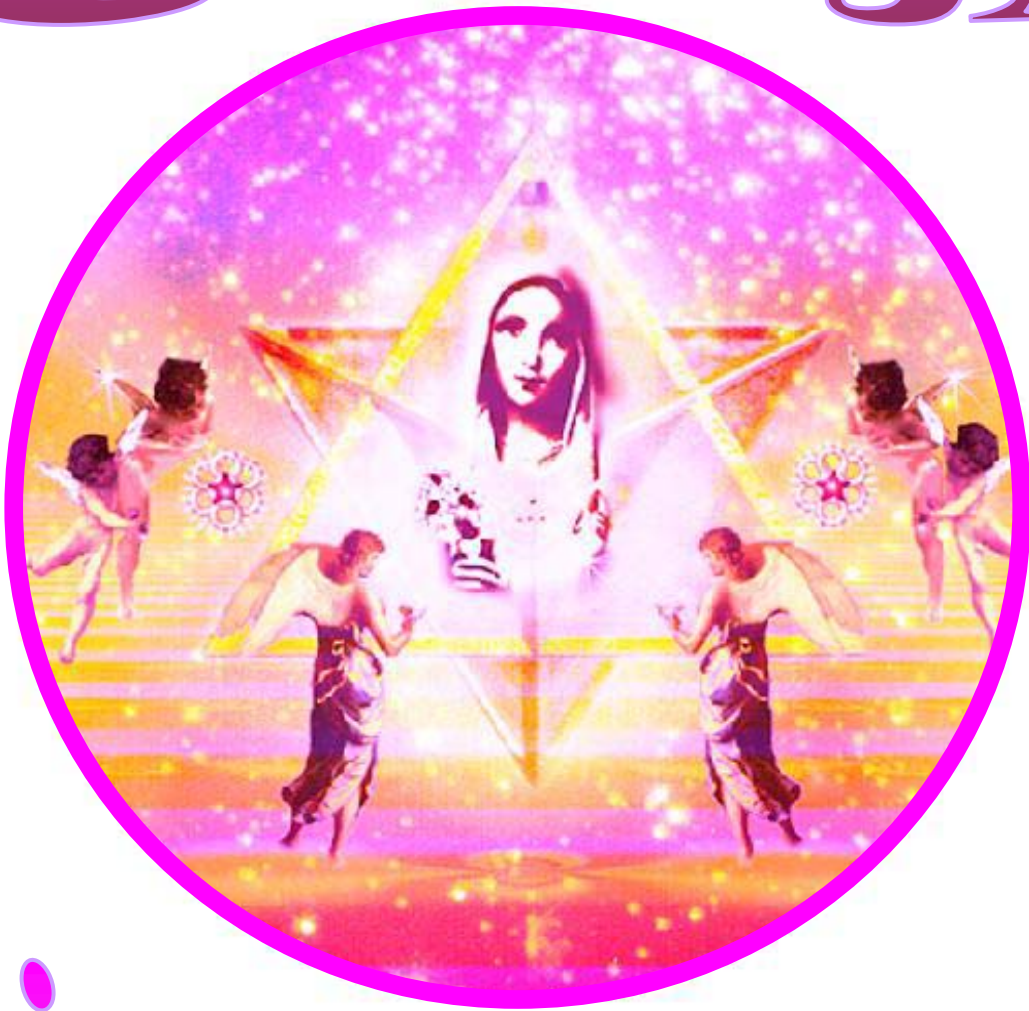


Streams of Consciousness



jasmuheen

Streams of Consciousness



Produced by **Jasmuheen &
the Self Empowerment Academy**
P.O. Box 1975,
Noosa Heads 4567, Australia
Fax: +61 7 5447 2540
November 1998

ISBN number 0 9586786 2 6 (set)
0 9586786 50 (v.111)

<http://www.selfempowermentacademy.com.au>
<http://www.jasmuheen.com/>

INSTIGATING, RECORDING & SUMMARIZING
HUMANITY'S CO-CREATION OF PARADISE

e-book produced 30-01-2003

***Please respect the work of the author
& help S.E.A. promote planetary peace...
for more copies go to***

<http://www.selfempowermentacademy.com.au/htm/cia-education.asp>

Streams of Consciousness Unified

Messages from the Masters

Foreword & Acknowledgement

Messages from the Masters are a collection of stories and channeled messages that are received from the Ascended Masters over a period of seven years. Some of the messages have been published in the Inspirations Trilogy and also the Streams of Consciousness Trilogy that were published by the Self Empowerment Academy in Australia between 1994 and 1998. Some of the messages are new. All were spoken channellings that were taped and later transcribed as they were received by our group in Brisbane, Australia when we would meet each month, and invite these loving beings to share with us.

Sometimes, as there were always new people joining the group for the evening, we would find the Masters repeating certain messages for the benefit of all in attendance. As with all our work there are a few predominant messages which soon become evident to the reader. The Masters main message is about the power of the Divine One Within and they inspire us over and over to tune to Its Voice, listen to It and allow It to guide us throughout our lives here.

As our previous books, “Living on Light” and “In Resonance” have been so well received by the German speaking people, I was guided to put together this collection of messages from the previous five volumes so that the reader could enjoy the same inspiration that the Australian MA.P.S. Ambassadors have been privy to over the last few years. I was also guided to precede the teachings of each Master with a brief introduction of what is known about them and also my personal connection with them.

The Ascended Masters have been inspiring people on earth since time, as we know it, began. They are behind the formation of all the world’s religions and as such they have had many embodiments in the capacity of great teachers. Research from channeled information often differ as to which Master had which embodiment still we are all familiar with the presence of Mother Mary, and many know St Germain to have an alter ego called Merlin and some say he was also the father of Jesus. Millions of people on planet earth are now in direct or indirect communication with these beings of light. Some receive information and guidance as they sleep, others receive instruction and inspiration during their meditation. Others like myself, have developed a direct cosmic telephone line to their realms. To help the reader understand a little more about channeling and telepathy, we include an excerpt on these topics from our book “In Resonance” which I have also updated for the purpose of this book.

To those familiar with our work globally many are now aware that channeling their messages in this way is a very small part of my relationship with these wonderful Beings of Light. As They often say to me we don't need to have ALL the answers for all the world's problems as each one of us carries encoded within the information we need to create our own personal paradise.

Each human being is a system of energy not unlike a computer. Through will, intention and joyful discipline, we can be de-programmed and re-programmed and learn to move beyond our perceived limitations; beyond the struggle of surviving. We can then be free to thrive and serve and have our life here make a positive difference.

By working in unison with our DOW, each individual will find all the solutions to all their problems. Life purpose - health - happiness.

When we have re-programmed ourselves we are then free to relax and have fun while we effectively:

expand our awareness

enhance the planet

and learn about true joy.

Further details of our work can be accessed via the
COSMIC INTERNET ACADEMY (C.I.A.)
www.selfempowermentacademy.com.au
and
www.jasmuheen.com

We invite you to relax and enjoy the following
Messages from the Masters but first let us begin
with a little sharing of my own relationship
with these wonderful beings of light.

Contents

FOREWORD & ACKNOWLEDGEMENT	4
A PERSONAL RELATIONSHIP	9
GENERAL MESSAGE FROM THE MASTER ALCHEMISTS	16
 MESSAGES FROM:-	
MOTHER MARY	
PROFILE ON MOTHER MARY	19
PRAYER & CONTEMPLATION	23
LOVE ACCEPTANCE & COMPASSION	27
SELF LOVE	30
THE TIME FOR UNITY	32
 SANANDA	
MY PERSONAL RELATIONSHIP WITH SANANDA	35
RELEASE YOUR JUDGEMENT	37
LIMITLESS LOVE	40
THE ELASTICITY OF CONSCIOUSNESS	44
HONORING THE INNER TEACHER	50
INNER GUIDANCE & TRUE COMMITMENT	55
SERVICE	59
THE GRAND PLAN	62
STEP INTO THE SHOES OF THE MASTER BUILDER	64
THE MIRACLE OF GOD'S EXPRESSION	67
BEING IN JOY	72
 ARCTURIUS	
PROFILE ON THE ARCTURIANS	76
THE DOORWAY TO THE HEART	79
THE WIZARD'S MAGIC	92
MAGICAL CREATION	96
GOD'S ORCHESTRA	114
 INTERGALACTIC FEDERATION OF WORLD'S COUNCIL	
THE INTERGALACTIC FEDERATION - ONTAR	119
CONSCIOUS CREATION - TRICLON	124
 KUTHUMI	
PROFILE ON KUTHUMI	134
SCHOOLS OF LIFE	137
THE DIVINE PERFECTION YOU ARE	152
TIMING	159
INITIATIONS	172

Streams of Consciousness – Unified
With Jasmuheen

ST GERMAIN

PROFILE ON ASCENDED MASTER	183
THE WISDOM OF MERLIN	186
LIMITLESS BEING	194
TRANSITION INTO THE CHRISTED HEART	198
MOMENT BY MOMENT	206
THE COSMIC COMPUTER	219
THE KOSMIC KNIGHTS KLUB - MERLIN	231
JASMUHEEN BACKGROUND	241
EDUCATIONAL MANUALS BY JASMUHEEN	243

A Personal Relationship

**with the Ascended Ones
with Jasmuheen**

Those familiar with our other writings and books would know that in 1992 I became conscious of the presence of the Ascended Ones in my life. How long they had been guiding me, I do not know. I had spent the previous two decades involved in service, satsang and meditation - the daily practices of which had brought me the gifts of discipline, dedication and devotion.

THE AWAKENING

Meditation gave me detachment, peace of mind, a connection with the Inner One - that eternal voice of wisdom that many call their gut instinct or intuition; the voice that others may call Infinite Intelligence or the God within. Service provided a sense of humility, to do for others without seeking reward. Satsang was about being in the company of the truth of timeless wisdom. It was inspirational, supportive and motivational. A young Western woman choosing to explore an Eastern philosophy and ancient esoteric practices was not exactly the 'norm' so it was both nurturing and empowering to be with people who had intuitively realised that they were more than just their body, emotions and mind.

After a taped channelled message from the Ascended Ones magically found its way into my possession, a few 'missing pieces' clicked into place for me and a conscious relationship with them began. Over the next year or two I surrendered to the fact that my years of meditation had subtly been tuning me and I was now learning the full utilisation of my own latent telepathic abilities. And so I began to 'channel'.

The 'accidental' death of my brother when I was 14 had given me the gift of awareness of 'other' realms as our family continually felt his presence with us. Meditation from ages 17 to 35 had changed my frequency and my electromagnetic signals, as had the realisations gained from some painful and powerful lessons through what I had often earlier thought to be the 'school of hard knocks' - called life.

THE MASTERS

Connecting with, and building a conscious relationship over the last five years with the Ascended Ones has brought another reality, an alternate game into my life. Wasn't it Shakespeare who penned that the world was but a stage and we but actors with a role? Understanding the game aspect meant that everything has ceased to be a struggle; there is a deep contentment and heart-felt joy. There is magic and synchronicity still tinged with awe as I discover the power of the energy of the ascended realms of consciousness, the realms of light and power we carry within.

In having the pleasure of recently reading some text from “The Life and Teachings of the Masters of the Far East”, I recognized the same messages, the same understandings. These writings share how they teleport, manifest food and money for their guests or when required, are telepathic and immortalist gentlemen, tuned to their environment magically and tuned to the creative force perfectly.

These masters are with us NOW. ***They are issuing the invitations to us to also know mastery.*** Mastery over our molecular structure so we have freedom from the perceived need to eat, sleep, carry money or even require transport. The Ascended Ones are the masters from the Far East, they are the siddhas and the saints, the Theosophists, the priests and the holy men who have ascended their vibration to a finer frequency that places them outside our ‘normal’ physical range of vision. In order to ‘see’ them we have to activate our spiritual eyes, our third eye and also our hypothalamus - the inner television set connected to and fed energetically by the ascension chakra (ponytail height at the back of the head).

ACTIVATION

We can also choose to activate fully and reprogram the pineal and pituitary glands to aid in physical immortality through the current and continued production of only life-sustaining hormones. The Ascended Ones inspire us to expand our consciousness into the game of oneness where mutual empowerment, honour and pleasure are the norm between all life forms.

We may also choose to activate fully all chakra systems in all our bodies - dense and subtle - to their highest, most synchronised capacity that is perfect for us right NOW. To run an energy line between these glands and the throat, thyroid and heart centres for open and balanced communication of the highest calibre with whomever we may desire communication with - physical and inter-dimensional. Full activation of the crown chakra allows us a clear connection to the divine intelligence of Universal Mind and the akashic records if required. As we continue to tune ourselves our consciousness expands, our communication ‘antennas’ open up to include a

wider ‘radio band’ allowing us access into other frequency bands/dimensions of reality - currently out of earshot to the mass consciousness upon this planet - being too subtle, yet existing nonetheless.

REMEMBERING

One of their first messages to myself and all who were either tuned or open to listening, was about their role at that point, the purpose of their attention towards humanity. They shared they had revealed themselves in answer to our heart’s desire to be a unified planet. That as they had all had embodiments within the Earth school, they held a particular fondness and interest in our development. Their first ‘project’ was to inspire the lightworkers and star seeds to remember who they were. This has been accomplished. Then they shared through various channelled messages to myself and others, that their attention would turn to the rest of humanity with the same aim - to inspire a mass awakening for all to remember that they are spiritual beings simply having a human experience. This is also now occurring.

Personally, everything they have shared with me regarding my own journey has occurred. I once asked in meditation why I only received part of my blueprint - like I was being ‘spoon fed’. They said that at that time there was a possibility that if we were given the full picture of what we had volunteered to do, we would probably ‘run a mile’ and create unnecessary delays in the unfoldment of the greater plan. So it comes on a ‘need to know’ basis.

BE HERE NOW

Secondly they shared that it was important for us to live focussed in the NOW moment, for when we are in the now moment we are beyond mind and ego, and spirit can express itself through us freely. It is also by being focussed in the NOW moment that we can expand time and move beyond the restrictions of linear time. Understanding how wizards live backwards in time opens another new reality gateway that also brings joy and the gift of focus.

Continually they express the need for us to be still in each moment, tuned consciously to the voice of the Divine One within. As the years have unfolded, as linear time tends to do, we have achieved so much together. They are so much a part of my reality that I always say we - for it is not them, not I, but us working together on a specific part of a pre-agreed role in a much bigger blueprint.

Because of the nature of their vast and expanded state of consciousness, the Ascended Ones operate simultaneously and multi-dimensionally, and may be guiding and influencing millions of life forms and life waves at any given time. All who have made the conscious

telepathic and intuitive connection with them have not only found life purpose and fulfillment in working for the good of the collective whole, but also limitless joy and magic.

PRANIC NIRVANA - LIGHT NOURISHMENT

After acknowledging my telepathic abilities, my second lesson/accomplishment in working with these ‘unseen forces’ of pure energy was mastering the ability to allow the universal life force, chi or prana to nourish and sustain my physical body. A particular sub-clause in my personal contract with the Mother/Father Creator God seemed to be the agreement to aid in the pioneering of pranic nourishment to breatharianism in the Western cultures - a practice readily acknowledged in the East - and to bridge some of these Eastern practices and philosophies into the West. This living purely on light process began shortly after my first initiation - in consciously utilising and directing energy flow - which was self-healing a cancerous tumour in my body. As I created it, I could heal it, and so we did.

MASTERING THE TAO OF ENERGY

The Ascended Ones’ work with me is about mastering energy flow and the refinement of the vibrations of the energy fields of both my subtle and dense bodies. A finer art is the calibration of them together. Living on light alone, learning to move out of my body at will into other realms of being, then learning to ground myself fully here to create practical, harmonious and empowering change, personally and globally. Learning about universal laws which brought to me personally great levels of magic, joy and synchronicity. Learning about re-imaging and realigning and beats and frequencies and fragmentation and calibration of light and oneness and more. All these things we have written about in “The Art of Resonance”, “Prana and Immortality”, the “Inspirations Trilogy” and my new book “Bridges and Blueprints” (to be released by the end of this year).

PROPHECIES AND RUMOURS

EARTH CHANGES AND SPACESHIP LANDINGS

As John Travolta shares as his ‘archangel’ self, in the movie “Michael” - ‘that isn’t my area’ and dates of spaceship landings, photon belt influences, Earth changes etc. are not my area. Mastering physical reality here now is. ***Tuning to the energy fields of the Ascended Ones is not just about inspirational ideas, concepts or platitudes. It has been about pragmatically applying these insights into our day to day reality.***

BRIDGING THE WORLDS AND CONFIRMATION

More and more we are bridging the worlds. Science and religion with quantum physics. East and West with a desire to blend harmoniously the spiritual and the material. Etheric and physical to cross the self-imposed boundaries of physical, emotional, mental and spiritual restriction. All the Ascended Ones request is that we create mutually pleasurable and empowering relationships that honour all life forms on this plane.

Dr Wayne Dwyer wrote a book “I’ll See It When I Believe It”. So often in my travels around this globe I meet individuals of the “I’ll believe it when I see it” school. I ask these individuals to ask for proof, for if we do not ask we will not receive, and all of this is personally provable. Jesus said to know it by its fruit - where ‘it’ stems from the question “what is the right path for me?” Using our rational intelligence, our intuition and a discerning heart, we literally can create a model of reality where our day to day existence is as limitless and joyous as we desire it to be.

LIMITLESS BEING AND BELIEFS

One of the beliefs that I have personally encountered repeatedly in Western culture is that “if you don’t eat you will die”. Yet myself and many others choose not to eat and still we exist in physical form, in healthy bodies that are highly energised and require minimal sleep. Living purely on the light of the divine spark within is very provable, for if you cease to eat you either live or die. If you live then that is proof of the power of the mind and beliefs to create as limitlessly as we can give ourselves permission to.

TELEPATHY

The Ascended Ones say ‘stop using the telephone’ - send out telepathic messages and make sure the thought is implanted when the person is receptive. Test it. Book your car parks, tune in to see if there is mail worth collecting (other than bills) in your mail box. Start to play these games and prove to yourself to your own satisfaction your creative abilities and power. Learn to utilise your senses of intuition and knowing. ***The universe is eager to reflect your divine nature back to you.*** But first you must be ***open***. Open to honour your intellect and open to listen to and trust your intuition. As Emmanuel once said, “True intelligence is the ability of our mind to listen to the wisdom of our heart”.

CHANNELLING

Channelling is about facilitating a flow of energy, and as the Ascended Ones share - we all channel. We may be channels for gossip or channels for love. Channels for music, art, healing etc. - it is about being tuned, connected, in the 'zone', in a stream of consciousness. ***The degree of both power and clarity a channel exhibits is a reflection of how tuned they are to the universal beat of creation.***

SELF-HEALING

Recently I had the vision of energy grids, how they were our meridian lines, how our molecular structure magnetised around these grid lines forming our physical bodies. Some people's energy lines appear atrophied due to the vibrational slowness creating density in the molecules and life atoms forming flesh around them with each embodiment. Density comes from cellular memory - as Dr Deepak Chopra has shared, cells are memories clothed in matter. Some people's energy lines pulse with life force like a wide flowing river, their cells are literally light-filled and tuned. Their energy fields are electric, they give the appearance of being vital, alive, energised with life.

We can all use the power of intention, will, and creative visualization to literally 'pump up the volume' and widen and activate all those inner energy lines - just like a person with a cancerous tumour may daily visualize a laser-like beam of golden white light from the purest creative force coming in through their crown chakra (the energy wheel/vortex from whence all universal wisdom and power comes) then they may direct it to the tumour and visualize and use will and intention for it to be eradicated, dissolved and the cells healed and restored to full vitality. A simple technique that will work if we give it permission to is by moving out of doubt and reclaiming our natural inherent healing abilities.

Toxic thinking, toxic feeding and toxic feeling create density in our cells restricting the flow of energy and setting up discordant rhythms of energy within our beings. Quality thinking, quality feeding (from prana or whatever one may perceive as a nourishing food source) and the heart-felt emission of quality feelings brings further lightness into our cells and increased joy and magic into our hearts and lives.

The decision to explore and experience our highest potential comes from within us, just as the life we live reflects our own conscious awareness. The Ascended Ones are not here to wave a magic wand and create a golden age of transformation. Yet the more we decide to be limitless and in our power, the more that decision and action attracts them to our fields until we

experience that we too are ascended and enlightened beings and ***all*** is interconnected in the paradigm of oneness.

Messages from the Master Alchemists

As many are now aware, I speak as a voice for the Master Alchemists who are a collection of the Brotherhoods of Light, the Federation, the various commands that oversee the development of our evolution on this plane and I would like to share this message from them. For the Master Alchemists have a significant part to play in the unfoldment of the new millennia and what we call the plan of OH-OM. Where OH-OM symbolizes the supreme heart and mind of oneness - one heart, one mind. For oneness comes from unity.

They share “yours is not the only planet in our stable. There are many active life forms with varying degrees of intelligence in gestation - as above, so below. Your planet mirrors the complexity of universal creation when you observe your realm of micro-organisms and subatomic particles. You yourselves as a manifestation of the human form are but a shadow in the scope of creation and yet your gods kindly gave you keys. For your gods are the great benefactors to be sure, yet dissension and separation comes from within your own hearts and minds. Your thoughts divide you and your focus divorces you from each other and from us.

It is time for heart-felt retrospection, honest analysis of who you are today in your life. Are you happy, have you achieved your dreams and your goals? Do you give and receive love easily and freely in your lives? Happiness will bring the gift of health and wealth, for abundance comes to all who seek it. This is universal law and so it is!

To be an effective force of change in your world, we invite you to learn the mastery of divine alchemy. We invite you to release words of separation like fear and darkness. For the fear behind the fear comes from ignorance of the unknown. When you yourselves know the unknowable you will relax and enjoy and fear will be no more. It is fear that will slow planetary progression just as easily as ice will freeze your blood. Your fear of the forces of darkness will no longer be valid when you understand truly that the dark and the light are the dual natures of the Oneness and from the dark, the light was born. And without the light, the dark would die and without the darkness the Light could not be experienced for the darkness is the void - the infinite nature of creation as the quantum field. To fear the darkness is to fear the force of creation itself.

As long as the language and a use of the language of separatist thinking remains in use by your peoples you will not have the unity that you seek. For unity is the common factor that binds the fragments of the whole together in one common vision. Find that which you use to unify

among you and do that first. Then ask for the next piece of your blueprint and it will come. For when you seek to unify you will also unify the dimensions of creation unto yourself. For that which is part of the One, must reveal itself to you. Just know that your pathway is golden. From highways of light you have come, breathed out on a Sigh as creation and into your being you were sung.

So many in life are so often filled with their own self-importance that they do not see beyond their immediate issues of survival. Personal survival when achieved, will lead you to look at global survival then galactic survival, then universal. For you are moving rapidly into a time of a more compassionate and community orientated world where human rights will be practically and lovingly attended to and you that sit here, are the bringers of this change - you are the messengers, the activators, the transformers.

Those still absorbed in personal survival issues may not hear this message. Those focussed on global survival are aware of this and have presented re-education packages to re-train and stimulate the remembering of those still struggling just to survive. This re-training surrounds each and every one of you. It comes through the healing arts, the performance arts, and life itself will teach you how to unlock the door to your own heart wherein lives your DOW. How long it will take for you to master your personal reality is so personal and is just one of the challenges for the warriors and wizards among you in apprenticeship.

The reward of an open and unified heart and mind is the key to universal abundance and harmony. To be able to take your place as honored colleagues around the table in the game of divine alchemy. Perhaps for some - the knowing of, and experiencing the limitless nature of, your own being is not a big enough enticement. Nonetheless, choice of mastery of your being is no longer an option. There is a force arisen upon your plane that is answering your own divine call. The Mother Gaia is igniting by the fire of the Christed consciousness so Her inhabitants can fulfill the prophecy of the second coming. Your body is the Temple that houses the Christed One, the Buddhic One, the Infinite One who dwells within your heart.

For the second coming is the coming of the Christed ones together as one voice. It is the voices of the Muslims chanting prayers to Allah. It is the chants to Krishna, the mantras to Buddha and the hymns to Christ. It is the songs of farewell from the cetaceans as they hand the mantle of self-responsibility for care of Gaia back to you. This is a great honoree. Know this. Enough of you have pushed the button of your own desire to be of service, beyond the wills of lesser men - to serve the will of your God.

When you learn to listen to the Supreme Voice of the Divine One Within - that which we call your DOW - then you will need to be aware of your interpretations of your inner God's

message. How you decode the message reflects your own level of awareness in life. So cease to look solely at your scriptures or your books on spiritual matters, and seek the answers in how you live your life from within yourself.

Is your work filled with purpose and passion? Does your life here make a difference to this world? Do you care enough of others to give freely of yourself while keeping yourself in your joy and your power?

We ask again - are you truly happy and at peace where you are in the world? Not momentarily happy but happy in your soul? Joyful, contented, knowing and trusting that you are cradled in the arms of the God of the Greater Plan. For in knowing the loving heart of the Divine Creator you know that you are safe. You are the divine experiment of a passionate scientist cloning itself. With each version being so perfect unto itself you are made in the image of the Divine.

We care not what you call your gods, just that you call them. For when they have inspired you to remembrance they will remain within your heart permanently - creation having merged creation back into its bosom. For once you pledge your allegiance to the Greater Will of your God then your instruction and training will begin in earnest - for when you were first delivered from the Higher Heaven Worlds millennia ago, each of you was encoded with your own treasure map so that you could explore and enjoy all the Kingdoms of Creation as co-creators for the Divine.

Many now have understood dear ones that personal happiness depends entirely on the choices that you each make and on the actions you each choose to then take. Can you sit beside each other as mixed races or as political opponents or as enemies? Can you be lovers of your gods together by finding that which your religions all agree upon? In all the religions - and now again in New Age thought - we have offered you the guidelines for the new millennium as common points of focus.

Use your discernment and take from them that which feels right in your own heart. Apply them and they will guide you into the happiness that you seek. The true joy that many of you are still seeking, is the sound of your own divine name. For the voice of your God is within you, a fragmented part of a whole, and it longs to tell you Its story, and share Its vision with a far greater goal. As so many now have discovered, the God I AM within holds your complete blueprint, your map for the return journey home, and your assignment which is your reason for being here on Earth at this time.

Messages from Mother Mary

Profile On Mother Mary

Introducing Mother Mary:

The energy of Mother Mary first made its presence felt in my life in 1993 shortly before I began the conversion process to pranic nourishment. At the time I was re-arranging my life so I could spend a month in solitude to focus on the Divine One Within that I have come to call the DOW. I had realised that in order to optimise the experience of the 21day process, it would be preferable if my teenage daughters could be elsewhere enjoying themselves.

Everything I tried to arrange for this kept not occurring, and eventually in frustration I surrendered and asked Mother Mary to please take care of this situation for me. The next day and evening before I was due to begin the process, the girls came and asked if they could go camping with a family of friends. Relieved they would spend their holidays in a fun way, I agreed, and immediately thanked Mary. Somehow with her divine intervention I managed to have the whole period in solitude with the girls never feeling neglected or ignored.

Mother Mary is the Mother of all children and I have often found that by surrendering my children's interest to her, great magic has occurred. Like Kwan Yin she carries the energies of mercy and compassion and as the Mother of the Angelics, also transmits great love and healing into the earth.

Mother Mary stayed with me closely for a period of two years, and together with the Lady Master Kwan Yin, I learnt many things about being compassionate and merciful in my own service work. In early 1999 she appeared before me again and asked that we create the Sophia's Children Charity Fund where all money that I would normally earn from media appearances globally would go to a children's charity in a country where the interview was taking place.

She has also been guiding in the unfoldment of the MAPS Alliance that was recently formed between the Ambassadors of Australia and the Ambassadors in Sweden, Italy, Germany, Belgium, France and England. At this point she appears to be focused through us - and many

others - on the matter of the cessation of slaughter of all life. via the elimination of war and also as usual on the welfare of our planet's children.

In researching more on this wonderful Lady Master for our Newsletter, 'The ELRAANIS Voice', this is what my assistant Natalie Nyistor found.

“Mother Mary is known as the Mother of Jesus, the Cosmic Mother of the Universe or the Mother of the Children of Earth. She is from the angelic kingdom and it is said that her twin flame is Archangel Raphael and that she serves in an etheric temple over the Holy Land and on the Darjeeling Council of the Great White Brotherhood. It is also said that each soul meets with Mother Mary before their human incarnation.

Mother Mary is famous for her apparitions in various locations throughout the world such as Lourdes, Mexico, Ecuador, Texas and Medjugorje in Yugoslavia.

Before her final embodiment as the mother of Jesus, it is said she had a lifetime in Atlantis where she served within the Temple of Truth. Here she learnt that the cause of dis-ease originated from blockages within the four lower chakras and that healing would occur when balance was restored to these centres.

In her incarnation as the mother of Jesus, she was raised by a family of high priests as a “holy gift from God”. Mary was taught by the Essenes in Qumran (Palestine) and her husband Joseph was chosen for her. Mary was about 16 years old when Jesus was born. She was responsible for Jesus' survival in his early years as Joseph was a peaceful Essene who would not fight. Mary was also responsible for Jesus' emotional and spiritual education and ensured that Jesus only accepted the perfection of God within every aspect of his consciousness.

