can get through this. You are safe; it's only change.

You can keep the seat belt on loosely, if you wish, just for protection and to keep your guard up. But know that you are fine and safe in a higher field of a place without fear. And if you should leave the planet, well, you're off to bigger and greater things. This mindset is much better than fear — the fears of not having a job or taking the coronavirus vaccine. Everything that comes to you is your projection into the quantum field. See it all as an exciting experience. This is about you becoming who you really are.

Yes, the next few years will be difficult because change is always difficult for human beings. You might smile and laugh all the way through these changes. You realize, "Oh my God, this is it! This is the moment we've all been waiting for. I am a part of the collective field that brings the solution. I couldn't have had this great opportunity without all that's going on out there — all the arguments, conflicts, and separations. I have the training and the tools, and I can help stop them. I don't have to be angry with other people because they don't think the way I do or want the same things I do. It doesn't matter."

That's such a wonderful and freeing feeling! Some of you are sad about the events going on. You pull back in fear. You might not be comfortable talking about it. That's okay, because you can listen. Do not say, "She should listen to what I think; I listened to her." That's your ego showing up. Some people simply do not understand and are not ready to go through the changes. They are hanging on to what they think "should" be.

Many run around in fear and cannot discuss their feelings. These are beautiful, intelligent, and productive people. You might feel sad for them. Well, don't feel sad, because they came here to learn and grow beyond their fear. You will not be at peace if you think you need to help fix them. We all came here to go through this together, each in our own time and our own way. It is time for you to take care of you.

Quit looking at the negativity. Quit getting caught up in arguments and whatever you think doesn't have to be somebody else's thoughts. If you attack them, you're right in the mud pile with them. Loosen up and stop fearing what is to come. Remember that everything happens for a reason. The spiritual lesson here is patience and humility.

Ascension Clearing: Manage Your New Vibratory Energy

Learn to enter the state of being, hold the new amber light, and work with the two heart centers to raise your vibration and create and manifest your desires. You can learn to be the creator of your reality quickly. Find something that's soft and feels good to you, then soften yourself to open and receive.

- Discover your path and soul gifts.
- Build your inner power.
- Receive your new body and new story.
- Clear and strengthen your body vibration.
- Call on and work with your new fifth-dimension guides.
- Learn to focus in the higher vibration to create, heal yourself and others, and merge with the golden light of the higher-heart center.
- Drop your resistances and drop the past.
- Allow your power and control to create a breakthrough.
- Learn to bring in and attract what you desire.
- Apply the new spiritual chakras.
- Work with the magic of the circle of light, sending out energy to help others.
- Accomplishing clarity is as good as it gets.

New Affirmation

I am satisfied where I am today. I am at peace and open and eager to receive what's coming next.



Always, in the backstage of life
The universe vibrates and moves
To bring us what we desire.
The energy happens before the action.
Therefore,
Everything we experience
We have brought into our reality.

It's humbling to know
That we all can bring to ourselves
Wonderful and unlimited realities.



Applying soul alignment can untie the knots and take you very far with erasing karma or unfettering negative attachments. (The word “fetter” means anything that confines or restrains. It was originally applied to a chain or shackle for the feet that would stop you from moving forward or from walking your path and attaining soul growth.)



Backstage, behind the curtain
Beyond our physical senses
The universe moves and vibrates

With its hosts of angels, teachers, and guides.
Holding within it magic and miracles
It's always here for us to reach for.
Trust it as it orchestrates your life,
Unending and forever into eternity.



From *Backstage: The Importance of Your Personal Inner Connection* by Elizabeth Joyce (Visions of Reality Publishing, 2020).

Elizabeth Joyce is internationally respected for her gifts as a psychic and energetic healer. She gives personal psychic readings worldwide. She is a professional astrologer, spiritual counselor, energy healer, medium, and clairvoyant who interprets dreams and teaches the new energies of the fifth dimension. Purchase her books from Amazon.com or her website New-Visions.com. Listen to Elizabeth on Sunday evenings at Station 2, on BBSRadio.com/letsfindout.

Discover Internal and External Harmony

The Egyptian Cat Beings through Mary Elizabeth Hoffman

February 2021 begins with Mercury retrograde in the harmonizing sign of Aquarius, the water bearer who carries two urns of energy — one flowing from the cosmos to Earth and all upon it and the other gathered from this dimension flowing back to the cosmos — representing the balanced reciprocity of the universe. Although Mercury retrograde ends February 21, the effects will be felt until the new moon in Pisces on March 13 when Mercury returns to its original point of beginning retrograde.

Once again, beings from other times, spaces, and dimensions will be traveling in and out of the current time-space continuum in and around Earth, bringing wisdom, truth, and guidance regarding wise use of energies in attaining and maintaining balanced reciprocity within and without. Toning, drumming, and the power of the word will carry stronger activations when aligned congruently — and devoid of ego — with the soul-heart's guidance, love, and destiny.

Each person will be pressed to discover what internal and external harmony look and feel like. Anything not in alignment with the soul-heart's destiny or that vibrates out of tune with the truth of self will demand attention, clarification, and adjustment, individually and collectively, worldwide. All That Is must come into cosmic harmonization or the old soul song it sings will cease, dissolving until it is no more.

Sound, vibration, and energy emanating from people and animals in air, on land, and in water will become more sensitive to the nuances of what is expressed, whether through writing, speaking, or the silent vibration of beingness. All will notice whether that expression is congruent with light, love, and harmony in the universal flow of balanced reciprocity or if it goes against the grain. Challenges might arise in one's body, mind, and emotions or in relationship to the self, others, and one's environment or place in the world.

Where vibrational misalignment exists, adjustments will be required that could be expressed in a variety of forms. Caution is advised here, as the human kingdom is prone to change for the sake of change without assessing whether the change is necessary or in the wisest and best interests of Earth and all beings. The primary question is whether balanced reciprocity is built in to the change being contemplated or if it is ego-driven.

Ease Your Nervous System

Self-harmonizing what is ingested — in body, mind, spirit, or emotions — will become paramount to ease a nervous system overly sensitive due to powerful electromagnetic energies flowing into consciousness. No single



system of balance, harmonization, or healing aligns with all beings, so each person must go to her inner truth center for clarification as to what is in her best interest. Once people attain this internal harmony to some degree, they can align with other beings, places, and things to further expand this balanced reciprocity for all in harmony and abundance.

The human nervous system will become more aligned with incoming energies from the cosmos as the harmonization process of balanced reciprocity once again flows full force to Earth, expanding into five dimensions and beyond. If fear or struggle exist, it is best to seek within the self what is unable or unwilling to flow within the cosmic realms of balanced reciprocity.

Issues with mental, emotional, spiritual, and physical health and wholeness will take up more focus, as those in various healing modalities accept that these must all be harmonized. They must cooperate and communicate clearly with each other for wellness on all levels — body, mind, spirit, and emotions — to become reality for every living being. Much discussion, research, and information will come to light about how beliefs, traumas, healthy food, water, and a sense of purpose affect the body's health and vibration, regardless of age, ethnicity, or genetics.

The cosmic Mother of All Creation, Tì'a'ma'at (the purveyor of balanced reciprocity throughout the universe), will come into consciousness as vibrational harmonies of the Age of Aquarius rain down on Earth. Tì'a'ma'at holds the perfected vision of the scales of Ma'at, which is linked with the super galactic center at one degree of Libra and brings profound cosmic visions of love, harmony, and abundance from other times, spaces, and dimensions.

Three of the four points of avatar activate during February 2021: the Sun, Jupiter, and Mercury (during its retrograde) on the Aquarian point of avatar; Mars in Taurus on the Taurus point of avatar; and the Moon in Scorpio on the Scorpio point of avatar on February 3 and 4. These alignments will bring secret or clandestine situations, groups, or organizations to the surface. Much harmonization, healing, and vibrational transformation is possible after the new moon in Aquarius on February 11 and then on February 14 and 15. This will especially be the case when earth-grid, etheric-gemstone temples connect and fully come online and begin to amp up in preparation for their cosmic alignment with the cosmic star grid in the near future.

A Shift of the Ages

The power of the word — whether sung, toned, spoken, or written — will enormously impact the shifting, expanding, and harmonizing of all peoples, beings, and energies in this 3D time-space continuum with the cosmic divine plan. Awareness of thoughts, words, and emotions during this time will determine the ease (or

lack thereof) with which people experience this shift of the ages. All is free-will choice.

With the Sun, Mercury, Jupiter, Saturn, and Venus all in Aquarius this month, the ley lines for Earth's new crystalline grid, whose etheric-gemstone temples have been anchored one per year since 1987, are now complete and coming online. As these energy vibrations increase in amplitude, each living being on Earth will seek to discover harmony within these energies to attain spirit-fire initiation. Otherwise, the nervous system could short circuit and shut down completely, affecting physical, mental, and emotional wellness.

On February 11 at 11:07AM (PST), a new moon in late Aquarius with the Sun, Moon, Mercury, Venus, Jupiter, and Saturn in stellium (all in Aquarius) indicates a vibrational attunement and harmonization (hormone rebalance) that will turn on the pineal and pituitary glands as the spiritual regulators of the atonement of love and harmony for all living beings. Those who have essentially shut themselves off from these cosmic spiritual guides could experience a number of emotional or physical maladies — confusion, fear, anger, depression, paranoia, diabetic imbalance, migraine headaches — as the mind and body attempt to make sense of and align with the great cosmic vision of cocreatorship for the human kingdom now coming online.

These Aquarian vibrational energies are incompatible with greed, control, and fear. Anyone accustomed to functioning in these fear-based energies could experience temper tantrums, anger, and aggression in their attempts to grasp that no enemy is “out there.” They fear the enemy within that becomes disempowered and unafraid when faced. Eventually, they discover the soul heart's inner truth and destiny, devoid of belief in lack, competition, and the need or desire for control.

The incoming energies of this powerful new moon in Aquarius is compatible and in alignment with the balanced reciprocity of heart and head, yin and yang, and harmony and flow, consistently rebalancing things as seen in nature, the seasons, and all life: beginnings, middles, and endings in a never-ending recycling of energies in the universe.

You Have Gifts to Share

The balanced-reciprocity energies of the universe bring an ease of flow, love, and respect for life and all beings. They bring abundance and growth through the expression of each individual's talents, gifts, and offerings. All have much to share, with none better or worse, greater or lesser, than another. Each person is here to contribute to the evolution of the human kingdom in harmony and intimate relationship with the other six kingdoms: devic, imaginal, elemental, angelic, integral, and creator.

On February 27 at 12:17AM (PST), a full moon in early Virgo makes a wide grand square to the Moon's nodes — north in Gemini and south in Sagittarius — on the cosmic manifestation point between thoughts and things. Dreams, meditations, and thoughts of where each member of the human kingdom has been (and is presently and could be in the future) will pour into every human psyche. Finding an expressive outlet through a creative endeavor can facilitate bridging these energies to avoid total overload, burn out, and mental and psychic collapse.

Dimensional portals rapidly open and close, bringing sudden and disruptive change when done unconsciously and without focus. The potential to invoke energies that feed off chaos, fear, and confusion is possible if the psyche of the individual seeks to abdicate self-responsibility for feelings, thoughts, emotions, and deeds. Even

making no choice is a choice when abandoning the soul heart to avoid soul growth.

This full moon is an excellent time to receive input for alternative paths to restructure, reorder, and reorganize internally and externally for wholeness, balance, and harmony. It is an excellent opportunity to opt for ease of movement and growth through harmony and balanced reciprocity by letting go of past philosophies and beliefs that perpetuate separation, differences, and division, while seeking connections, common ground, and similar desires in one another's soul hearts.

Mary Elizabeth Hoffman is available for private consultations as well as balanced-reciprocity intensives for those who desire to implement these energies into their daily lives. For more information, go to her website, CatBeings.com, or her Facebook pages: *Mary Elizabeth Hoffman (Cat Beings)*, *Cat Beings*, or *Cat Beings Oracle*.

Our Destinies Begin to Surface

Michelle Karén

How to Read and Use the Following Calendar: This is not the usual Sun sign-based calendar. This is an event calendar that works for everybody, regardless of your Sun sign, to help you create what you wish to manifest in your life, such as signing a contract, selling or buying a house, getting a raise, going on a trip, or getting married.

For example, if you wish to figure out when to plant your garden, schedule a massage, or just relax, choose the Moon in Taurus or look at the last section of this article to see which day would be most conducive for any of these activities. If you wish to organize your desk or schedule an important meeting, use the Moon in Capricorn.

Refine your search by looking at the details of each day in the last section of this article and avoiding the void of course (v/c) Moon times. Kindly note that the days and times given below are in Pacific Standard Time (PST).

The Saturn-Uranus square on February 17 — one of the most important themes of this year — is by far the most significant aspect of this month. There could be much social unrest, signs of rebellion, and even revolution in the world this month. Confrontations with the people seeking freedom against the increased restrictions imposed by authorities might become particularly intense.

On a personal level, unexpected circumstances could make us feel we are losing our footing while experiencing

limited independence and a sense of great insecurity. Fragile people are likely to become quite unstable. As some abruptly leave, others enter our lives who become

great catalysts of transformation. As we go from the known into the unknown, pushed by this “reset,” we awaken to our truths and our real destinies.

Mercury, which is retrograde the first three weeks of February, turns direct on Saturday, February 20 (12:36AM) at 11°05' Aries. Its shadow period lasts until May 1, 2021. This degree is represented in the Sabian symbols by “a triangular-shaped flight of wild geese.” During the first weeks of February in our haste to jump to conclusions without having verified the facts, many misunderstandings could occur.

Communications are likely to be impulsive, abrupt, and even violent, as people don't take the time to think before speaking. In the face of restrictions, frustrations could run high. After February 20, we will find new ways to express our independence and discover exciting pathways to freedom.

Moon Messages

The Moon will be void of course (v/c), forming no major aspect with any planet, before entering the following signs:

- Monday, February 1 between 3:10AM and 3:25AM when the Moon enters Libra



- Tuesday, February 2 at 10:15PM until Wednesday, February 3 at 6:15AM when the Moon enters Scorpio
- Friday, February 5 between 1:20AM and 9:16AM when the Moon enters Sagittarius
- Saturday, February 6 at 10:16PM and Sunday, February 7 at 12:52PM when the Moon enters Capricorn
- Tuesday, February 9 between 9:22AM and 5:20PM when the Moon enters Aquarius
- Thursday, February 11 between 11:06AM and 11:23PM when the Moon enters Pisces
- Saturday, February 13 at 11:29PM until Sunday, February 14 at 7:54AM when the Moon enters Aries
- Tuesday, February 16 between 4:17PM and 7:12PM when the Moon enters Taurus
- Thursday, February 18 at 11:28PM until Friday, February 19 at 8:04AM when the Moon enters Gemini
- Sunday, February 21 between 10:39AM and 7:53PM when the Moon enters Cancer
- Tuesday, February 23 at 8:54PM until Wednesday, February 24 at 4:23AM when the Moon enters Leo
- Friday, February 26 between 3:32AM and 9:07AM when the Moon enters Virgo
- Sunday, February 28 between 7:58AM and 11:17AM when the Moon enters Libra

Mark these periods in red on your calendar, and avoid scheduling anything of importance during these times, as they will amount to nothing.

Schedule Your Activities Using the Zodiacal Position of the Moon

- Moon in Virgo until February 1 at 3:24AM and between February 26 at 9:07AM and February 28 at 11:16AM
This is a great time for starting a new fitness program, learning something new, eating healthily, fasting, clearing out closets, cleaning the house, and reorganizing drawers. It's also perfect for detailed work, the focused use of intelligence, and taking care of small pets.
- Moon in Libra between February 1 at 3:25AM and February 3 at 6:14AM
This is a perfect time for relationships, associations, diplomatic exchanges with others, anything related to beauty (a haircut, new clothes, or a makeover), art (especially painting and decorating), and pleasant social events (concerts or art exhibitions).
- Moon in Scorpio between February 3 at 6:15AM and February 5 at 9:15AM
This is a perfect time for scientific research, esoteric studies, self-transformation, shamanism, and dealing with the mysteries of life, death, and sexuality, as well as issues involving insurance and personal power.
- Moon in Sagittarius between February 5 at 9:16AM and February 7 at 12:51PM

Rune of the Month: Dagaz, "Breakthrough, Transformation"

The outcome is not always predictable in times of transformation. A symbolic death of sorts is at hand, shifting what we took for granted or never questioned and forcing us to reinvent ourselves. As we honor our true wishes and desires and work to progress with integrity, a whole new life can emerge from the rubble — better, brighter, and happier than the one we left behind.



This time is excellent for traveling, religious or philosophical activities, and matters related to higher education and the law. It is a good time for lecturing, learning new things, perfecting a foreign language, and exploring other cultures, as well as athletic training and tending to large animals such as horses.

- Moon in Capricorn between February 7 at 12:52PM and February 9 at 5:19PM

This is a great time for furthering ambitions, asking for a promotion, enlisting the support of people in positions of authority, making a good impression, restructuring a business, and redefining long-term goals.

- Moon in Aquarius between February 9 at 5:20PM and February 11 at 11:22PM

This is a perfect time for furthering philanthropic activities, engaging in charitable endeavors, meeting with friends, and making new acquaintances. It is also good for being involved with inventions, far-out and progressive ideas, interdimensions and time travel, and anything related to UFOs, computers, and technology.

- Moon in Pisces between February 11 at 11:23PM and February 14 at 7:53AM

This is a great time for meditating, sitting by the ocean, exploring anything related to the sacred, dancing, painting, swimming, dreaming, creating music or photography, filming, sleeping, channeling, and connecting with the mystical, the magical, and the oneness of All That Is.

- Moon in Aries between February 14 at 7:54AM and February 16 at 7:11PM

This time is perfect for intense physical activities and anything requiring forceful and direct action and self-assertion. It is also good for displaying leadership, spontaneity, and goodwill; being a way-shower; initiating new projects; and taking the car to the mechanic.

- Moon in Taurus between February 16 at 7:12PM and February 19 at 8:03AM

This is an excellent time for financial matters, such as paying bills, paying off debts, asking for money that is owed to us, investing in real estate, and buying and selling in general. It is also good for taking a stroll in the park, driving through the countryside, connecting with

Mother Earth, gardening, making pottery, sculpting, and doing bodywork.

- Moon in Gemini between February 19 at 8:04AM and February 21 at 7:52PM

This time is ideal for multitasking, indulging curiosities, and communicating in any form, such as exchanging information, sending emails, and calling friends and acquaintances. It is also great for social activities, attending conferences, reading books, watching documentaries, gathering data on various topics, and connecting with new people.

- Moon in Cancer between February 21 at 7:53PM and February 24 at 4:22AM

This is the perfect time for family activities, especially those involving children. It is good for spending more time at home, cooking our favorite foods, nurturing ourselves and our loved ones, and inviting cherished people over for dinner. It's also a great time for drawing, creative writing, humor, and anything requiring imagination and a touch of craziness.

- Moon in Leo between February 24 at 4:23AM and February 26 at 9:06AM

This time is excellent for indulging in glamor, attending dramatic performances, being in the public eye, throwing or attending an elegant party, playing with children, exploring romance, and partaking in creativity in general.

February's Intentional Meditation

Our intentional meditation started with the full moon on Thursday, January 28. We took out as many blank sheets of paper as we had intentions and placed them near a window, on a balcony, or in a garden to bask in the light of the full moon in Leo. Once that moment passed, we gathered our full-moon-charged blank sheets and placed them in a folder.

On Thursday, February 11 during the new moon in Pisces, take out your blank full-moon-charged papers and write on each a concise, positive intention. Place them on a balcony, in a garden, or near a window to be out by exactly 11:23PM. Once that moment has passed, gather your papers, staple them together, and put them away in a folder, expecting the manifestation of all your dreams.

Next month's intentional meditation starts on Saturday, February 27. Take out as many blank sheets of paper as you have intentions, and place them near a window, on a balcony, or in a garden to bask in the light of the full moon in Virgo at exactly 12:17AM. Once that moment has passed, gather your full-moon-charged blank sheets and place them in a folder for the next new moon.

February's Astrological Events

Monday, February 1: Sun square Mars (2:34AM), Venus enters Aquarius (6:04AM) until Thursday, February

25 (5:10AM). This is a good day to be active or take some exercise, directing our energies toward constructive goals. Avoid arguments. If we are not careful, conflicts with others could quickly escalate. During the next three weeks, friendship takes precedence over romance. We seek an unusual partner who shares our ideas and is innovative. Balancing freedom and intimacy is a must. Money could come by leaps and bounds in an unexpected manner.

Friday, February 5: Venus conjunct Saturn (11:07PM). Single people could feel lonelier than usual today; however, those who have partners could reassess their connections with great seriousness and realism. A good relationship could become stronger and more committed, but a shaky one could come to an end. Our attitude toward money is solid and grounded.

Saturday, February 6: Venus square Uranus (7:33PM). Our relationships could be unstable today, which could be both exciting and upsetting. The more present we are, the more we go with the flow, and the more we remain independent in our important relationships, the more our love has a chance to last. Our finances could fluctuate wildly today with sudden gains and unexpected losses.

Monday, February 8: Sun conjunct Mercury (5:48AM). This is a great day of pleasant communications, short but interesting trips, and useful information. We are sociable, enjoy light conversations with others, connect with old friends, and get through our emails and phone calls with ease. Our curiosity leads us to research varied topics of interest. It's also an excellent time for attending a conference that stimulates our minds.

Wednesday, February 10: Mercury square Mars (4:16AM). We are required to be quick-thinking, decisive, courageous, assertive, and honest today. However, it is advised to reflect before we speak, as we could be particularly direct, even aggressive. Staying away from conflict or potentially violent people is recommended now, as their words could be particularly hurtful. Driving while angry is not wise.

Thursday, February 11: Venus conjunct Jupiter (7:00AM). Today, we feel expansive, positive, and adventurous. Our enthusiasm is contagious. Many doors open, and the people we meet are exciting. Our social lives are fun and enriching. It's a perfect day to try our luck at the lottery, attend a glamorous event, or buy an item that adds beauty and elegance to our lives.

Friday, February 12: Mercury conjunct Venus (11:48PM). This transit brings pleasant and loving conversations with others. This time is perfect for planning a gathering among friends. We express ourselves with diplomacy now. Reading a nice novel or watching a romantic movie are also perfect uses of this day's peaceful energies.

Saturday, February 13: Mars sextile Neptune (6:13PM): Our imaginations and creativity are at an all-time high, but our ideas could remain castles in the sky if we don't put in the necessary hard work to concretize them. A certain restlessness could stir us in new directions. Surprises are exciting.

Sunday, February 14: Mercury conjunct Jupiter (1:40PM). We feel expansive and enthusiastic. Our confidence, positive energy and tolerance are contagious. It's a perfect day to enroll in higher education to study philosophy, religion, or the law. It's also excellent for beginning a long-distance trip, investigating another culture, or learning a new language. However, we might need to be careful about promising more than we can deliver.

Wednesday, February 17: Saturn square Uranus (11:08AM). Kindly refer to the opening paragraphs.

Thursday, February 18: The Sun enters Pisces (2:44AM) until March 20. During the next month, our sensitivity, compassion, and attraction to peace and beauty are heightened. Artists, healers, and channelers are particularly inspired. However, we should beware of spiritual imagination and the desire to retreat into a world of dreams rather than face a harsh reality.

Friday, February 19: Venus square Mars (3:04PM). Obstacles in our social lives are met with frustration, which quickly transforms into impatience and anger. We need to be careful when in the company of potentially violent people who are unlikely to contain their resentments. Situations with others are volatile and unstable. It's best to channel any excess energy in a

physical activity that brings beauty. Dancing or joining a fun, competitive encounter with like-spirited friends are good outlets for this transit.

Wednesday, February 24: Mars trine Pluto (5:52PM). Today, it is unwise to test other people's limits or play power games. It is best to avoid conflicts and to be as positive, honest, and diplomatic as possible. Dynamic, courageous, and constructive actions that enlist the support of all involved and create win-win situations are good choices.

Thursday, February 25: Venus enters Pisces (5:11AM) until March 21, Sun sextile Uranus (1:13PM). This coming month, our sensitivity and compassion are particularly enhanced. Our appreciation for art is increased. Artists, healers, and channelers are especially inspired. We are drawn to meditation, peace, harmony, balance, and beauty, and we intensely feel the suffering of those less privileged than us. We should expect the unexpected today. Plans might suddenly change. People we haven't heard from in a while could appear, and while some could fall out of our lives, new friendships might develop with unusual characters walking to the beats of their own drums. The more flexible and present we are, the more exciting this day will prove to be.

Wishing you a fabulous month of February!

Michelle Karén became aware of her psychic medium gift as a child and became a professional astrologer at the age of fourteen. She has a master's degree in philosophy and a diploma from the Faculty of Astrological Studies in London. Her graduate studies were in Medieval Horary Astrology. To learn more about Michelle, go to her website, MichelleKaren.com, or contact her at michelekaren@earthlink.net.