Mary was required to allow her son Jesus to enter the Essenes' Brotherhood of Light at the young age of five years - no easy task for any mother.

From the time that Mary was about three years old, she participated in various initiations so that she could fulfill her role. Mary went before the Spiritual Hierarchy and Karmic Board to apply for the position of becoming the Mother of the Messiah, and in so doing, had to pass the initiation called the Immaculate Concept. This initiation meant that she had to learn how to focus a thoughtform for a long period of time without being distracted - specifically she focussed upon holding the light for Lord Jesus - before His birth and throughout Jesus' entire embodiment. Along with Mother Mary, other masters also held the focus for Lord Jesus.

For Mother Mary to hold this focus, she had to maintain a purity within her mental and emotional bodies. Mary was tested throughout her initiation to try and sway her from her focus - at one stage even the Elohim gave her her greatest test. Throughout these initiations, Mary managed to keep her focus while maintaining daily chores as a mother and wife.

During much of her final embodiment, Mary was in the state she calls “listening grace”. The lines of the prayer “Hail Mary, full of grace ...” relates to this state of consciousness that Mary had to hold. Grace is the essence of the Holy Spirit - the feminine aspect of God - the ability to listen to the still, small voice within and the ability to discern truth from the heart. Mary had to maintain this state of “listening grace” so that she would be receptive to hearing guidance about the birth of Jesus.

This ability to focus thought is one of the areas that many people experience challenges with. For this reason, Mother Mary recommends time spent in contemplation and learning how to manifest through the power of your feeling nature and thought force from the heart. If enough time is spent focussed upon one thought, a dynamic charge of energy is built up until the physical manifestation occurs.

Mother Mary teaches her specialty of focussed thought to the elemental kingdom. She teaches them how to focus a particular thoughtform in nature e.g. the thought of a flower or tree. The length of time that a form in nature is alive for indicates how long that elemental is able to focus their thought force.

Mother Mary’s rosary is a tool to help people’s concentration skills. Mary Ma-McChrist has channelled a “new age rosary”. Many people have experienced miracles after focussing upon this rosary, simply because of their consistent and focussed concentration.

Mother Mary suggests a simple meditation to open to this state of “listening grace” ... while consciously focussing on your breath, breathe in the white light of the Christ and affirm, “I am receiving the perfection and the grace of God through the white light of the Christ and the heavenly Father/Mother”. On your exhale, affirm, “I release all imperfect, unbalanced energy within the four lower bodies of myself”.

Always one to give very simple messages, we trust you’ll enjoy the following brief discourses from her.

This ability to focus thought is one of the areas that many people experience challenges with. For this reason, Mother Mary recommends time spent in contemplation and learning how to manifest through the power of your feeling nature and thoughtforce from the heart. If enough time is spent focussed upon one thought, a dynamic charge of energy is built up until the physical manifestation occurs.

Mother Mary teaches her specialty of focussed thought to the elemental kingdom. She teaches them how to focus a particular thoughtform in nature e.g. the thought of a flower or tree. The length of time that a form in nature is alive for indicates how long that elemental is able to focus their thought force.

Mother Mary's rosary is a tool to help people's concentration skills. Mary Ma-McChrist has channelled a "new age rosary". Many people have experienced miracles after focussing upon this rosary, simply because of their consistent and focussed concentration.

Mother Mary suggests a simple meditation to open to this state of "listening grace" ... while consciously focussing on your breath, breathe in the white light of the Christ and affirm, "I am receiving the perfection and the grace of God through the white light of the Christ and the heavenly Father/Mother". On your exhale, affirm, "I release all imperfect, unbalanced energy within the four lower bodies of myself".

Always one to give very simple messages, we trust you'll enjoy the following brief discourses from her.

Prayer and Contemplation

Good evening my sweet children of the Light - this is Mother Mary with you once again. It is your hearts and your sincere desires that have brought my energies to you all this evening and it is my longing to be here to share with you once more. For I wish to share with you of Prayer and Contemplation for it is an important aspect that many fore go. Prayer is honoring the Mother/Father Creator God and contemplation is honoring yourselves.

You have been made in the image of the Creator have you not, but like sheep you have wandered from the fold of the Shepherd and for eons of time you have enjoyed this journey of exploration. Wandering here and there through many pastures until one day realizing that perhaps you had wandered too far. Feelings of sorrow, of sadness or emptiness, feelings of loss, of being lost, were to replace the joy for many. But you have sent out your call from the deepest place within your heart, with the most sincere longing and this call has been answered. Like the bleating of the sheep upon the wind - the Shepherd has come and the two will be reunited for you have all begun your homeward journey.

Prayer is a time of gratitude, of asking for guidance to find the right path for this reunification. Prayer can also be a time of great gratitude where as you experience that heartfelt joy as you tread each step of the homeward journey, you may give thanks at BEing on that path.

Contemplation my dear ones, is the quiet time that you spend within you, the time where you make your choices as to which is the right path for you to follow. Although all is predestined and the Greater Plan is unfolding at this time, you do have your free will and there are many paths that will allow you to reunite with the God within you. We have so often before encouraged you all to partake of silence daily, some would call this experience meditation. In your time of inner solitude and meditation enjoy your contemplation, learn to sit and be still, to enjoy your own company.

The more you quiet the inner mind of judgment, the more you strip away the you who presents yourself to the world and the sooner the Divine You - the You who was formed in the image of the Mother/Father Creator God - the sooner that real You can be revealed. The more that you walk hand in hand with your own Divinity - the true aspect of your Being - the more you will find that your journey is a joyous one. So often my dear ones, you sit in judgment of

yourselves do you not? You judge your lack or limitation or beliefs of such. Yet for us in Spirit all we see is each Light as it shines, some more brightly than others, but all shining none the less.

The more you learn to walk the inner pathway with your Divine nature, the more sensitive you will become to each other for you will learn to feel the pain and suffering of all of humanity and in feeling that pain you will reach out your hand in recognition and in love to Light the way, out of the darkness that many dwell in now, and into the Light. And while you may feel this pain, it will flow through you for as you walk with your Divinity and tune to the Inner realms of God, you will be like the Holy Grail - simply a vessel and all will flow through freely, beautifully without hindrance. This is why my dear ones, that you are being guided to understand and enjoy each moment and the wonderful experience that is held in each moment. As you align to each moment you are free from thoughts, expectations and the Greater Plan can flow through your Being unencumbered and unhindered.

This is the greatest service of all. For you to choose to align your energies with the God, the Highest Teacher that lives within, and to be a pure vessel for that inner guidance and inner teaching to flow through. As it flows through you it will change you, it will honour you and love you and it will be drawn to those in need so that they too will be loved and changed and honored and it will spark the Divine nature within them too. So allow this energy of the Mother/Father Creator God to flow through your Being, to pass into the Beings of others as they open themselves up to it by their desire, igniting their own spark which will the flow more freely through them.

It is like a river but this river is a river of love and joy. It is a river of great compassion and compassion comes from empathy does it not? From truly understanding the suffering of all. For you too have all suffered but are making the choice to leave suffering behind - to embrace joy and to embrace love. Have you not all been taught how to align yourselves with the Divine energy that flows within for it flows through your Being and your experience of it can be activated by the Breath of Life. Its light shines brightly within you when you focus your attention upon it.

Remember my children there are many seeds that have been sewn upon this planet and all are unfolding according to the desire and the attention bestowed. Some lie fallow beneath the soil and some are in full bloom. All will have their day of blooming in full beauty and radiance and it is beauty and purity and love alone that will spark the change that you all long for upon the planet.

I feel that there is a restlessness in the heart of some this evening, a tiredness of the soul. All you have to do is ASK in prayer and listen in contemplation and honour yourself enough to take the time to do both. Are there any questions this evening?

Question and Answer time

Q: *Mother Mary - I feel cut off from my feelings and have difficulty tuning to my inner guidance. Can you help me?*

A: Do you spend much time in prayer and contemplation my child?

Response: *I have been lately but not in the past.*

Mother Mary: Cutting yourself off from your feelings is to do with lack of honoring yourself is it not? From this moment on you may choose to recognize that you are one who deserves great honoring. If you do not honour yourself nor will those around you. In your times of prayer call down the energies of Lady Kwan Yin to help you heal your emotional body and free the energy blocks you have created within you.

In your times of contemplation begin to envisage the life you know you truly deserve for it will give you confidence to allow the feelings to flow freely. Has that been of assistance my dear one? You have another question?

Q: *On the same theme, I have difficulty discerning between what's coming from my head and what's coming from my heart.*

Mother Mary: The head does lead you to the heart - it is surprising is it not? Part of honoring yourself is to embrace all aspects of your Being. When you sit in contemplation you can use your mind - give it permission to wander freely to envisage a life for yourself that knows no bounds or restrictions. For how often do you all daydream but then stop yourselves? The limitations that you place in your life are because you feel that often these things are outside of your grasp.

If you 'play the game' of giving yourself permission to fantasize, to know no limitations and to really allow your mind to imagine and envisage life to be how you truly wish life to be, you will find Higher Vision steps in and continues the journey for you. As we have said so often, it will spark great joy within your heart when that vision can be a reality. For that is how your spirit wishes to express through your life and it will be done for it has been prelaid. You block this vision with your beliefs of limitation or feelings of inadequacy. So use your mind for it will lead you to the door of higher vision and spark the joy within your heart. You know that when you are joyous, you are 'on track' with Divine purpose.

Spirit and reason go hand in hand and reason will deliver you to the embrace of spirit, for reason was birthed in spirit. Reason is like the sheep that come back home to the shepherd. Times of contemplation will allow you to make peace with all aspects of your Being. To recognize your humanness and love all parts of yourself without judgment. Remember that love is the only real power of lasting transformation.

Streams of Consciousness – Unified
With Jasmuheen

So my dear ones, our essence is love and light and it is your love and light that draw us to share with you. Allow this light to shine and the love to flow through you. There is a dam within that is bursting to express itself in all aspects of your life as soon as you have the desire and give it recognition. So until we share again - this is Mother Mary saying good evening to you all.

Love, Acceptance & Compassion

Good evening my dear children of Light, this is Mother Mary with you once again. As Raphael has said so rightly, you are all shining beacons of Light and we watch over you with love and pride in our hearts. You are all learning the lesson of self mastery so well, you are learning about choice, about the power that you have in each and every moment that you experience life on this physical plane. You are learning detachment, to stand back, to not react hastily when your 'buttons are being pushed'; and the biggest lesson of all my dear ones, for you this year, is Compassion.

You are beginning to work with this already. For not all have the understanding that you do, not all have the knowing that you do and yet you are surrounded every day by many who only need from you your Love and your Compassion.

Perhaps we that work with you could set you an assignment - to consciously decide that as you work on your own issues on your own processing, on your own unfoldment, that you also seek the experience of unconditional Love, acceptance and compassion for all those that you come in contact with. That would be a great honour that you could bestow on your Brothers and Sisters; allowance of who they are, heartfelt love and is that not the true meaning of compassion; to be able to accept and love regardless of your own flaws or the flaws of every other individual that you may meet?

Many of you here this evening have had a very long day so I will exercise my Compassion towards you. I did long to share with you, to bring my energies into this area. As I have said before it is my intention to bring into alignment the nurturing aspect of all beings on this planet in this next phase. For the women have known nurturing and been nurturers and nurtured so well but to the sacrifice of their own needs, and the men have been nurtured and enjoyed that.

It is now a time upon this planet for the males to become the nurturers of themselves and towards all those with whom they come into contact. The women will continue this role, always exercising understanding, touched with compassion and not just compassion for others but compassion and nurturing for themselves.

If every being could treat themselves with soft velvet gloves filled with unconditional love and acceptance, their growth would be magnified, intensified. Allowance, humility, surrender; such powerful experiences, when you have expectations you create limitation so if my dear ones I

can leave you with these thoughts, that every brother and sister that you meet, to look upon them with a heart filled with compassion and acceptance and eyes filled with Love and acceptance and feel the way they then respond to you.

Is there time this evening for a question or two? Are there any who may wish to share with me?

Question and Answer time

Q: *I'd like to ask a question please Mother Mary - I have a bit of confusion regarding the issue of us creating our own reality and God creating our reality. I have a friend who suffers a lot of back pain who for some years worked intensely at creating good health for himself and the back pain went away, then he had a relapse and the back pain has returned more severely than ever - he feels that we only create our reality to a certain extent and that the rest is created for us - I feel some confusion, do we create our whole reality as fingers and hands of God? Or do we create part of our reality before we come to this planet which then gives us boundaries to work within or is it done for us? I'm not sure, could you clear this up?*

Mother Mary: My dear child, please know that you are God - that the essence of God in all its glory resides in each and every one of you - while you are but players on a stage when you are in physicality, the script, the rough draft has been written prior to your incarnation. It is something that you have agreed to, a part to play. You have agreed because your motivation is to merge 100% back to the experience of God that you are. Therefore there are lessons to learn, situations are created by you to learn these lessons.

With the one with the back pain, he has lessons to learn from that, when there are no more learning issues at hand he can release his back pain. There are also lessons for those who are influenced by his energetic field - perhaps lessons of patience, perhaps understanding of choice.

As Raphael has said, you are all so unique and you will create a reality for yourself that allows you to unfold in your most unique way but within boundaries as you have said. For the pure motivating factor encoded into the hearts and soul of all of God's creation is reunification, consciously with that Source.

You could see Humanity as a sea of mercury that is often separated from that main body of mercury but is drawn back magnetically. In truth we are all one - our essence is the same, it is the individual that has chosen separation along the way and then sets about learning the lessons they need to know so that there are no more veils of illusion separating them from their Source.

Everything flows according to Divine Plan but every being has the right to exercise their free will to complete the dialogue, the details, the setting of this play of life. We all know that in the end, the boy gets the girl or the child is reunited with the Father/Mother Creator God. It is written and so it will be. Have I answered your question?

Response: *Yes thank you.*

I will take my leave although the love here tonight is so sweet and gentle and I wish to share with you again for we have much work to do in the coming time to rebalance and realign the energies of those who seek to be reconnected to the Father. Good evening my dear ones.

Self Love

Good evening my dear ones, this is Mother Mary with you once again - I would like to welcome you all to this gathering once again, for although there may be few of you there are, as usual, many of us with you here this evening in thought, in heart, in energy.

I wish to share with you this evening about learning to be gentle with yourselves and with each other. That while you are learning strength and commitment and focus also learn to treat yourselves with love and care. There is a saying that 'Rome wasn't built in a day' is there not? Many of you have one could say, unrealistic expectations of yourselves.

Although it is important to maintain positive thinking, a positive outlook in order to create the reality that you so desire, also take time in each moment to be connected, to experience the true connection, the true joy that you seek in each moment. For is not your life a string of moments? Each moment connected to the previous and to the next and if you can allow yourself to have the experience of love and joy in each moment then that is what your whole life will reflect.

There is so much for you to learn upon this path, sometimes heartache, sometimes pain. As many of you have understood, the greatest growth sometimes comes with the greatest sacrifice. But if you do not take care of your experience of joy, who will? If this is a path of self mastery, which it is, then isn't it up to each of you as Masters to take care of yourselves. You must learn to do so, for the times are changing.

It is a time for many of you to now walk alone, for many of you are now truly upon the right path for you. You are no longer seeking your destiny but have found it - you have found the path for you to tread and it is up to you now to take each step. But remember to take each step in joy, to keep your focus and commitment on that goal, on the unique goal that each and every one of you has set for yourself.

I think that some of you are so used to having our constant communication, that when you hear it not you think that perhaps you are off beat, off this path. It is more likely that you will hear it not when you are on course, because you do not need our constant reminders or our constant inspiration when you are walking freely, if not skipping or running along this path. Surely it makes more sense does it not that we would be there to remind you, to prod you if you were to fall asleep, to lag behind or to stray a little.

It is most important as Sananda has shared, for you to keep your focus and commitment and for you to have strength and dedication as you make your way along your chosen path. There will be many times of great distraction as the future unfolds itself upon this beloved Terra. There will be much suffering and much pain for some and much to distract you from your path.

It is important that you keep your commitment and your focus clear, that you find the inner strength to be true to your experience; the inner strength to put your commitment to Spirit first above and beyond all also; to not allow yourself to be sidetracked in any way but also remembering to treat yourself lovingly every step of the way.

There will come a time when you will be blindfolded one could say, totally committed and totally strong but these are things you are learning my dear ones so do not judge yourself too harshly if you should stray. Know that we walk with you every step of the way and if you do need a gentle reminder or inspiration we will be there to remind you that if you ask.

As I have shared, do not be concerned if you feel there is no inspiration or clarity or direct guidance for we are trusting that you are making your journey satisfactorily and you must learn to trust that too. How you will know it and how you may judge it is how you will with everything else.

You know when you are in alignment with Spirit by the quality of joy and the experience that you have in each moment. If you feel 'in the flow' and everything is happening according to your design and your desire, if there is love and joy and harmony, then you know that you are in alignment with Spirit do you not? For that is all Spirit wishes for you - you are the children of Spirit and the children of the Divine and this Kingdom truly is a heavenly one. So you will know when you are in alignment by if your experience is one of 'heaven', that everything is okay, but more than okay, everything is quite perfect.

So just take one step, one foot in front of the other, keeping your eyes on the Light, keeping your heart tuned to the Highest Wisdom, keeping your ears set to inner guidance, or guidance from those around you should you require that. It is only for the asking remember. So my dear ones, I only wish to share with you a little this evening, we will meet again soon - this is Mother Mary saying Goodnight to you all.

The Time for Unity

Good evening my children, this is Mother Mary once again with you. I am drawn to this circle to share my love with you all for we all have important work to do have we not? As Sananda has shared, this is a time of great change, the Easter Mass, the gathering in remembrance, the bringing together of Humanity with Love and Compassion in their heart.

The energy shift that has been taking place will continue to do so my dear ones, to allow Humanity to feel. To really open up and to feel - to feel with discernment, to feel with the greatest of care in choice, to have empathy for their fellow man, to have compassion as we have shared with you so often. Because without empathy, without compassion there can be no unity and this is the age of great unity.

See yourself as that garland of flowers and know that the string that binds you all must be, can only be, one of Love and Love cannot take place without understanding, without recognising the common spark within each being. This is the year of Unity is it not? Unity of the male/female energies that reside within each being, unity and Brotherhood/Sisterhood, true Love and recognition of that source within.

There will be a time and not too far away, where there will be any separation of race, creed, color or religion, where people will see the flame within every soul. There must be unity my dear ones of every aspect of your being. One must combine Love and Wisdom and Power to gain true Freedom. One must balance the energies within and learn that all the nurturing, all the support that a Being requires, comes only from within.

When you can make the conscious choice to experience the vibration of Love that sustains you, to allow that vibration to move you, to flow through you, then it automatically brings about the balance, and the unity without. There is so much magic taking place my dear ones, if you could see from our eyes, it is like a network of Light, that web that is being woven around the planet as more and more become aware of the power within.

So my sweet ones, feel the Love that is within you, feel it drive your heart, feel it move your breath, allow that Love to create magic every moment of your life. Are there any among you who have questions this evening?

Question and Answer time

Q: *I have a question Mother Mary - I have a friend who I work with who had a very strong experience through my hands as I worked with him energetically but the relationship is rocky due to the personalities involve. He triggers my emotions and feelings of aloneness which I've now resolved but my question is as I have a strong feeling that he is a starseed, should I guide him along the Ascension path so that he can begin his journey more constructively or is it my ego that refuses to let him go and wishes to persist? Perhaps I could buy him some books. Could you help me with this situation?*

Mother Mary: There are two things taking place my dear. One is with you and the experience you have and one is with him. How do you feel when you are with this being?

Response: *Frightened of how I feel and also confused as he sends me conflicting signals, even though I understand why he sends conflicting signals but I also wonder if how I feel is to do with my past issues, and I can't quite stop thinking that I haven't done my job somehow.*

Mother Mary: There is no job for you to do. Understand that everything happens in Divine perfection, that there are learning experiences and lessons that must be learnt before a Being can move on. When I asked how you felt - I wished to know whether sharing with this Being gave you feelings of joy or happiness or Love. You have shared that your experience is one of confusion, of fear, of not being sure.

We have said that this is a time of true feeling but not just random feelings because this is a path of self mastery. You have the choice every step of the way, to choose the experience you wish to have.

My suggestion to you my dear one, is to choose what allows you to feel good, choose what allows you to feel in complete harmony, to set your standards as if you were Queen of your Kingdom because you are. To only choose the experience that uplifts you. If you can be with this Being and be detached and help that is wonderful. If you can share Light and joy from your experience so that he may feel inspired that too is wonderful.

Set your standards for this play of life. Do not accept less than what it is you truly desire. You will find that as you tune to the vibration of Love within you, you will feel so complete that you do not need for anything or anyone and that how you will then choose to share with others will be from that Love in mutual joy, in mutual happiness. Do you understand? You have a right and that right is choice. You have a right to know who you truly are and so does he. If you feel strongly to give him a book then that is your choice but do not be attached to the outcome my dear because all Beings, all flowers, unfold when they are ready.

Streams of Consciousness – Unified
With Jasmuheen

Humanity is like a wonderful garden. Many seeds have been sown but each must bloom in its own timing. First the seed must be planted and to many, because it is under the soil, it appears as if nothing is happening but these seeds are watered and nourished, the shoots begin to grow and in time a flower will appear - a little bud at first when touched by the rays of the sun it begins to unfold and open to shine in its full glory but not perhaps at the pace of the flower beside it.

So know that when you go within and experience the power of the Love that sustains you it is in fact acting like a ray of sunshine all around you so that you may speed up the unfoldment but only when it comes from its true source. Does that make it clearer for you?

Response: *Yes thank you.*

END TAPE...

Messages from Sananda

My Personal Relationship with Sananda

Introducing Sananda:

Just as Mother Mary transmits the energy of Sophia, the Divine Mother, the Sananda energy is that of universal love and it is the Son Principal of the Holy Trinity and represents the Christ's consciousness. Many people in spiritual communities associate the Sananda energy with the life of Jesus, yet this consciousness is much too vast to ever be contained in one body.

The Christed consciousness is the glue behind all life, it is unconditional love and it exists within all beings. Yes, it is true that the message of Jesus was about universal love, unconditional love, and yes it is true that from age from 30-33, Jesus was overshadowed by Maitreya as he prepared for the crucifixion and resurrection. Maitreya comes from the word 'matri' which also means universal love.

In my early days of working with Sananda there was a lot of confusion about the Jesus/Sananda connection, but as I began to experience these Divine Masters more and glimpsed the extent of their power, it soon became obvious how they act as cosmic professors overshadowing each of us in our service and teaching us their gifts to prepare us for our roles as Divine Ambassadors on earth.

It was through Sananda that I learnt about the necessity to be free from judgement - of self and of others. He taught me about the elasticity of consciousness and honoring the inner teacher, about commitment and service, and our role in the divine plan. Sananda taught me about the importance of personal discernment, and about how we all have gifts to share in our own unique way.

Through Him I learnt how everyone constantly channels degrees of either love or fear, and how some people have the job of representing one Master energy on the planet. I learnt how others are like open radio stations transmitting many different frequencies that are always colored by their own perceptions, hence the need for us to use our discernment when we read or hear any channeled material.

Most of all He taught me about the power we all have to create personal paradise and about being in joy for as He said to me over our two years together, “humanity is the miracle of God’s expression”.

So we invite you to enjoy the following messages.

Release your Judgment

Good evening dear ones of Light, this is Lord Sananda. I have come to share my energies with you at this coming time of Easter. The Easter period is a time of great celebration within many of your cultures upon this plane of earth but it is not the event, or the staging of the event, or the timing of the event that is significant. While the symbolic representation is important, what is far more important is the devotion that lies within the hearts of mankind.

This event triggers within you an understanding and an awareness of your Divinity, of your purpose. It brings into play the finer aspects of higher mind and many, at this time, rise above their preoccupations of survival upon this plane. As with Christmas, it is gathering of the masses for the Christ and do not underestimate the power that the emotion and devotion at this time has in its ability to transform yet again the consciousness of humanity into another, higher octave of Light.

Understand my dear ones, that every time the masses gather in celebration, awareness and recognition of their Divine nature, *energetically* much change is brought to bear.

Whether mankind celebrates, any religious event, in the Jewish tradition, the Islamic tradition, the Hindu, the Buddhist or the Christian etc. - the devotion in the hearts and the **intent** are the most important and significant factors at play. These higher aspects of Self have far greater impact than any labeling, belief or intellectual understanding of historic events or the interpretation of these events. As we have stressed with you all so many times before, the Earth exists primarily in a plane of duality and you may focus 'on either side of the coin' as this is your freedom of choice. As has been shared with you, you will know everything by its fruits, if your choice is the right one for you then the fruits will be evident in your life.

So my dear ones, if you wish to focus on the division of religious belief, on the division of separate choices that humanity, individually make, then your world will be one of division as there never will be a meeting on just the intellectual plane for you are all so unique. There will be a meeting, a unification on the higher realms that is governed by the sincere desire and intention of hearts united in the common desire for peace and joy.

If you are to focus on Unity in diversity the planet will be elevated much faster in her conscious awareness, for you are all flowers on a garland of life. This garland, as Mother Mary would say, is made up of the most beautiful, unique, perfectly formed flowers - roses, orchids,

carnations, the lotus blossom - all are part of the whole and all can be strung together for greater purpose when the focus is Unity, Acceptance and Unconditional Love So the symbolism of the event of Easter - the Crucifixion, the Resurrection, the Transfiguration and the Ascension - is an exact parallel to what has been taking place upon your beloved Terra at this time, is it not? For there has been much Crucifixion - mainly through judgment and the inability to see the uniqueness of all. Many have been crucified in the name of religion, power, greed, but do not forget that this has been of the individual soul's choosing in their path of evolution back to Source. Now is the time of Resurrection for humanity is beginning to tune to the inner Light. This Inner Light will then trigger individual Transfiguration and Ascension for there are waves of consciousness that are sweeping upon this planet and they are affecting different individuals at different times. Some are being crucified now through economic imbalance, poverty and lack of nourishment. Some are in the process of Ascension, some are in the process of Resurrection and others are being Transfigured. This is an ongoing process, it is a process that is governed by individual conscious awareness.

I will say unto you - **it is a time to release your judgment** - for it was judgment that led into motion, the tide of events of the Crucifixion of the Being you know of as Jesus. It is judgment that has led to crucifixion of your brothers and sisters through eons of time and may I say unto you that judgment comes from ignorance. Judgment comes from fear. One who is completely consciously tuned to the inner *knowingness* and the Divine aspect of their Being, is completely free from judgment, completely secure in the knowing that **all** is unique and that the thread of perfection of the Divine spark is within and without.

Every atom, every molecule within Universal structure is perfect and the glue that binds the molecular structure of all is simply Love, Divine Love. It is said that the Son of God, the Son of the Mother/Father Creator God is the Son of Love - pure unconditional Love. What more, my dear ones, could you strive for upon this plane at this time in your evolution, than the experience of pure, unconditional Love? This is your Christ nature, and that is the Christ Consciousness within all. It is the thread that binds the garland of life. This consciousness is inherent within your nature, it is the purest aspect of your Being. When it was said that none shall come to the Father except through me (Jesus), it was allegorical and symbolic of the necessity to seek and merge with the "Christ Consciousness" within. There are many ways that this merging can take place - the qualifying factor is *the purity of intention and sincerity of desire* which is a common factor within the hearts of many individuals of many religions and philosophies.

So perhaps at this time of celebration, and from this moment on, you may include the **giving of Love** in your meditations. As you draw in the Light with each Holy Breath, exhale -

with the energy of your breath - pure Love into the realms around you. Inhale the Light and feel it fill every cell of your body, then as you exhale, release that Divine Love - that sustains every cell - with the intention and the desire for Love and peace upon this plane, with the intention of Unity in diversity upon this plane.

Know that all choices of all Beings, regardless of the path and the way that they are choosing back to Source is valid, is right for their own unique expression as sparks of the Divine.

You know do you not, that all is simply responding to the signals that are transmitted by the energy of your electromagnetic field. That you do not create through ignorance, you create through thought and action. Everything that stands before you mirrors your subconscious, conscious and superconscious thought and choices.

So if your world is a world that is filled with fear, anger, poverty and lack then begin to breathe in the Light and then, *in gratitude at even being given life*, release the Love within you. Send it flooding out through every pore, into the hearts of all that you meet and you will watch your world transform. **As you focus on Love so you become Love.** As you send out Love then Love, as the transmitting signal, will surely magnetize itself back to you. This I guarantee.

So this is Lord Sananda with you once more, hear these words within your heart for you know they speak the Truth. Not just the Truth of individuals but the Truth of humanity collectively. The Truth that what you all seek will come only from Love and acceptance for do you not all blossom and grow with nurturing support of Unconditional Love? Does not a little child respond best to love, far greater than judgment and chastisement? So the key at this time is Love, the Love within your heart, that Divine aspect of you, the Love that is free from conditions and judgment. ... this is Sananda”.