The Power of Your High Heart

Master Lady Kira Raa

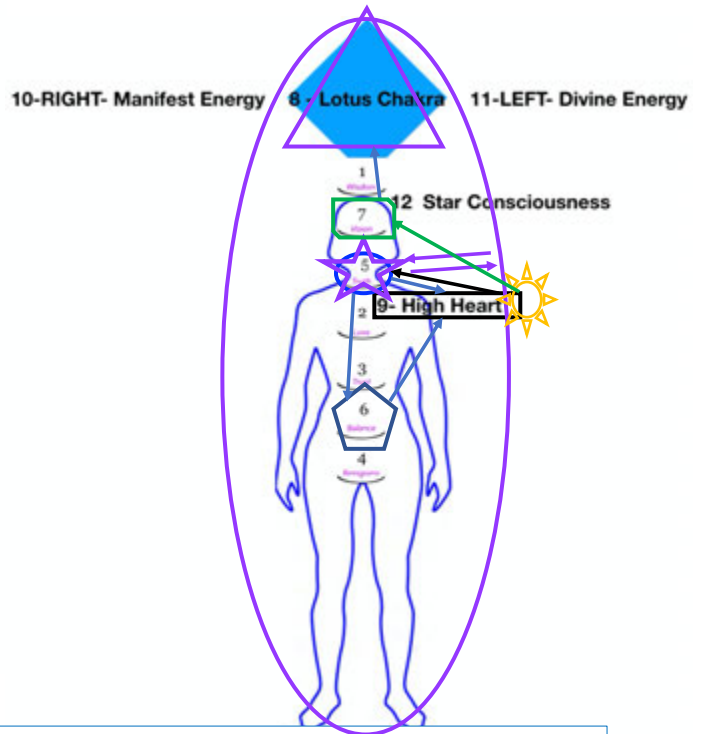
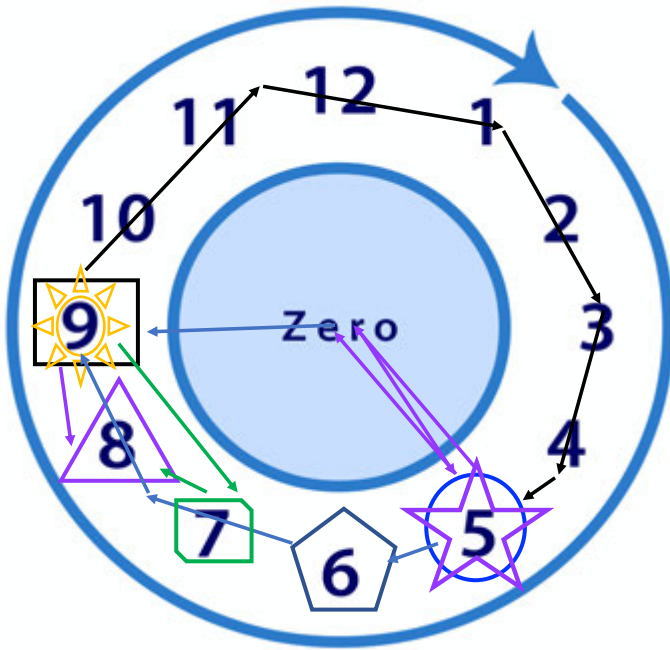


Ascended Numerology works with all principles of nature in harmonic combination with sacred geometry and an ancient form of arithmancy (a system that assigns numerical values to letters). This sacred formula opens the gateway to the ascension vibration as miracles in action through the conscious connection with the law of instantaneous manifestation. Ascended numerology assists your soul's evolution into full mastery while in form.

How perfect the month of Valentine's Day depends on your ability to hold the presence of the high heart in all you do. The extraordinary year 2021 expands again in February with a full compass that invites you to say

yes to your eternal, infinite nature. Mercury retrograde, that began January 30, has a unique influence this month, as it is the entry energy into your high heart. That energy arises from the state of perfect balance.

The energy of 2020 set the stage for this moment. The entire year of 2021 is the second half of your mastery up-level training. This month, the high heart reigns as the king/queen. If you arise into this blessing, the infinite nature of your mastery presence is yours to command. This energy calls you to live your personal truth with joy-filled abandon and complete trust in the universe.



ASCENDED NUMEROLOGY FOR FEBRUARY 2021

February = 9 2021=5+infinite February 2021 =5 + infinite

Mercury Retrograde Begins: January 30 2021 = 6*

Illuminated New Moon Up-level date: February 11, 2021 = 9

Mercury retrograde post phase begins: February 20, 2021 = 7

Full Moon BALANCE energy: February 27, 2021 = 8

This date is included as it affects HOW the energy of February opens and as it releases in February as well!

**February = 9 (Infinite Energy of the Trinity)
Discover Your Crystalline Nature**

Humanity’s wakeup call has arrived. As you meet this call with deep breath and awareness, you are ready to dance with the transformation of your physical nature. You are a transcendent being able to enter into the alchemical transformation of your life, right now, with your high heart as the crystalline gateway. This is the moment to apply the gift of transcendent transformation to everything you do. Relax your mind and invite the spaciousness to remember that you can both materialize and dematerialize. Enter the cocreative realms beyond this world and rejoice as you rediscover your life experience.

**February 2021 = 5 + Infinite
The Flowing Cosmos of Service in Action**

Spiral time first birthed in December 2020, and if you are ready to release your grip on linear time, February reveals the infinite nature of service. In this moment, your divine mind meets your human mind. You have the rich opportunity to call the flow of the cosmos

from the depths of your infinite nature. This flow assists you to magnetize your energy and call forward the connections and synergies that support the flow of service. Honor your heart and focus on the greater good. Be true to your needs and witness as magic unfolds. Remember that your high heart is the guide. The February 5 energy plus the infinite doubles the energy of 2021, which is also 5 plus the infinite. Take this moment to fully discover the blessing of allowing yourself to be you.

Integration practice — the five-pointed star: As you connect with this practice, call your mastery presence through deep breath and connection. You can enhance this practice by placing your bare feet directly on the earth.

- Stand with your feet shoulder-width apart and arms straight out to the sides.
- Become and remember yourself as the five-pointed star: Your feet are the first and second points; your hands are the third and fourth points; the top of your head is the fifth point. Your heart is in the middle.
- Breathe deeply and experience unification.

February Ascension Up-Level Dates

January 30 = 6 Mercury retrograde begins (this date is included as it affects how the energy of February opens and releases)

February 11 = 9 illuminated new moon

February 20 = 7 Mercury retrograde post phase begins

February 27 = 8 full moon balance energy

Ascended Numerology and the Physical Body Ascension Energy

The code of the soul is one with physical form, sharing the sacred union of body and spirit. This illuminating presence ever-patiently experiences the depth of your formed experience. As the energy of each month is revealed, ascended numerology also affects the physical body's experience of the monthly energy.

February 2021 is unique in that the month opens with the Mercury retrograde energy that began on January 30, 2020. This energy of the 6 reminds you that balance is the key to moving through a very illuminated moment. As you connect with the ascended numerology physical-body chart, you will notice that this month first

arrives at the second chakra. Creation is intertwined with the All. This immediately calls you to your throat chakra and your truth.

Throughout the month, you dance between your fifth chakra (at your throat) that governs your truth and the high heart of the 9. This high-heart energy that calls you to your higher sense of being and invites you to act from that space, has a wild ride with the power of the infinite. It ultimately affects your vision as Mercury retrograde moves into post phase starting February 20. This is yet another moment to honor your intuition and trust your inner nature throughout a very illuminated month that is all about your ability to hold the higher heart as your guiding light.

Master Lady Kira Raa has been working with ascended numerology for over twenty years. She has witnessed thousands of people break free once the code of the soul is freed. She is a best-selling author, spiritual mentor, and radio show host; join her live on Tuesday evenings (5:00PM PST) on Soul Mirrors Radio at [YouTube.com/OfficialSriandKira](https://www.youtube.com/OfficialSriandKira). Learn more about Master Lady Kira Raa and her husband, wisdom teacher Sri Ram Kaa, at [SriandKira.com](https://www.SriandKira.com). Visit Sri and Kira at their retreat center in Ecuador, and fly into the depth of your divine being: [TosaBlueMountain.com](https://www.TosaBlueMountain.com).

Pay Attention to Your Perceptions

Lynn Buess, MA, EdS

This month features giving attention to your mind, belief systems, and perceptions of the world around you. Many of your thoughts that go into decision-making are programmed by dark forces to mislead and deceive you away from what is true. Do you examine what both sides are saying? Do you exercise reason and ask questions about the information you receive? Do you look beyond rhetoric for the source of information and its purpose?

Thoughts can be planted. Stimulants, drugs, and raucous behavior can let in outside entities and intrusive consciousnesses that prompt negative thoughts and reactions that are not your own. Opening your mind to information coming from other sources can invite in spokesmen for any number of agendas, not all of which are good for humanity.

Intuition can be a blessing and offer information you don't ordinarily receive from rational quests. When masculine and feminine polarities of mind are in harmony, you improve the possibility of receiving accurate guidance and truth. That said, intuitive information is filtered through your personality and can be interpreted through

your beliefs and desires, so you need to be careful.

On occasion, the mind receives direct bursts of wisdom and truth from the mind of God. These offerings prove to be accurate and undeniable. People who consistently provide such gems from above are called prophets. Human minds are now so clouded with confusion that the collective seems unable to recognize the divine cosmic issues involved or take action for the highest good. Events will soon take place that can only be described as supernatural, from a force beyond human capacity. It will touch human events in a manner that must be divine.

February Personal Numerology

To determine your personal year for 2021, add the sum of your month and day of birth to 5, the number of the universal year: $2 + 0 + 2 + 1 = 5$. For example, September 4 is $9 + 4 + 5 = 18$ [$1 + 8 = 9$]; thus it is a 9 personal year.



If you are in a **1 personal year**, this can be a most productive period in your destiny, even in these troubled times. A moment is coming when you can take a deep stand against adversity and let your light shine. You are courageous when necessary, articulate in the right moment, and willing to lead when the occasion demands. This can be one of your most enlightened moments, and you feel poised to make great strides in personal growth. Time spent in a lighthearted, playful, and mysterious interlude is just the right stimulus to enhance your motivation. Where others cower and doubt, you are willing to take the necessary steps to make changes in the conditions around you.

New rules, regulations, and changes in social codes require you to research and verify what is transpiring. These annoying details seem to get in the way of your previously well-laid plans. You and a partner might have a difference of opinion about how you handle funds. You might have to alter part of a project you thought was close to completion and take care of near-emergency conditions.

If you are in a **2 personal year**, this is an opportune time to see through the illusion of duality and become more centered in the multidimensional perspective of the soul. This could come by surprise or as a result of time spent preparing for a higher state of consciousness. You would like to see the collective vision of humanity awaken in a manner that allows all people to recognize the true unity that binds all creation, and you will soon have the opportunity to do just that. Someone has been holding back vital information that could benefit you immensely. It's time to fine-tune your intuitive antenna and see through misguided information that comes your way. You find yourself going through emotional highs and lows as you arduously play the game of life.

You might cut loose from some of your social formalities and become a little rawer and more rambunctious during this frantic life cycle. Your willingness to take an independent stand catches the eyes of possible allies who are more in harmony with your fundamental social views. Resisting trends could prove to be an asset when all is said and done. This is a time when you might be better off not following herd mentality.

If you are in a **3 personal year**, you might find yourself revising your expectations of how change will happen in the world around you. Your ego takes a back seat so you can be true to yourself and others in this time of much falsehood. By being true to yourself in a natural way, you are pleased to realize that you feel much less pressure than when you try to perform. Even in these restricted times, you see a variety of new alternatives. This might be a time of remodeling or face-lifting something in your personal environment. The rising costs of

transportation and living make you contemplate moving to a different place of work.

You have watched as things have gone out of control. The paradox is that this might be the time to take a calculated risk and try to have more. Your sexual, creative, and physical magnetism is high. What seem to be setbacks to your work and career diminish, and opportunities develop more in your favor. The increasing number of career opportunities might put you in a position of choosing between a business opportunity and a personal commitment to another.

If you are in a **4 personal year**, perhaps you have been developing a long-term business project. Changing conditions cause you to reevaluate as you become aware of some incomplete aspects and loose ends you did not previously see. Your project is potentially promising, and its success could be enhanced by eliminating some of the bugs before you introduce it to the public. You might want to take some time and get away from work, as doing something lighthearted and playful could help you recharge your batteries. This can be a good time to think about making improvements to your business. Perhaps consider a new logo or some property renovations.

You find yourself enjoying the process of putting new concepts about your life's work into practical manifestation. You are challenged to develop a format the public will accept. The world appears ready for what you have to say. Although somewhat restrained, entertainment and social events bring added reward and pleasure to your life.

If you are in a **5 personal year**, recent social and political changes have placed a road block on your good life. You have probably been through more ups and downs than most mortals and were blessed with many lessons. You will likely be called on soon to share your lessons of coping with life. Having been externally blessed, you are now on the verge of developing abilities of a spiritual nature. Newly found power and peace move through your inner core and are revealed in your behavior, demeanor, and presence. Those who know you will be blessed by your guidance and wisdom. You might be surprised with new travel opportunities.

Be careful that your reluctance doesn't get in the way of an interesting offer. Try not to wait when it is time to move or move impulsively when it is time to wait. Finding harmony in the face of confusion can be a challenge. You want to please others and get ahead in life, but this can be at the expense of selling out your true desires. You will get where you want to be in life when you please your inner wants.

If you are in a **6 personal year**, discord within your family or circle of associates could come closer to the surface and erupt. Perhaps the discord is your association with yourself. Repressing long-built tension can be

difficult. This is a favorable cycle to recognize how your negative ego disrupts more of your life than you think. Just as you come face to face with parts of yourself that you would sincerely like to release, the right person enters your life to assist you. This could be the ideal time to get help from a professional, mentor, trusted friend, or trained caregiver. You are about to attract a new partner or enter a more mature and harmonious path with your present partner.

You can benefit now by paying attention to your emotional assets and giving added attention to aspirations that come from deep within your soul. You are strong, sturdy, and outstanding in your intuitive insights and assessments of the moment. You dare to act bravely in the face of the unrighteous and speak out about what is wrong. You find yourself surrounded by others who are becoming emotionally integrated and taking stands for the same cause.

If you are in a **7 personal year**, you might have to make some sacrifices because of unforeseen social interruptions. Current social unrest could result in explosive conditions that make you consider relocating. This is a time of breakdown for many people and a time of breakthrough for those who are prepared. You might not fully understand the divine lessons. You have questions regarding justice and the workings of higher law. Some things just do not seem to be equitable, and you find it difficult to believe that a loving God watches over this world. But your faith and inner guidance help keep you stable and strong in these uncertain and turbulent times.

Despite the uncertainty around you, a lot of things are integrating. You see options for your life that were once only dreams. You mix and mingle with people who see and prepare for what is coming and don't simply adjust to the whims of mass consciousness. It is not easy to think independently and search for the real truth.

If you are in an **8 personal year**, you are challenged by social, legal, and ethical issues that require your close attention. Where before it was easy to let things slide,

you now face some serious decisions. The possibility of deception and fraud could affect your ventures. You might examine monetary alternatives and financial options to survive in the market place. Questions of authority and possible abuse swirl around you. You could be called to social action in response to events in your immediate vicinity and take a public stand in matters of community.

Higher guidance is strong and could take you on a path that many would dread and some would call insane. What makes higher sense can be disturbing to those caught in mass-consciousness dogma. Out of an unpredictable series of signs and events come eventual justification and confirmation of the path you are taking.

If you are in a **9 personal year**, perhaps you have gone through a period of doubt and uncertainty about the workings of the Creator. Now you find reasons to be more optimistic, as your spiritual insights are difficult to refute under the specter of truth. You see prospects of a turnaround in the economy, and you take steps to get through the current downturn. Your survival instincts might be telling you to take precautions in case natural upheavals or civil unrest impact your residence. Your quest for truth has moments of reward, as hidden secrets of the high and powerful begin to come into light and the extent of dark deeds becomes known and revealed.

Global events will further open doors to your understanding of a new reality and purpose for your life and the world at large. A planned journey takes you in an entirely different direction, with wonderful results. The next few weeks will bring new choices and options that you could not have anticipated.

Lynn Buess, MA, EdS, is a leading numerologist, international author and speaker, wellness innovator, and therapist. He has been active in the self-awareness movement for more than half a century. Since 1980, Lynn has practiced numerology around the world. His list of clients would make an impressive Who's Who list of international personalities. Lynn has published, among many other books, The Heart of Numerology. For more information, go to NumerologyRising.com.

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FEATURES



Dream Zone

Lauri Quinn Loewenberg



Sometimes the Answers You Seek Are in Your Dreams

I dreamed my cat was hacking up a hairball but instead hacked up an entire pot roast! What the heck?

— Jill, 32, Memphis, TN

From Lauri: Cats in a woman's dream will most often represent her sexuality (her inner sex kitten) or her independence and pride, since cats are pretty self-sufficient and are known to be snooty and prideful. When anything comes out of the mouth in a dream, it can often be connected to something you recently said. Is there anything significant that you have said lately in relation to your independence or your sexuality?

Jill replies: Wow, both actually. I have been getting pretty irritated with my boyfriend for a while now. He doesn't seem to respect my boundaries, my friends, or even my emotions. But the sex is amazing! So I definitely kept him around longer than I should have. I finally told him the other day that we are done.

Lauri replies: Ah! That may be where the pot roast comes in. We stick a fork in meat when we need to know whether it is done.

I dreamed that my estranged mother was having open heart surgery, and while being operated on, I was in charge of holding her heart to keep it warm.

— Rachel, Denver, CO

From Lauri: Surgery in a dream

often reflects a subconscious desire for some situation in your waking life to be repaired and made better.

In your case, it is likely that you wish, subconsciously, to repair your relationship with your mother. May I ask why she is estranged?

Rachel replies: She has done and said terrible things to me since I was young. We talk occasionally, but she's never met my kids, and we don't have any type of real relationship. She is the perpetual victim, wronged by everyone.

Lauri replies: Deep down, you must be hoping she has a change of heart or that her ability to love and show love improves. Despite that, your subconscious is reminding you that the way you regard her, or "hold" her, should remain warm. This doesn't mean you should have her in your life, but for peace of mind, hold on to the warm thoughts of her rather than the bad.

Rachel replies: This makes so much sense. Thank you.

I had a dream last night; it is a recurring dream. I was swimming with people at a pond I remember well from my childhood. I was swimming with everyone. I dove in, swam to the bottom of the pond, and tried to push up, but my feet stuck in the mud. The more I pushed, the deeper I sunk. Sometimes I wake with a start and am in a cold sweat.

— Steve, Nashville, TN

From Lauri: Recurring dreams are usually caused by an ongoing issue that has yet to be resolved or a recurring behavior pattern. In your dream, what starts out as a good time turns into you being stuck and in danger. Since you had the dream last night, look at what happened yesterday: conversations you had, issues you dealt with, and dominant thoughts on your mind. Did anything from yesterday start out as fun but then made you feel stuck or overwhelmed?

Steve replies: I talked on the phone to a girl I am seeing. I don't consider her my girlfriend because I don't like to use labels. She talked a lot about her kids. I suppose that concerned me, as I am done raising mine and not interested in doing it again. This makes sense, but I have had this dream for about ten years, which is much longer than I have been seeing this girl.

Lauri replies: Right. So it might come up whenever something is threatening your freedom.

Steve replies: Of course! You have given me insight into this dream I never thought I would get.

Lauri Loewenberg is a certified dream analyst, syndicated columnist, author, popular radio personality, and member of the International Association for the Study of Dreams (IASD). To learn more about Lauri, visit LauriLoewenberg.com.



Human Energy Systems

Charles Shahar



People's Auras Interact and Intermingle

An energy field surrounds all living beings. The word “aura” is often used to describe this field. “Aura” has roots in the Greek language, meaning “vapor” or “breath.” Our personal auras constantly mesh with those of our surroundings. When people live together, their auras intertwine, and if they are intimate, this connection is particularly strong.

For instance, they say that after a few years, couples often start acting and speaking similarly. This is because their energy fields are constantly intermingling. They become very sympathetic in terms of their vibrational patterns, and some will say that they know what their partners will say before they actually verbalize it. In extreme cases of auric resonance, they might even begin to resemble each other physically.

When I speak about the aura, I don't want to get preoccupied with its colors and other visual characteristics. I know certain people have a clairvoyant facility for seeing textures or hues, relating them to emotions and intelligence. These abilities are impressive, and almost anyone can learn to develop them with the right training.

The aura can be sensed in other ways, however. For instance, as our energy fields make contact with another person's energy field, we can sometimes feel it brush up against us. We can also smell the aura. The point is that we do not have to see someone's aura, or a place's aura, to know what it is like. We can trust our intuition about our reactions and feelings.

Our subtle senses always pick up on these vibrations. We sense

the aura all the time and use various phrases to describe it. It can be noticed as a light that surrounds a particularly joyful individual, and we might say that the person looks particularly bright or radiant that day. We remark that children have an aura of innocence about them as we tune into the purity of their emanation.

Depressed people seem as if there is a fog hanging over them. The representation of the cartoon character in a comic strip that constantly walks around with a grey cloud above his head is not far removed from reality. We mention that an individual is red with anger or green with envy. This reflects what we actually see with a more subtle vision.

We sometimes perceive authority figures to be much taller than they really are. A professor of mine was barely five feet high, yet he spoke with a dignity and confidence that made him seem much taller. It was the energy he projected that made him look imposing or larger than life. We call this an aura of authority. We also say people put on airs or have a particular air about them.

The aura is routinely recognized and perceived. But because its form is so subtle, the language we use to describe it does not necessarily make the association clear or direct for us. The point, however, is that we don't necessarily have to be conscious of something for it to have an effect on us.

The Aura's Layers

The human aura comprises different layers that interpenetrate

one another, and each represents varying degrees of subtlety and grossness. The physical body itself constantly emits or discharges an aura of electromagnetic radiation, such as heat, which can be easily measured with the right instrument. There is also an electrical charge that passes just above the skin and changes in amplitude with the person's emotions.

Just beyond the physical body, we find other layers of a yet more subtle nature. Closest to the physical dimension is the pranic, or etheric, sheath, which is responsible for the physical vitality of the organism. It extends several inches from the physical body, and it ranges in hue from bright blue to gray-blue. We see this subtle field most strongly in healthy people who seem to have a zest for life. They literally radiate vitality.

The emotional body extends about a foot from the physical, and it is the most colorful of the subtle sheaths. It reflects both transient moods and enduring sentiments. The more extroverted the personality, the more luminous and expanded this field. Emotions are seen as multicolored currents of energy, and the dominant hue represents the dominant emotion being felt. A color such as green, for example, relates to a sociable or nurturing sentiment. Orange is indicative of sexual ardor, and rose is related to sentimentality.

The mental field is bright yellow, and it extends more than 2 feet from the physical body. When a person has clarity and focus, this body tends to be brilliant. The body takes on a more muddy or clouded appearance when confusion dominates the mind. The mental body is surrounded by thought forms that represent longstanding attitudes and beliefs. The more that people are worried and preoccupied, the more thought forms there are surrounding them. There are convolutions in the mental body when one's thinking is warped — full of worries or mental agitations — particularly when one engages in mental delusions or other distorted ways of thinking.

There are yet more subtle sheaths that relate to the person's spiritual aspects. For instance, there is a higher emotional body that relates to emotions of a devotional nature: both in terms of devotion to helping humankind as well as spiritual devotion to God. Another body is the causal, or higher mental body, which is a deep golden color and houses the unconscious impressions of our experiences across incarnations. Within the causal body exists the seeds of mental attitudes and orientations that shape the course of a person's life. Some dreams originate in the causal body.

The causal body is oval or egg-shaped, and depending on one's spiritual development, it extends about 3 feet from the physical body. It represents the glorious effulgence of the soul. There is also the bliss body, which we connect to in deep meditation or prayer, and it is brilliant and iridescent. It relates to experiences of the most sublime nature, and one can actually see it as a shimmering white light surrounding exalted people such as saints. It is often depicted in the religious artwork of just about every culture as an oval or halo surrounding the head of a deity or saint.

There are still higher bodies that relate to more transcendent states of knowledge, and they are of an even finer "material." One can experience them during successively deeper states of meditation. At the highest point of meditation, however, the being transcends all bodies and forms, becoming one with the whole. At that point, one's identification with the individual self dissolves.

The lower sheaths combine to make up the individual mechanisms of the body and personality, and these are discarded after death. The higher emotional, causal, and bliss bodies are not reformed after each incarnation; rather, they survive the demise of the physical body and the personality. A spiritually inclined individual will shed the lower bodies quickly after death, whereas a person tied to these lower aspects will not easily be rid of their influence. They will reincarnate to quickly pursue the process of purification again.

Vehicles of Consciousness

Ultimately, our true nature is beyond all bodies and forms. The pure consciousness, the true self, is eternal and changeless; it is unaffected by this world. Each level or body is simply a kind of filter that manifests the consciousness differently. Those able to connect to their original purity in this physical body will become free and open channels for their divinities to be expressed here on Earth.

All our bodies, physical or subtle, are actually vehicles or channels for consciousness. Whenever we are fixated on the physical dimension, our awarenesses are taken up with our physical states. We can say that in such instances, our identification is with physical consciousness, which is what we experience when we eat, play sports, have sex, care for our health, and so on.

We become less identified with

the grosser aspects of our existence the more subtle our consciousnesses are. Thus, when we are reading a book or sleeping, there is less preoccupation with our physical presence. In such cases, the consciousness is predominantly in the mental or causal body. During experiences of religious reverie, the consciousness is often in the bliss body, as the thinking mind recedes into the background of one's awareness.

Just because there are different levels of this consciousness, however, does not mean that we should neglect one aspect or another. Each level is interrelated. The challenge is how to achieve a balanced state of being and integrate one's awareness throughout the different levels. If we fail to look after our physical bodies, for example, this has consequences for each of the other sheaths, which means our vital energy, emotional stability, and mental acuity will be affected.

Until I reached my midtwenties, I did not have much connection to my physical body. Ironically, I only began to appreciate it when I started to practice hatha yoga. As I connected with the spiritual side of my nature, it became apparent how important the physical vehicle was for my development. By taking steps to improve my lifestyle, I created conditions that benefited me physically and therefore spiritually as well.

The point is that there is really no separation between the physical, intellectual, or spiritual aspects of being. When we carry awareness throughout, whatever we do will reflect a higher vibration of thought or action. We will seek those qualities that support the life or light within us: in our food, our environment, our thoughts, and our interactions with others. Even our physical bodies will benefit in that they will become more refined in terms of appearance, texture, and smell. We

will also attract more refined people to ourselves.

The concept of vehicles or bodies relates to different expressions of consciousness. The physical body has no consciousness of its own, and neither does the mind. When the higher consciousness is filtered through the mechanism of the mind-body, a sense of individuality arises. When the consciousness is withdrawn from the body or mind, the person is said to be dead or asleep, and there is no experience of individuality.

Finally, when the consciousness maintains alertness in the physical body but rises beyond the level of the mind, the person is said to experience samadhi, or superconsciousness, which is beyond all bodies. This state has variously been described as perfect serenity, knowingness, or the bliss of the Absolute. One can achieve this state here on Earth. It is not necessary to drop the physical vehicle to attain it.

Organs of the Subtle Body

We have organs and senses that allow us to function and maintain our physical organism, and there are also structures that perform important functions for the subtle bodies. These mechanisms are known as the chakras. They are energy centers that are referred to in the ancient Hindu scriptures, and they are also of interest in Western esoteric literature.

There are seven major chakras specifically located at the base of the spine, the lower abdomen, the solar plexus, the chest, the throat, the brow, and the crown of the head. The chakras appear as whirling disks of light, each with a different hue. They function as channels to absorb and filter energy from the atmosphere. They also connect the vital, emotional, and mental bodies with one another.