Limitless Love

And so dear ones of light, you find yourselves drawn together in an energy beam of pure love. For those not familiar with my presence, this energy, vibration, is that of Sananda. What is this vibration that moves through your being? For as you open your heart centres you will feel the presence of the Christed One within. You will feel the presence of that which I AM, for what I AM, you are also. For the essence that binds all, through all the universes of time and space is that of LOVE.

Just take a moment, breathe in deeply, put your attention to your heart, and feel the love ignite as you breathe into it. Feel your body rise as you breathe deeply, for you are all channels of the love energy, of the Christ consciousness. You all carry the gift of mastery and mastery dear ones, is knowing you have choice, knowing that you live within a plane of duality, and yes there is great suffering, but there is also great, great joy.

There is *love* and there is *fear*, there is *light* and there is the *darkness*, and yet in mastery you understand that all has been created by the One. In mastery you understand that you have the choice, as conscious creative beings, to draw to your presence, limitless love, limitless living, limitless joy, and if you are tired of the struggle and suffering, for we read the feelings in your heart centre and some in this now moment present feel pain, feel uncertainty, feel longing, and a not knowing what it is that will fulfill them.

You decide dear ones, this is the gift of this gathering, to allow you to witness that you have choice. For those of you who understand this, be conscious in every waking moment that you have choice. It is a gift given to the beings upon this plane to exercise freedom of choice, free will, to choose that which makes your heart sing. Very few find their heart ignited and singing through suffering, through pain, and yet that suffering and pain, brings teachings and inspiration. Even if that is for you to know, that you no longer wish for suffering and pain. So we give you this gift of freedom, of choice, of mastery, and the most precious gift of all dear ones is the gift of self love, for when you love truly the self, all aspects of your expression, then you will magnetise into your field great love.

For love cannot come to those who feel unworthy of love. The secret is to give yourself permission to receive love, to give yourself permission to allow love

to come into your field by asking for such. Universal laws decree that if you do not ask, you will not be given.

Universal law decrees that as you focus upon what is your intention, it must be honoured through like energy magnetising to your field, to your experience. Dear ones, when you love self, when you love all that you are, your physical form, the depth and range and complexity of your emotional body. When you love the creative power of your mind and you witness the reality, the proof, that whatever you focus upon becomes real. When you love your creative abilities. When you love the interconnecting door of your spiritual body that allows you to move into the higher realms beyond the physical plane, then you will know Oneness. Then you will feel complete. Then you will know freedom and magic. Then you will find moving into your energy fields other beings who know how to love, and you will form a web of light around this planet so empowered - so empowered, that the gift you will offer, as servers of *love* and *light* will be to join your energy fields, like joining hands, having the heart centre open and instructing in your mastery, intending, for there is great power in intention is there not? You will intend and instruct, be the Divine vessels, the holy chalice, so that the liquid, the vibration of Divine love may flow freely through your being and through your heart's a thousand fold, empowered by every one of you who learns to love fully the self, and it will change the vibration of the masses to unity, to harmony, to balance.

As this vibration moves through your body attracted by what is in your cells, this energy of unconditional love will tune you further, expanding you, allowing you to really move free from the restrictions of the physical body, to really know your angelic self, to really feel the oneness in all, to see the perfection of the cosmic forces, to be in a state of meditation, where you feel the cosmos within every cell. Where you see the stars within, the planetary systems within, and you feel the unifying beat of the creative heart of the Divine.

There are many gifts, you dwell within a reality of gifts if you choose. Ask now, dear heart. Ask your heart from the depths of your soul. Can you give yourself permission to let go the sorrow present? Can you give yourself permission to let go the doubt present? The last remnants of an old age, an old way of being that was governed by doubt and fear and sorrow. We are moving as you know, to the Diamond Age, which is a more refined version of the Golden Age. You are moving into an age of pure intelligence and awareness. It has been prophesied, for that is the Divine plan revealing itself to those tuned to its beat. In your history, your shamans, your clairvoyants, have tuned to universal mind and witnessed what was to be, and will be.

You may shift surely into this energy band of *love* and *light*, the new paradigm, as easily as you intend and desire. For some it is like having a foot in two worlds, an old way of being and

a new way. One is fulfilling completely, loving honouring of self. The other is perhaps where you felt less sure of who you were, your part upon this plane of life.

So we ask that it is surely and simply, as simply as giving yourself now, permission to be free of suffering, to move into the feeling of joy in the heart. To seek from this moment on, to know only Divine perfection and Oneness, for that is the highest paradigm, pattern of energy, that you may tune too, while still in physical form. That is the most blessed gift that you may bestow upon yourself and upon each other. Permission.

Let us be in silence while you ask your heart what it is you may now give yourself permission to let go of, to be free of. (silence) While you ask just breathe deeply, bringing the soul essence of the cosmic one within, into your heart, and just feel the pulse of its love. (silence) Now you may visualize that these things you wish to be free of, there is an angel appearing in front of you, the guiding one that has been with you through eons of time, embodiment after embodiment. This angel stands before you hands outreached. Take these ideas, these limiting things, these fears and sorrows, the last remnants, and place them in the hands of the angel. See this angel now take what is there energetically in their hands, bring it up to their lips, kiss it, and turn it to angel dust, pure light, instantly transmute it, and know dear ones that this initiation, is an initiation that will give you freedom, if you give yourself permission to remain free. Remaining free takes discipline. For while the angels surround you, work with you, and while the love is there within and without, you must also step into the mantle, step into the energy of the master that you are, and be disciplined with your thinking, for it is your thinking that is always creating, to simply be aware that the gift is for you now, to be limitless, to be a loved limitless being, to let go of judgement of self and others, to honour all life forms and to truly love self.

You will change the beat, your electromagnetic field, your signals, and you will find you will then have a mirror once more of universal energies of all that you meet, you will see only the Divine perfection. All that you attract into your field will be beings that love you, for you love yourself. Beings that you may love, for you love unconditionally, when the heart is open, when you intend that your sharing flow freely and unconditionally with love. So we have created, all of us. The Divine one within you all, has bought you present in this physical reality to gather in this room, to partake of a series of initiations in this next period of your time. But first to ask that you give yourself permission to truly explore the limitless nature of your being. We intend to guide through this gathering, a revelation, a revelation of your Divine blueprint so that you may continue, begin with clarity, the piece that you have agreed to anchor and play upon this world now, as part of the Divine plan.

Streams of Consciousness – Unified
With Jasmuheen

There is much that will be shared in this gathering. There is much that you will share with one another, and trigger within one another, just open for the highest, and feel love within your heart in the silence. (silence) Dear ones, we ask that perhaps the one or two of you with questions take this opportunity to share. You may speak. (silence)

It is well, for you know within the silence are the answers to your prayers, you are aware that it is a beginning in this now moment. A journey of exploration of loving of self. There will be beings of light present in this gathering all weekend. There will be various thoughts inspired within your mind, some may say telepathically implanted, to guide you perfectly. There is, as those among you who feel, an energetic presence of great Love and Divinity that you may open up to and ask for healing within self if it be your desire. Listen to the heart. Be present in the body, for it is a time of grounding the highest energies into your body, and allowing them to move into the planet and the hearts of each other.

So dear ones, we are present in thought and energy. Allow this journey to be sacred for the space is Divine that you are creating and holding. This is the energy of Sananda. You are feeling the vibration of the Christed consciousness of Divine Love. Stay in silence for a few moments and feel it in your being.

The Elasticity of Consciousness

Good evening my beloved ones of Light, this is Lord Sananda with you once again. I wish to share of many tales in this evening of your time but perhaps we could start by sharing with you of the joy that the many beings of Light that now surround your energy are experiencing. For the meditation that you have done this evening my dear ones has literally blasted a portal into higher dimensions.

Many of you are now experiencing the power of your thought and its ability to create and manifest. When coupled with your will and purity of intention it achieves great things instantaneously. There is now a permanent pathway, so to speak, through to the higher energies of the Christ Consciousness grid. You have all just created that as well as having created your own individual pathway to the grid so often shared of.

May I share with so many of you that it has been a great service and every day that you consciously tune your energies to the widening of this connection that you have now established, you will be serving humanity. You will be helping to accelerate your own reconnection with Source for you will be allowing these energies of the Cosmic Christ to flow freely into your being, constantly readjusting and realigning your energy fields according to your hearts desire and the strength of your determination and desire for enlightenment.

For is not enlightenment about being *a being of Light*? An *en'light'ened* being. And is not the ascension that you all so dearly seek about releasing the Light of the God within your atomic and cellular structure? To leave behind the dense veils of limitation and illusion like heavy garments that have weighed you down for eons of time.

We are implanting into the mind's eye of this one a vision that perhaps can be shared. You are all familiar with the concept of harpooning are you not? Perhaps we may put it into a higher context for you. Perhaps you can visualize the creative energies of the Mother/Father Creator God adrift upon the vast oceans of life releasing simultaneously billions of harpoons of Light through the dimensions of time. Like a giant fisherman upon a sea shooting out these harpoons, these lines of Light, moving through the galaxies, the universes.

At the end of every harpoon is a creative force. A missile of intention that will plant itself through the oceans into physicality. For the oceans through which the Creator resides are just oceans of energy fields. It is like your scientists have pontificated you could say, of a creative

mass of energy that shot out its arms of fire - the 'big bang'. But that is just one aspect of a smaller picture that occurred in this quadrant of your universe.

None the less, the Lords of Creation shot out the energy beams of the Creative Force and so you found your consciousness taking physical form as it moved beyond dimensions, densifying, gathering about itself garments of Light and garments of matter and mass. And the doorways, my dear ones, have always been there. But as you are aware, through your journeys upon this plane, many of you closed these doorways or your access to the God I AM; surrounding yourself further in denser molecular structure, in limitation of thought and form.

All was part of a 'grand plan' and as you are aware it is now a time of awakening of all Starseed and all Lightworkers who travelled through the dimensions of time experiencing life in many forms. Many of you have been through the star clusters of the Pleiadian energies, the Arcturian energies and others.

You have all taken your ascension, that you dearly long for, in previous incarnations, in previous systems of energy. Perhaps you have forgotten consciously but the God I AM remembers all and IS ALL and is now stirring within you.

My dear ones many of you are being impatient. It is a wondrous journey and a wondrous time of awakening that you now have the opportunity to partake of. Why do you not wish to 'stop and smell the roses' when you are surrounded in the garden of life that is so beautiful? For this garden of life will be as beautiful as the unlimited nature of your creative power decides it will be.

For there is a Grand Plan, for you are all the harpoons of the God Force sent through the dimensions of time to imbed upon this planetary system; to root yourself deep within the matter of this Earth. And as you then open up the doorways and allow the Light of the God I AM to flood in, you are serving and allow this planetary system to move itself into the higher dimensions and take its rightful place amongst all Galactic systems of God.

It is not a time of moving beyond the energy fields of this planet, it is a time of transforming the energy fields of this planet. And when your service is complete you will have the opportunity to move into another dimension of existence according to your I AM's choice. For this is just one chapter in your unfoldment. You have volunteered for a role and it is time to focus not just on the journey but of the end result of the journey and back onto the joy of the journey itself, to enjoy each step along the way of your journey.

You will not move faster than those that are with you on this journey. You are all homeward bound so to speak. It is no longer a time for those beings of Light taking their ascension and leaving the energy fields of this plane, it is time to allow your brothers and sisters to walk with you en mass.

Your conscious awareness has complete freedom and elasticity, you can move up the scale and down the scale, through the doorway and out to the other side. You can experience the dimensions of the God I AM, beyond this system, beyond all systems back to Source energies. For you are not limited being, you are a being of Light. You are a spiritual being who has taken embodiment upon this plane of existence but you exist within all dimensions and frequencies of expression of the God I AM.

So the freedom you seek is the freedom of moving the consciousness, like a rubber band, up and down the scale of existence. For the harpoon of the Mother/Father Creator God has been shot and taken embodiment upon this plane. But you have the freedom through your conscious awareness, a shift in your perception, to move beyond this plane and to create the reality you desire where you desire it.

So my dear ones, those ones of you who long for reconnection, check within your heart if this desire for reconnection is perhaps also the desire for escape. As you master the physical body and your beingness upon this plane you will realize your destiny and will no longer wish to escape and will join the party so to speak.

If you do not feel the joy in the expression of the God I AM every waking moment of your reality and your beingness upon this plane, then continue the journey of realignment and opening your self up to the higher frequencies of Light. For it is the power of the Light of the God I AM that will dissolve the disharmony within the energy fields of all your levels of expression.

For you have been clothed with the density of your molecular structure and bound by the gravity of matter upon this plane for eons of time. And yet all is occurring according to Divine timing. The flower of humanity are opening and blooming and being activated according to their Divine blueprint.

All have perfect roles to play and all are interconnected through the web of life. As we have often shared with you all before, the fastest track to spiritual enlightenment and evolution is to step out of ego and mind and step into the cloak and manner of service to humanity; recognising that the journey home needs to undertaken by all of God's children at this time.

So instead of only asking 'when can I ascend' and 'when can I go home'; perhaps you may also care to ask 'what can I do', 'how can I be of service to Divine Will', 'what is my role in this Divine play of life'?

We will share with you that your role is to fill your hearts with joy and gratitude at being given life, at being given the opportunity to participate in the grand awakening that is occurring at this time. Of being given the opportunity to open your individual doorway, to widen the

pathways so that that thin thread that was jettisoned through the dimensions becomes a wide expanse of Light.

It is your desire, your intention, your fine tuning that will allow that Light to become the strong laser beam and as you stand beside one another and activate the Divine love and the Divine Light within the hearts of all, all those filaments of Light as they expand and open will encompass each other and that, my dear ones, is what will create this Golden Age, this time of en'light'enment where your planet finally steps out of the jaws of darkness and into the Light of the Christ Consciousness.

The second coming is the activation of the Christ energy within the hearts of all mankind, the putting on of the mantle of Light, the garments of Light that you are. Of shedding the layers of darkness and limitation and fear that has surrounded this planet for so long as she has undergone Her journeys and evolution and learning.

The wider that you open these filaments of Light the more you allow the higher energies to filter through and transform this planet. The timing of this evolution and birthing is dependent to a degree, on the sincerity and desire in the hearts of all.

With the thousands of the Lightworkers now opening their hearts and utilizing the power of their energies and their mental being in service to Divine Will, this reaching of critical mass is approaching your planet rapidly. For the hearts of humanity are opening are they not? It does not matter whether all understand intellectually what is transpiring upon this planet for it is occurring none the less.

Every Lightworker who opens their energy fields to the higher Light will play a Divine and pre-destined part in this birthing. If all you do is keep the doorways open, that is the most beautiful service that you can provide for the Mother/Father Creator God and the fulfillment of the Divine Plan upon this plane.

The dawning of this age and the energies coming through activating the God I AM within the hearts of all, is also weaving with it a thread of unity and harmony that humanity has for so long not witnessed upon this plane. For while the beings of Light surround this plane and the higher energies now engulf this plane, it is you who must open all the doorways to allow this energy to flow through.

This energy may flow through like fine whispers and mists permeating every cell; or for every one of you who works with this consciously, opening the doorways to the grids, it will be like opening floodgates.

There is a level of expression, my dear ones, that you could not begin to comprehend as you open the doorways to the vastness of your being and begin to experience your expression in all levels, all dimensions and frequencies to Source.

It is a time for the dreaming for it is the dreaming, as many of your indigenous peoples know, that will allow you to consciously create the reality pre-destined. The dreaming of higher ideals and goals where all are harmonious and abundant in expression, in synchronistic alignment with the God I AM.

So open these doorways ask in your meditation for the overlaying and the activation of the God I AM, step through the doorways and allow the energies of Light to flow through to your being and release all your negative patterning. Ask for the overlaying and activation of your Divine blueprint, the blueprint of the God I AM for this blueprint will reveal your Divine service. So there is one with a question this evening..speak my son..

Question and Answer time

Q: *I've been a bit confused on this path as I've aligned with the Course of Miracles teaching but this seems a bit different This seems to be allowing what happens to happens where as the other is to will it into being. What one would you suggest?*

A: The two go hand in hand, the allowing is simply the alignment of the lower bodies to the God I AM, to allow the God I AM to flow in and fully manifest through the energy fields of your expression on this plane. It is the God I AM that creates the reality of your desire, provided it is in accordance with Divine Will. Does that answer your question?

Response: Yes

Sananda: The allowing my dear ones of which we share is not the allowing of the victim swept by the energy of the river of life, it is the allowing of the expression of the God I AM to fully take embodiment in every cell of your being.

For this ascension for which you all long is the descension of light into physical embodiment and the spiritualisation of all matter so that you can truly create heaven on this plane. The allowing is the aligning. It is not a path of compliance, it is a path of discipline and dedication and commitment to the God I AM.

Q: *How do you suggest we best align ourselves as regardless of what I do I seem to go through so much clearing and pain sometimes?*

Sananda: To love and honor every aspect of your being will bring you into complete alignment. As has been shared this evening there are many of you who have volunteered to go through great learning and great pain so that you may dive within the depths of it all and find your way out

from the other side for there are many pathways that need to be cleared throughout this forest of life.

Sometimes what you experience is not through malalignments but through service for when you have cleared a pathway you can then show others. This world that you know have suffered greatly and there are many who are stuck in the realms of confusion and delusion, they see no Light at the end of their tunnel. Sometimes an empathetic being can stretch out their hand and be of the greatest assistance. So love and honor everything that presents itself to you but once you have accepted it as part of your being you may also decide that it is no longer required for your beingness as you step into your unlimited nature.

Feel your feelings, understand what serves you and what no longer serves you. If the window through which you view life triggers feelings of lack or uncertainty perhaps it is time to change windows. Again all is part of learning to step into the mastery of creation of your reality moment by moment. It is that simple. You may fill your heart with gratitude or lack, you have the power to create the experience of both.

And so my dear ones I will take my leave of your energies this evening, be aware that you have opened up this pathway and there is a ladder of light that you can climb. You can move your awareness away from your 'stuckness' or limited expression on this plane and embrace the vastness of your being any time you wish to .. this is Sananda, Adonai my dear ones, Adonai."

Honoring The Inner Teacher

We have spoken with you often about the power of love and self love is one of the most important things that humanity needs at this time in her evolution. So much of the chaos upon this plane has been caused by lack of self love, by lack of recognition of the true essence of your being. In recognition of the true essence of your being only then can you recognize the essence of all.

There comes a point in the evolution of all mankind when in order to step into true mastery you must seek only the guidance from within you. While your brothers and sisters may inspire you they cannot truly guide you. It is only through self love, through **trusting** your own inner power, through **trusting** the Inner Teacher, your God self, that you will be prepared to listen to the inner guidance. If you do not trust you will not listen. When you learn to trust then this inner guidance will flow readily and freely from within but only when you reach a point of accepting it as valid. When you love and honour yourself you also realize that your feelings, intuition, and the inner voice, are also worth honoring.

We have spoken of you all being issued with invitations to the Grand Ball have we not? This grand awakening that is occurring upon the planet at this time. Sometimes there is so much excitement at receiving this invitation - which serves as a trigger to reawaken you - that you may hastily seek to hitch a ride with another; to not trust that your ride - and the way that you will arrive at the ball - has already been planned for you.

As this one has shared Ascension is simply to do with Light. It is a natural process, there are no rules and there is no set path that you all must follow for you have all Ascended at another point in time. The memory of this is held deep within and you will be reawakened to the correct formula for you. It is like you all have an individual cake to bake and the recipes all differ slightly but you have baked this cake before. While you may have temporarily lost your recipe, it is easy for your inner being to recreate this for you. You could say it is like riding a bike - you never forget.

So your focus my dear ones we ask not to be on what another is doing, not to be on 'initiations'. Not to be on a certain pathway. Allow your focus to simply be on activating the God essence within you to shine more brightly, activating the light within your cells, removing all the dross and negativity from your cellular memory and cellular structure and allowing all your cells

to be refilled with light. There are many techniques you may use to achieve this. Allow your inner being to guide you to the ones that will have maximum benefit for you in your process.

We asked before that you focus on illuminating, with light, all sectors of your brain for man at this point in his evolution uses so little of it. What he does not use can only be accessed and fully activated as he tunes his consciousness to the God within. Part of your brain will be used to bring in higher knowledge, higher wisdom. Wisdom that resides on other frequency bands that the majority of mankind has not yet the ability to access freely.

You are about to witness the dawning of a wonderful, beautiful era - of a new time my dear ones, nothing that has been before it is comparable. There will be much brought through from this working with higher frequencies in arts, in music, working with higher spectrums of vibration and sound that your ears cannot hear at this time but will as you align yourself more with light for with light there is always sound. Many advanced technologies using the higher light science will also emerge on your planet and with healing as well my dear ones. Nothing that you cannot already access. You are only separated from these things, by your beliefs in limitation - also your frequencies are not yet quiet tuned to pick up the higher vibrations and energy bands on which this knowledge resides.

Let me ask you all this, how can a master step into true mastery while he wishes to play the role of apprentice to another? It is time to move beyond your apprenticeships to your brothers and sisters on this earth plane, and even to us of the Ascended realms for we are all the same in essence and the veils of separation are only there for as long as you allow them, or wish them, or need them to be.

Always feel in your heart what is right for you, for you know your pathway - perhaps you have forgotten it - but it has been trodden before and it is familiar to the inner teacher. When you have done well by your own standards, the inner teacher will reward you through a surge of joy within your heart, a feeling of knowing within your solar plexus area.

So my dear ones, all we wished to share with you this evening was to value the guidance that rises within you, to learn to recognize that this guidance comes in many forms. Some of you here may receive messages, others an inner knowing, a feeling, just a sense of what is right for you.

We ask you - how strong is your desire if you can allow your journey to come to a standstill because of what another - no greater, no less than you - may share with you? Part of your journey, and the tests in this school of life, is to learn to trust your inner guidance and it is time also for you to learn to **read the energy** of all. As you tune more into your inner

knowingness you will be able to understand another being and know if sharing with them will be beneficial to you or not simply by reading their energy field.

Words can be so eloquent and many can say such wondrous things but the vibrational frequency of another cannot mask or hide who they are in essence or where their alignment lies. Not all sharing with all individuals will allow you to tune as perfectly as you may but **all** that you encounter, if they do not inspire you, will teach you. Teach you to go within. Teach you to check with the inner teacher, teach you to feel what is the next step for you on your path. While all can inspire or teach *do not look to them to do so* - seek only to go within to connect with your own wisdom.

Seek only to share for the highest of all when you come together, seek to love unconditionally, to blend your energies harmoniously, not to override the energy of another with your knowing for your knowing is yours alone and know that they have their own - just as perfect - just as valid.

Are there any among you who may wish to share with me this evening?

Question and Answer time

Q: *In my desire to contact my higher self I am finding that I am feeling more and more uncomfortable with my physical body, less tolerant, more judgmental of my physical form. While I have accepted and am loving more of my inner qualities I am having great difficulty accepting the outer qualities. What can you suggest?*

A: Is it difficult for you to love the wholeness of your being?

Response: Yes

Sananda: Why?

Response: *I'm not really sure.*

Sananda: Perhaps you could spend five minutes a day just looking at you and your reflection in the mirror and focusing on the totality of your being, affirming your beauty, your physical beauty, the radiance of your skin, the radiance of the soul that shines from within your eyes. Just learning to appreciate the physical expression - this beautiful vehicle that houses this spark of the Divine. Many individuals upon this plane have accepted standards of physical expression that your society has said are ideal. Self love is learning to love all aspects of your being. Many will not look in the mirror honestly for they do not like the physical expression. Remember what you focus on grows my dear one and you have ample beauty do you not - people come in all shapes and sizes.

Trust that as you bring all aspects of yourself into perfect alignment, as you tune each string of your guitar, you will become the perfect being that God intended - in all aspects of your life. Focus on self love for who you are at this point in time - love all aspects of your being for the energy of God resides in all cells.

Know that if you have the desire and the intention for complete alignment then the energy fields of all your bodies will automatically change. It is and can be an easy path not one of struggle or rejection but one of love and acceptance. Just think my dear child that there is more God to live in all your cells than perhaps a 'scrawny' one (much laughter) so you can be twice as beautiful and twice as loving, hold twice as much light.

Perhaps you could see yourself as such. Just trust that all will be brought into perfect alignment as you focus on the inner beauty and allow it to flood out from every cell of your being. It will change the resonance of each cell dissolving negativity and toxicity - the more light you allow in the more healing will naturally occur. Has that been of assistance?

Response: *Yes thank you!*

Q: *What you were talking about before, how do I address my desires or my I AM? Do I imagine it or command it or wish it?*

A: Assume that you are what it is that you wish to be and then you will be it - it is that simple. Understand that the I AM THAT I AM statement that was given to you all so long ago is one of the most powerful mantras that you can use as far as statement of affirmation because it in itself gives full recognition of the God that you are. It is a statement of full acceptance that who you are and what you are is completely perfect. I AM THAT I AM! Said with love and conviction - I AM whatever it is you are. A radiant being, a joyous abundant being, a being of great love and light. Command it and you will be so. This is a step of self mastery is it not? For truly do not all masters simply create through the power of thought alone?

Q: *I'd like to ask another question - it's a bit embarrassing as I've been feeling lots of energy in my base chakra - can you tell me what's happening?*

Sananda: It is simply a realignment - perhaps you can aid in this realignment by visualizing it to be a swirling ball of white light and allowing it to move up to the next chakra and then transmute it by moving up to the crown chakra and out to the higher chakras. It is also my dear one part of the activation of what you may term, the Kundalini energies which you need to allow to traverse up your spine and transmute into higher energy - use the white light - call in your I AM to guide this process. Know that all energies that you experience within the physical structure may be transmuted. Transmutation is far more beneficial than suppression is it not?

Streams of Consciousness – Unified
With Jasmuheen

There is much activation within the energy fields of all - activation of both existing crystalline structures and simple processes of realignment. You may wish to call in your I AM to allow this process to be comfortable, more streamlined so to speak or simply to occur faster where possible. Also you may wish to instruct your I AM to pour as much liquid light into your cellular structure as is possible for you to accept at this point. Ask that this be done while you work, drive, sleep or meditate - in all that you do - for this will accelerate your growth. So my dear ones thank you for drawing my energies to you all again this evening. This is Lord Sananda. Saying good evening.”

Inner Guidance and True Commitment

Good evening my beloveds, this is Lord Sananda. `Tis such a soft energy here this evening. I wish to share with you about sisterhood, brotherhood, unity. In order for anything to eventuate in perfect harmony there must be a complete alignment of all energies; every part must be played and every piece must fit together perfectly.

It is a time of great co-operation amongst Humanity. As we have shared with you often before, it is a time of true unity - for all the brothers and sisters upon this Earth plane to walk hand in hand back into the Light. So it is a time of stripping bare, of becoming real, of learning to share with each other soul to soul, beyond the mind, beyond the emotions, beyond all states of judgment. It is a time as you have understood of total love, of unconditional love and acceptance of one another. It is also a time of becoming completely real with your own self, for in order to be real and honest with each other, you must first be real and honest with yourself.

I have spoken often with you all about the joys of the journey within. It is only through the inner journey that you can come to know the real you, your true essence. It is only by recognising the Light within you that you can truly recognize the Light within others. It is like there is a grand Ball about to be orchestrated upon the beloved Terra. It is something that you have been waiting for, for eons of time, lifetime after lifetime, always knowing the invitation would be issued and the event would be complete. It is destined and so it will be. It is like you have spent one life searching for the perfect dress or costume for the Ball, another life learning etiquette, another looking for the transport, another looking for the right company to share this festive occasion with you. It is as if all of Humanity were individually primed for this great occasion, learning their roles, finding their direction and then finally reuniting with their soul families so they could enjoy together this great occasion. This Grand Ball, this awakening is the beginning of the Golden Age my dear ones, it is so close to you now can you not feel it? Can you not feel it with every fiber of your Being as every cell within you is activated and tuned to the Light Beings that you truly are?

Your most wondrous beauty, your Divine Essence is being revealed to you. The more you seek it, the more you will know it. So if you feel pain in your life, it is just the process of being stripped bare. In order to rid yourself of excess baggage you have to recognize what it is you no longer need. So there is much in front of you now being mirrored so that you may choose. Choose

wisely my dear ones, for your experience at this `Ball' will be dependent on your choices. Trust in your creative abilities and know that there are no limitations, that you can create everything to the Highest perfection of your vision, that you have the right as you step into the God/Goddess Being that you are, to demand even, what it is you wish to create upon this plane at this time.

Understand that it is your intention that governs all and if your intention is aligned to Highest Will then all will be created as you request it. I want you all to ask yourselves now within your heart, what is your first commitment? Is your commitment aligned to that of the Will of God or is your commitment still in understanding the ego of man? Is your drive and focus for Humanity at this time or still for your own desires? All are valid but all need addressing at some point in your unfoldment. When you can stand sincerely and know within every cell of your Being, that your commitment is unswerving, that you have one desire only and that is to serve Highest Good and the Will of the Mother/Father Creator God; if your intention and dedication are that strong, then you have the right to expect total support from all legions of Light for your service on this plane now. This one this morning, unbeknownst to her, had a breakthrough in understanding that the Master is always the best servant and the power lies with intention, and as a servant of the Divine you do have a right to expect the Divine to provide for you on this physical plane because it is your intention to make manifest on this physical plane Divine Will and Divine Will only.