Each of these centers is responsible for a certain level of physical

and mental functioning. In the average person, the chakras are activated only to the extent that normal functioning can be maintained in the world. In people where a specific trait or ability is pronounced, these channels might be more open than the norm. In spiritually inclined people, however, the chakras take on a particularly intense and luminous quality.

As an interesting example of how the chakras connect the physical and mental states of nature, I remember a rather rotund fellow I met during my travels in India. This individual had an imposing belly. In India, this is often a characteristic of someone with a powerful position or of considerable affluence, and it might be someone who lords over employees or servants. Interestingly, the third chakra is also known as the power center. In the case of this individual, a prominent third chakra (it was visible in the subtle field from quite a distance) resulted in an obvious characteristic in the physical area of this chakra's dominance, specifically a large belly.

There are also several minor chakras mentioned in the ancient texts with specialized importance. Some are used to absorb or internalize the prana (vital energy) from the environment, such as those in the feet and hands; others play supporting roles to the major centers. There are small chakras in the palms, fingertips, toes, nipples, earlobes, and lips. Many of these correspond to erogenous zones in the body that are titillated when these chakras are activated.

The energy absorbed by the various chakras is distributed throughout the subtle nervous system by channels that crisscross the vital body that the ancients called nadis. They are also known as meridians. There are literally tens of thousands of these fibers, which function as the subtle counterparts to the physical circulatory system.

When the life energy flows freely throughout these nadis, the person will experience health and well-being. In areas where there are pranic blocks, disturbances often manifest as physical illnesses. In the modern lifestyle, stress, cigarette smoking, and overeating are the most insidious elements that promote clogging in the vital system. Polarity therapy, Reiki, acupuncture, and reflexology all work by unblocking these subtle nerve passages.

Of the countless nadis in the subtle body, three major ones are emphasized in the Hindu scriptures. These nadis, along with the chakras, represent what is referred to as the subtle nervous system. Two of these nadis relate to the ebb and flow of activity in the physical sphere. They are known as the ida and pingala. The third channel, around which the ida and pingala wind, runs through the physical spinal cord. The Hindus call it the sushumna.

This middle channel is the most cherished by yogis because the energy that rises through it relates to the awakening of consciousness. This energy is known as kundalini, or serpent fire. For most people, this mystical energy lies dormant in the root, or base, chakra. They go about their business without realizing the potential that this force represents.

Through practices such as hatha yoga, meditation, and special breathing techniques, kundalini can be coaxed to rise like a serpent from its lair. As it pierces the chakras, the person will experience some very sublime states, indeed. Without the kundalini's power of purification, the soul cannot experience the deep states of transcendence, which blow the mind beyond the field of mundane (worldly) consciousness.

Charles Shahar has lived in India where he studied Vedanta philosophy. He has taught meditation and yoga to diverse populations for more than seventeen years. To learn more, visit his website, LightFigures.com.



Essences of Nature

Mary Ann Altamirano Antenucci



A Different Kind of Love

I often talk about what we can do with what we have and how we can get out of our way. At every fundamental level, this all boils down to love: self-love, sisterly love, brotherly, familial love, friendship love, romantic love, and not enough love.

What do we do for love? How does it serve us? How does it frighten us? How do we hide from it? How do we obsess about it? Love is what makes our world go round. For the most part, we wouldn't be here if it weren't for love. Love is our chemistry, and love is our connection. How do we cultivate the love we need?

Counteract Unworthy Feelings



Pink monkeyflower is our “fear of being exposed” essence. This essence helps to negate the feeling: “If anyone truly knew who I am or what I have done, I would be forever vilified and exiled.” This feeling operates on a deep and sometimes unconscious level, which informs many of our interactions. This remedy counteracts the feeling of guilt, shame, and unworthiness.

Pink monkeyflower essence stabilizes our emotional openness and honesty. We feel safe to be us. We feel safe to be seen. This remedy works to clear a path of love and vulnerability. It makes us feel safe to come out of hiding. Pink monkeyflower cultivates love with warmth, openness, and authenticity.

Create Space for Love



Angelica is our “loving influence” essence. I

like to describe this essence as being kissed by the Divine being as we would randomly kiss a small child on the head. We feel the unconditional guidance and insight from our guides and angels. This essence reminds us to access their resources, which are always available for us. We just need to remember to request or “call” them.

Angelica essence bridges the gap of spiritual isolation and separation from the Divine. This essence helps us realize our natural and ongoing ability to expand our awareness and incorporate angels in our daily lives. This remedy reminds us angels and guides are real. Angelica essence cultivates the love we need by creating loving space for Divine actions.

Cultivate Unconditional Love



Baby blue eyes essence opens a heart shut down by living a life with little or limited access to love. This essence works when we have become cynical or tend to view love as transactional. This essence lends safety, a deeper sense of security, and an umbrella of protection.

Baby blue eyes essence fosters a sense of trust. This remedy erodes the feelings of defensiveness and lack of support. This essence restores the innate innocence of beginning with a clean slate. Baby blue eyes essence cultivates unconditional love from conditional love.

Foster Healthy Connections



Bleeding heart is our “broken heart and hanging

on by our fingernails” essence. This remedy supports us through deep loss and feelings of being betrayed, rejected, or abandoned. This essence helps to fill the depths of sorrow or angst we might experience through deep disconnection.

Bleeding heart essence serves to put an active balm of compassion on our wounds. This remedy provides insight and elevation along with some emotional distance to the depths of our distress. It balances the energy of our heart chakras and fosters a healthy connection with others. It helps to counteract codependence by filling the heart with natural love and compassion. Bleeding heart essence cultivates love through emotional freedom and healthy connection.

Rise Above Depressing Circumstances



Borage essence is our heart cleanser. This remedy clears past trauma and drama, lifting our hearts to joy. It also lends courage and levity in the face of adversity and ongoing challenges. This essence restores our confidence in the ability to love.

Borage essence lightens our emotional load. This essence works to raise us above ongoing depressing circumstances. This essence fills the soul with optimism and a newfound enthusiasm. Borage essence cultivates our connection to love and joyfully living a happy life.

Feel Deeply Connected

Mariposa lily is our “mother’s love” essence. This essence is useful for all of us, as it helps us feel deeply loved and connected. This remedy acts as a balm to soothe us and foster unconditional love and acceptance.

Mariposa lily essence provides us with innate nurturing. We get what we need from our internal mothering. This remedy connects us with our inner mother. Mariposa lily essence cultivates the ability to be loved and nurtured.

Adjust Expectations of Others

Chicory is the “we want it all and we want it now” essence. We must be first or the center of all circumstances. This remedy works when we are superclinging or feel we can’t let go. It is used when our needs supercede the needs of others.



Chicory essence creates a bridge from demanding love to giving love freely. This essence helps to nullify negative behavior when we can’t get positive attention. It works to dial down our expectations and demands from others. This is a great essence when we have to deal with demanding-and-controlling people. This remedy balances the overarching “mother knows best” energy. Chicory essence cultivates kindness, acceptance, and unconditional love.

Become Aware of Inner Guidance

Yellow star tulip is our “insensitivity” essence. We sometimes feel shut down or just simply disconnected from the warmth and love of others. We want to be left alone, or we can’t relate to others’ emotional requirements. We feel above it all or don’t give the emotional requirements any attention. This essence



enhances our awareness of others’ needs.

Yellow star tulip essence is our “empathy” essence. We give and receive value for the feelings and experiences of others. This remedy makes us aware of our inner truth and guidance. Yellow star tulip essence cultivates our love through sensitivity and empathy.

Love is love. Love fills us. Love sustains us. Love connects us. Love is life. Life is love. Feel the love, and be the love. Most of all, believe in love and love will believe in you. Just love.

Mary Ann Antenucci is a life coach, internationally acclaimed intuitive, certified spiritual counselor, hypnotherapist, and columnist. Through her many years of experience with various healing modalities, flower essences, and martial arts, she can quickly and effectively intuit patterns of imbalance and uncover core issues. Her gift is to assist you in clarity, insight, personal healing, and positive growth. To learn more, visit 5thElementEssences.com or MaryAnnAntenucci.com, or email Fifthelementessences@msn.com.



Akashic Answers

Amanda Romania

Love Connections Across Time and Place

Welcome to Akashic Answers. This month, we will touch on the topic of unconditional love and how this sacred lesson can influence our lives and relationships from the akashic records.

As I reach my fortieth year on this planet, I am trying to make sense of my love life. I laugh as I say this, as I would hardly describe my life as having love. It has felt like a revolving door of heartbreak and karmic relationships. What advice do you have for me?

I was told by a spiritual teacher many years ago that one of my life lessons was unconditional love. From

that point on, I guess you could say I have given love but have never felt I received it back. At this point, I am feeling complete with Canada and seeking to live somewhere else, and I was offered a job in Costa Rica, of all places. I know that’s random, but what do you think?

— Connie, Canada

From Amanda: First of all, you are love and lovable. I see from your akashic numbers that you are here on a soul path number 6. This means you are here to embrace and learn about love, harmony, and family. I have rewritten the unconditional love contract, as it seems you had



this a little confused with the idea that love in the unconditional sense is love with no boundaries.

Your Akashic Astro Map shows Mars and Saturn running through your current living location, which means this location brings power and strength but comes with relationships restrictions. In fact, Venus (love) does not star in your Canada location. It does, however, cut through Central America and into Costa Rica, where it is joined

with Mercury (communication). I can't say that you will find the love of your life there; however, it is a place where you can love yourself. We all know that's the shift we have to make before we can truly share love with another.

Maybe it's time to think about change; your Akashic Oracle Cards are "Release and Let Go" and "Transformation." Perhaps 2021 is the time for a trip to explore your heart.

I recently met someone through an online dating app. I would not normally use one, but with recent circumstances, it seemed a sensible option. I had totally let go of the idea of connecting with anyone when someone reached out and we began chatting. I felt I had known her all my life, and after a few Skype calls, I found myself in a hopeful state that love would come my way.

A few weeks into the online relationship, our connection seemed to cool off, and she went offline. I sit here writing this with a strange feeling of disbelief. Was it false? Was it a lie? At first I was angry, but now

that has passed, and in truth, I'm in a wonderful in-person relationship. All the same, what was this all about?

— Gerald, Ohio

From Amanda: It's very difficult to manage relationships of the heart online; we never know whether the person is real and true or whether we're given a fabricated version of that person with some other motive. I can see from your astrology that you have Venus in Gemini. This means that your akashic-records love relationships have many options and can flow in various directions.

The oracle tells me this was a true love — a very romantic love from Europe in 1933. I see a meeting of hearts and souls, but there were only a few moments of passion. This resulted in a child. Then you had to leave for war. I sense you were an American at that time, and she was English.

If I connected to the person in the present time, I am sure she would say she felt the connection; however, this was supposed to be a healing from another time. She also

looks to have been between relationships. The connection you had was real, and for you, it opened up trust and healing in your akashic records and a truth of true love, but it was closure for her.

This is essentially an aspect of unconditional love. Be true and open. As you have now found, love returns to you; you just cannot command it.

Thank you for spending time and energy with me. May your thoughts of joy and happiness manifest with ease and grace. Next month in Akashic Answers, we will look at some of the cosmic connections and messages from Lyra and Andromeda. From my heart to yours, Amanda Romania.

Amanda Romania is an author, akashic oracle, and soul artisan who supports lightworkers on their spiritual journeys to create a positive global imprint. She teaches how universal energy can be understood and applied to everyday life through her international bestseller, Akashic Therapy. She lives in Sedona, Arizona, where she guides others from her Atlantis Metaphysical Center and Ascension School. Contact Amanda at amanda@amandaromania.com or through AtlantisSedona.com.



The Secret Wisdom of Animals

through Kim Malonie

Animals Are Lightworkers

Sylvia and Carmen: Hi, Foxy. Happy birthday! We talk to you every day. Do you hear us? Tell us something to confirm it is you. We look forward to your return. We talked about your new body, or female form as a Lassie collie/border collie mix. Will that be possible? What name would you like to be called? When you grow up, would you like to have puppies or be spayed? As time passes, we will stay in touch with Kim for details.

Have you seen all our past animal friends or family? Would you invite Fletcher today to take part in

our meeting? Everyone misses him so much. He passed in July. Fletcher lived in the city of Sudbury and often came to the farm to visit. Would he consider coming back? If so, in what form? Fletcher, you were such a good friend to us, and we had so much fun playing ball.

If you have any messages for us, please let us know. We will be talking tonight at 8PM.

All in Good Time

Foxy: Hi, it's me — your Girly-Girl, as you used to call me. I'll be



answering your questions but not in order. I'm too excited, and I'm going to be jumping all over the place. I know you won't mind. Grab a pen and a paper, have a seat, and away we go!

Of course I hear you talking to me every day. I'm only a vibration away. I'm actually in the fifth dimension; it is amazing! At this

time, there are many pets and other animals coming back to the third dimension to assist humans in the ascension. What would you ever do without us [smiles].

I am very much anticipating my return to you as well. I'll be coming home to you soon, probably in late spring. I can't come any sooner. That would be rushing me, and as the saying goes, fine wine takes time (or so I've heard through the grapevine).

I think coming back as the same breed, border collie, is an excellent choice for me, as I was just the right size, and I think I will choose the same color combination. I just have to choose a new angel suit: As you know, some angels come to Earth as pets to assist our beloved humans.

You will be directed to where I am. I will communicate through your intuition, and you will know it's me. You will know exactly where to go, and I will find my way to you. The angels and I will orchestrate everything, I'll be within a 100-mile radius of where you live.

Consider Pet Adoption

My life purpose this time around will be as it was before. I will come back as a lightworker, and I will assist your lightwork. All members of the animal and elemental kingdoms on Mother Earth are lightworkers. They are here to help people raise their vibrations and stabilize Mother Earth's energy, especially at this time of great change.

There are huge numbers of people stationed in strategic places all over the world to hold the light and be way-showers. We are there along with them, spiritually if not physically. All my friends reading this know they're one of them, right? [Winks.]

I will try my best to be in a foster home or rescue, as I want to stress the importance of these organizations. Backyard breeders and the puppy and kitty mills must be



Foxy

shut down! I'm getting emotional here, but if people would adopt the unfortunate ones, there would be much less abuse and suffering. This is another way to clear the negativity of Mother Earth and to assist in the ascension of the New Earth.

I'm choosing a new form and getting healed. As you know, I didn't have a good passing in this life, and I'm really lapping up all the attention from the archangels dotting on me and healing me emotionally. The healing I am receiving is simply amazing. Humans and beings of the animal and elemental kingdoms receive any needed healings once they have crossed over into the other realm.

I would like to be called something regal and noble, perhaps Queenie. I guess that it's obvious I'll be coming back as a female again — and a beautiful one at that (just as I was last time). Perhaps I'll be even more beautiful, but I don't want to get too full of myself.

I haven't been born yet. I will be coming back as a puppy, and I don't want to have any puppies of my own, to tell you the truth. But if I do, I would like to have only one litter

and keep one pup for myself as company, preferably — you guessed it — a female. I don't think most people realize that it's very heartbreaking for us to give our babies away.

I would like to be spayed afterward, as I feel it would be medically beneficial for me for some reason. I'm not saying that all dogs and cats should be spayed or neutered. I'm just saying that's my preference, and that's the intuition I'm getting.

Thank you so much for taking my feelings into consideration. It means a lot to me.

Fletcher's Family Needs to Heal

Fletcher is in no big hurry to come back; he is enjoying where he is and mentions that a few things have to change for the better with his family. All is not right on the home front. There's a lot going on. Fletcher mentions he is with the angels working to help his family here on Earth move forward. This is a touchy situation, but he will come back to his best friend when she is ready for him.

He would love to come back as a big dog again, as he feels more

comfortable in that angel suit, because he has a big personality and a big heart. He says, "Please don't ask me to come back as something tiny." He couldn't cram all his personality into a little body; it just would not do him justice [Fletcher laughs]. He loves being a big dog.

Fletcher will have the same personality, very laid-back, very chill. That's how she'll know it's him. But his family has a lot of healing to do.

It is not suitable for another dog to enter that environment right now.

Well, I must get going. I have all your passed-over animal friends along with your family members here waiting for me, and I have a lot of playing to do. They all say hello and are looking out for you. They will see you soon — but not too soon. Big paw hugs and wet nose kisses. Foxy.

Kim Malonie is a natural born Animal Communicator/Animal Whisperer. She has been communicating with animals for over 30 years. She has consulted thousands of animals worldwide and made radio and media appearances. Kim helps all animals resolve their physical, emotional, and behavioral issues. Long-distance consultations are available. Kim is the author of *The Secret Wisdom of Animals* Revised on Amazon (tinyurl.com/y6ctmsx7) and *Kobo* (distribution to be expanded). "What is your pet trying to tell you?" Visit her website to see how she can help you: TheSecretWisdomofAnimals.com. Contact Kim at kmalonie@eagle.ca or 905-342-5312.



Ask the Angels

Cheryl Gaer Barlow and the Angels

Heaven Accepts All

When I pass away, is it possible for me — my soul — to stay on Earth to be with my wife until she also dies, or do I have to go to heaven as soon as I die?

— Gerald A., email question

From the angels: Yes, this can be done. When the angels reach to lift souls, some souls decline or fight the angels because of fear of the unknown or remorse for past actions. If souls reject the lifting to god, they could wander Earth without a body. If souls are intensely afraid, they might not want to lift with the angels.

If souls regret the loss of a physical body, they might refuse the lifting.

Should souls cry out that they do not want to leave Earth, they will not be lifted at that time. If the wonders of touching the angel's hand and lifting to the heavens were known, no one would refuse this.

The souls will stay on Earth without the earthly body until they beg permission to lift to the heavens. The angels will not be visible to the souls but will watch over them.

Souls might wish to stay on Earth after the death of the body

to ensure loved ones accept their death. This may be indulged. Souls might not remain for the entire lifetime of the loved one but will watch over the loved one from the heavens.

All requests to God are given worth and consideration.

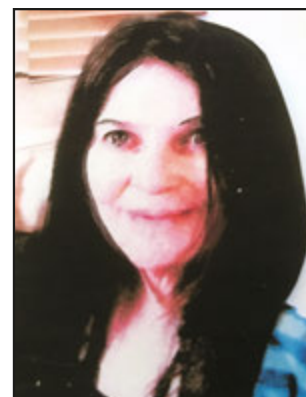
Give prayer to God in the humblest sacredness with all power and emotion of feeling. Prayers will be heard. You will be advised by angels and people of God during the lifting of ways to stay close to your loved one.

This life is not the only life. If the angels beckon, lift with them, as they know what is needed for the growth of your soul. You will know your wife again in many lifetimes and in the heavens.

Souls may refuse the heavenly abode for hundreds, even thousands, of years as time is experienced on Earth. All knowledge is given during the lifting of the soul to the heavens. Those remaining on Earth will not experience the light of God encompassing all knowledge.

Could the angels explain what happens to souls when they commit suicide?

— Eric S.



From the angels: When souls leave the body through suicide, they stay in the earthly realm until the planned life is over. Many, at the end of this life, fear the unknown or a potential punishment and want to stay on Earth for long periods of time. These souls are in the same emotional state as when the life was taken. They are in sadness, agony, or intense emotions.

If souls have left the body through suicide because of intense physical pain, this pain is no more, but their souls remain on Earth, bodiless, for the preplanned lifetime. This is not a joyful existence. This is displacement, confusion, and wandering.

Souls are to stay in the body until the angels come to lift them to the heavens.

When the angels reach for you, lift with them. Embrace them. It is not a desirable existence to remain on Earth bodiless.

Could you tell me what will

happen at the end of Earth? Will this be coming soon?"

— Tiffany, email question

From Cheryl: From what I understand of what I have received from several writings from the angels, time as a method of movement does not exist. The concept of time on Earth is distorted. It exists only in the relative field of a force of movement to generate actions in a world and the world's inhabitants.

The time to which the angels relate is the absolute, or eternal, time as experienced in the heavens. Time on Earth as we know it is not true time as known in the heavens.

When angels relate a time period to me, they speak in apparent lifetimes. It was made clear that Earth's end will not occur before

an incomprehensible number of lifetimes.

From the angels: When the angels descend to Earth, there will be magnificence as the world can't comprehend. The angels will come en masse to guide the children of God to the heavens. People will feel the force of thunder as the angels open the heavens to Earth.

Oh, if only for a second, you could feel the angel's presence. People will be met with the most tremendous love and will be met with light, color, and the sounds of angel voices.

The most loving, sacred angels overlooking all Earth will open the skies with their magnificence. This will be the end of Earth as it is now known.

All eyes will look to the heavens.

Mists of colored rain and scented music will encompass Earth.

The skies will be enlivened with light, color, and sounds. As the people of Earth kneel, bow, or lie upon the earth and beg forgiveness for all their endeavors or when the dishonorable people quiver in fear, not one angel will condemn or slay the living.

Some will pray; some will quiver. Some will open their arms to receive the angels. All on Earth will give what is seen as tears of the soul.

Cheryl Gaer Barlow was visited by an angel of God, in an intense white light, who touched her on the forehead and spoke to her. Cheryl was told she had been chosen to write the words of the angels, and she continues to transcribe these sacred messages exactly as received. She lives simply in a small New Mexico town. Send your questions for Cheryl to gaerbarlow@yahoo.com or PO Box 553 Capitan, NM 88316.



Traditional Insights into Yoga

Mally Paquette

Matsyasana, Fish Pose

Matsya was an incarnation of Vishnu, the Hindu deity that was given the responsibility to preserve the universe. He chose to turn himself into a fish, named Matsya, and was able to balance the earth and the waters on the planet.

This relaxing pose restores our physical and energetic balance by opening our heart chakra to the cosmos. The healing benefits are immense; thus, the fish pose is often referred to as the Destroyer of all Disease. Any respiratory issues are supported by opening the throat and relaxing the shoulders, which, because they are drawn back, provide additional oxygen into the lungs.

The fish pose relieves fatigue almost instantaneously, leading the body back into balance. The heart is the center chakra of integration: the three lower spirals of illusion

merge with the energies of the upper three, connecting us to greater wisdom.

The Pose and Its Variations

Lie on the floor with legs extended as in *shavasana*:

- Inhale while lifting the pelvis slightly off the earth, sliding the hands, palms down, underneath the buttocks.
- Keep the elbows in tight, tucked toward the sides of the body.
- Inhale while pressing the forearms into the floor and pinching the shoulder blades together.
- On the next inhale, raise the torso and head up from the ground.
- Allow the head to gently drop back, opening the throat, and make the breath softer.
- Arch the back as you ease into



the fish pose, lifting your heart to the sky.

This is **imperative**:

- To come out of this relaxed posture, do **not** lift your head upward. You might tweak the neck.
- Exhale and expand both shoulders, spreading your "wings" to flatten on the floor. The head will be lowered gently.

The stretched upper body allows more airflow as the bronchial tubes expand, assisting with the lung intake. The open neck and stretched spinal column offer regulation of the hormonal functions with the thyroid, parathyroid, pineal gland,

pituitary gland, and adrenals activated. The pose affects digestion by stimulating the belly muscles and stretching the intercostals between the ribs.

For a counterpose, draw the knees to the chest on an exhale, and you will discover a lower back release. The fish pose can also be enjoyed in a more relaxed manner by supporting the back with a bolster and allowing the hips to open into goddess pose with the feet sole to sole. It's many leg variations allow people to discover which rendition is best for their bodies on a given day:

- straight legs extended with active thighs and heels pressed to the earth
- crossed legs in full or half lotus to reach into hip flexors more
- use a cushion or bolster to support back, roll to side to come out

The fish pose can relieve tension and stress, softening the spirit from a long and arduous work day.



Matsyasana pose

Rest and Relax into a New Paradigm

Our lives are shifting so much on Mother Gaia during this anticipated awakening. The physical body requires more restful states to integrate the light codes penetrating our cells.

Find time in your day to open your heart with gratitude for this precious moment of transformation in the human form. It is a time

of remembering we are perfect and always in the right place at the right time. Enjoy Matsyasana, and relax into the new paradigm.

Mally Paquette, a certified yoga therapist, lives in Sedona, Arizona. She has practiced yoga her entire life, and she founded Awakenings Yoga Studio and Wellness Center in Sedona. Her extensive work with Native Americans and the Kogi in South America expanded her teachings. She offers individual and group retreats that deliver deep shifts in consciousness and transformations to wellness. For more information, visit BestSedonaYoga.com.



Benevolent Outcomes

Tom T. Moore

Double-Down for Synergistic Outcomes

The Gentle Way is a simple spiritual tool you can use every day, and the amazing thing is it works perfectly in line with your soul path, or contract, for this life. Request most benevolent outcomes (MBOs) for events in your life, from the mundane to the most important. For others, say benevolent prayers (BPs). All are said out loud.

The information herein is for educational purposes only. The content of this article should not be used to give

medical advice or to prescribe any form of treatment for physical, emotional, or medical problems without the advice of a physician. Should you use any recommendations in this article for yourself or others, the author, compilers, and publisher assume no responsibility for your actions.

Two Requests Are Better Than One

Martha writes: Greetings to you! I am a long-time reader of your work. I first read your columns in the *Sedona Journal of Emergence* and have followed you for years on



your internet sites, including Facebook. MBOs have been a staple of life for me for a very long time. I cannot imagine life without them.

I have been guided to send MBOs to the blog for months now but have resisted. However, my guides are being more insistent lately. I recently had a job that was very stressful, and to help with the daily stress, I requested numerous and very specific

MBOs on a daily basis. Those MBOs were lifesavers for me.

However, requesting them daily took up so much time that I decided I could request long-term MBOs on a weekly basis: "I request a long-term most benevolent outcome for ____." These gave me the very same results as doing them on a daily basis.

I have also found that asking my daughter to request MBOs with me (I ask for an MBO, and she asks for any and all golden lightbeings) greatly magnified the energy for the MBO. I am reminded of the biblical teaching: "For where two or three are gathered together ..." (Matthew 18:20, KJV). I also use this on my own, and I ask that my request be joined with all others who are praying for the same outcome.

I live in Florida, and this has helped enormously with hurricanes over the years. It helps with all disasters and upheavals all over the globe. Thank you, Tom. I am grateful for you and your work.