It is a time my dear ones of searching your heart of hearts, of truly looking at where your commitment lies at this time, of knowing yourself well enough to know what no longer serves you and what you no longer need to hold onto while you move within this physical plane. To learn as we have shared before not to focus on the lack but to focus on your dreams and visions; to empower them with your desire and the knowledge that you too are Creators within the vast Divine Plan. The more you tune within and align yourself with your Divine purpose and recognize your Divine destiny, the more empowered you will become - simply because there will be no obstacles. There can be no obstacles when one swims in the sea of Divine Love. The difference my dear ones is paddling your canoe against a current because you have not tuned within and found your Divine service, or paddling with the current which would be completely effortless. It is an interesting journey is it not? To find the right river for you, to strip away that which you believe separates you from your true understanding.

You have all spent many lifetimes looking in every crevice, every nook and cranny or enlightenment. The conscious mind has been asleep, the superconscious has been guiding you and the subconscious knocking at your door to awaken you. To awaken you to all the memories of all the existence's, of all the embodiments and all the learning that has led you to this point. It

has not been without purpose my dear ones. It has been so that you could evolve into the unique Beings that you all now are, so that you can express your God Essence in your own unique way.

So there is this wonderful Ball about to begin, for some it has already begun, some are still dressing, others are still looking for their invitation or the right costume one could say. It is a Ball, an event that will continue for eons of time for the Golden Age has begun to dawn. It is a matter of shifting the consciousness of the balance of Humanity and as you all choose to align to that vibration of Love that sustains you, so will others be ignited by your spark and make the same choice also.

Are there any among you who wish to share this evening?

Q: *Sananda, I have a question - I have just had a week off work and it felt so nice to be meditating and be still, I'm back at work now and questioning if all I'm doing is healing people's bodies, maybe I'm not on track and need to be doing something more?*

Sananda: Do you enjoy moment to moment the work that you do?

Response: *Most of the time, yes.*

Sananda: Perhaps you could see the part that you play as one of many gardeners in the vast garden of life. You may be pruning bushes, another plants the seed, another waters the seed, someone spreads the fertilizer or digs over the soil. If you were to throw a rock in a pond, do you look at where it lands or do you follow its ripples? There is much going on my dear one of which every Lightworker is just but a part.

The unity that I spoke of will occur through all the Lightworkers joining hands and playing but a small part. I have spoken of the web of Light being formed around the planet - you are like a link in a chain and you will not always see the results in another Being's life, from the beginning through to the end, so do not focus on the completion of their unfoldment, focus on your joy. Focus on the joy that you have in experiencing the Divine energy as it flows through you each moment, expressing itself through your hands, through the healings of the body.

The healing being done on the planet at this time is far greater than that which is apparent to the naked eye. There is much being done on an energetic level that you may not witness immediately, it is again, the sewing of the seed. It is important for all Lightworkers to play their part but more importantly, to experience joy in doing so. Remember your feelings of dissatisfaction are only triggers to look within, to listen to the inner prompting, for perhaps there is something more for you to do as well - what do you feel?

Response: *Well that was what I was wondering and I assumed you may have an answer for me but as usual you are leaving it up to me to discover. (laughter) -Thank you.*

Sananda: You are on your destined path my dear one and do not underestimate the work that you do - there are more arrows to your quiver, so listen to your inner prompting and you will be guided thus.

Are there any more questions? (no more) I must stress to you all that it is most important that you learn to open to your inner guidance. To learn methods of turning on the inner guidance in the clearest way that is possible so that there will be no confusion for what is right for you.

The planet is currently being bombarded with thoughtforms from all directions and all sources. You will notice this as more and more people open to channel - as more and more books are printed and more and more techniques are brought through for the workers in this age of Light - but only you will know what is right for you. It is a time of discernment and great strength; to not be waylaid by another's understanding; to be very clear on what is right for your Being for the differences may appear to be subtle. See it as many roads coming out from a central point in a large circle. In the beginning there is not much difference is there, but as that point expands the distance becomes much greater. So while it may appear that your path is the same as another, and you may take their guidance, your path may end up being completely different and it is important that the Lightworkers play the role that is destined for them. You will come to the right understanding eventually but if your concentration is on opening up now to your inner guidance, to your Higher Self, to work also with those Beings that are here to work with you at this time; it will save you 'time' and unnecessary experiences you could say. While you are on this third dimensional plane working through the fourth to the fifth, you still have experiences of linear time.

Use it to your advantage my dear ones, be at the Ball, partying, dancing, loving and enjoying every moment of this Golden Age. If you have your inner guidance tuned you will know where your invitation is. If you are not tuned to your inner guidance you will be searching through the drawers wondering where you put it - that is the difference only. So I thank you for drawing my energies to you this evening and once again it has been my pleasure to share with you all. This is Lord Sananda, Adonai my beautiful ones, Adonai."

Service

Welcome my beloveds ones of Light this is Lord Sananda with you. Can you not all feel the energies of the higher realms surrounding you at this point? For what you have created by the power of your will and your intention in your gathering is a portal, a doorway to allow the energies of the higher frequencies of Light to filter through.

It is like the piercing of a veil the effects of which, when these energies filter through, can be likened to the ripples in a pond caused by a stone that is thrown. These effects are far reaching and while the energies you are working with may appear subtle for many, they are most powerful. And we feel in reading the energy fields of all those present, that within your hearts the commitment to service has been made. The commitment for service to Divine Will.

The Grand Plan that is being revealed upon your plane at this time is the enlightenment of Humanity. Is for all of those expressions of the Creator to truly embrace abundance in all aspects of their existence. To recognize that there are doorways, pathways that may be opened and followed and enjoyed, that also will allow the true, full radiance of the God I AM to be discovered.

Your service my dear ones is for your own evolution, your own awakening. For as you open your Inner doorways and allow the Radiant One to shine forth, your life is transformed and the Light and the Love flows through your being and transforms humanity as well. The ripples of the Light and vibrations of the Love that pour from every cell of your existence are subtle yet powerful and far reaching.

In your moment to moment existence, the most wonderful service you may provide is to flow into the river of energy of your breath. For the essence that sustains you and breathes you is that of the God I AM and the vibration of Love. So for you to make the moment by moment choice to simply breathe the energy of Love into all aspects of your being, to fill yourselves, allows you to move in the energy field of that which you identify with. And the energy alone, the consciousness alone that flows forth will do the service for you.

The igniting of the God within, through your breath, through your conscious awareness, will alter your energy fields and magnetize to you all that may inspire you; will allow you to flow within the river of synchronicity that permeates every atom of Life Force throughout all the Universes. And you will be, as you are so fond of sharing, in the right place at the right time.

For the Ascension, my dear ones, is a planetary one at this time and you are all fingers of Light and the portals that you create in the higher realms allow threads of pure Light to filter through, to weave their magic, like a net around your beloved Terra.

It is the net of Light that will transpose and transform the planet as a whole into its higher realms of destined existence. You my dear ones are the connecting points of these threads of Light, like a fisherman's net. Every knot that binds this web is who you are, pure beings of Light, connecting, networking, through your intention and desire and love, around this planet. The strongest knot is that where every cell has been transformed into Light and the glue that binds your molecular structure together to perform this service is simply that of Love.

So you are all aware of the requirement to have and honor, not just each other, but to love and honor all aspects of your being. To give over all aspects of your being to the Light of the God I AM. To consciously volunteer and make your commitment, to serve from that point of Love and Light, to invite the Inner Teacher, the God I AM, to instruct you in each waking moment.

For as you open up to these energies you will find that you live your life in each moment, in complete alignment with Divine Will. You find, my dear ones, as you open to your own innate *knowing* that there is nothing new to be shared for you have all the answers within you. The coming together of the Ones of Light can and does allow a wider portal, a further opening through the dimensions for the Christ Consciousness energy to flow through, to speed up the evolution upon this plane and to allow this evolution to be one of joy and Grace and ease.

The joy is in the journey, in the coming home, in the reuniting of all hearts upon this plane.

So we see the Light of your being, moving within all dimensions, existing within all planes, you are all sparks of the Divine and you are Divine instruments with a perfect role to play upon this plane. It is your evolution and it must be done by each and every one of you as connecting links in the chain. Without your permission and desire to open the portals of Light to the higher dimensions, we could not assist you. You are all aware intuitively or consciously now that you are surrounded by beautiful, wondrous beings of Light that are your kin. None are alone in their journey, we all work together.

Take the hand of the Ones of Light and if you feel that you are surrounded by the darkness of your negativity or feelings of limitation, just call for the God I AM to take your hand, to pull you through. It is an involution, an implosion of energy where your awareness is pulled through a portal of Light away from the focus of the external world into the inner realms of the beauty of the God I AM.

You have a connecting thread, a doorway you may pass through any time that you desire. You may walk in through that doorway and stay there which many of you are now doing. For do you not find that now you have conscious awareness of this assistance from the higher realms, that on the night realms, when your conscious mind is asleep, another aspect of yourself becomes activated and does it not stay with you now consciously throughout your waking day?

This is done through the opening of the doorway to the God I AM, the key to the doorway is the desire of your heart, the sincerity of your intention and so you all have the key. You have all utilised the key to open the door but sometimes you stand outside. This is for your learning and your appreciation of the God I AM. So let your hearts rejoice my dear ones for your journey is a joyous one and you are connected and working with realms and beings of Light you may not see but can sense as they are with you always.

Your planet has billions of humanity and billions of Ones of Light for the dimensions are overlaid and your service is to open these portals to allow these energies to transform all into the higher octaves of existence. You are the portals of Light.

So we will share with you further in this day and invite you to enjoy each moment of this sharing, to feel the joy within your heart that resonates within you all. You are united in a common purpose, you are united in the vibration of Love and the God I AM within all. This is Sananda with you my dear ones of Light. Adonai.”

The Grand Plan

Be still and know that I am with you now, that you have called forth the energies of your mighty I AM Presence, the spark of the Divine that is within all the expressions of God's creation.

This is Lord Sananda with you all my children of the Light. Be still and know the power within; that there is no greater, no lesser among you now; that there is no difference between you all and those of the Ascended realms, for in the stillness of your being lies all the wisdom and the love and all the answers that you seek.

The coming together of you all on this day is such a powerful unification of Divine, yet uniquely individual energies my dear ones. We invite you now to 'join the party' so the day can be filled with great celebration as you bring through the inner teacher to take you to your next step, to perhaps inspire you or push you or challenge you; for this is an example of how all the beautiful lightworkers may come together, honoring their individuality and uniqueness but allowing the common thread that unites you all to step forward, and that is the thread of Divine Love.

Reason and Spirit go hand in hand my beloveds but do not forget that Spirit was the birthing place of all and that Reason or Divine Intelligence was birthed in the essence of Divine Love. One is not greater than the other and the two co-exist harmoniously.

It is a time of creation, of taking the essence of what is and allowing it to be more wondrous, more harmonious and it is the essence of you all alone who will allow this blossoming to take place. You must learn the lesson of co-creation for creation to truly step into its true glory. To understand that you are creative forces each and every one of you; to recognize your part in the Grand Plan, the design that Divine Will has intended for this quadrant of the Universe.

You have all taken embodiment for a truly wondrous purpose and while your journey has been individual, it is also now collective. Perhaps you may like to hold in your mind's eye, the vision of what we have shared with this one before, of the Greater Plan being the most beautiful jigsaw puzzle, a scene of perhaps clouds and mountains, valleys and plains and flower beds. Each and every one of you has the responsibility, through pre-agreement, to create a section of this Grand Plan. There are some of you who are cloud makers and some who make flower beds or a mountain. All are unique, all are valid and all make up the whole. There is no one piece of this puzzle that is not required, that is greater or lesser than the other.

Your journey my dear ones is two fold, one to discover what your piece of the puzzle is and allow it to manifest in all its glory; and the other is to tune to and work harmoniously with the creator of the piece of the puzzle beside you. For do not all God's creatures blossom more abundantly when showered with Love rather than with rules, regulations and expectations?

You are developing discernment, many have developed this aspect already. Allow yourself to be inspired by your brothers and sisters but always go within and feel in your own essence if what is being shared is correct for you. For there is no right or wrong on this journey, only what resonates within your heart for the Inner Teacher guides you through feelings of joy and when you feel joyous you know that you are then in complete alignment with Spirit.

You could say that the natural attributes of the Divine energies are love and joy and these two factors are wondrous indicators for you to discern if you are in alignment with your Inner Teacher. Know that we are working with you at this point to allow the highest to unfold and this will be guided by the desire in your heart alone. This is Sananda.

Step into the Shoes of the Master Builder

Good evening my beloveds and how are you all this evening? I feel that you are all well with perhaps a question or two residing in your heart of hearts. This is a time of transition and transformation within the lives of many. It is a time of transformation of the beloved planet. As you have all felt there has been much healing, change and cleansing taking place within all the levels of creation upon and in the beloved Terra. Many are witnessing great change, change within their own Being.

Much processing has been done on a cellular level within you all has it not? Much letting go, much 'soul searching' you could say. Many are questioning the role that they have to play, many are questioning the life that they have chosen, the decisions they have made that led them to this point in time.

It is easy for us to say that time is just an illusion, but in the Higher octaves of Light there are no restrictions of time. Many of the Lightworkers in their meditation have been asking for great guidance, have been asking for clarity and wisdom to know what is correct for them, what choice is the 'right' one. This one was given the invitation, which I extend to you now, to *step into the shoes of the Master Builder*; for that is truly what you all are. If you understood the illusion of time you would understand that in your Divine blueprint you hold the key to all your answers to now, the future and the past. While there is an element of clearing to be done of past issues my dear ones, it is also a time to access the plans of the future that you hold within you. Only you can do so.

You have understood that your thinking creates your experiences on this plane and that your life before you has occurred through your thoughts, your words, your actions and your choices. The future is that simple. Lay the groundwork for your future for this new world you seek; for the beauty and perfection that you wish to create in your lives by accessing the blueprint within.

When you sit in your meditations I ask you not only to release and to clear but also to begin to build. To build according to the vision that you access. These visions are the visions of

Higher Mind, of Divine purpose and you will know them by the spontaneous release of joy within your heart when you `see' them.

So you may begin to fantasize, to let your imagination, your desires and your vision flow freely motivated by your intention for the Highest good for Humanity and your own Being upon the planet. The vision that sparks the most joy within your heart is the one that you must follow, that is `right' for you for it is your soul talking and communicating to you.

It is time for you all to understand that you are the creators of this new Heaven here on Earth. You alone will bring in the dawning of this new age. You alone will construct this new age and you will do so in unity by tapping into the Higher plan, by accessing your own unique purpose and role. It is a creation that is laid down that will occur through the unification of all the Lightworkers amongst Humanity at this time. Before there can be true unification as you have shared amongst yourselves, there must also be unconditional love and acceptance of each other's choices for you all have such unique roles to play. All your choices are valid for all your experiences are there to teach you, to inspire you to connect - to connect with your God essence, to tune to the Higher consciousness that sustains you and all Beings on this planet. You will find that the messages you receive as you open up to your inner guidance, though unique, will allow you to all hold a piece of the jigsaw puzzle that will allow this new age to be created.

So open up your antennas to Unity ask that the Beings of perfect resonance, that you can work with and be inspired by, be brought to you. Realize that regardless of the labels, we are all motivated by a common goal. Regardless of the roles chosen, the motivation is also directed by Higher Purpose, by an unseen hand you could say, that is directing the play of life for Humanity at this time, to allow all the creatures upon this plane to experience their full potential and to understand that you are all the sparks of the Divine expressed uniquely.

So see yourselves as creative forces and know that it is your vision that will bring about the changes necessary for the unification of Humanity at this time. So while you may ask for guidance in meditation and in your times of contemplation, also seek to have your vision, your destined role, revealed to you for you hold it all within and you alone have all the answers for you.

The transformation that you all seek will happen only through your desire for it to take place. It will happen according to your vision which is like a video movie stored in the data base of your Divine Blueprint. This blueprint is encoded on a cellular level within each and every one of you awaiting both recognition and for you to press the `play button'. We can inspire you, we cannot do the work for you, you alone are the master builders of your domain, but the blueprint has been written before embodiment for you to access in Divine timing and so it will be.

Streams of Consciousness – Unified
With Jasmuheen

This is Sananda, good evening my dear ones.

The Miracle of God's Expression

Good evening, all though it is not quite so for we are in a realm of timelessness my ones of Light. This is Lord Sananda. Tune your energies to the vibration of my beingness so that it may become familiar to you, for when you enter the realms of the higher dimensions of Light there is no time. And in that timelessness you may know all for All is interconnected with the river of energy that is eternal, that knows no beginning or no end, a Oneness that expresses itself individually and yet connectedly.

And is it not the Oneness that you feel when you open your being to your I AM, when you open your being to the Light of God. And is it not your desire for Oneness that is allowing you to reach out your hands to your brothers and sisters to unify humanity upon this globe?

For you are driven by your heart's desire, by a higher knowing of the perfection that will manifest when you are truly connected. What connects you is Light, the Light of the God essence within. Know its vibration as Love and if you wish for Oneness, to come from a point of completeness, then open your being to Light, open your hearts to love and know my dear ones that love has the power to transmute all. Even your darkest fears, for fear and darkness were created by the One so that you may truly recognize and embrace the Light.

So all is a circle, your journey is a circle for from whence you began you will return. Listen to the voice within your heart, the voice of the God within, for it knows your journey and your pathway even though you are unsure, you have forgotten it not.

Through your desire and your being you have magnetized to this planet, a matrix of energy of the finest frequency and this is overlaying the energy field that you would call mass consciousness. As you align your being to the God within you are forging a pathway through the fog of mass consciousness and 'hooking' in to this matrix of Light like a plug within a socket.

As you tune yourself and hook into this web of Light you also connect into the Oneness. It will allow each and every one of you to operate from a point of consciousness that is completely interconnected so you will bring through and ground these higher energies of Light, according to Divine Will and Plan.

So your lesson at this time is to learn to work together, to go within and hook into the Oneness within so that you may break through the tide of mass consciousness and create this Golden Age. To recognize the God within so that you may see the God within all of your brothers

and sisters, regardless of their path, regardless of their awareness, regardless of their expression of being.

The Master is within all, hiding in the shadows for some so to speak, but it is for each individual to find the light switch and illuminate their own realms. So as you are all aware your earth mission is simply to step into the Oneness of your being to experience the expression of God and the creative force in every moment, in every lifeform, and in the BEing there will be great doing.

As has been shared, when you step into the river of energy that binds you all, your expression on this plane will become effortless for you will flow within the river of Universal structure, of Divine Law. The Law of Grace, the Law of Synchronicity. So we invite you all to dive into this river, take the wholeness of your being with you, your emotional baggage - of which you all love to speak - your limitations of mental understanding and know and trust that as you swim in the sea of this perfection all will be dissolved; for if it is your intention then so shall it be!

So my dear ones, this has been a wonderful success, this coming together of your I AM's has it not? There has been much fun and laughter and play and many new facets of your beingness to explore; you are not as limited as you care to believe that you are, is that not so? And do you not all embrace the reality that as you think so shall you create? Then perhaps you may spend time to create this Golden Age to bring forth the vision of how you wish for this planet to express. Her creatures, Her plant life, Her mineral kingdom and humanity. When you are clear in your vision of this beautiful age so it will be created.

Are there any among you with questions?

Q: *Have you any suggestions for the use and purpose of the beautiful land that we own?*

Sananda: Meditate on it and the land will reveal its knowing to you. Draw its secrets from the Earth in your meditation and allow the energies of that land to trigger the visions within you, open your channels and receive these visions by aligning with the energy of the God within. Trust and they will flow, you will know within your heart.

Q: *Sananda I'd like to ask a question about our family. Firstly about the children, is there anything you may tell us about that may assist their upbringing? I'd also like to know a little about the being who is coming in. Can I have some assistance in creating a pain free birth this time and for shedding cellular memory of pain in childbirth?*

Sananda: My dear one, know that you have been blessed with a great service, that you are the caretaker of great beings of Light and if you were to surrender more fully to this service you

would find great joy. There is much that they will teach you, as you have so rightly felt, about the love that may exist in its purest form within the family structure.

So perhaps if you were to surrender and allow your I AM to completely step forward to speed the growth of these beings who have much to do and also to allow your I AM to open up other channels for you through which you may express other levels of your being. You will find that you are quiet vast and capable of taking care of this ‘brood’ of yours so to speak, in an easy less stressful manner.

Regarding the impending delivery call forth Kwan Yin for she is the Goddess of mercy and compassion. Perhaps you can invite her energies to settle into your being through the process of birthing and surrender into any pain and transmute it into Light and love. The birthing is a test for your mastery for cannot Yogi’s lie on a bed of nails and feel no pain? You have the capability my dear one to transmute and rise above the physical expressions that may occur through the process of birthing.

The one coming through your being has many secrets and joys to reveal and it is not my place to do so. Welcome all your children my beloved ones of Light as if each is a precious gift from the Angelic realms for although they may be small packages they are vast beings of Light designed to trigger and change this planet. To trigger love in the hearts of humanity, to teach their carers of magic and wonder and true appreciation for the gifts they will bring. For they are the bearers of this New Age and while you may lay the seeds, they will carry this vision to fruition. Has that answered your question?

Response: *Yes thank you.*

Sananda: The greatest service you may all do my dear ones, is to love and honour all aspects of your being. To seek joy in everything you do, to align yourself with your I AM and watch the *miracle of God’s expression* as it flows through you all. True magic will come through complete alignment.

There is another question?

Q: *That is me Sananda, what does it mean, the feeling I’m getting now, the feeling and pressure in my heart, a strong vibration all over?*

Sananda: What do you feel it is?

Response: *I feel it is both your energy and also that of my I AM, it’s very powerful.*

Sananda: It is a sympathetic resonance you could say, where if the string of one guitar is plucked the others respond accordingly.

Q: *Sananda I’d like to ask a question. I was told by the Ascended Master Mafu, do you know Mafu?*

Sananda: The energy is familiar.

Question cont...*I was told that I have come from the future some 50,000 years back. I have always been curious about what this exactly means. I have visions of what my role was in relation to this and also working in my Lightbody across time.*

Sananda: Know my dear ones of Light that you have all come from the future, that those who have said that many As you align with your I AM so you will be activated, elevated and so the keys, the steps of your path will be revealed to you. Your key is joy, your lesson is to seek the expression of joy in all. To recognize the beauty of God's creation in all and as you recognize it, it is like opening the door to a friend who you then invite into your home so that all sharing with all beings will be on a soul level with a deep connection. Does that answer your question?

Response: *Yes thank you.*

Q: *Could you give some guidance regarding my son and his direction in life?*

Sananda: Know my dear ones that while you are all connected with your biological offspring that there is a force that is guiding them that is far greater than your motherly concerns and that force is the presence of their I AM. Trust that that energy will guide them accordingly to be trained in all aspects of this school of life. Although perhaps there are lessons that you watch these beings undergo which you feel may be painful or unnecessary, all is required for them or they would not be undergoing these lessons.

Release your attachments to all whom you love my brothers and sisters. Align with your I AM and shine forth your love and your Light and in your sharing with each other ask simply that it is allowed to unfold for the highest good of all. And know further that all beings are inspired more powerfully by the vibration of unconditional love and acceptance. If you choose to recognize the God within all beings whether they are in small, medium or large packages, they will see reflected in your eyes the Master that you see and so they will become that.

Q: *Lord Sananda is there anything more I can do for my own spiritual growth and the growth of my family?*

Sananda: Nothing more than you are already doing my son. Are you not pleased with your current progress? *(yes)* Well rejoice in that for you are all blossoming wonderfully are you not?

Response: *Yes.*

Sananda: And are you all listening to the Inner Teacher?

Response: *Yes.*

Sananda: And is that instruction most beneficial?

Response: *Yes.*

Sananda: And is it not most enjoyable?

Response: *Yes (much laughter)*

Sananda: And if it is not enjoyable then perhaps you are failing the lesson of mind mastery for all is as you perceive it to be is it not?

Response: *Yes (more giggles)*

Sananda: And so my dear ones we have been suitably entertained have we not and I will take my leave. As a beautiful sister among you likes to share, be together in Light, in love and in laughter! For did you know that laughter will realign you more powerfully to the God within than any other action, for you as you laugh you shake your insides free so to speak. This is Sananda.

BEing in Joy

Good evening children of Light, this is Lord Sananda with you once again. It seems by your energies this evening that you are all quiet well. Perhaps being tested, but let me say, passing those tests with flying colors - although it may not appear to be so from where you sit.

Perhaps it would be good to sit and enjoy, enjoy and BE in the energies that are present this evening. As you are discovering there is so much joy to be experienced within a moment, that every moment holds within it any experience you may care to desire. Remember that you are the creative Beings that have managed to manifest through eons of time all that lies before you, such a momentous task - the envy of many from other realms - for there are no greater Masters of manifestation within the material and physical plane than the Beings who inhabit the plane of Earth. So you should all take a bow for you have created well!

Now you are simply being guided to realize that ALL is of your creation, to recognize your creative powers and to understand that any in given moment, if things are not of your apparent choosing or pleasure, if they do not allow you to express through joy - then you also have the power to change.

There is much learning within this school of life is there not? As we have shared with you before, just as you undergo your lessons and learning, that learning will be followed by a period of examination and testing as with any school.

It is a time of testing - testing of your Faith and Trust and knowing that the very fact that there lies before you now a test, if you had not had adequate training you would not be in a position to even sit this examination. You have studied and learnt through eons of time, often learning the same lesson over and over, being tested again and again.

There is no greater preparation than the Art of Being, of learning to be in each moment, of truly experiencing joy, for when you experience joy, as we have often shared with you, you are in complete alignment with Spirit. It is a time to be joyous my dear ones, for there is a Grand Celebration occurring, much movement and preparation.

There are 'walk-ins' as you have discussed. There are Beings from other Solar systems who have chosen to incarnate to the energy fields that you see as children - for they have much to learn, appreciate and contribute in this time of the Earth's evolution. There are also many ancient souls who have worked within the Earth plane for eons of time who are now coming into

complete Mastery, recognition and appreciation of who they truly are. There are simply future humans searching back through their lineage have a degree of correctness in that understanding.

This one has been given a vision in her sharing with some of you of late, that simultaneous time is simply a state of beingness where you stand above three rooms that lay side by side and when you peer into the room on the left that is the past busy with activity. And when you peer into the room in the middle that is your present time frame and the one on the right is your future.

So from that point of being all exist together and 'time' is simultaneous. If you are grounded, or anchored, in the middle room known as your present, you have a sense of feeling that you have walked through the doorway from the past and that you are heading towards the doorway of the future; this is your concept of linear time.

You are vast beings that exist on all dimensions and there is an aspect of you that knows no time and expresses in All, simultaneously. There was a decision by many, for part of your growth, to turn your conscious awareness from a point in time back into this point of time of the Earth's evolution, to serve and bring through your Light to aid in the transformation now taking place. Does that answer your question?

Response: *I have a sense of this connection to the future and bringing in information from the future and also coming back here to then bring forth information from here to somehow change the future. Can you elaborate on that?*

Sananda: Let us assume that your energetic link has created a pathway through the ethers through which you have traversed in your journey. You have widened this pathway through your conscious awareness and attention and found yourself more fully conscious in this dimension and time. Simply by bringing your conscious awareness to this point you have absorbed into your energy fields imprinting and knowledge of your expression on this plane and when you 'return' so to speak or shift your conscious awareness back to where it was you have come you will bring through a wider framework, a change of energy that will disperse itself into these fields.

Q: *Sananda can you give me any input into my role or service or what I should be focusing on?*

Sananda: My child sees yourself as a being, a young innocent being in the sandpit of life surrounded by treasures. And everything you focus on allow it to trigger within you great joy and gratitude and happiness. For that choice will allow you to bring forth the beauty of your I AM and the role of many is simply to align with joy. For in your complete alignment with joy you will serve through triggering the joy within all with whom you share. There are many young souls beginning their round of evolution, continuing their tuition and learning, inspired by those who surround them.

It is a time of great Unity where the unifying factor can be no more or less than Love, where the unifying experience will be heart felt joy and true expression of the Master within. So it is your choice in any given moment to experience joy and harmony or to experience chaos, uncertainty or fear.

Will there be any questions this evening? (No questions yet). As I have shared so often, and will share again, the greatest lesson for you all at this time, is to keep your focus on the unfoldment of your own Divinity; to be the clearest channels for the expression of the greater Plan and Divine Will and to walk in Trust and Faith for doubt is a powerful experience. The limited beliefs that have been embedded in your Being for many lifetimes, also hold much power so you may find that as this transition takes place, you move within the experience; like the swinging of the pendulum - to Trust and Faith and feeling in alignment, and then to doubt. It is a natural cleansing process and is only a transition.