Chrissy writes from Brisbane, Australia: I'm not sure whether this is in the area of an MBO or not. I have read with interest about you talking to the fairies, birds, and other animal souls. Recently, I was washing the dust from our outdoor chairs when I noticed there were ants walking along the leg of one chair. I turned it over and saw that they were going into a hole just under the cross bar.

I wanted to soap up the chair to wash off the dust, and it came to mind that maybe I should ask the ants to leave. So I did. I asked them to please move their eggs and themselves elsewhere so that I could wash the chair. I went inside to do other things and left it for about an hour. When I returned, there were no signs of the ants, so I thanked them for moving.

Here is something else a little different. I read that you also have spoken with the fairy king. That's so

interesting! I have believed in and spoken to the fairies in my garden over the years. Once I read that they look after your garden.

Another thing I do every day when I leave for work is to ask the angels and fairies to stand at the doors, windows, and corners of the house to protect it while I am away. There have been no problems.

I use MBOs extensively and have taught my family to use them — or at the very least to believe in them. I even have a couple of close friends I have taught to use them. Life is good!

Divine Assistance Makes Things a Little Easier

Carol writes: With mortgage interest rates so low, like a lot of homeowners, I have applied to refinance my loan. However, the turnaround times are long because all the processors are so busy. One of the required documents for the loan package is a tax transcript from the IRS.

In the past, lenders had you sign a form, and they obtained the transcript, but since COVID-19 hit and the IRS is not working as usual, lenders cannot get this anymore. So now the borrower has to go to the IRS site to obtain it. It's quite a lengthy process to go through.

I was filling out the form when I got to the part where it wanted my cell phone number. It came back and said it was not a valid number, so I thought, *Oh, it must need the dashes between the numbers.* Nope.

I was kicked off the IRS site for twenty-four hours. We finally figured out that the phone number on my tax return was my home number, but they wanted a cell number to send a text to, and if you didn't have one, you had to request it by mail, which takes five to ten business days.

So I had no choice but to order it by mail, which would delay my loan approval for up to two weeks. That was on a Thursday before a three-day holiday weekend. On Tuesday, I requested an MBO that my tax

transcripts would come sooner than I expected as I walked to the mailbox. Only one business day after my request, I opened up the mailbox to find it waiting for me! I was so excited and grateful!

Richard writes from Texas: I am close to you, Tom, as I am southwest of Abilene in Winters, Texas. I watched the interview you did with Regina on Gaia TV the other night. Afterward, I began to practice MBOs for specific things. And then I got your first book and read it. I also use the daily affirmation each morning.

Recently, I have requested MBOs for my roof when it rains, as I have several leaks, and finances are not in place yet to repair. Yesterday, I requested an MBO as I climbed to the roof to put down a tarp over a leaky area.

I am 71, but the roof is not very steep. The job went very well. I was amazed how easy the nails went in, and I realized my guardian angel was working with me, as I would see silvery light when the hammer hit the nail. Now, I know people might say that it was sparks from the hammer, but that type of light is yellow. The silvery light was hard to describe, and I knew that Ariel was hammering with me as I did the task.

I have used the meditation you described to imagine going down a flight of steps, one through seven. Ariel meets me at the cabin in the woods. The cabin has a porch on each side, one for morning coffee and one to watch the sunset on the oceanside. It's such a blessing to talk to Ariel on the porch in the morning. He always has the coffee ready. Thanks for your books!

Tom T. Moore is an author and speaker. His books include *The Gentle Way* series, *First Contact: Conversations with an ET*, and *Atlantis & Lemuria: The Lost Continents Revealed*. He was voted best self-help author for the past three years by the readers of a health magazine. He is a telepath and answers questions from all over the world in his weekly newsletter. To learn more or to subscribe, visit theGentleWayBook.com.



The Empath's Portal

The Heart of the Mother through Sarah Weiss

Second-Wave Awakening: Your Sacred Power, Ceremony, and Love



The Heart of the Mother: You are held in my heart, sourced by an infinite stream of love. Without love, there would be no Earth, no you, and no me. I am love. You are love. You manifested your desire to learn about love, so here you are.

Humans cannot survive and thrive without love; it is your primary sustenance. It is more important than air, water, and food. And you, my dear high-frequency souls, are filled with love. Love connects you to the entire creation matrix. You know another as yourself because you are love.

Unearth the Power of Your Love

Yes, your superpower is love — not the love of the old paradigm reserved for one or two people. It is the universal love that includes you, them, and every being in existence. Everyone exists within my heart, and you will find the same applies to you. Welcome to the second awakening.

During the first awakening, you suffered greatly. Humanity's pain and suffering were too much to bear. Looking back, you will see this period as a time of activating your super-senses and awakening your full-spectrum perception. Any memory of suffering will fade into the background as the exciting new you emerges!

The new you is the super-sensor with full-spectrum perception. If you wonder why you were born with super-senses, the answer is love. Super-senses grow out of

universal love. Every spiritual master will agree that great gifts arise from love. Born with full-spectrum perception, you can assume they include the gift of being centered in universal love.

As a soul in your second awakening, the words “too sensitive” no longer apply. Change your self-concept to one that includes having full-spectrum perception. The world is transparent to you. You sense on all planes from Earth to heaven and from one dimension to multiple dimensions. How does this happen? What applies to me applies to you: All that exists is within you. Your cauldron of love holds all creation within your heart. How could you not feel one with all?

Pause and sense the power in these words. Does it bring you back to clarity? Trusting your powers of perception will come easier now, and you'll feel more comfortable and confident.

Empaths Are Among the First Groups to Activate

Centered in love, empaths were one of the first groups activated to support the ascension into the new paradigm. Love always forms the matrix for humanity's awakening. You are participating in generating the matrix just by being alive, but your impact can be even more significant than you imagine.

Your frequency is crucial to humanity's next unfolding. Collective consciousness, the consciousness of the whole, is central to planetary ascension. Every cell in your being

yearns for the convening of the collective in service to higher frequencies. You know the power of the sacred collective; you've experienced or easily imagined the power and beauty of the higher collective consciousness. You know the ecstasy of harmony and love.

Your ability to see through the darkness and instinctively identify areas to clear and heal is needed now. What is evident to you is invisible to most. Transparency serves truth, and it is yours to share. Collective consciousness implies partnership, collaboration, cocreation, and communion. It's time for you to partner with cosmic intelligence to emphasize collective consciousness through the highest love possible.

All Beings Are Coded to Awaken

The moment of awakening is coded into every living being. As a full-spectrum perceiver, you arrived awakened but were put in a state of stasis. It was confusing, but it was a time of acclimation. Your Earth being needed time to adapt to your high-frequency senses, and as a group, you were activated around 2010.

The codes are an aspect of your biology, no different from how your DNA determines your physical senses' developmental stages. Your super-senses are coded in your physical and subtle DNA. Many of

you realize that your DNA, with its multiple dimensions, is more magical and mysterious than you ever imagined.

Embodied humans have the potential to hold the entire universe in their hearts, knowing all wisdom past, present, and future. You have the ability to journey within and travel through the cosmos. Most

importantly, you can gather in a sacred ceremony for the benefit of all. This is coded in you and is activating now.

Create a Sacred Ceremony

Every relationship and interaction has the possibility of being sacred. As the one who knows the sacred, you can create, through

ceremony, entrance into holy territory. Opening doors, creating pathways, revealing the truth, and making the invisible visible are yours to do if you wish. You will be welcomed as long as you are connected to universal love.

Listen with your heart. I will show you how to create a sacred ceremony.

Enter Holy Territory

1. Center and call back your full energy and attention from all things external.
2. Gently be present to your heart. Ground and align with Mother Earth and Father Sun.
3. Connect with your desire to merge with another — your yearning for love, completeness, and peace.
4. Remember, you are love; you are centered by and surrounded in love. Know love in every cell of your being and with every breath. Feel yourself infused with love. Breathe yourself into a state of inclusive love. Remember that you deserve to be loved, you are love, and every cell of your being is a testament to your love power.
5. When you feel loved through and through, invite your desire for spiritual light to stream forth from your heart. Raise your frequency by tuning into your greatest wish for humanity and for yourself. Feel the desire to share your love. Ride your passionate energy as you ride a horse or a wave. Don't stop until you arrive in the land of universal love. You'll know you've arrived when you light up the

- night sky as a shining star. Then smile and know all beings exist within you. All beings are experiencing the same illumination and love you are experiencing at the moment. Feel the collective heart of shared holiness.
6. Remember: All beings exist within you. In this ceremony, you are raising the consciousness of all when you enter the sacred. Sense. Love. Radiate. Let your thoughts speak for your heart. Don't think; allow your heart to formulate your ideas so that they align with higher truth and light.
7. Allow yourself to know what you don't know. Listen to me and those now gathered in your sacred circle. Lightbeings from all dimensions will see your light and join you in the ceremony. They are always attracted to humanity's goodwill. When you shine, your heart radiates a beacon that calls to all radiant beings throughout the heavenly spheres. They hear the call and never hesitate to join in a ceremony dedicated to ascension.
8. Sense, see, and listen to your sacred community. Know you are not alone. Your sacred

- community is not a figment of your imagination; they are real. Your light joins theirs, forming a luminous temple for healing and transformation. These sacred spheres are your home; these beings are your family. You belong both here and on Earth, in harmony with yourself and the cosmos. Sacred ceremony allows you to be in all places at all times.
9. Emerge from the holy territory knowing you have fulfilled your sacred purpose by contributing to humanity's next awakening. You have done well.

I am the Heart of the Mother.

Sarah Weiss, MA, LMT, is a medical intuitive, spiritual teacher, and founder of the Enlightened Empath Training. Her universal approach combines Qigong, Sufi light healing, and Andean shamanic practices with a focus on self-healing and self-revelation. She performs personal and planetary healing ceremonies, channels transmissions, and sparks transformation through individual sessions, classes, and retreats. Together, she and her friends from many dimensions help shift the matrix toward high-frequency living. To contact Sarah, email sarah@spirithelonline.com. To learn more, go to SpiritHealOnline.com.



The Crystal Garden

Margaret Ann Lembo

Aspire to Spiritual Fulfillment

As a global community, we are being called to go within, step away and seclude, and live a cloistered life for a period of time. The key to embrace the sequestered experience is to recognize that this is a calling temporary in nature but necessary to quiet down long enough to have realizations necessary for spiritual evolution.

During this unusual time, remember that this is all temporary. Nothing is permanent. Use this time wisely, and allow loving kindness.

The purpose of the earthly experience is to have the opportunity to evolve and grow mentally, emotionally, and spiritually. It is likely an opportunity to heal physically and to regroup. Just as certain religious sects cloister to practice living a kinder and more conscious life, we are being called to self-reflection without being beckoned into a cloistered religious order.

Shift to Remember

You now have a doorway of opportunity to focus on self-realization — the fulfillment on your potential. Give yourself permission to isolate and go within almost as if in a convent or monastery. The challenge is to do this while maintaining only essential activities required for basic survival needs.

You aren't being asked to step inside a cave but rather to isolate a bit to give your consciousness the time and space to think. Accentuate innate knowledge to live a life of purpose. You have the power to realize your unlimited potential.

Remember your sacred agreement with the Divine that clearly outlines your soul's purpose and unique life path. Before you were born on this planet, you knew:

- what you intended to do,
- what life challenges you would encounter,

- what lessons you would learn,
- what issues would be healed, and
- how you would make a lasting contribution to harmony and peace.

It is a perfect time to go within and allow a shift to happen that realigns your consciousness long enough to realize your soul purpose and the many reasons you came to Earth.

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals, and Stones; Angels & Gemstone Guardians Cards; Color Your Life with Crystals; The Essential Guide to Aromatherapy and Vibrational Healing; and more. Margaret Ann is a spiritual entrepreneur, aromatherapist, and the owner of the Crystal Garden — a bookstore, gift store, and spiritual center in southeast Florida. To learn more, go to MargaretAnnLembo.com or theCrystalGarden.com.



EarthWisdom Global Prayer Web

Maria Yracébûrû

Intend and Connect

“Intention” — it's a word that gets loosely thrown around in spiritual circles these days: setting our intention to _____. For me, for as long as I can remember, the tone of the day was set by prayers with the intention to walk a path in a sacred manner, caring for all life along the way.

In the beginning, they were simple and spoken from the heart, and a bit of tobacco or cornmeal was

blown upon the wind. More intricate prayers from prescribed cyclic ceremonies were memorization work with ancient plays that helped us flow through life and stay in the cycles of the planet.

When I started working in the field of ecopsychology while in college, I discovered most people did not know how to pray, so I became a maker of words, guiding people

through their personal affirmations of empowerment and connection with something bigger than themselves.

Then one day, as I was writing my regular column, I addressed



Mother Earth as prayer maker for her children who struggled to find a united voice. It was a good way to immerse you all in her energy as I have come to know it. I've been looking for ways to make it a second thought ritual, meaning part of a routine common to everyone that would allow this effort in connection to be easy. So here we go.



GREET THE SUN

- Rise in the morning, and take care of your business.
- Put a pot of tea or coffee on, whatever is your morning beverage — even water with lemon.
- Take your cup and your magazine to the window.
- Say the prayer to the great outdoors.
- Toast the beauty of the morning and of our Mother Earth.
- Watch for it. Something will appear — an animal, a breeze, a reflection off a stone. She will speak to you with a sensation of recognition.

So how did that feel?