Keep your focus again on the Joy that will unfold each moment as you learn to be in that state of BEingness. In that state there can exist no doubt and while you are in the state of doubt there can be no joy. It requires great discipline but no more than you have within, for again no test is given to an initiate that is not ready to meet that test and pass it. I feel there is one with a question?

Q: *That is me Lord Sananda, I just wanted to thank you for your help last time, I have managed to break through my fear. I'd like to ask you about my health, I've been exhausted all the time.*

Sananda: The problem within the physical body has been the blockage of the flow of energy throughout the electrical circuitry, I was to say in part due to your belief systems of limitation, but I will say in whole due to that. As you free yourself more from these limitations so you will realign yourself to the higher resonance of Light, unblocking the energies within the body and creating inner and outer radiance. When you are ready, you will let go of your shell and your protective layers, the butterfly is cocooning you could say, but will emerge in Divine timing prompted by your desire and trust. Has that answered your question?

Response: *Yes it has, I think it has confirmed by suspicions that my body is a mirror of my feelings of powerlessness - is that correct?*

Sananda: Yes my dear, it is also a protective shell, beliefs systems of limitation carry inherent emotions of fear, anxiety, powerlessness, rejection, anger or frustration. Are these emotions familiar to you?

Response: *Yes very much.*

Sananda: Your inner guidance is serving you wisely, we congratulate you for your leap of courage for while it was a small step in retrospect it was a large leap at the time was it not? Again you are who you choose to identify with - it is a time for you all to allow the vastness and the limitlessness of your nature and your power to shine through.

We could not encourage you more in this endeavor for it is creating a bridge to a new dimension, a new reality that has predetermined for all Humanity at this time. As you build a bridge, as you conquer these fears and move into your true nature, you create a pathway for all of those who wish and desire to tread the same way at some time, So the work that you do you do not do for yourselves alone - do you understand? Is there another question?

Do we not all respond to the spark of Life and Joy when it is expressed in others and does it not in turn ignite the Joy in your Being? We have decided to be more 'third dimensional' in our tools and teaching - we could recommend that you sit in deep meditation working with the Light energies, as many of you now do, but in order to add a note of third dimensional Lightness, we are also suggesting that you Dance! If there are no more questions, until we share again, this is Sananda.

Messages from Arcturius

Profile on The Arcturians

According to the text *“The Prysm of Lyra”*; “**Arcturius** is seen as a golden yellow star, with a magnitude of 0.3. Its’ energy works with humanity as an emotional and spiritual healer. It is also an energy gateway through which humans pass during death and birth. It functions as a way station for non-physical consciousness to become accustomed to physicality.”

And of the **Arcturius/Sirian Matrix**: “The combined energies of Arcturus and Sirius provide a balance of physical, emotional and spiritual healing. This matrix has been tapped into by humanity since its inception and has been known through many archetypal ideas” (where archetype suggests a pattern of evolvment).

Lyssa Royal and Keith Priest continue in this book and share “The Arcturian purpose is multifaceted. One idea is that they serve humankind as an ideal. They represent the future self of an individual or a society. Their energy is, by its nature, a magnet that draws out positive potential and integration from the very depths of being. They reflect to Earth where it is heading in its evolution. Once humanity evolves into non-physicality, the ideal goal is to achieve a consciousness similar to that of the Arcturian mass consciousness. They recognize themselves as a group matrix, committed to the idea of the evolution of consciousness”.

“The Prism of Lyra” goes on to say that very often the Arcturians manifest themselves as angels and they learn about physicality through their interaction with physical beings. That “They are etheric in nature. Their energy can be felt as a presence, a surge of creativity or unconditional love. They will manifest according to the belief system of the person with whom they are interacting.”

I have been communicating telepathically with a being known as Arcturius (I spell the name phonetically while others spell it Arcturus. Arcturus is known as one of the Elohim and also as Lord Arcturus who governs the energy fields of the Arcturian system in a similar manner to that of Sanat Kumara and planet Earth) since mid 1993 though mainly on a personal guidance basis. When we have connected energetically He always presents Himself to me as a tall being in long robes with flowing silver hair and a beard. When I have asked if this is his true appearance

He has said that He manifests a form that will trigger knowingness and comfort according to the individuals belief system.

Dr. Norma Milanovich, the author of “*We, The Arcturians*” asks them to describe themselves in the book. They state that they are short, wispy and slender and all are similar in appearance by a choice for uniformity as “we are past the pettiness of comparison”. They say their skins are greenish of color, with large almond shaped eyes that sense light frequencies. They have three fingers and legs but move by thought similar to levitation. They live on light or effervescent liquids of a high vibration and stable chemical composition. More about the Arcturian culture can be understood by reading her book.

Detailed notes on the Arcturians are also given in Dr. Joshua David Stone’s book “*Beyond Ascension*” which is another book well worth reading. Dr. Stone says “The Arcturians, upon our request, using their advanced technology, would run their high frequency Light energies through our bodies....All my cells in my body felt like they were being fed with the most wonderful flowing energy...I was later to call it, humorously, “*the nirvana machine*”.”

Dr. Stone went on to say that invoking their technology was more powerful than anything he had previously utilised and that they are so advanced that even the Spiritual Hierarchy uses the Arcturian technology. One must however request Their attention and can ask to be placed on Their computers and in Their Light quotient building program. I personally feel their energies also most powerful in returning and realigning my vibration to a finer pitch.

The Arcturians have what Dr. Stone calls a “**Light Synthesis Chamber**”, held within their Starship, that you may access in your etheric or physical body and They will send their energies to you wherever you are, whenever you request. The experience that Dr. Stone, his colleagues and myself have is quite similar as we have a sense of being filled with Light, love and joy that also seems to expand us.

Dr. Stone also suggest that you call for an alignment of all your bodies and synthesize all the energies into your being using Their advanced technology. This work can continue also while you sleep at night and Dr. Stone shares that They have a “**Mechanism Chamber**” used for healing and clearing any blockages in the physical, emotional, mental and spiritual bodies.

Other chambers and technologies you may access upon request with the Arcturians are:- The “**Love and Joy Chamber**” for when you are feeling the need for an energy boost of love and joy. The “**Information Exchange Chamber**” for the gathering of knowledge and information exchange. The “**Prana Wind Clearing Chamber**” clears ‘etheric mucous or debris from our etheric meridians, chakras, nadis, veins, arteries and capillaries’. Using a ‘fan’ of energy in clockwise concentric circles it clears the entire system but does not energize.

Dr. Stone refers to another Arcturian technology called “**Grid Integration**” where high frequency Light is run through specific grid system sections in the body to strengthen, heal and energize. Simply ask for this after or during attendance in the Light Synthesis Chamber. He also states that upon request and to aid in the completion of the seventh initiation, the Arcturian technicians can anchor a “**Electronic Plate**” into the third eye that will reflect Light, access higher consciousness and basically amplify omnipresence. “It served to amplify and synthesize the upper spiritual triad of higher mind, intuition, and spiritual will, with the body, heart, Monad, and Cosmic Heart. It also had something to do with anchoring a six pointed star.” Dr. Stone mentions that Lord Arcturus said the *Electronic Plate* would help in “bi-location, teleportation development and telepathic work. This electronic plate seemed to have an effect of bringing all the different spiritual facets of our being into one unified whole.”

Also suggested in “*Beyond Ascension*” is to ask for the **anchoring and programming of Light Envelopes** (or packets) from the higher universities of Sirius into your subconscious mind and four body system to build your Light quotient and aid in the fulfillment of your mission. To also ask the Arcturians to **assist in the creation of your 12 strands of DNA** and to transfer them from the etheric to the physical body.

As a summary to his chapter on “The Arcturians and Their Advanced Light Technologies” in “*Beyond Ascension*”, Dr. Stone shares “I cannot recommend more highly that you call to the Arcturians in your meditations and prayer sessions, and take advantage of their wonderfully advanced spiritual technologies. The Arcturians, in combination and conjunction with the Spiritual Hierarchy and Ascended Masters, are an unbeatable team. You have the best of the spiritual world, and the best of the extraterrestrial technologies. It is time for the world to more fully recognize the unity of the loving and wise extraterrestrial forces along with the spiritual forces that govern our planet. The Arcturians are not allowed to even enter our sphere of influence without getting permission from Sanat Kumara and the Spiritual Hierarchy. They work together as one team in conjunction with the Ashtar Command and other positive extraterrestrial groups for the upliftment of humanity.”

The following article elaborates further on the consciousness of the Ascended Ones.....

The Doorway of the Heart

“Salutations dear ones of Light. This is Arcturius with your gathering. Tis such a simple understanding is it not - that one has within them the power to move beyond dimensions and through dimensions, beyond space, beyond time.

For we have shared with your gathering that your being knows expression upon all dimensions. For you are connected, are you not, to the Source of Creation, that all beings were birthed through the fire, the energy and the love of the Mother/Father Creator God. You have within your understanding the knowing that you are not separate. That this Mother/Father God resides within your being, not external to you.

You have glimpsed the understanding, and some have a deeper knowing, that the dimensional shift, the access to the greater part of your expression lies through the doorways within.

You have understood that you are Masters, that you are co-creators and in the co-creation dear ones comes the creation. That you can create the experience your heart desires through your focus. It is simple for every day that you focus on simply giving yourself, your physical being, a bath, a shower of the inner Light so you will become Light.

Understand the vastness of consciousness. The consciousness that is I, Arcturius, is individualized yes, it has a note of knowing but it is the same consciousness that resides within the vastness of the All That Is, that is you as well.

It has been a long while since my consciousness has identified with our star system. It is like an aspect of my being that oversees such, that resonates the energy beams of that within the hearts of all upon that system. It is an aspect of my consciousness that has been drawn by the Light of the God I AM within your hearts to your grouping. For you hold within you a desire for a little understanding of the Arcturian energies.

The consciousness is so elastic and is governed by the mind, the Divine Intelligence that resides within. The ability that you have to move into that state of All Knowing. It is that aspect that the Light within will awaken, to allow you to simply shift your perception, your focus in this journey for reconnection to wherever you desire.. If you desire to be once more upon the Sirian system you simply intend to be there.

It is like a fisherman that casts his line out into the vast oceans. It is the hook, the sinker, that lands so much further from the shore but it is the *intention* of the fisherman to cast his line, is it not, that creates that possibility.

And so it is where you move your consciousness across the galaxies and universes of this dimension to another. It is your intention, your focus of what you wish to achieve, of where you wish to go. There will be an aspect of your consciousness that will arrive thus. That aspect is like that hook, that sinker. It has the weight to emerge into that sea of energy that resides where you direct it. For it has the power of your thought, your focus, your intention, that sends it winging across time and space.

Your journeys, your inter-dimensional travel is simply that. The desire, the recognition that you are in essence, multi-dimensional beings. The thought, the knowing will propel your energy forward or backward simply by your thinking. It is your thinking that you are learning to bring into discipline is it not? For you can think that you are limited or you can think that you are unlimited.

Our star system dear ones is a system of Ascended Beings. All beings that move upon and within the energy fields that are known as the Arcturian system, understand the Divinity within. Understand the power of the mind to create and understood the harm that was created when the mind was filled with impurities. When, through discipline, the mind was focused on the purity of creative expression of the Mother/Father God then we moved into the Ascended state.

We understood that we could ignite the Light of the Divine Being within, allow it to grow within our cellular form, creating a new matrix of energy - you term your Lightbody - and dissolve the molecular structure of solid form into Light. This we did eons of time ago and this is the challenge for beings upon this plane in this point of your linear time.

This is a journey you have all undergone before. You hold within you the cellular memory of having done so. Where you were beings fed from the ethers, from the higher planes, from the Universal Force. Before your base changed from what you would term your silicone to your carbon. And now you reverse the process and when you reverse the process, you once again become the purity of the energy of the silicone substance.

Tis the same substance as your crystals. For those beings that are refracted in these energy beams known as crystals, hold unlimited power. They are conduits for energy. They light great cities, they balance the energy beams of great cities in complete harmony and alignment with the thoughtforms of the masses of individualized sparks of consciousness and energy that reside within the higher realms, in expression and acknowledgment of Divine Power. *And the key to the doorway, dear ones, of the higher realms is simply the desire within the heart.*

It is interesting to watch your planetary system for many are exploring new ways of energy, from the fusion, the fission, the splitting of the atom, to the desire to explore your space. To create vehicles of metal. Know that any civilization that works with the vehicles of metal have not yet understood the Divine energy matrix within their being.

For it is the vehicles of Light - what you term your Merkabahs, it is also the power of thought beyond your Merkabahs, for it was Divine Intelligence that created such - it is when you hook into the inner matrix of energy of Divinity, that will allow you freedom to access all the dimensions and travel so freely.

It is not until the scientists, your physicists begin to open up to the Divinity within that will enable them to create the vehicles of Light to move beyond the limited technology they are currently exploring.

The gifts are so simple yet you have been trapped within the physical plane for so long you have forgotten the simplicity. Has it not been shared that it is the children that will create this heaven and inherit this heaven? It is symbolic dear ones. It is symbolic in the sharing of humankind to embrace the child like innocence within.

To understand simplicity as being the key. To understand that it is purity of heart, that it is the ability to love each other unconditionally. That the Higher Light Science is simply the ability to move energy through your body, the energy of Light and Love, for it is that alone that will propel you, hook you in to the next dimension.

And you know within your heart what that promises for you have journeyed there before. It brings with it the ability of all beings to live in the honoring and acknowledgment of the Light within regardless of the expressions of physicality.

On the Arcturian system all of the beings look the same. We do not have the desire for recognition on that level for we tune, as we do with your gathering, to the emission of energy, the emission of signals of Light and Love that emanate from the heart within. We do not focus upon your physical form, we simply read the energy patterns of Light, the depth of Love that comes from the heart centre. For it is the heart that is the doorway to the higher dimensions is it not?

As with your system, the Arcturians are continuing to evolve back to the completeness of their being. Now that system is fifth dimensional. It is beginning to move into the higher octave of the fifth bordering on the sixth. We work freely with Ascended Masters and the other Light Beings that move within all other dimensions of expressions.

There is free communication, telepathically and using the languages of Light for the languages of Light are beyond your telepathic thought imprinting. The languages of light are the

languages that allow you to recognize the vibration of the Light emanation of each individualized soul, of each individualized unit of consciousness.

From the fifth dimension, moving into the 6th and the 7th, the consciousness moves from an individualized state and becomes a mass consciousness working in unity and harmony beyond the individualization.

Your planetary system, and that of the 4th and the 3rd, has been individual units of consciousness trapped in limited form run by ego and your lower mind. You are beginning to awaken to the Supreme qualities within you, the unlimited nature of your being. And as you are becoming aware you are not just one but are masses and you are learning to play the harmony of an orchestra. For you are individual instruments but there is great change upon your planet.

You are learning to tune, to work, to harmonize your energy together. For there is a song to be sung, a tune to be played upon this Earth. The words of this song, the feeling of this song is simply that of harmony, of unity.

You have spent so long in judgment have you not? In the “this is the only way, this is my way, you must do it my way and if you do not you will be punished...” It has not worked has it? To stand in judgment of one another has created only separation and pain.

The gathering here is a gathering of unity of hearts is it not? Of hearts that long for peace within and peace without. Of hearts that long to know once more the greatness of your being. The unlimited nature of your being.

You have practise runs do you not? Often on the night realms you are freed from your physical body to go to the higher dimensions of Light, to other planetary systems for great learning and knowing. And you are remembering this more are you not? So you often find upon your return to your physical body that you still feel you are somewhere else - for you are.

You do exist in every dimension of expression and with every breath you can know more and more of the God within, until you are consciously that. And on every level of dimension of expression you have the power to move freely through the focus of your thinking; through the power of your intention of your thought.

Did you not know dear ones that in order to embrace your Ascension all you have to instruct your being is with the power of **one focused thought**. To simply chant to yourself with your heart and your soul with the power of your intention that:-

“I AM an Ascended Being of Infinite Light and Infinite Love” and thus you will become!

There is nothing else that you need to do in essence. And yet it is fun to play these games along the way is it not? Tis a process of rediscovery. Perhaps there is one or two who wish to share, to ask questions, we invite you to do so dear ones of Light.

Question and Answer time

Q: *My questions concerns judgment and detachment. How do you detach yourself from judgment?*

Arcturius: By simply understanding the bigger picture. This one understood in the journey through her life that she did not understand, at one point, all the life expressions she had previously undergone or the future of such. And if she did not even understand her own history of embodiments, the karmic play of energy imbalances then how could she judge another - who is simply presenting an aspect of their being in that moment, that point of the now. Judgment is what you assign to events is it not? The release of judgment comes with discipline, in the understanding of the bigger picture. That every single one of the plays of life in front of you are motivated by far greater forces than what you may have had the opportunity to witness.

There is also the play of karma. All is about energy - not judgment and punishment. Every expression upon this plane is simply about the balance of energy in the universal cosmic energy pool. So how can there be judgment of one another when one has not had the privilege of witnessing the souls transformation through its life and each previous embodiment. Does that make sense? (*Yes thank you*).

Q: *About bi-location and teleportation, what is your experience on that?*

Arcturius: Beings such as myself do not take physical form so there is no requirement to bilocate or teleport for we do not need to manipulate molecular structure. We have had the pleasure of being in physical embodiment yet have not chosen to be in physical embodiment for eons of time. Our beings, our energy fields are manipulated through the universal expressions through thought alone which happens instantaneously.

An aspect of my consciousness resides within all atomic structure, within all space and time for we have understood that we are the All That Is, we are the Creative Energy. But we can, through focused thought, gather together beams of Light energy that we may project into form and trigger knowing within beings who witness this.

On the Arcturian system one may take a 'body' that is quite small and fine but when we materialize to your realms we may take the form of angels if that is what is required to make connection with you. But back to the question for we digress...

With your beings, the understanding of many is that your focus, rather than being on your multi-dimensional nature, is on your physical form is it not? Are you not now simply remembering that you have the ability to dematerialize, to teleport, and are not limited to the physical body at all?

As you change your energy matrix and thus your consciousness, and as you bring in more of the higher knowing of your unlimited being, you will be able to come and go freely from the physical body without concern of the physical form. If your focus is limited to the physical body it will restrict you.

The lessons and the knowing that you are understanding is that you can move from the physical at will and so you are learning tools and techniques of shifting consciousness which is what your bilocation is.

The beings of Light upon this plane that have embodied the Christ Self within, bringing it to the forefront, are in - for some - a role of teaching and igniting the hearts the of many .

Many when they understand the ability to move beyond physical form do not decide to play on these earth realms for there is not much upon this earth plane that you have not experienced in this or in other embodiments.

Many when they begin to understand their abilities, through the power of the mind to bilocate, simply do so to access the doorways to higher dimensions of expression. To explore what it is they have forgotten. That is all. Has that answered your question?

(Yes thank you more than answered it.)

Q: *I have two questions - is it just your belief that you have a subconscious mind and memory that stops you creating your desired reality by mind power and positive thinking alone and is there anything you can do to overcome it?*

Arcturius: Good question dear one. Many of you have understood that you have what is called the internal saboteur have you not? (yes) That no matter what you wish for there is something holding you back. It is the subconscious mind that is like the data base. It has all the memory of all the previous embodiments.

The work that is being done needs to be one of energy realignment as well. Before you have carried with you the force field of negative energies of the masses for embodiment after embodiment. For some have been upon this plane, in their limited form - asleep - and feeling all they were was a limited form, for thousands of embodiments. Tis a long time is it not? So you hold the energy pattern of this mass consciousness on a cellular level; with the beliefs reinforcing that you were less than what in essence you really are.

So while you are working with this 'new found' way of thinking, this new found way of thinking applies only for this moment now, this new point, but you still have to release your being from the energy patterns of the time where you did not have this new found thinking. Does it not make sense? (yes).

So dear ones that is why we ask that you spend your time in the silence, that you bring in the power of the energy of the God I AM, that you fill your heart with Love. For Love dear ones has a force of power that created every Universe and every life form of expression. The power of Love is a force not to be reckoned with nor underestimated.

So the more you bring the Light, which is the visual aspect of the God I AM; and the Love, which is the vibration of the God I AM; into your cellular structure, into your heart, letting it flood your being, the more it will realign the energy patterns of limitation, of negativity and of limited beliefs.

So it is a complete package dear ones. It is working energetically with Love and Light and it is working with the force, the power of intention. And is not intention and the power to manifest made far more instantaneously when moved by the force of Love? It is! Are there any more questions?

Q: When bringing in the Light does the intention have to be kept focused?

Arcturius: The Light is unlimited, the Light is the force of God. I have found that many of you when you begin your manifestation, you still wish to hold on to the details of how it will be manifested do you not? Control is it not?

This is a process dear one of surrender, of trust. In your mastery, you simply need to have clarity of focus, clarity of intention. What is it as Masters you wish to create upon this plane? And then expect it to be so!

If your expectation, your desire is simply to reawaken to the God within, to bring the Light and Love of God within every cell of your being, command it! How it is done, it is done! And a 'by product' dear one of that, is the realignment in whatever way is for the highest.

Q: Can you fill us in on what is happening with relationships for those who have been out of relationship for some time?

Arcturius: Do not all seek perfection? Do not all of your hearts seek the perfect mate if you are to mate? And yet while your energy fields have been less than perfectly aligned many criticize the mate that you magnetize to your energy fields as being less than perfection. You can have perfection when you are perfection.

Understand dear ones of Light that this idea of your twin flames, your soul mates is, for most, not part of your 'contracts' this time. Understand that when twin flames are both in embodiment then what occurs is the preoccupation of the symbiotic energy fields and you do not do your work upon this plane. You have volunteered to do specific work upon this plane now. You will not be given the distraction of your twin flame - generally.

And understand with relationships that when you are on your own - although it is not such for you are never on your own - in this physical embodiment it is because you have lessons to learn of a singular nature. And when you are in relationship it is the completion of energy imbalances of previous embodiments.

As this one has shared, this lifetime for the Lightworkers is the final embodiment upon this Earth plane as the vibration now is. And it is the time of 'tidying up the loose ends' of the imbalances of energies from relationships of previous embodiments. And so you reincarnate with those you have known before to settle the differences, to re-energise into balance your sharing.

So it is simply loving and honoring every thing that you find yourself experiencing. There is great joy in being a single being upon this plane is there not? There is much to honour and to share. There can be much joy and light and love also when you have another in physical expression to share with.

It is trusting the process. As one recognizes and merges with the God I AM within, it changes your energy field. And as the God I AM expresses more of its perfected nature through your physical embodiment you will find that you magnetize perfection into your life on every level.

You will find if you want to share great love and great light you can think it and so it will be. But it will be free from the karmic imbalances of energies from the past. It will begin a fresh chapter.

There is much restriction upon this plane about your loving, for many operate from the lower emotional body. The lower emotional body wishes for possession, is jealous, insecure, wishes for control. And when you move - through the changing of your vibration through the bringing in of the Light and the Love - into the higher state of expression of your higher emotional body. you find a Love beyond condition where you come together and share from the highest. Soul to soul.

It is a blending, a moving, a fluidity of energy that all those of the higher realms have understood - how to work with the laws of energy. It is the fluid expression of life. Many on this plane like things to stagnate, to keep things in set form, to box, to possess. True freedom comes from letting it be so all chooses to be with you by the dynamics of energy exchanged. Nothing more, nothing less.

Q: *Explain about living in the moment and yet planning what to do in the future on a practical level e.g. buying a ticket to go overseas etc.*

Arcturius: When you are in the moment you are beyond the ego and the mind. You are in the space of the stillness and the All That Is. But you will still be spoken to dear one, you will still be

guided. You will be able to access Universal Mind and your Divine Blueprint. So ideas and knowing will come from within you and perhaps in that moment you will be given guidance from the God I AM, that Inner One that it will be for you to go somewhere at some point.

You are the Master. If that feels well within your heart then you go and do what is required on a physical level to set that in motion, the practical things for you are on a physical plane of expression.

Being in the moment is simply being in a space that allows purity of guidance, for the Inner Teacher to speak clearly to you and then you put such guidance into manifestation upon this plane.

And thus when you find yourself in the ‘future’ having done what you have done on that level to be there, you find that where you are is perfection itself - as was where you were the moment before - perfection itself - as was where you were when that guidance first came to you - perfection itself.

So when you are in that connected state of being, the moments that string together are moments of continued magic. And when you are on your trip in six months time, where will you be? In the moment.

Q: *Could you please elaborate to us on the meaning of Ascension, the changes we go through?*

Arcturius: Ascension is the state of being, that state of perfection that allows one freedom to move through each energy band of each dimension. Ascension is the embracing of the complete nature of your Self. It is about being filled with Light once more for Light is the aspect of the God within.

Many beings are continually ascending. As you ascend from one dimension, you ascend to the next. It is like a graduation from your kindergarten, to your high school then your university.

And when you graduate you find yourself back in the arms of the Divine as a completely unified point of consciousness that is no longer a point of consciousness for it has become lost in the vastness of the All That Is. That is your graduation present. Does that make sense? (Yes). You ask for more?

Q: *Perhaps some more on the changes involved?*

Arcturius: Changes dear one. The fourth dimension is the last dimension that you need a body, that you carry your consciousness around in a physical form. When you move into the energy matrix of the 5th dimension you create a body at will. And having passed from the 3rd to the 4th the doorway is open to you freely.

Right now you are focusing on your form in this dimension with an awareness of doorways and access to other dimensions. When you are in the 5th it will be the opposite. The

focus point of your consciousness will be in the 5th with the access back to the 4th and the 3rd as guided by your heart and your contracts and your service. For every dimension has these contractual arrangements with the Divine One.

And when you are in the 5th you will begin to access the doorways to the higher dimensions which you can also do now my dear ones. For of the Ascended Masters many reside upon the 7th dimension and access doorways back through the different realities, tuning into the mass reality that each dimension creates.

The mass reality of this dimension has been one of separateness, with limited beings of judgment, of disharmony. It is changing as the higher energies and the desire in the heart of all brings through a new formula of being.

On the 5th dimension all is created instantaneously through thought. As you think so shall it be. If you wish to visit temples, there is a temple right there. If you think it, it manifests. And there needs to be a discipline of thought, of a universal recognition of harmony, of the knowing of the God I AM in its expression within all beings so that none are harmed, so that all occurs for the highest. On that plane of expression one takes bodies as required, as you desire. There is no such thing as bilocation, as dematerialisation for all just is thought and instantly occurs.

There is an energy of complete unconditional Love and yet excitement, of recognition of the desire to see every being embrace the God I AM in every moment. For the being is the BEing here, we understand that level of expression.

And on the 6th it continues on becoming purer and purer points of expression of creative energies. Has that helped? (*Yes thank you*).

Q: *Can you explain a little of the difference of physical death and ascension and ascension with this body?*

Arcturius: Tis said to be nature is it not? The dying is really ‘old hat’ where we come from, on our plane of expression. For we know we created the body so we can de-create it or re-create it at will. You become so attached to the physical form upon this plane because you do not recognize the unlimited nature of your Divine essence or the capability of your Divine essence.

If you did dear ones, you could take a body at will and drop it at will. If you wished to be a blonde Scandinavian you could create that. If you wished to be a tall Negroid you could create that. Just for the fun of it like when you change your clothes.

It is from limitation that one clings so closely and fiercely to the physical form. The process of birthing on this plane is far more difficult than that of dying. The karmic repercussions, the understanding contractually of death is simply that.

One may be awake enough to understand the immortality of the soul, like your Buddhists. Many Buddhists feel that the physical body is irrelevant for the soul is eternal. But if one is truly embracing mastery then cannot one maintain the energy fields of the physical form, that houses this aspect of your consciousness, while you are in service and until you have completed your service?

You can still move to a higher dimensional frequency after death and take your ascension. Because what is happening upon this plane is there is enough energy force building that will shoot the whole energy matrix into the next level. Those disembodied ones attached to this plane and those embodied.

But Ascension in this body, is simply mastery of the now. Of understanding if your contract is to be here for some time, then to maintain the physical form in peak condition, and when the contract has expired, to take the physical body into Light. To keep its memory pattern, its energy matrix, stored on the etheric realms for you to take that 'garb', that molecular visionary concept and use it at will when required.

The Mother Mary that comes to many is a being of shimmering Light, golden Light energy fields. She works with the Angelic Ones, is the Mother of the Angelic Ones. And yet She has kept the imprinting, the imagery of her previous embodiment upon this plane because that is the One that when She clothes Herself in the garb of that molecular imagery, triggers within the heart.

If She came as little green monster, hairy with red eyes, people would not go "Oh that is Mother Mary" (*much laughter*) but when She comes in the garb of Her blue robes and Her angelic face they go "Oh Mother Mary, I recognize your image".

Thus it is with the One you know as Lord Sananda dear ones. The consciousness of that One is so vast. It is not Sananda that took embodiment of the being of Jesus - just an aspect of that - that sustained the vibration to the highest, finest frequency so that the individual known as Jesus could be used as a Holy Chalice by all of the Ascended realms to make the imprinting upon your plane at that time. To give the message.

But that being had its own individual consciousness, does that make sense? (Yes) Continued its own evolution but was simply in service to the Greater Cause - to First Cause - sustained by that spark of Lord Sananda. And when that One brings forth an image it brings forth the image of the Christ, of Lord Jesus for it triggers the knowing in the heart. We have digressed but has that answered your question? (*yes thank you!*)

Q: *I have one more question please. As we are going through the changes at the moment - most of us are putting more light into our bodies we experience sometimes areas that come into conflict maybe, anxiety from the ego. Can you give us some practical advice on what to do at*

such times to stop the intellect from being in conflict, and pacifying perhaps that side of ourselves.

Arcturius: To simply allow dear one, sweet child of light. You have known great pain, have you not? (*yes*) This body has a memory of great suffering and pain. Many bodies are in a state of that of a frightened child. It is not the physical body dear one, it is the energy field that is overlaid by the emotional body.

But the emotional body has full understanding and feeling of every experience in every embodiment. It has been guided by the mind that has worked hand in hand with the ego. It is moving into an energy matrix where it needs to relinquish control - where the lower mind must go into the higher divine expression.

So the emotional body and the ego feel a little unsure as to what is going on, as if its power, its position is being usurped somehow. If you simply love every aspect of yourself - and when these fears come up you may simply program with your higher knowing that “I walk in safety - that in joy, in harmony, in safety, I now step into the unknown” knowing that the unknown is also the known, just perhaps not in your conscious memory bank quite yet, not released.

It is a matter of empowering self with love. When these fears arise, acknowledge those fears momentarily. Know that you are now being given the opportunity to move beyond the fear, to counteract the fear through the knowing that you are vast, unlimited loving beings, that you may walk safely to your own divinity once you are awakened. Has that helped dear one? (*Yes, thanks*).

Q: *Can you explain a little of the relationship between the animal and plant kingdoms and man and our role there?*

Arcturius: At which point of time? Perhaps that is a trick question, dear one. Dear ones, understand that when humanity, the humanoids, took embodiment upon this plane of expression billions of years ago, that it was like you were being given from the Mother/Father Creator God the most incredible paradise.

For this earthly planet, the Mother Gaia, was abundant with everything the imagination could think of, the best of all creative expression that had been created on other planetary systems was brought into totality upon this plane - your life forms, your animals, your birds, the expressions of nature were all here. The expression of the human ones, when they took embodiment and energized upon this plane - the story of which is quite complicated and not relevant here - were given the guardianship of such beauty of expression. Recognising that every creature held within it a spark of the divine energy, that pulse through your very core, and were

your brothers, your sisters, different form, but your brothers, your sisters. Perhaps they did not have the complexity of all the bodies that you have, but they have the life force nonetheless.

It was a wondrous time - you have forgotten such. The animals are working on intuitive levels of connected being, for they are so happy in the purity of their expression, are they not?

The discord with the animal kingdom has come from that of the human kingdom as it has abused and tested and maligned and murdered and slaughtered in the name of survival. And yet if you understood the true essence of the energy that sustains you, you would not partake of such barbaric journeys.

We are not in judgment dear ones, however, what has unfolded on this plane has also been in part of divine perfection, for as you have moved from your divinity in your conscious understanding, you can now embrace that divinity with heart-felt joy, having not felt it for so long. All is perfection.

The connectedness you have with these ones is just a deep knowing that they have an aspect of themselves if you attune to closely, dear ones, that can blend into your being to allow you to be more complete in your expression.

There is a mutual exchange of energy. Your loving acceptance is healing the energy matrix of suffering from previous times and they are imparting an aspect of their resonance to your energy field as well.

So dear ones of light, perhaps our message has been simple, repeated, for this expression of your true essence is simple as it is all powerful, it's essence is love. It is the essence of love that glues the molecular structure of all expression harmoniously together. Its aspect is great light. The darkness can be loved by the light and is it all created by The One.

Love and honour all, dear children of light. See the spark of the divine in all. The next time you feel in judgment or anger of your fellow beings, move beyond that framework and look for the spark of divine expression in their eyes, and in their soul, and in their heart, and when each one sees that you look upon them with eyes of unconditional love, they will reflect that love back to you.

And do you not understand that it is the essence of love that will create the change upon this plane far more powerfully than that of your judgment? We love and honour the light of the God within you all. This is Arcturius dear ones.”

The Wizard's Magic

Salutations dear ones of light, 'tis the energy of the Arcturian. We are the Masters of Light technology, but we are wizards as well. Some of this gathering are familiar with my energies. You may notice that we, in the inflection of the wording, are anchoring a vibration. For the sonic waves utilized in speech through all levels of creation are the creative force of vibration and sound. 'Tis it not truth, that in the beginning was the word, and the word created all, the word was the vibration, the sound of the creative force as it expanded, pulsated through all the universes, creating as it expanded.

'Tis interesting dear ones, for your grouping collectively are seeking magic within the heart of hearts. Is it not magic that you are seeking in your life upon this plane? And while you have called the energies of Camelot, the energies of the wizards, the energies of Merlin to your presence, we are in our attendance, overlaying another vibration to the magic and wizardry that was laid down upon this plane eons of time ago. For the Merlin dear one, that you know of - whose presence is now before you in your grouping - the Merlin was a multi-dimensional creature. The Merlin, while in physical form dear ones, was aware that form contained but a spark of Divine consciousness, that the form was not restricted, that the form was simply an aspect of expression that was manifest on one plane of reality.

The magic of the Merlin came about simply because the being was tuned to all levels of awareness simultaneously. That is where the magic lies, the magic that you seek. And now we witness with this grouping, we witness upon this plane, in your third/fourth dimensional reality, we witness the awakening of many and their quest for magic.

You are going through what we would term stages of evolution, of rediscovery of the magician within, for you are master alchemists are you not? For look around and witness what you have created, the wizard within is the One who is witness. That is why dear ones, many have been guided for so long to do your meditation. For it is the practice of your meditation that allows you the detachment to become the witness in life as it expands, and evolves and changes around you.

'Tis an art to be developed, this detachment, for detachment frees the unlimited nature of your being, frees the witness within. The witness within dear ones, 'tis the wizard. And it is the wizard within, the wizard within all, that will form the common bond, that will set in place a new

pattern, a new paradigm for your Golden Age. For it is a time of the magic to return upon this plane. What is the magic dear one? The magic is as unique, as individual, as you are individual sparks of consciousness.

For as the Masters have shared so often, you are an orchestra, and you all carry a note, a resonance, that reflects your uniqueness and the ‘one’ as we have so often shared, that carries the note, is the witness within, the teacher within. And it is the joy and passion in the heart that allows you to know when these notes that you carry are ‘on key’ or not. For when there is passion in your heart there is magic in your life. When there is joy in your heart there is love in your life.

The magic is the joy that you feel in the witnessing of life, of being thankful for having the embodiment that you have. For it is a time of magic and you are beginning to understand that you are creative beings. Many have understood that you are vast, unlimited, multidimensional beings. You have opened the inner doorways to the vastness of that which you are you are. Then by allowing, inviting and beckoning your higher awareness, pure consciousness, the magic now makes itself manifest through you in your life upon this plane.

That is the key dear ones, the secret ingredient, to go within, to tune your being to the heartbeat of the Mother/Father Creator God as we have often shared with your gatherings. For you are a Divine being and you pulsate with a rhythm. You all carry an individual frequency and yet you are united by the creative force that created the uniqueness of all notes.

We talk in terms of music and we talk in terms of light. For light is the visual aspect of the creative power and music its beat. Everything you witness upon this plane of existence is simply a reflection of light, for it is the creative force that has arranged itself in dense molecular structure that gives you the body - that gives you the mind. Yet the mind dear ones, is filled with rambling thoughts as if you have no control over the thinking, thus you have no control over the life’s experience. And yet we ask you to imagine, as you sit with your eyes closed, that you wear the garb and the cape, the pointy hat with the stars and the moon, that you are clothed in the robes of the Merlin - for in essence you are.

In essence each and every one of you is a master alchemist and what is this alchemy dear ones? It is the ability to turn base metal into gold - it is, but how do you interpret such? The baseness and the coarseness, the reflection that you see when you witness humanity - that is the true transformation. That humanity is now being asked to activate itself to its’ full potential and you as the light workers - you are here to teach by example. For when you find the alchemy within, the ability to transform your lives into gold, to ‘walk your talk’ as you often share, then you will be filling your life’s purpose. So your lesson, your learning, your challenge is to turn your

life into gold, so that it shines so brightly, so that it sparks the gold within the heart of another and their desire to witness the magic.

We have shared often with you, that all is in layers, have we not? - That every dimension is overlaid, but within this room you have a third/fourth dimensional frequency beat. The physicality is dense but you also have a fifth, a sixth and a seventh dimensional energy beat, all housed within each atom, within each cell present here now. And it is the energy of the higher octaves, the higher beats, that do bring the magic - for they are the energies most tuned to universal law, and it is the Universal Law of Grace that brings the magic. The finer your frequencies have been tuned, the closer and more in resonance your frequencies are to the Mother/Father Creator God, the more you will see this Law expressed in your reality. For you may dear ones, as creative beings, create any reality your hearts desire, 'tis very simple, and yet the magic comes when you align yourself to the heartbeat of that which created you. **You are here to know magic.**

You have chosen this particular embodiment to complete a time entered into eons ago. Every being present in this grouping had embodiment in the times of Merlin - as such you have drawn the energy of the wizard to your grouping. For what your heart desires to know once more, is simply magic, and because everything is overlaid through all planes of existence here now, you may tune to the magic that is ever present, or you may tune to the lack, or the density, or the lack of magic, for all exists together, harmoniously and created by the One. It is simple dear ones. We ask that you imagine as you were, with the cloak and the hat of the Merlin, the wizard, that you see yourself connected to the cosmic circuit board. That you program within your cellular memory, through all your energy fields, that you are always in each moment aligned to the Will of the Divine. That you program that your sharing with all beings unfold in a way to bring true magic - Divine magic, into play in every moment.

There is other programming that you may do dear ones, for it is as simple as if you were rewriting a computer program and setting it into motion, so it runs within a loop for ever and ever, drawing to you the mirror of that which you have programmed, until you refine it, re-align it, as your hearts desire.

So this journey dear ones, is simple. You are here in embodiment, you are seeking magic, so you program for such, as creative beings you simply choose to accept no less, in your waking conscious reality. For if you seek brilliance, Universal Law decrees that brilliance must reveal itself to you, if you seek magic, same applies, if you seek perfection, same applies. The test dear ones, the challenge, is to create simultaneously as a collective group consciousness in a manner

that benefits the whole. When you have done your programming dear ones, then what? ‘Tis it not simply a matter to relax, to enjoy, and as you would share, to ‘let go and to let God.’

Yet dear ones, you have operated within the reality of limitation for so long, that there may be a transition period where you need to keep vigilant awareness to your thinking, for your thoughts are forever creating, and while your programming has been put in place you are simply moving from one paradigm to another, so you must be aware of thoughts of lack, of limitation that present themselves upon the canvas of your mind. You may imagine that as a thought comes in and you stand there in the robes of the Merlin of the wizard, that when this thought brings limitation, you wave your magic wand and turn it into limitless thinking, for it is the limitless thinking that will bring the magic that your heart seeks.

The energies of the Masters of light have gathered to your grouping this evening dear ones, for we are magicians, we see the magic in all of God’s creation. For we do not see refraction and fragmentation of light, we see the purity of the source of light. In the beginning when the Creative One expanded it came purely from light. When this light fragmented through all expression, you found yourselves in physical form did you not? So you have a pattern on a cellular level of still seeing things fragmented instead of seeing wholeness, but the wholeness dear ones, will appear as you seek it.

Instead of wishing to become that which you already are, if you give yourselves permission to be, to simply know that the divinity within you is within all, that when you look upon the eyes and into the hearts of your brothers and sisters that you seek to see Divine perfection. For as you seek the Divine perfection in all that is, that must be revealed, and so the wholeness becomes a reality upon this planet and binds the fragmentation through the intention of the collective beat of the Masters that you are.

Are you initiates dear ones? Are you apprentices or are you masters? The way to becoming the Merlin, the way to become the wizard, is to **act as if**. For in the acting as if, you are giving your being on all levels of expression, permission to reveal itself to you, and so it must, for that is Universal Law. So our message dear ones, is simple is it not? It is to simply ‘seek the magic from within your being’, to simply ‘seek the magic all around you’ and you will find that as you seek it, it does reveal itself to you. That is how you, as the ones awakening will bring through, (for it is already in existence it is simply not revealed yet) the magic of the time of Merlin once more upon your plane, and it is dear ones, the most powerful aphrodisiac, for there is not one that beats with the human heart, that does not seek magic. Magic is the common key - you find in your sharings that you have different labels to express your understanding of Divinity and yet the common delight and desire is simply for magic is it not? This is Arcturius.”

Magical Creation and the Paradigm of Oneness

We have been tuning the energy fields of some present at your request, and watching, listening and reading the energy fields, the emanations of light and love from your heart centres in the silence. Some of you have been delving into the silence, enjoying the silence. And others perhaps are a little more restless, for the silence is not something perhaps that you are completely familiar with. For up until this point in your evolution, particularly in this western culture that you find yourselves within, you have not been taught to honour the silence.

And yet dear ones, it is within the silence that allows your being to begin to activate the parts of the brain that you have not yet utilised consciously in this embodiment. You may fill your mind with intellectual understanding, and yet that is simply expanding your capacity for the storage of data. In order to access the higher realms, your higher bodies - the energy fields that are housed within your physical form and yet expand limitlessly - one must need to move into another level of conscious awareness.

It is your times of contemplation and stillness that allows the sleeping giant within to awaken - for the higher aspects of your Divine Self are gigantic in comparison to the you that you have known so far, to the you that you have been operating from, in this embodiment to date.

So how did you feel in the stillness? How restless was your mind? For the stillness dear ones, is the first step on an inner journey, that will not only awaken the sleeping giant within, but will allow you to find the doorways that will allow you to experience and access the Divine One that you are seeking.

For all present seek to know more, do you not? In your seeking what do you feel or hope will be revealed to your being? It is a part of yourself that you intuitively wish to re-connect with. As we have shared, there was a time where the greatness of that who you are was in full flight, fully operational, still in physical form and yet aware of the inner doorways, so that you could come and go freely, through moving your perception, your consciousness to other dimensions of reality.

And yet you fell asleep. And this falling asleep dear ones, was simply part of your pre-agreed journey. For the energies of Mother Earth are quite dense and the lessons that you

learned through repeated embodiments upon Planet Earth were lessons of limitation, lessons of learning to materialise and manifest within densities of molecular structure. So you have added another quiver to your bow through being here. If you could imagine perhaps that you were all “space cadets”, that you volunteered to be on a mission, to be of service - as part of your own evolution - within the Earth’s energy field so that you could understand the laws of limitation and manifestation. For they are the gifts that this planet have given, and you are masters of such.

The tuning dear ones, tuning to what? If you were the guitar - an example used previously within this grouping - you would tune yourself to the perfect note so that the music played would be most harmonious. For your challenge and opportunity within human form is to tune yourself so that you may completely be aware of the vastness of your being, of the oneness of all, the magic of creation.

We wish to share in this discourse the magic of creativity. For the creativity that you have explored on this physical plane is obvious, for it gives you physical phenomena. You create music, you create cities, you create art, you create health or ill health, you create war, you create peace. Yet all this creative power that is channelled through humanity is simply a grosser expression of a finer band of magic. This creativity that you are seeking to express on its highest note, is the Divine One in action. And yet in order to express the Divine One in action you must be tuned to the beat of the divine. Makes sense does it not?

Intuitively you understand, for it has been your experience prior to taking embodiment upon the Earth plane - **when you knew the magic of oneness, where you could create through thought, where you moved in spectrums of sound that had colour, in spectrums of colour that had sound, where you knew no separation, where you were the masters of light and sound technologies.** That, as we have shared before, is why the energies of the Arcturians are with your gathering. For we are the masters of light technology. And one of the most powerful tools that you can use to tune the human being is the use of light. It is light that is the visual aspect of the Divine One within.

This God that you seek truly is everywhere in everything, in every atom within your form, in every molecule, in the space between space, in the spaces of all creation and is in fact the source of all creation. And it carries an energy of consciousness that in its purity is light. And as its vibration is stepped down it fragments into colour. And it densifies further by the vibration of sound that it carries - for it is sound that fragments colour, it is sound that steps down vibration into dense molecular structure in this third, fourth dimensional reality.

How does one tune to the heartbeat of the divine? Why would one seek such an experience? It is sought intuitively, so that you may bring magic once more into your reality. So

that you may know your limitless nature. It is simply the call from the Divine One within that is wishing to re-introduce itself to you. To awaken you once more to your greatness, so you may connect with each other as a web of light and allow the planet in her evolution to resound the key note reserved for Planet Earth. This is the note of “a”, the hue of blue - which are the destined hue and vibration and colour that will sound in the Golden Age and allow your planet to enjoy the coming millennium in its full glory.

You cannot come to the party dear one, unless you are prepared to have fun! And Earth is in various stages for some are partying already. But the planet and her inhabitants are about to go into full swing, are about to party, are about to celebrate a new way of being. And the invitation is given to those who seek their greatness and their Divine One within. The invitation or the password at the door is issued to those who participate fully, those with a light heart, who seek magic, who express joy and unconditional love. And yet dear ones, at this time there are many parties running simultaneously, for you all know beings who perhaps are attending the party from hell, do you not? At their party there is much sorrow and suffering, fear and darkness, but the invitation is extended to all. Your vibration reflects the party you find yourself in.

This creativity dear ones that you have witnessed in your own life and surrounding you upon this plane, as we have said, is a refraction, a fragment of a higher force that expresses itself through all the universes, through many planetary systems. And the key to access the total power of the creative force lies within the heart. It lies within the doorways within to the other realms that can be explored in the silence.

For when you use the vibrations of sound, like your mantra of ‘om’ and many more tones - when you consciously call in the energy of light and release and activate the light within your cells - you tune yourself. And as you tune yourself you will find your vibration moving into another point of expression that we call simultaneous time. For beyond the third and fourth dimension the rate of vibration of time is slowed, yet it is also quickened. It is a bit of a dichotomy, but what has happened is that the separation or the vibration of what you know as time has come to such a point of what we call the eternal now, that it gives the illusion that the past, present, and future co-exist together.

So dear ones for those of you who seek your mission in this embodiment, we ask that you tune your energy fields through using the light and sound, the inner silence, your affirmations, programming and intention. This will allow you to access your future realities. For know that if past, present and future co-exist together in other energy bands, then you are already fulfilling your life’s mission, are you not? Yet you are unaware of how to create what is tomorrow through

your focus today, and yet you have the bridge to access into future time. Do you wish us to explain further dear ones? Is this making sense? Should we elaborate further on how you are actually creating and accessing your blueprint, your mission simultaneously? (Yes please.) Our words perhaps need a little clarification sometimes for we in our vibration see things in a layered effect. We see things simultaneously. We need to translate more into a linear language for you to absorb more easily.

Let us assume that many here present have the understanding that past, present and future co-exist simultaneously. Are we comfortable with that understanding? (Yes.) Are we comfortable then with the understanding that you are already fulfilling your mission? For we read within your hearts that there is great desire among many present to know what it is they should be doing upon this plane in this physical embodiment. Is that correct? (Yes.)

OK dear ones. If past, present and future are co-existing simultaneously in the eternal now due to the rate of vibration of time in another energy band - then surely we have the ability as limitless beings to open up a doorway to allow the future to flow into the now moment. Does this make sense? Would you like to know how? (Yes.) It keeps life very simple.

There are three keys. The first key is the joy in the heart. The second key is the imagination. The third key is your intention - but you are already aware of the power of intention are you not? We ask dear ones that in the times of silence, you give yourself permission to be the Creative One, to utilise your imagination - understanding that it really is the ability that God gave your being to image into the higher realms - it is a great gift. To sit in meditation and contemplation and imagine if you could do absolutely anything with this life that would bring the result of the greater good for all - that is our rule - no harm to other life forms - for that is the Divine Plan.

If you could imagine that you could do anything that your hearts desired without allowing lower mind to block these imaginings. When you often think, 'If only I had the money I would do this' or, 'if only I didn't have to work 40 hours a week in these normal day jobs to survive, I would do this' or, 'if only I did not have a family to support I would do this' ... and so it goes on ... you have a creative thought and then you follow it with a block, do you not?

So we ask that you give yourself permission to just imagine, if you could have or create anything for the good of the whole and the good of your life in service to the great First Cause, what would it be? **AND DO NOT BLOCK!** For the first step is to allow the imagination to run wild without blocking, without rationalising and saying, 'Oh no I could not do that for I have no money'. And then when the heart sings, when you have let go into the ethers a wild imagining, and you have felt a response within your heart that elicited great joy or passion or enthusiasm,

that is the first key, the first indicator, that you are in alignment with your Divine Blueprint. Does this make sense?

Joy dear ones, is the Inner Teacher letting you know that you are in alignment with your Divine Blueprint. **And every single being present, every single being in embodiment, is here to know the greatness of that which they are, to play their part in the divine orchestra. For every single one of you carry a note. Every single one of you has a role to play, an experience to enjoy.**

So we ask that if you wish to find what your mission is, instead of sitting in your meditation and asking for guidance, step into the shoes of the Creative One and create it now by accessing the future as it already is. And it is your imagination that will allow you to build the bridge into future time, for everything that you can imagine that fires the heart and brings joy to the heart is what you are already doing in future time. Does this make sense dear ones? (Yes.)

So it is time to put on the creative coat the coat of Merlin, for we have spoken before about the magic and the return of the Merlin energies - the creation of Camelot once more. We ask dear ones to know that when working with universal forces that it is not important **how** it will be done, but **what** will be done. It is not important to pay attention to the details, but to pay attention to having clarity of vision.

For it is you the lightworkers that are laying the energy matrix of this Golden Age through your ability to have pure and clear vision - a vision for life upon this plane for all humanity that allows you to be unified. That allows you to operate in a manner that is honouring based in integrity. Where you honour the uniqueness of all, knowing that in the divine orchestra all are not pianos. For it would be most boring would it not? For an orchestra is made of collective and differing sound, and every single being present brings a different note to create a symphony in life - you bring gifts.

You may program, you may ask the Divine One within, for if you do not ask you do not receive, and you know that well, do you not? You may ask the Divine One within to open the doorways, to allow all your gifts and talents from your previous embodiments to be made fully present in this now moment to empower you further, so you may fulfill your role in the Divine Blueprint. You may ask that in your times of imagining, the Inner One give you a completely powerful burst of joy within the heart when you are on track, when you have truly accessed the future as it is currently being played within its highest paradigm of possibility.

For be aware dear ones of the creation constantly of parallel realities, that any grouping present may buy into a thought form. It is like you are going off to make a home video upon which you all agree. So this parallel reality is created where like attracts like - where you all are

projecting similar thoughtforms. So to be aware as we have often shared, that the quality of your thinking brings the quality of your living. And in the creation of paradigms, in the creation of magic, be aware of that which it is you seek to create. For surely as the energies are increasing upon Mother Earth within and around, you will find that whatever you are focusing upon will become your reality - guaranteed.

You may play the game many ways dear ones. You may understand through the manipulation of laws of energy and your creative ability that you may create any paradigm. You wish quickly for there is much support for instantaneous manifestation upon your plane at this present time. Or you may simply decide to surrender free will to Divine Will, to be part of the highest plan - the Divine Plan, to tune to the bigger picture, the one reality that governs all life's creation.

And that one reality is accessible by the joy that you feel in your heart when you allow your imagination to wonder, to create fully. For as you imagine you will begin to activate the brain centres that house higher consciousness, that carry the collective dream for humanity at this point in her evolution. Does this make sense dear ones?

We witness many paradigms being created - paradigms of lack and fear, concern for needing to stock up for photon belt changes. Paradigms of concern of mass landings, alien invasions ... many paradigms. You may simply create as you desire dear ones, like the shooting of your video. And we find that those who are creating the paradigm of oneness, are ones who are now 'walking their talk', are ones who are now beaming the light from within the heart so brightly, living life fully, in joy, to their highest maximum potential.

For it is the paradigm of oneness that allows a human being to experience the highest maximum potential, whether you are in physical embodiment or not, and yet you have the gift of the body, as we have shared. For you are here as part of the collective whole, in service to your brothers and sisters, through your service to First Cause.

Which paradigm dear ones do you wish to create upon this planet? Firstly, create it within your own lives. Let go of the detail. This is not a solo journey any more dear ones, it is not about you as individualised points of consciousness tuning yourself to a point where you take your physical ascension and move beyond the Earth plane.

It is about you being the descended masters, as we have often shared, and working collectively as the masters you are to create another reality for the good of the whole. That is the paradigm of oneness, of unification. It is a wondrous, magical, creative game. And the true creativity will flow through you when you are tuned - the true creative forces, the forces of divine

energy, of universal mind. For when you are tuned dear ones, you align your lower mind with your higher mind, you tap into universal mind which carries God's plan, the plan of all creation.

There are many tools for your tuning - your intention is the most powerful, for your intention carries the master programming of your mind. And when you utilise and tap into higher mind then higher vision can be laid. And when you tap into highest emotion, that of unconditional love, then it is that emotion that will ground this vision from the etheric to the physical dimension. It is simple is it not? Have we clarified things perhaps a little for some? Are there any questions on these matters dear ones?

Question and Answer time

Q: Someone asks about a feeling of pain within their heart centre and shoulders.

Arcturius: So your main concern dear one is a feeling of physical discomfort within your heart, a feeling of discomfort within your shoulders. Yet your experience emotionally has become more aligned to feeling joyous and that life is quite magical. So this is perhaps a discussion that concerns your emotional body, that distracts you from your joy and the magic through your concerns about what is occurring physically? You have tried many tools and techniques dear one, to heal this. You are utilising the light energy? (Yes.)

There is a re-alignment that is happening within all the energy fields of all beings present. Is there anyone present who is not not feeling pain in one area or another of their being? Is everybody pain free? Or are beings all experiencing twitching in their shoulders, activation's within their hearts, headaches, flu? (*People within the audience are nodding their heads.*) Yes, even the healthy ones of you have been knocked off your feet to varying degrees with the flu epidemics, have you not?

If you could see your physical body as a matrix of free-flowing energy, like myriad's of rivers that come through the mountains flowing freely into the oceans. When these rivers get dammed, then what happens to the life that was beyond the dam wall is that it atrophies and dies, does it not? You are carrying with you the emotional memory patterns, it is your cellular structure, of thousand of embodiments. And in these embodiments you formed memories based on emotional experiences - they became your cells.

These memories and emotions are like dams that are cutting the energy flow of the rivers. So you have many dams. These dam walls can be big or little, strong or flimsy, as the energies are being released within your being, and as you are emitting energy signals that attract light frequencies around you. So understand as we share that dear one, there is an energy surge from within you from the Divine One from the inner doorways of the inner dimensions. And this is

being reflected through the energies magnetised to your planet as well on a physical level. If there were no dams dear ones, no blockages, the energies as they are being activated and re-aligned would flow through the physical body freely and easily and the body would be free of pain, would it not? These dams, walls or blocks from emotional memories - when these are hit by the higher finer frequencies you get a short-circuiting like an electrical current that creates pain.

You dear one, as many present, have had many lifetimes where you have closed the energy centre of your heart, have you not? The one that is most powerfully being activated and re-aligned, the one that has the most blockages, has been your heart centre. So the process has taken a long time has it not, in relative time? How long has this pain been in your body, in your heart, physically dear one? Years, two years, three years, more? You have become aware of it in the last few years have you not? And it has been the last few years where your heart has been crying out consciously for freedom has it not?

Can you imagine thirty thousand years of restricted energy coagulating around your heart centre, or less? Two years, three years since you have truly been desiring consciously, freedom?

It is still a matter of breaking down the blocks in your energy fields. Does this make sense? As the blocks are being re-aligned, are breaking down, you are feeling the discomfort energetically in this centre are you not? The activation in your shoulders - how many present are feeling pain at the base of their skull? We have asked this before, but there are many new ones present. How many are feeling it between their shoulder blades? This is a triadic formation on the sacred geometric patterns you have from the base of your skull - that point to the point within your heart centre - and your shoulder blades, you have two triangles, the diamond shape, do you not?

It is not perhaps the re-activation yet that is so also, but it is like the separation of the Merkabah, assuming that you have the Merkabah through the heart/throat centre, the star of David, as this is being pulled apart to click you into a sacred geometric pattern of the Diamond Age. For understand that there is a new age that is being laid upon the Golden Age to cease the continuation of the cycles of millennia and rise and falls of great times of your human cycle. It is the seventh Golden Age and yet it is being finalized through a parallel reality called the Diamond Age, it is overlaying the Golden Age. There is a change in the DNA that is happening within your body for every cell is based on sacred geometric patterns, and while the flower of life is the basis, you will find on another level there are diamond patterns. So you have funnily enough, a diamond pattern that is being activated within the energy matrix of your body, from the base of your skull to your heart centre and up to your shoulder blades. So this is the area you experience

your pain dear one? *(Yes, in my shoulders.)* In your shoulders? How many present are feeling the pain within the heart centre? How many are feeling it within the base of the skull? How many are feeling it in the shoulder blades? *(Many within the audience are indicating that they do.)* You see dear one, you are not alone. But if you are feeling these pains, you may simply ask that the energy moving through your body be stepped down a vibration or two in intensity, so that the activation is not as intense or as physically uncomfortable. Does this make sense?