Want to take things deeper? It's okay if you just enjoy the morning prayers. But if you want more, keep a journal of your day. Do the prayers make a difference? Jot down what happened that might confirm what the prayer told you. That'll do. Enjoy!

February's Prayers

February 1: I am complete. I am fulfilled by moving energy (amber). My friend, when we are together in supportive community experience through nontraditional and traditional methods, we learn attitude and skills that improve our quality of life. Our intention affects our course.

February 2: I am complete. I am fulfilled by refinement (garnet). My friend, we listen to it together. Life

offers intriguing insights. We are all significant.

February 3: I am complete. I am fulfilled in making decisions (ruby). My friend, on the mountain, so subtle is the energy of higher life in higher thought that it is with all humility and all respect we accept this new life sphere into our hearts.

February 4: I am complete. I am fulfilled with wise counsel (silver). My friend, in the water, Grandfather Sun and Grandmother Moon give precisely the same amount of creation love as can be found at the core of our existence.

February 5: I am complete. I am fulfilled with wisdom (moonstone). My friend, in peace, power has been bestowed on us. The knowledge available is greater than ever before. As we grow, we see more.

February 6: I am complete. I am fulfilled with respect (marble). My friend, from eight directions, returning home, there are lessons we have learned. We are rising vibration happening, returning Earth to new beginnings.

February 7: I am complete. I am fulfilled by observing (chalcedony). Go ahead! Go ahead! The time has come. We are unique. We've been seen, and the only thing to do is relax. As we reach out to others, we open more in receptivity.

February 8: I am complete. I am fulfilled in lasting relation (ulexite). Gone is the soul sickness. Our gentle tears fall and nurture the truth of the land that has called to us. Joy started our tears as our soul sickness was cured.

February 9: I am complete. I am fulfilled with self-trust (green obsidian). Gone is the soul sickness. At twilight, when the sun sets and golden hues appear, we wonder how the night always reveals our answers in the stars.

February 10: I am complete. I am fulfilled in Earth connection (celestine). Here we dance. Mysteries, as we know, appear in synchronistic

time. The glorious wonders that wait to unfold show us what we need to know.

February 11: I am complete. I am fulfilled by Child of Water's vision (citrine). Here we play games. We focus our thoughts and inclinations, freeing ourselves of familiar sabotage.

February 12: I am complete. I am fulfilled on my spiritual path (cafarsite). Here, air, water, fire, and earth teach us we have but a single mother planet throughout many world realities, and specific instructions from dreams empower us to engage in a sense of ceremony — a multiple of four annotations of life.

February 13: I am complete. I am fulfilled by assistance along my path (emerald).

February 14: I am complete. I am fulfilled by self-love (rose quartz). Coming together, as we love, we increase the awareness of our beings. We reach the height of connection in life.

February 15: I am complete. I am fulfilled by my decisions (kyanite). Yes, soul sickness is gone. Visioning is a complex structure of seeing made up of a variety of perspective prisms. It is an adventure into dimensions. Vision gives us an instant moment of psychic knowing.

February 16: The foundation of my life is based in resolution (couch grass). An honored woman of vision descends upon us, and we ask, "How do we do this?" We accept the shift without resistance. We cocreate new systems that work.

February 17: The foundation of my life is based in being ordinary (birch). A teaching we accept is our oneness. Interdependence lies in living connected and sustained.

February 18: The foundation of my life is based on positioning (beth root). To you, the Sun, we choose peace and love. It's inside.

February 19: The foundation of my life is based in vantage (chestnut). The Moon shows our sacred

words are eternal. Our prayer emanates from the heart of compassion. We consider and choose responsibly.

February 20: The foundation of my life is based on having sanctuary (nettle). The stars, today, benefit the mission of evolution. We are simple magnets in human form. We are ecstatic flow. We are the heart of life — the real life dedicated.

February 21: The foundation of my life is based in carefree living (hops). The prayer has ended. We have help. We progress, and special protection is afforded. We have created our fate.

February 22: The foundation of my life is based in time (bilberry). The laws are lifted! The deep seed of peace resides in our hearts.

February 23: The foundation of my life is based in being inseparable from the Source (watercress). This life, Creator and Changing Mother Earth, has taught us a name is only a temporary moment. A life well lived

requires more than one label can incorporate. So we follow authentic progression.

February 24: The foundation of my life is based on circulation (dandelion). You give us milk when ordinary reality makes existence intense. Everything is happening at once, and our concentrated beliefs have made this. With vision, we feel the slowing into creation. We find peace within the transition. We awaken to, feel, and appreciate this evolution. There is no question, because we see all hearts create reality.

February 25: The foundation of my life is based in vibrational healing (arnica). Scattered, it rains over and over. The question of authenticity arises. We connect by integrity. We connect to creation in our diligence.

February 26: The foundation of my life is based in actualization (thyme). You also continue. We allow others their free choices. We

acknowledge this is the only way to honor and accept our own.

February 27: The foundation of my life is based on guidance (motherwort), for it belongs to you, time divided into three basic visions: past, present, and future. In the presence of all three, there is happiness. Experience is the flow of beauty.

February 28: The foundation of my life is based in interaction (feverfew). Rattle! We are designed in such a way as to find ourselves. This was not given out of necessity but by choice. Life is fashioned and maintained.

*Few people know more about the world around them than **Maria Yraceburu**. Her knowledge is hardwired into her system by the generations of her family who have lived on this sacred land for thousands of years. You'll find her at ruins and sacred healing landscapes where she works as an earth-spirit guide with Yraceburu EarthWisdom, her family's foundation. Hiking through trails, leaving offerings, she points out things you'd normally never recognize. Maria has been trained by her family to tell you about the spirit of this land. Yraceburu.org/maria*



Ask Sara

Sara Wiseman

Your Soul Journey Continues

Each month, we answer questions about spirituality, intuition, and soul growth, and we suggest how to work in flow with the universe.

Do We Have Karma with Groups?

Is it possible to have karma with institutions, companies, countries, or cultures that needs to be worked through? I think my question is about the religion I was raised in. Do you have any thoughts about this?

— Randy

From Sara: Excellent question. Yes, every organization, company,

political party, religion, sports team, and family — or any kind of group — is an energetic entity. At the highest vibration levels, groups can help us understand our connections to each other, assist us in feeling that we are part of something, and help us understand that separation is a myth. Whenever you are part of a group focused on inclusion, equality, positivity, and generosity and where you are free to be exactly who you are while still a member of the group, you will be lifted by the energy of the group.

Yet, not all groups are high vibration, and many groups that pose as high vibration are actually not; they are façades. In extreme forms,

low-vibrational groups demand group thought, slavish loyalty, or even a cult-like following.

It is hard to think of our favorite sports teams or families as cults. But when we lock into group thought at a level where the group has no allowance for individuality or alternative views, we can see that low-vibrational groups do not serve our spiritual progress. Our soul lesson is to see this clearly, break away from all lower-vibrational group belief systems, choose higher-vibrational



groups with great care, and most importantly, work on direct connection with Source.

Karma means soul lessons learned over time, and right now, there are a lot of soul lessons being learned about organized religion. There are quite a lot of people around the world saying, “No more!” to the religions of their childhoods. What they were raised with now seems from another time and place; it doesn’t make sense any more.

This may be what is happening to you regarding the shift in your religious beliefs. When you examine any particular religion, you can determine whether it is high vibration or low vibration: Does it teach inclusion, equality, positivity, and generosity, and are you free to be exactly who you are while following this religion? If not, it is time to reassess.

None of us is required to follow with mainstream or family culture just because that’s what we’ve always done. Each of us arrives as a soul here on Earth to learn particular soul lessons, and one of the most important — perhaps the most important — is to undertake and sustain our direct connection with the Divine, no broker required.

How Can I Hold Boundaries with Family?

How can we create physical and emotional space from family when there are children (nieces or nephews) involved and the family member threatens to disallow you from seeing the child or you fear that it will be held over your head if you don’t continue to cater to the family member? It can almost seem impossible to break free from the unhealthy situation that leaves you with no sense of self when you love the child deeply and you’ve been in the child’s life since birth. What do you do when you have one of the most consistent emotionally safe spaces for the child to live and play?

— Cindy

From Sara: What a great sorrow it is when family members do not see eye to eye. It is everyone’s tragedy when parents behave in dysfunctional ways. The first thing to determine here is whether the children are in danger of harm, more specifically emotional, physical, or sexual abuse.

Because you are close to this situation, you might not be able to see this clearly. Talking to a counselor who specializes in family dynamics can help greatly. By this, I mean you should work with a family counselor. You might learn some specific skills that will help you communicate with this family member more easily, or if there is any kind of abuse, then the counselor will have resources to assist.

If there is not abuse and the situation is really based on the family member’s personal issues, that is a different problem. Often, when people are insecure or have experienced a lot of pain in their lives, they become very afraid of letting someone into their family experience, maybe even their homes.

What you think is a good intention might be seen as a threat. This is about treading very gently with great compassion. And boundaries might be necessary to create space for understanding to grow. Don’t be afraid to take a break. Having boundaries can shift everything very quickly.

Finally, when you meditate on this conflict, ask the universe for help. One of the ways to do this is to work soul-to-soul with the family member. To do this, go into a meditative space, call in your guide for support, and call in the family member. Then speak soul-to-soul with this person.

After you have said your truth, listen carefully to what your family member has to say. It might surprise you. You might discover wounds and fears that you were not aware of. You might find yourself

filled with compassion for this person and find yourself coming up with ideas and solutions you did not consider before.

Continue this process daily, and the relationship will shift to a more positive direction. All healing takes time, and when one person heals, so does the other person or people involved. Be patient, and trust that healing is possible.

How Can I Attract More Clients?

I am stumped. I have worked for decades to develop spiritual grounding and to heal from traumatic losses and other challenges. All this work has helped me develop a deep capacity to be present for others in a healing way. When I have the chance, working with others is deeply satisfying, and the clients report lasting benefits. But it seems I am always running into roadblocks and have trouble attracting clients. I don’t understand this block or how to navigate it. I really want to offer my gifts to the world. Can you help me see more clearly?

— Marti

From Sara: I’m not sure you’re blocked. In fact, I don’t really believe in blocks. You might substitute the term “thwart” for “block” to see how that feels, as in the universe is “thwarting” your efforts. That gives a slightly different understanding of what is happening.

The universe is not blocking you, as in putting a giant boulder in your path so that you can’t pass. Instead, the universe is “thwarting” you, as in putting several tiny roadblocks in your path, one after another.

When I see this happening for people, it is always about redirection. The universe will nudge us and redirect us — and, yes, even “thwart” us — until we are firmly on the correct path to our destiny. I am not sure what healing modality

you are working in, but when I see this kind of redirection of a willing teacher, it leads me to believe that you are not exactly, perfectly, completely working in your sweet spot.

You are not doing the exact kind of work the universe wants you to do. For example, if you are a physical healer, maybe you're really supposed to be a reader. If you're always working with people in midlife, maybe you're really supposed to be working with younger people, that kind of thing.

Ask the universe for further direction on where you are most needed, and let go of all attachment as to what form that should take. I would expect that as soon as you surrender the need for your work to look a certain way, you will be redirected quickly to something you did not expect, and this will be a very good fit for you.

When Is It Time to Walk Away?

When do we know it's time to walk away from someone? I have had horrible luck with unrequited love. I am working on healing it in this lifetime and in past lives. I've met a wonderful man I believe is the one I should be with. He's been divorced twice and is paralyzed (his words) when it comes to opening up

to another relationship. He is fifteen years older than me. I'm afraid he is wasting time in this lifetime (I'm fifty-one, and he is sixty-six). I've been praying and meditating but wonder whether I should just give up. How do I know the best path for both of us?

— Melody

From Sara: The poet Maya Angelou wrote, "When someone shows you who they are, believe them the first time." That is what applies here. It is lovely to have a compassionate heart, see another's pain and want to fix it, and believe that people are good at heart. And it is also possible to be in love with a good person who nonetheless will never be able to commit to you at the level you desire.

At sixty-six, this man is a fully formed person. He might indeed be wasting his time in this lifetime, but that is his soul path to walk. Every soul has come in with a personal destiny, and this might be his even though it does not feel that it is enough to you.

It can be terrifying to find someone who seems wonderful, start a relationship with high hopes, and then find that it is not what you thought. The stakes seem higher at midlife, but in fact they are not.

Letting go of that misbelief — that love is limited or only available to a few — will help. The universe contains all the love you need, from all kinds of people, animals, and other sources once you make the universe your primary relationship.

Finally, and this is very important, you can't know the right path for this man. Only he can determine that from whatever level of consciousness he has. You can only determine the right path for you. As souls, we are one collective consciousness, but we also each arrive with an individual soul path, and it is not possible to walk that path of another.

We sometimes have companions on our path who come with us a very long way, but in the end, all souls have their own paths to walk. The most important thing to look at is what you want. If nothing in this relationship changes — no further commitment, no further progress — is this enough for you? If not, it's time to part ways. Your soul journey continues.

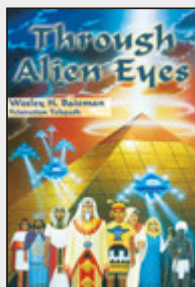
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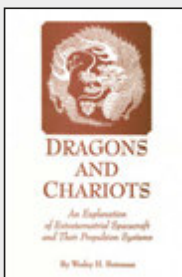
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