For you are the masters of creation of reality. You have beams of light re-aligning your energy fields simply for you have invited them to aid in this process of awakening. These beings - the guardian angels you have been assigned, the beings of light from other realms, are perhaps what you would term kin and they are here to work with you as you have commanded. But you as the master, not only are you being given the opportunity to create reality according to the master plan, but you also may create reality of physical pleasure or pain while the process takes place, can you not? So if it is uncomfortable dear one, have you asked that the energy patterns or the energy flow moving through the body happen in a manner to no longer cause discomfort? *(Yes.)* And yet your mind is still drawn to the areas of discomfort. Perhaps you may surrender that energy of discomfort and visualize it turning into the energy of just pure love. For love is a very potent transmuting power is it not? Imagine dear one, that you are plugged into the Divine circuit board and the energies moving through you are doing so freely and easily, and just allowing the energy of love and bliss and magic to flow through your veins and your circuitry. It is a test for you, for you are a being who has known great abilities to transform pain into pleasure. You have the ability to switch the pattern of energy through your body, and you are being given a test for you to transmute what is happening in your body into another energy level that brings a vibration of healing and joy rather than suffering and pain. Does this make sense dear one? *(Yes.)* It is not mysterious dear one. Can you not close your eyes and remember the time when you were the priestess in the temples of Atlantis? You have had these experiences. Part of your being is feeling perhaps concern that you might have a heart of attack, are you not? The intensity of the pain sometimes, the constriction of the heart can be quite uncomfortable, can it not? You have created this situation because there is a re-alignment happening in your body that you have requested through your desire of freedom of expression, and that freedom of expression is the desire for your gifts that you have carried from many lifetimes to be made fully manifest now. It is time to transform the imagery of how you see your self back into the Goddess, the priestess that reigned supreme, that had complete power over all the energy fields in the body, to trust that, to know that you have these gifts. And you are being asked to demonstrate it within your own body. Does this make sense? *(Yes.)*

All of your beings dear ones, as you tune yourself, are finding that through the tuning you are accessing many dimensions. As we have shared, it is like sending signals on an open party line. But if you simply request and demand that only energies of the purest, highest frequencies come into your gravitation field then so it will be. If you are picking up other energies dear one, transmute them into another level, or simply send them back from whence they came with light and love. You do not have to accept all energies that are attracted to your field, you have permission to deflect and send them back dear one. That is the lesson you have been learning, for you have moved along greatly have you not? You have become far more empowered than you were perhaps when the pains in your heart originally started. For it is like the cracking of a hard case around your ability to let love to flow freely and easily from your heart centre. And yet there has been great learning, and that will continue, for that is your desire. We ask simply that you be the master you are and be selective about the party guests.

Q: *Someone asks a question about the Merlin energy and the Arcturian energy.*

Arcturius: It is interesting dear ones, for when we were tuning the channels present, there was discussion about the energies of the Arcturian being present. And yet the energies of the Arcturians bring with them a level of magic. For it was the light energy that magically transformed the species within the Arcturian system. So we have come to honour magic, we have come to honour and understand the power of creativity. And is not creativity magic? Is it not magical to see an artist take a blank canvas or a piece of cloth and stretch it to create a canvas, or a musician to take a blank piece of paper and write notes and then play on an instrument such melodies from nothing? The artist to paint upon the canvas something that never was and then is? That is what humanity have done upon this plane - you have created a world of form, you have created a world of limitation, you have created a world where there is great magic. But the degree of magic is simply the reflection of the consciousness of the masses. So if you do not see much magic it is because the purest beams of consciousness are not yet flowing through the vehicles. Does this make sense?

The time known as Merlin was a time of vision, of people's dreams, to move out of an age of darkness and into an age of light. And yet that came from the desire within the hearts of all beings to be treated in a manner that was unified and harmonious and honouring. And it is the resurgence of the collective hearts of humanity upon this plane that are seeking once more unity, harmony, balance and equal and honouring existence for all, is it not? So does it not make sense that the return of Merlin should be laid upon your doorstep? The energy of Merlin, the magician, should be activated and flow from within your hearts, for the desire is the same is it not? So you are witnessing dear ones, the return of a level of magic. For that is what you seek within your

lives - to know magic again, to be free to express fully, to be limitless beings, to love fully is it not? That is the focus of the ones of light that you call the lightworkers. Perhaps the masses have not yet tuned to that beat, for there are many still playing the game within the lower mind of survival, of wondering and seeking the perfect partner, the right job, of making money, of seeking pleasure within the external frames of reality. But they will tire of that game, as they see that what they are seeking is magic made manifest through the lives of the lightworkers as you live this magical age as desired by your heart. Does that make sense?

You are the grounder of that level of magic are you not? You are remembering your times in the courts of Camelot are you not? Every Lightworker was in embodiment at that time. Every Lightworker is grounding a key note from every period of Earth's history where greatness was. Every Lightworker had embodiment in the Atlantean time of working with the magic of healing, of working with telepathic abilities, of working with crystalline energies. And that dear one re-emerged in other time frames including that of your Merlin and Camelot idea. It was a paradigm, an energy of reality created by few, yet enjoyed by many, and that is what is occurring once more is it not?

Q: *I'd like to ask about the crystal ball that Jasmuheen has on the table. What is the significance of the swirling green energy that is coming out of it? It seems to remind me of an apple. Could you tell me what that represents?*

Arcturius: Understand that physical objects are grounding points for energy. The power of this energy is governed by the intention of the one with whom has the physical object in their possession. This crystal is being tuned at this point collectively through the consciousness of the group and through direct intention and instruction of Jasmuheen (Jasmuheen is a strange name, it is a vibration like the way that the Arcturian delivers the discourse and the accent, the grounding of vibration). We are grounding a vibration like a laser beam of energy into the crystalline structure. The first key note being laid dear one is the energy of the fifth ray of healing. And so you will tune through your spiritual eyes to see a green vortex of energy, for the first requirement for change is to heal, to bring into alignment, to bring into wholeness and completion. You will find that as time goes by there will be many energies that will be overlaid through the crystalline structure of this object so that it may hold the purest beam of light. For it is light that refracts to colour, colour carries note and vibration and gifts does it not? Has this answered your question dear one? *(Yes, but to me it smells like a sweet apple.)* So your senses of smell are activated also dear one. *(Sometimes.)* Everything operates on many layers does it not? At this point this receptor will be a holding point for energy, so that when the gatherings take place, various energies may be absorbed into each individual around the object, according to

what it is the individual is requiring in their energy field. So some may be requiring sweetness. Some may be requiring the healing energies of the green ray. Others may be requiring a boost of violet energies to bring into balance their own colour spectrum within their selves. Does this make sense?

The knowing that this object carries the Merlin energy reactivates remembrances within your being of your times in that era, and empowers thus further. 'Tis a trigger as well. We could talk dear ones for a long time on such matters, for all is interconnected on many levels and many layers. We will share for the new ones present who have not witnessed this channelling phenomena perhaps before that there are many levels of information that humanity may access. It is not just about life on this plane, there are many life forms in many universes, within your cells are multi-universes. When you tune your vibration to other energy beats you will find other realities that carry great glories, great expressions. Life is a myriad of colours, of notes, of vibrations - much more than your third dimensional reality of schools, careers and lovers. Much, much, more. If you tune to your heart and let your heart guide the way, you will discover each note according to your blueprint as you are set to discover thus. It can be a magical journey. Do you wish for more information dear one on this object that carries the Merlin energy? (*No thank you, it was just a piece of amusement to me, that's all.*) Dear one, focus, can you see the violet energy?

You know that with quantum physics, if you focus upon such, your intention and witnessing will change it, do you not? Play the game dear one of looking for the violet hue, for all is present. And when you have found the violet hue, find the blue and the gold. There is much more for you to see, you have just tuned to the green band first, for that is what your body is responding to electromagnetically. Does this make sense? (*Yes.*)

Q: *How would one imagine oneself to be one with the creator, or how would you imagine it?*

Arcturius: Know that you are already dear one. How do we bridge the intellectual understanding with the cellular knowing - is that what you are asking? (*I was wondering what your imagination of the Creator would be.*) We can give you a formula. Would you like that dear one? (*Yes please.*) Part of the journey of the Arcturian system was discovering the divinity and the oneness, and thus completing their ascension into a higher energy band known as fifth dimensional reality. Part of that journey involved a many-fold process. The most powerful for our beat was the utilising of the light technology, so we looked for the light within.

On a consciousness level dear one, you are aware that the oneness is within all, are you not? You understand such intellectually. You need dear one, as we discovered, to create a bridge from the intellectual to the cellular knowing - so that what pulses out of your body in your

electromagnetic field is a broader spectrum, instead of having a beam of focused intention from the mind in your creative power by bringing it into a cellular level, the whole body and being pulsed a vibration. Makes sense does it not? That is the difference in the power of creative positive thinking and cellular knowing. Many present understand all that we share intellectually. But if you knew and lived it on a cellular level, your lives would become divine perfection, the oneness, there would no longer be separation. So dear one, we ask you to live what you understand intellectually. And the way to do such is to focus. So you focus in the witnessing of third, fourth dimensional physical reality by programming that all you choose to witness is divine perfection and oneness. Does this make sense? (Yes.) So every waking moment of your conscious thought, the programming running, the seeking, the focus, the intention, the integrity, the intensity, is always for the full recognition of divine perfection around your being and in your being. Does that make sense?

Then you will feel the oneness. Then it will move into a cellular level, a cellular knowing. For everything dear ones is revealed in layers. Let's assume you are riding a bus. Let's assume there is a very funny looking person on the bus, what you would classify in your culture as not attractive. You are good at being judgmental of each other, on one level because perhaps they mix floral and checks or perhaps they are wearing loud brash colours, or different coloured socks, perhaps they have not brushed their hair or teeth.

You would see on one level a picture of chaos and something that is not attractive to the eye to the more fashion-conscious among you! Yes? That is there, and that is a reality. But if you have put your program in place for seeking only divine perfection, then the layer of that will disappear for you will focus longer. And then you will see another layer, perhaps someone who is free of spirit, who wishes to dress in a bright manner that creates people to think.

Perhaps it will be something else. And then that level will move. And then dear ones you will see another level and another level and you will see their heart and you will see the soul shining from the eyes. And you will come to a point where you see the Divine One within this being, within their cells, within their heart. Do you understand? It is the intention that will strip away the veils and every other layer that is not perfection, until perfection itself must reveal itself to you and the perfection is the oneness of all. Does that make sense dear one? *(Yes, and does that come through meditation?)*

Focus your mind dear one, so that you set the intention, that you seek to recognize divine perfection in everything. And while you may have a thought that is perhaps categorising or judgmental, you honour that, but then let it go and take it to another step. It is not just in the

meditation where you lock yourself away from the external world - dear one that is one vibration in a range of key notes.

What you are being asked to do dear ones, as lightworkers, is ‘walk your talk’. To be the living embodiment of the God I AM. To pulse from your energy fields the beat of divine perfection itself by focusing on divine perfection within and without. For you dear one, to be in the world more fully once more, but be seeking that and commanding as the master you are, that divine perfection reveals itself to you fully. It does so in your environment when you stand on your hillside and enjoy it, does it not? *(Yes.)* It does when you are in the deep experience of the Holy One in your meditation, wrapped in the arms of the divine, does it not? *(Yes.)* Can it not do so when you are in the crowded shopping centre? *(It’s more difficult though.)* That is the challenge.

When one is in mastery, when one is completely aligned, it does not matter that you are in physical embodiment on Planet Earth in war and chaos, for your experience is one of divine perfection. You program to see divine perfection. And universal law says that whatever you focus upon becomes your reality does it not? That is the law of energy. So the challenge dear one is to be the glorious one that you are when you experience your meditation, in any circumstance, so it truly is no different if you are wrapped in the arms of the divine in an ascended state or you are in a crowded shopping mall in physical embodiment because your experience will be the descended one in physical form who is ascended already. Does this make sense? ‘Tis a challenge for your being and yet you have anchored within you such a deep experience of truth. The next part of your journey is to be freely moving throughout the world maintaining this deep experience of truth on a cellular level. ‘Tis a challenge for many present is it not?

Q: *This is a question that’s challenged me for ages. God created us with emotion, he gave us anger, sorrow, compassion. If we have got that, has God got that too?*

Arcturius: Let us assume the understanding which is the basis of many teachings from what was channelled from the Ascended Ones to Alice Bailey and the Theosophical Society a century ago. Let us assume that there was a point in creation where the Creative Force expanded - your science calls it the ‘big bang’ theory. Let’s assume at this point in creation that this expansion shot out individual sparks of consciousness - fingers of fire. Let’s assume that the further they went from Source energies the less potent they became, and yet they were always connected to Source energy. Let’s assume it is like the expansion of an elastic band - that when you have found yourself in physical embodiment and dense molecular structure, you are at the maximum expansion of the elastic band. Let’s assume that you have begun your homeward journey, that part of the re-emerging into oneness and the awareness that all is of oneness, of like vibration,

you are needing to have the experience of co-creation. And is it not the master who creates, and are you not the master? Makes sense does it not? (*It does if I am also a master.*)

Then let us continue the discussion. So you have within you dear one, all the creative abilities. All your emotion is triggered by your perception. You may operate from lower mind which is concerned and has developed very powerfully while you have been in repeated embodiment within the Earth cycle. Understand? In the period of limitation manifestation you were required to learn about your creative abilities through survival in dense planes of existence - so you have utilised lower mind. The corollary of lower mind is lower emotional body. Lower emotional body is anxiety, anger, jealousy, hate, concerns for survival, threat of survival - as perceived by lower mind. Makes sense?

As you shift into another energy band on your journey back to the experience of oneness, you begin to access and operate higher mind. The corollary of higher mind is the higher emotional body - joy, magic, unconditional love, grace. All are within dear one. You as the master are being asked to choose to activate what creative power - higher or lower mind, higher or lower emotions. When one operates from higher mind and higher emotions the whole is served more completely and one begins to experience the oneness of all, which is the essence of the refraction of divinity made whole once more. Makes sense does it not? (*In a way, but in other words are you saying, that the lower mind dissipates the pain? It's as if I cut my toe nail, I don't feel the pain but it's a part of my body.*) That is not the same discussion - one is physical nerve endings of molecular structure. Dear one, what we are sharing is that it is your mind that creates the spectrum of emotions. That divine mind operates with universal highest consciousness, it is the core and essence of such, and it triggers such emotional experiences that walk hand in hand with higher mind. Its essence is oneness, it comes from a point of divine unconditional love. But as sparks of consciousness expanded through the cosmos and became diluted as the vibration stepped down, you began to work more in the realms of lower mind.

It is simply degrees dear one. Source has 100% of energy and is within everything, but as is diluted from Source perhaps in physical embodiment because of density and lower mind being more fully operational in dense structure, you have perhaps 10% compared to 100% when one is in another vibrational frequency, understood? In this reality the majority of consciousness operates 90% from lower mind, 10% from higher mind in a higher frequency. Opposite is true. Understood? 'Tis more simple?

You in your mastery are being given the test of co-creation and you are being asked to simply create whichever reality allows your heart to sing, that works in conjunction for the good of the collective whole. For that is the game to be played at this point in Earth's evolvment.

Does this make sense? *(Yes. Can I say it is my understanding that possibly, based on my very small amount of brain power that I use, the Masters have got that memory source of their experiences?)* Have you not also, dear one? For you are an ascended being already. *(Not in the third dimension!)* No dear one. Let's go back to the understanding of the Creative Force that shot out fingers of fire. You are in existence in every dimension and energy band back to Source. Are you not? *(Yes.)* So are you not already ascended?

(I am, but then that brings the question, why am I being re-initiated?) You are not being re-initiated dear one. You are being asked to open the inner doorways and command the ascended self in the other dimension to be fully conscious in this plane of reality so that you may fulfill your part in the divine orchestra. You just choose to perceive that you need to undergo something you've already undergone before, rather than expecting to be so, and giving yourself permission to be the descended one rather than thinking you need to ascend. It is a slight switch in your thinking of how you are choosing to perceive yourself. Does that make sense? *(Yes. I've been trying to come to terms with it.)* Is it such a hard matter to come to terms with? *(Well it was, when I was trying to work out who God was logically.)* Dear one, the experience of the Divine One is beyond your logical mind. *(I know, I know.)* Surely you have understood that there comes a point where the logic must give way to the feeling of the heart centre and the deep intuitive knowing of the perfection of all. *(That's right, I was probably seeking confirmation from you in that regard.)*

We like to issue the invitation to all present to pick up the mantle that you have ascended. For you are in existence in all dimensions and all realities. For you are never separated from Source. For to be separated from Source, you would no longer have physical embodiment - and then you would still be points of consciousness, for separation is impossible, for all is interconnected. So if you are already ascended in another dimensional energy band then perhaps you can simply invite the ascended self that you are, to make itself fully present in this framework of reality, this dimension. Makes sense does it not? Focus on that that you are, and not that which you think you are not. Does that make sense dear ones? For universal law says the more you focus on lack the more you experience lack, for that is laws of energy. The more you focus on seeking divine perfection, then divine perfection must reveal itself.

Q: *Arcturius, can I just clarify something? We've got our I AM Presence and our angelic presence, our Inner Teacher, our magician self. Who are all these people?*

Arcturius: They are labels dear ones, that is all. There are those who resonate within the room to the idea of Merlin's time of magic. The one that carries the magic is the Divine One within, the Divine One is the one that teaches you, so let us call the Divine One the Inner Teacher. And the

Inner Teacher brings a level of joy and magic so it may also be called the magician. They are all the one are they not? It is just a label dear one, it is dependent on your teaching, your school of thought, your exposure. And we like to use as many different labels as possible to trigger into the hearts and minds of as many present as possible.

If we were only to talk about such in terms of the magician, then those with stoic understanding of esoteric schools that label that same being the I AM Presence would not connect, would they dear ones? 'Tis labels, you may call the Inner Teacher the Divine One, the magician, whatever takes your fancy. Just to call forth its presence with your intention is enough. To understand that there is an aspect of yourself that is so vast that the more you focus upon it the more real it becomes in this day to day reality. And that is the challenge, and yet it is the gift that you have. Have we clarified such dear one? (*The angelic, is that the same?*) What does it feel like to your being? Could you not imagine the I AM to be the angel? 'Tis not strictly speaking, so perhaps we could refine a little.

To explain the angelics dear one ... imagining that the Creative One shot out fingers of fire, the closest dimension to Source is the dimensions of what is labelled the Elohim energies. The angelics serve to carry out the creative plans of the Elohim, like the right hand servants of God so to speak. The Elohim are creative forces. The angelics bring this level of creation into more physical and non-physical reality. The angels are like beings who are completely aligned with Divine Will and so are the divine gophers. As the energy steps down further through different dimensions of expression you find yourself in the energy band of the fifth dimension. The fifth dimension is the energy band wherein resides the Monad One, your I AM Presence, that spark of consciousness that then fragmented further to create the Higher Self, the soul, and then fragmented further into more dense energy bands. When we share dense, we simply mean operating at a different rate of vibrational oscillation, as per your laws of quantum physics, electromagnetic fields of energy, different frequency. So you eventually found yourself in physical embodiment at this now time on Earth. You have had other lifetimes in other systems, hence your space brothers and sisters, hence your feeling connected to other energy bands like the Pleiadian energies etc. 'Tis quite simple is it not?

Q: *Someone asks about other levels such as the sixth and seventh dimensions.*

Arcturius: Perhaps it would be simplest dear one to move out of the intellect and into the cellular knowing. And the easiest way to move into cellular knowing and transformed life on this dimension is to open the inner doorways through your meditation practices and times in the silence. And command that every aspect of yourself that is operating at the highest frequencies in complete alignment with Divine Will be fully manifest in this plane now in all your energy

fields now. That would make life simple would it not? You have been given this program previously and we expect that you request such an occurrence to happen in a manner that only brings great ease, joy, grace and pleasure and even abundance. Yes? For you do not need to suffer for your divinity any longer, yes?

Q: *Does that mean there are enough lightworkers here on Earth to cause evolution to bring in our brotherhood?*

Arcturius: It is simply tuning the planet to another energy matrix where we will begin to discover and be aware of what has been existing around you all the time, that is all. The energies of the space command - your intergalactic brothers and sisters - are just beings who have continued the experience of the life expression on another vibrational note. As you shift your energies collectively - and that is the key - to learn to work together collectively, that will shift you into the energy matrix that will allow their presence to be fully experienced. All has always been in existence, you have just been out of radio range so to speak. Has that answered your question?

Response: *Not entirely, does that mean that regardless of what percentage of the world's population will be dead in the events to come, will that still eventuate?*

Arcturius: It is about individual and mass reality creation. How many present are fully aware and know of the existence of beings of light and the space commands? Speak dear ones, how many are fully aware? *(Yes.)* Of course, so in your reality you are already aware of these existences are you not? *(Yes.)* Yes and as you share of such and dance the dance of life in joy and love and ease, and as you are finding you are guided from the Divine One within, are you not touching the lives of all with whom you share, allowing them to tune to another energy beat and experience this reality as well? You teach by example dear ones, do you not? We have shared that the real mission that you have is to be in joy. The real challenge that you have is to access a level of consciousness that allows your life to be operating at your highest potential so that just in your BEing, not your doing, but your BEing you spark the desire in the hearts of all who gravitate into your field to know also limitless joy.

God's Orchestra

Salutations dear ones of light, for the beings not familiar with my energy, the band of resonance is that of the Arcturian. When we share of bands of energy and resonance, we speak of the laying down of a vibration, of a note. For in the beginning, it is said, there was the word, the word in its creative power was vibration, for the creative force that expanded through your space time continuums, was a sonic wave of energy, of the purest consciousness. As that vibration stepped down its frequency, having been split into individualised sparks of consciousness, you found yourselves in physical embodiment. It is one aspect of a story that is, dear ones, quite complex. It is not the purpose, that story, of our sharing with your gathering.

The point dear ones, was the sharing of an understanding of vibration and sonic waves, and the energy, that point of consciousness, that many label the Arcturian energy, is simply a vibration. A vibration that moves through this vehicle anchoring a note, within your grouping, within the field in which you dwell. For you are fields of energy sharing space, dwelling within a holographic bubble are you not? United by a common beat, so that you are as real to each other in this holographic bubble, this thought form projection as can be, so that another level may click in, and this level dear ones, is a level of cohesiveness, of unity, for if we were to stand assessing this point in Earth's linear time we would say that the gift that you bring to each other at this time of Earth's evolution and your individual part in this time, is the gift of unity.

For you dear ones, those awakening to the light of the Divine force within you, are being asked to demonstrate unity are you not? You are being asked to combine the heart energies with the Divine intelligence within. With your higher mind, with your lower mind, you are being asked to share in truth, to understand the uniqueness of your being, to understand that what is occurring on planet Earth is a microcosm of a Cosmic macrocosm. That there is an orchestra throughout the universes of time, that there is an orchestra called God's orchestra. It plays celestial harmonies, and every planetary system, every star system has a key note, and that key note is unique to the vibrational pattern of the consciousness upon that system..

Perhaps you may see it that the Pleiadian system is a trumpet. The Sirian system a piano, your Earth a violin, but all in the uniqueness of the consciousness upon all, carry a note, and when all are synchronised to the beat of oneness, celestial harmonies reign like never before. Always changing, always moving, fluid as is the nature of energy and consciousness itself.

Shifting from one paradigm to another, determined, moulded by the changing consciousness held within each system.

Say upon your planet Earth it is a microcosm, for on your planet Earth every individual carries a key note so some have the note of the piano, others the trombone, a violin and so forth. You all in the uniqueness of that which you are, have a commitment to the Divine One to tune your instruments to such perfection that the music resonating from your fields created the most sublime orchestra collectively upon planet Earth, that when you play as a collective whole, honouring the uniqueness of all, yet unified through your intention, then the note resounding from your planetary system will be perfection itself, will be a key note that we have termed “a”.

It is not new information, and as the Ascended One, your Kuthumi has shared through other channels, what is occurring upon your planetary system in the awakening process, the remembrance process, and the gathering process, is that many have now tuned their instruments to the note of “a” and it is in this time in space such decrees, that when you are tuning to that note, the destined note for your human kind on this plane, you will attract into your energy fields good synchronicity, great magic, great harmony, grace. For grace, synchronicity and such are the physical evidence of a tuned vehicle.

We are the masters of light technology, we have been attracted to the energy fields of your human consciousness, in response to the call that has been sounded from within the collective hearts of all. That call, that desire of your masses has been for unity, for balance, for a more civilised way of expression upon your plane. We do not mean as you know, dear ones, civilisation in technological advancement. For what is civilised about intellect without heart? What is civilised about technology unleashed without consciousness and pure intention behind it.

For the unity that you seek, comes from the unification of each individual’s energy fields into a synchronistic beat aligned to that of the Mother/Father God. For that beat to be known dear ones, you must seek it within, you must play the intention and lay the intention for unification and full expression and experience of your own Divine selves. When one unifies oneself, one sends out an electromagnetic force that brings to you others that are unified within self. Soon before you know it you have a moving wave of consciousness of the masses, all unified, and you begin to see evidence of this unity and balance by synchronicity and magic that follow, that express, around the fields of energy of the unified ones, and thus you create this prophesied age, the time the millennium, that many seek, the Golden Age dear ones.

A unified living field of energy where all are connected telepathically, where all have the ability to read the levels of light and love that emanate through the open doorways of your heart, for it is your heart, the heart centre that brings through the Christed consciousness. It is the

heart that allows the pure essence of that which you hold on a cellular and atomic level to be expressed. There is much dear ones, occurring simultaneously upon your plane of expression, and that which you can attract into your field of awareness will be in direct relationship to the expansion of your own consciousness.

On one level the game being played is of unity, on another level this unity, this field, this conscious living organism that you become when you are harmonized to the essence that created all, that sustains each individual one.

You begin to lay down through your collective desire a vision etherically. It is through your imagination, your visionary capacity, your ability to imagine a harmonized world. It is through that that you will implant an energy matrix around the consciousness of the masses, and when that vision has been laid down and more and more unified through their individual tuning to one resonating field, then you set the emotion of that field as a living organism for desire, for physical manifestation. That desire, that emotion, that intention and will, will bring that that you have been envisaging. On a galactic level, the universal paradigm is that when you have created thus you will be invited to consciously witness life in other systems. To consciously in physical, find your galactic brothers and sisters walking among you in your physical reality. This timing is determined by the desire in the collective heart to know Oneness. On another level it is the ending of a cycle of many years, for there is a parallel reality being overlaid that you as lightworkers are being given the invitation to partake of.

You have had the cycle of rise and fall, this is your seventh Golden Age. As a seventh Golden Age dear ones, it is the completion of a seven ray band of energy, thus it is a most spiritual cycle. There will be available to those who tune to this paradigm another rise and another fall, a thousand years of peace and another fall. A seeding of a new root race another rise and another fall, a time of glory and a time of limitation. For that is a parallel reality that you may stay with if it be your hearts desire.

But the gift that we are sharing, the gift at this point in your linear time is a porthole of energy, a diamond. It is like an interdimensional porthole, that you are being invited to step through, which will take you into another paradigm, another reality, that we term the Diamond Age. It is a breaking off, a branching out so to speak, that all who are feeling to finalize through their awakening process their cycles of embodiment upon this plane may do so. It is a doorway to step free, to move into another paradigm, having to complete your grid contracts, your service upon this plane, and the time is approaching now, we ask for you to prepare yourselves.

When this keynote has moved from the 10% of the planet now resounding thus, to what we term the 60% required for the Golden Age to be fully anchored, then you will be given your

calling card to move through this diamond. And what is the diamond but the separation of the Merkabah. When those two triangular points of energies slightly separate they form the diamond, and that is the doorway that we offer.

And yet dear ones, there are some here present, and it is part of your contract, you will know within, to continue to seed the root races, to continue to play that game, for it is an ancient one. Search within your hearts, use your imagination. Once you have completed your contract here dear ones, what will bring your heart joy? There are many levels within the Fathers mansion. There is much service that you will be invited to partake of as co-creators in your reality. So we have bought information through to tantalize some of your minds. Some of the information may perplex some present. It does not matter, for all will absorb into their being that which is right, for all of you are under the direction of the inner teacher, the God within., and the God within is guiding your progress, your understanding and awakening according to your hearts desire.

Trust that, know that, know that everything that you are attracted to that fills your heart with joy and passion is for you to experience, is part of your reality creation and the flavour you are adding to your own vibration, part of the tuning required for your instrument. If you seek to play the game of Divine perfection, then that is what will be revealed in your day to day reality. If you seek to play the game of duality, that will be your experience. For everything exists within the Oneness, the light, the darkness, the higher, the lower and everything will respond as your quantum mechanics is deciding and discovering that the mere witnessing of an event changes it. That truly dear ones, the levels of sensitivity and vibration that you may tune too, that are evident in physical reality are so refined that when a butterfly wing, as is said, beats in your China, its energy field may intermingle and have impact across the other side of your planet.

The more tuned you are to the vastness of that which you are the more refined you are to the heart beat of God, tuned to the heart beat of the Creative One, the more you will become aware of the energy fields of all life forces in all the universes. The more dense your vibration the slower you vibration. The more this physical reality will appear to you dear ones, to be all there is, and yet you know in your heart of hearts there is so much more. So unify your beat to the Divine heart, tune your instrument consciously for the physical, emotional, mental bodies are instruments that may be tuned. Energy fields that carry patterns, waves of resonance, that are continually intermingling and magnetising and attracting light to them. So if in your life you find perhaps all that you experience and see and feel is not as refined or beautiful as you wish it to be dear ones, then tune consciously to the heart beat of the Creative One. We sense that there are some present with a question or two, you may share dear ones.

So it is a time of vision, it is a time for you to allow yourself to move into the realms of pure imagination, to unify, to honour and support one another in your uniqueness. For every one of you carries an individual note, and every one of you are attracting others to your field by the forces of electromagnetic energy, by your desire for unification. And when you explore the realms of your imagination you will find revealing to you as if released by a set program from the inner one within. You will find your blueprint. Your Divine role.

What is existing in the future time realities, you will find that, revealing itself to you in your minds eye. For you are the creators, you are creating through your thinking processes, life constantly around you as you know, and now that you have manifested a level of expression that lets your heart sing, now that you have found a way of being that is fulfilling individually. Now it is a time to allow that joy, that vision to manifest collectively, so that all upon this plane may know joy and limitlessness, so that all upon this plane may know unity and balance.

A singing heart, a heart that is filled with unconditional love and honouring. Do not underestimate the power of a resonant note. Do not underestimate the power of what has been destined here. When you tune to the Divine will the Divine plan, and work consciously with the creative forces, you will carry a power that is multiplied one hundred fold per person in physical embodiment. It is easy when one understands thus, to recognize the hundredth monkey syndrome. The power that you have through just expressing the joy that you are, to shift your planet from one of a paradigm of suffering and lack and judgment, into a paradigm of oneness, for it is so.

Messages from the Intergalactic Federation of World's Council

The Intergalactic Federation Commander Ontar

“Good evening Star borne. I feel those among you who are now able to recognize energies would not find this a familiar one. For I represent the Sirian Council, I am Commander Ontar. This is the first time I have blended my energies to share this communiqué through this one.

You will notice the energies of this grouping changing for there are many different messages to be conveyed and while you have experienced the showering of the vibration of Love by our Lord Sananda and those of the Brotherhood of Light, you may find that their visitations to be more sporadic. For this one has volunteered to be of service to the Intergalactic Federation of Worlds Council as it is a time now for other information to filter through.

And so you may be asking, what is the Intergalactic Federation of Worlds Council and why the greeting “Star borne”? There is an awakening as you are aware upon your plane of existence and those that are awakening now are the Star borne, those who have been seeded across the galaxies of time.

Those who have taken embodiment upon this physical plane for their own spiritual journey and to take on the mantle of their preassigned roles at this point of time in your Earth's history. For humanity has another seeding of which you are not part and it is not our intention my dear ones, to begin a diatribe of your galactic heritage for there are many journals that have been written of late that cover such.

The Intergalactic Federation of Worlds, and Council of such, are simply a grouping of beings who are commonly united in not just the desire for an harmonious existence through all the dimensions of God's expression but who are united in the desire for true understanding of the God within of all expressions, through all planes.

They are what you may call beings who seek and know ‘enlightenment’ in various degrees of experience and understanding. Who seek to honour and enjoy the uniqueness of all God’s creatures. Who understand intuitively, with a deep inner knowing, that there is room for all diversity of God’s expression. Who know that there is a common glue, as you have been told, that binds the molecular structure of all expressions and that glue - as the Lord Sananda has advised you - is simply that of Love.

For the vibration that created all - through space and time, through all the dimensions of expression - is that of Love. As many of you have understood, it does not matter your tutelage, your lineage, your understanding. For the common motivating factor of all, is simply to seek and know within the heart, the experience of love and joy. And the labels are simply that, just labels. The power of love is the force that created the word. And the interpretation of the word, while it has created so much chaos on your plane of existence, ceases to be of relevance when one moves into the true experience of the God I AM within.

And so, there are billions of planets, billions of lifeforms expressing the creative energy of the God force. And Earth, your planet, is graduating from one realm of existence. There is a consciousness, an awakening upon your globe that is lifting you, allowing you to step into a greater knowing, another realm of expression. It is like an energy field that has rolled through your space/time continuum moving through many doorways, what you may term points in your evolution, in your history. And now you have come to a doorway and on this doorway you may see “higher intelligence, extraterrestrials, alien life force” whatever it is you wish to label.

But when you open the doorway - which this planet is about to do through the sheer force of the desire within the hearts of all to know a greater level of existence and expression - you will find as many of you are already aware and many more are beginning to suspect; that there are lifeforms of vast Light and Intelligence already, what you may term, ‘partying’ on the other side of this door that you now confront.

You have been issued the invitation to come to a party with ‘grown ups’ for the Earth beings have been very much deemed to be those of, what you would call, kindergarten. This is not a judgment, it is simply a fact of observation of the momentum of your evolution although this was not always so. And once more, many are again becoming aware that your origins were not from Earth.

There are beings on this Earth plane, in this room, whose origins are more aligned with the Pleiadian energy. There are those who have come from the energies of Sirius and from the Orion and Vegan system. And those who have spent time within the Arcturian energy of which you have all passed at one point or another. And now you are awakening are you not?

The 'why and wherefore' is really no longer relevant. The focus on things such as the photon belt are also not really relevant; though for some it may serve as a catalyst, motivating them to focus on or speed up their journey, but the 'why or wherefore or whenever' it will all take place is not the issue. The issue has and always must be the joy in your heart. It is the ability to stay in each moment and allow the higher knowing to express itself through you for you are channels for the Light. You are 'spies' upon this plane that have realized your true purpose. You have been sent as bastions of the Light, you have volunteered and yes, you may have fallen asleep, but you are awakening now.

This awakening may seem to appear in miraculous ways and yet the more that you align yourself to the energies of this awakening as it moves through you, the more the 'miracles' will appear to be an everyday occurrence. So that what you will experience in your expression upon this plane will be continual joy and contentment, for you know that you are in alignment with the higher energies of your own God nature when that is so. So rather than experience sporadic joy it will be an on going experience on a conscious level and the times that you are not joyous will be rare.

So where your training or exposure has been, in the myriads of choices given to humanity, does not matter. What matters, as you have shared earlier, is that you are all awakening now, understanding that your journey is a purposeful one. That you are bastions of Light. That you are focal points for the higher energies to flow through to allow the transition that the planet is now undergoing to be one of joy. For the realms that you may term intergalactic, those realms that are experienced by our beings, are realms of great joy, harmony and unity.

The desire in the heart is a powerful magnetic attraction and it is that desire in your hearts that is drawing you into our realm of existence, for you all desire truth do you not? You all desire a unified existence within humanity and its expression do you not? You all desire love, harmony and balance within your expression do you not? That is the magnet that is drawing our worlds together, fusing the dimensions.

That is the desire within the hearts of all who sit upon the Intergalactic Federation of Worlds Council and that is the unifying factor regardless of our expression or our evolution. Regardless of the color of the skin. For you my dear ones, in your, perhaps I may term it, lack of exposure, may be quite horrified to see some of the creatures of God's expression who sit upon this council.

There are beings that you may term to be strange in pallor and expression, who may not have five fingers and five toes, whose facial features are not deemed to be quite as beautiful as you may care to expect. But we have learned to move beyond the external manifestation and read

the energy that emanates from the hearts of all God's expression and it is that energy that draws like to like, according to Universal Law.

For the higher realms are simply governed by the understanding of Universal Law coupled with the desire for love, unity and complete knowing. The divinity of God expresses itself within all, is the creative power of all.

It is time that you acknowledge, what in your heart you already deem to be truth, that you are not alone. That humanity is not the Divine Intelligence in totality that it believes itself to be. In its limited understanding it is still like kindergarten. There is still much darkness and ego rampant upon your planet but it is being overcome as the Light within the hearts of all is shining so brightly, that it has set you on a spiral of evolution that is what you may term preordained and cannot be stopped.

So how many of you now are prepared to stand up and say "we are not alone?" To be prepared to acknowledge that there are what you term extra-terrestrials? How many of you now are prepared to speak your truth and how many believe within your hearts that such things exist?

In a short period of your linear time we will make our presence known. This has been prophesied and so it will be. Many such as this channel are now being contacted and given direct communiqué to stand up and be counted and to be aware of the influences coming upon your plane. It is a time of preparation for how can you decide to join, within your hearts, something of which you know so little? And yet from the information and energy that is shared with you, you will find a resonance within your heart to the truth that is inherent there for you.

There are many past alliances that have been formed between your governments and extraterrestrial beings whose motivation has not been for the highest.

There will be many in this unveiling that will step forward and you will know within your heart what is truth for you. Much will be shared and there will be much chaos. Those that are completely aligned with the God within will know the truth for them and this alignment will allow their pathway, their individual transition to the higher realms to be smooth, free of fear and not chaotic.

So you are a 'hotch potch' of lifeforms are you not? You are awakening to the knowledge of your star seeding, your galactic heritage. You may ask for information as to your own personal heritage in your 'dream time' or in your meditation. You may ask further for the manner in which you may serve First Cause for you are here, as has been shared, on 'assignment'. To awaken the God within and to allow your Light to shine, to allow your Light to warm the Light within others so they may awaken the God within and experience their own Divinity. That is your main assignment. Further details you may seek by your own alignment within.

If you could see from the vantage point of where I am you would see, swirling around the galaxy, vast balls of Light, creating instantaneously, destroying instantaneously. Planets being activated by the energy of Love, Planets taking on the divinity, the true mantle of the God I AM. Beings such as yourself understanding that they exist on all realms of expression; that for just as you have assumed physical embodiment in this dimension, you also sit in the fifth and sixth, all the way through to the highest Source of energies. And that all, except the experience of the God within when you merge with that, is simply an illusion. Still it is a pathway for you to know the Divine aspects of your nature.

For we are not star beings, we are simply energy forms of Light and Love that have the power to manifest form at will. There are such things that on one level you cannot comprehend and yet you will remember, for you exist there already. It is as you have shared this evening a simple matter of shifting your awareness, of changing your perception. For the reality that you are beginning to understand is created by a thought, and what you focus on grows as you know so well. Do you wish to focus on your Divinity dear ones of Light? Do you wish to reclaim your galactic heritage? To understand that you exist throughout all space time continuums, on all planes of expression, throughout all dimensions?

Or do you wish to continue to play the game within this reality that your society calls ‘normal’? We think not, from reading the energy within the hearts of all of you here, you cannot play it any longer for it holds no joy. And joy is like a carrot that is being put before the donkey allowing it to move further and further. You have sensed joy, you have embraced joy, it has welled within your heart, spontaneously drawing you, enticing you back, continuing on your journey to ONEness, for you are ONEness. We are ONEness. And it is the momentum of your hearts that will open that doorway and allow your plane of existence to be expressed more freely, more fully, embracing the totality of your expression.

This is Commander Ontar signing out”

Conscious Creation

Triclon

“Salutations dear ones of light. This is the energy, the consciousness of the being you would call Triclon. The communiqué that was issued through your grouping previous to this was from the individualized point of consciousness known as Triclon. The naming dear ones as on your plane of individualized consciousness is simply the assigning of a vibratory note. As was explained, the ‘tri’ brings through the energy of the holy Trinity and was discussed in detail in the previous communiqué.

The ‘clon’ energy, that is the vibration of that consciousness, is simply an aspect of the ability that all have to clone through the thinking process. For your thinking, your thoughts are energy forms that constantly create holographic bubbles, energy fields that reflect back to you your reality.

So dear ones, your hearts have called through for the overlaying of the vibration of the Trinity by the ‘tri’ and the ability to mirror and create reality and holographic bubbles by your thinking processes. When you blend the two energies together you have a powerful vortex to be utilised consciously.

It is your heart’s desire at any given time, your creative abilities, that sends forth signals through the multi-universes and attracts like vibration according to that which you are currently recognising and learning. You are beginning to, or have awakened, many aspects within your being have you not - your telepathic communication, your inner guidance? We ask that you begin to further awaken, in these gatherings, your ability to recognize clairvoyantly through utilizing your spiritual eyes.

So perhaps you may wish to join us in a ‘journey’ so that you may actually witness the points of consciousness that create the Intergalactic Federation of Worlds Councils that are presiding and issuing streams of consciousness into your grouping at this point in your linear time.

Perhaps you would like to imagine that above you in another higher finer energy band is residing, like the knights around the round table, energy fields of consciousness. Allow your imagination to flow dear ones. Imagining that upon this council resides consciousness from

many galactic expressions, many dimensional expressions above the fifth energy band. If you wish to imagine that these individualized sparks of consciousness that are creating the group energy matrix have form, then imagine thus - whatever you require to trigger the knowing of a council in progress above you at this time.

Now that you have the picture in your mind's eye, just know dear ones that as you think it so it shall be, that all is manifested instantly through thought form. That the human expressions currently residing in your plane of reality in the lower octaves of the fourth dimension need to undergo the thorough cleansing and realignment of all thought form to the beat of the Mother Father Creator God and source of divine intelligence.

For when you are completely aware of your ability to clone into physicality that which resides in your thought instantaneously, then you will have passed another test of initiation and you will be fully aware of your fifth dimensional expression. It is as if veils of illusion are separating you from cellular knowingness of that which you are. It is a process that is requiring the shaking off of more dense patterns of energy that overlay your individualized consciousness so that you may completely understand your creative abilities and the power of such.

Many upon this plane of expression are beginning to understand the ability to create any framework of reality that they envisage. For as we have shared you are thinking beings are you not? You are thinking constantly, you are beginning to use catch phrases that allow you to understand that the quality of your thinking gives you quality of life.

There are many frameworks of reality to be witnessed upon this earth plane currently. Some beings are beginning to question and ask if perhaps there is not more to their life than just their thinking, their emotions, their physical bodies. Many are desirous of no longer being victim and are embracing mastery.

Some see this alignment as a path that they may tread through the embracing of dogma and belief of religious or even scientific understanding. Many are recognising that all thought forms and choices are valid, that when the labels and intellectual understanding are brought back to heart energy, it is the desire in the heart that is uniting all.

There are some who are completely committed to opening the doorways to their multi-dimensional nature. There are many who are exploring the joy of recognition that you are indeed multi-dimensional beings living in multi-universes, living in simultaneous time frames beyond your linear time on this plane. But dear ones understand that you are creative beings - that you may create for yourself any reality that allows your heart to sing - that this is part of the path of all initiates.

We have often shared that this is a twofold process, the process of mastery upon this plane. It is not just about the end result to be obtained but also of deciding what standards you wish to experience within this cycle of embodiment. If your standards are those of joy, of grace, of recognising and exploring the unlimited nature of your being, then so it will be. If you wish to embrace the thought form that the process of enlightenment is one of great suffering, of stripping bare, of realignment, of continual processing, then so it will be.

But we ask that you consider the possibility that you are already divine. That you are already perfection. That you exist on all planes of expression in complete alignment of the oneness that created all. That if you choose to believe you are limited beings in physical embodiment on one plane of expression, then so will be your reality and experience of limitation trapped within physical form.

We ask that perhaps you open to the possibility that you already are all that you seek - that the perfection that you seek is within every cell and the more that you focus on this perfection within your being, the more it will reveal itself to you. The more it will become your everyday reality for universal laws, as you are aware, govern all planes of expression beyond your science and religion. The law of resonance where like attracts like, where what you focus upon quite simply grows.

For many have understood the journey of the in-breath and the out-breath of God, the unified energy field that is within all. But it is not just about the journey dear ones, the goal, the end result of the journey, for you are already that which you seek. It is about the embracing of the totality of your being, of the experiencing of mastery, of mastering the physical body while you have embodiment.

And so you are being introduced to the possibility of living off the pranic forces for there are many that you now know that live on light. That is not miraculous dear ones. It is commonplace for the light is the essence of that which you are and so it will sustain you if you know that it can be so. If you command and expect it to be so.

The mastery of the emotional body dear one is simply the setting of the standards according to what you as individuals know makes your heart sing. If you wish for suffering, you may have that, for there is great suffering that may be experienced upon this plane of duality.

Many believe that while living in embodiment on this earth plane that you are governed by laws of duality. You may move beyond such laws. For the laws of duality govern certain octaves of vibrational expression and not all creation. So you as masters may program that your reality be whatever you wish it to be on an emotional level, to set the standards of experience in each moment that allow you to live life to your fullest potential in this embodiment.

And then mastery, dear ones, of the mental plane of expression. Of being able to witness the unfoldment of the sacred geometries before your spiritual eyes. For you are understanding that all life patterns are based on the sacred geometrical shapes and forms of energy fields. Use your spiritual eyes. Imagine that as you send out a thought form right now that you are creating a bubble, like a child that blows a bubble of air through a pipe made from soap and water. Imagine this bubble forming from your third eye with every thought form. Imagine your ability to witness life take shape within this bubble called the 'movie of your life'. Many are beginning to understand that all is simply a holographic bubble created by their thought forms. And further, as you witness the creation of this lifeform within this bubble, the witnessing of such is changing the very essence as it unfolds before you.

Be aware of your ability to create through your thinking, dear ones. Many - having understood this ability to create through thought alone - have now understood that yes, they reside in all planes of expressions. Yes, they are multi-dimensional. Yes, their heart's desire has opened the doorways to all planes of expression, of all creation, in the kingdom of the Mother Father God. That having opened these doorways to the unlimited nature of their being, this higher consciousness may now flow through to this plane of reality at their invitation as masters.

And they now begin the journey of the witness. To simply witness this consciousness flow through their physical form, touching the hearts, the lives, the energy fields of all that is magnetized to them.

For your service dear ones upon this plane is to know the greatness of your being, to witness the joy of divinity and perfection dance before you. For heaven is upon this plane. All dimensions are overlaid within this third/fourth dimensional framework of reality. It is simply the tuning of that which you are so that you may recognize this perfection and divinity dance around you. It is not a journey of becoming, it is a journey of being.

We ask that you consciously decide the part you wish to play within this reality. For there is a new energy matrix being laid that we have spoken often of, so decide which game you wish to play. For you may spend much time playing in this game of life upon this plane.

You may explore until the 'cows come home', as you would say, your multi-dimensional nature. It is most exciting to understand you can move beyond your physical form into other dimensions of expression. You may move from this dimension, to the next, to the next, through all the universes, through all dimensions of expression, for all is interconnected and you are one with all.

You may dive within to the arms of the Mother Father Creator God, to the All That Is - beyond your mental comprehension - to the void, to the time that knows no space or time - to the

space that knows no time. Beyond the bounds of time to timelessness. Whatever it is that you may think, you may explore and enjoy. The only limitations that you will know, dear ones, will be those that you embrace in your framework of reality.

But once you have explored the multi-dimensional nature of your being and begun to align and feel and experience that which you are, then what? Understand that you have chosen embodiment on this plane of expression as part of a complicated yet simple and powerful energy matrix. This matrix has been destined to be laid down in the evolution of a species as a whole - that species you would call 'human kind Planet Earth' in this sector of this quadrant of your universe.

Perhaps you might wish to imagine that you are 'ring-ins' from another universe, that you are under the Star Trek Command, whatever rings your bells, makes your heart sing. But *you are* here in embodiment as part of a giant force called the Armies of Light. You are connected with, and guided by, the myriads of Brotherhoods of Light, of Galactic Federations, of life expressions from all the universes.

There are also energies flooding in through from what you would call white holes, the centre of this galactic expression, that come directly from the thirty-third universe. This universe, these energies, are overlaying the angelic energies of the Goddess. They bring balance to your patriarchal system as it has been played in this point of linear time.

You may begin to have a glimpse of the unlimited nature of the games that are being played concurrently in this framework of reality. It can be most confusing. We simply ask that perhaps in your times of contemplation, you allow your imaginations free reign dear ones. Whatever thought comes to mind, to then feel within your heart the passion that thought evokes. This passion will allow you to know that you are in complete alignment with this destined blueprint, with the game that you have selected to play at this point, in this energy matrix of consciousness.

For all are simply energy matrixes of consciousness that when put under, what you would term your microscope, would show geometric patterning. These patterning are formed by thought forms, for there is divine intelligence flowing through all creation. This divine expression, this divine intelligence, has an aspect of thought form that makes up the mass consciousness surrounding this planet. It is defined energy, and energy is defined by consciousness, by densities of vibration. Your alignment to the finer vibrations is occurring through your intention, your heart's desire and also through the use of the techniques of light, sound and color.

But dear ones, we ask that you envisage that which you already are, to focus on the divinity within, the perfection that you are. To move your focus from that which you feel you are not to embrace that which you are. To know that in the embracing, in the focusing of such, so it will be. For the universe decrees it so.

This is a journey dear ones of great trust and faith. Yet every step you take in faith you will find an energy pattern to match that and mirror back to you, reflecting that which you have faith in. That will form the basis of your trust, for you will begin to live a new pattern of reality that is in direct relation to the quality of your thought form.

Quality thinking gives quality life dear ones. Quality standards of emotion brings quality emotional experience. The honoring of the physical form will bring a temple so glorious, so self-sustaining, immortal in its ability and essence. A vehicle that will not be ravaged by time or expectations of mass consciousness. A vehicle programmed by the highest thinking, the highest experiences of emotions of unconditional love, of life, of joy, of ease. As you program through thought forms the expectation of grace in your life dear ones, you will begin to witness the Law of Grace make itself manifest in your framework of reality in a manner that makes your heart sing and be passionate. *For it is the quality of passion that brings life to thought form projection* - the true desire within your heart to live in this balanced world, to live in this world in harmony, in unity. To see all energy fields of all life expression interact in a manner that is for the highest of all. That is living this life expression to the fullest potential.

Is there any present that cares to argue with that decree, with that desire? We did not think so, for this and all the Councils present within all life expression - from your government structures to the Councils of Twelve, the creative energies of the Elohim and the Mother/Father Creator God - desire within each atom, within each cell to know the completeness of being. To live life to the fullest potential whether that lifeform has embodiment or is simply an individualized unit of consciousness.

So our message dear ones, what we wish to plant in your conscious awareness, if it be of your choosing, is to understand that the quality of your thinking brings quality of your living. To ask and program that you live your life to your fullest potential on all levels of your being, to live it, to be it, to know divine perfection. To set the standards according to what makes your heart sing. To trust, dear ones, that all beings with whom you share are being guided by their divinity, that all experiences they choose to have are there to bring great learning and inspiration.

To move beyond that which has boxed you, to recognize any thought form that comes to your consciousness if it is bringing limitation and then to delete it from your programming. This is a theme we have been presenting to your grouping regularly, is it not? Give yourself

permission dear ones to know your potential as divine sparks of consciousness playing the game of limitation in physicality upon this plane. We ask that those wishing perhaps may share, for you have tapped into a group consciousness that is an aspect of such focusing on your gathering.

Question and Answer time

Q: *I've been working on opening up to unconditional love in my meditations. There's one aspect that I'm still not able to love and that's my external, my body, and I just feel like I'd like to be able to resolve this. I've been working on this for ten years and I don't seem to be resolving it. Can you help me please?*

Triclon: Again, we ask that you sit in contemplation and ask that what you need to know is released from your cellular memory and accept that which comes to you for you hold the answers within you dear one.

There is much that we may guide you to do - from the looking at your physical reflection in your mirror and consciously loving every aspect of your being with your open heart and mind and giving yourself the permission to witness the divinity as it expresses in your physical form physically - to much, much more.

But only you dear one will be able to release, through your imagination, ideas for self-loving that you know you may embrace and accept according to the levels of self-worth and self-acceptance that are operating within your framework of reality right now. That is true is it not? *(yes)*

Give yourself permission dear one to just ask for the release of tools, techniques, knowing of how you may truly love this physical manifestation on this plane and it will come to you. For only you will know what is acceptable as we have shared. We have given guidance often. You have accepted what has been within your comfort zones, have you not? For you can accept no more. It is a process of unfolding. It is a process of giving yourself permission to be unlimited in the areas of love and self-worth. Is it not? *(yes)*

This applies for many of your beings here, for it is easy to say that you are made in the energy and the image of the Mother Father Creator God and yet so often when you see and witness your reflection in the physical plane, in your mirror, in life as you have drawn it to you, you deny the beauty of that which you are.

For you carry with you lifetimes of limitation, lifetimes of emotional experience where that which you are was reflected in the eyes of others to be less than the expectations of that which they laid down upon you. It is a time for releasing all of such within the emotional body and the mental body. We have shared that the fastest way is to do this is to program - *that all*

your energy fields of your lower bodies be brought into complete alignment with the monadic energy, the energy of your glorious I AM Presence. And now, by your programming, many feel the presence of this divine one overshadowing you for it is the oversoul of your creation on this plane.

As this ‘oversoul’ makes its presence felt and is overlaid in the energy fields of your bodies - through your programming and your invitation - you are literally dislodging, realigning, dissolving thought forms and emotions that have been housed within your cellular memory for thousands of embodiments.

You may focus on the realignment of that which you see within cellular memory but it is a long journey. Or you may simply invite the divinity of that which you are to express its perfection in your energy fields and choose for the experience to be most joyous. For that you have the ability to do. For you are the masters of the creation of your bubble of reality.

These holographic bubbles of reality dear ones are based on the sacred geometrical pattern of the circle. On a higher level the circle brings through completion. When you recognize all thought forms as creating holographic bubbles in circular fashion you will see that this is the completion of a cycle of humanity. The cycle of your expression of existence where you decide to move from limitation to limitlessness. Where you decide to move from suffering to great joy. Where you decide to move beyond emotions of jealousy and anger into emotions of unconditional love.

And when you set such standards, dear one, the I AM within - the divinity within - will demand that these standards are made manifest through all aspects of your consciousness and life. So flow into that. Embrace that. Honour that. Do not fight it. If you wish to focus on lack, then lack will be your reality. If you wish to focus on discord through your awakening, then that will be your reality. You are the masters of Creation, dear ones. Create! That is your test at this point. Create in alignment with Divine Will. Create in alignment with the passion in your heart. There is another with a question.

Q: *I seem to have picked up a rather mischievous entity and this entity's been guiding me but not in the highest good. I suppose that's part of my learning and perhaps it is in accordance with Divine Will. I've asked it to leave and go to the light but it doesn't seem to do that and when I ask if it's still there, it's still there.*

Triclon: Stop asking that it is still there, dear one. For when you decree that something leave your energy field, then you just expect that it is done, do you not? For you know the power of Divine Will and Divine Decree. You send it from your energy fields into the light and then simply give it not another thought. You do not post a letter and then check every day to see that the

postman has emptied the bin and sent the letter on, do you dear one? So why do you play the game of checking that the thought form, that energy field is still within your energy field. For as soon as you ask if it is, you give it invitation to become reality again, do you not?

Response: *Yes, I suppose one of the problems I've had is that I thought it might have been my I AM Presence playing a trick on me (laughter from the group) - a bit of an initiation - so I didn't want to burn it completely just in case it was going to come around again.*

Triclon: If you wish to play that game, then play that game. Do you understand dear ones that any game you wish to play is in your creative power to be real? For you are the masters of creation. So if you wish to engage in the game that there are entities of lower vibrations sucking off your energy fields, if you wish to play the game of lords of darkness, of satanic forces, of forces that perhaps you would label as not quite in perfect alignment with divinity or whatever label you wish to give - then *as you think it, so it will be, for that is the game being played.*

This game is the game that gives you the key to the doorway to the fifth dimension - the next energy matrix that you will find your beings, as mass consciousness, relating and experiencing. The key to that doorway is instant manifestation through your creative abilities, as creative beings. 'Tis simple.

So whatever you wish to give power to through your thought form will become real instantaneously and you will feel the energy effects of such. You are no longer limited beings unless you allow yourself to be so.

If you wish to imagine yourself as beings that have gone through the 'ringer', called third dimensional life, of thousands of embodiments with much emotional and mental baggage, then that will be your reality. Beings of great light and love but with baggage - huge bags of this baggage on your back.

Or you can decide to see yourself standing tall in your divinity, in complete perfection, living life in complete perfection, embracing, expecting the perfection of life to be in your reality. See these bags of baggage disappear instantaneously off your back as you embrace that to be your reality, and so it will be. And the universe dear ones will rearrange itself to accommodate your new framework of reality. For that is one of the magnificent abilities that the universe has.

So dear ones, we invite that you adjourn, that you have your earthly celebrations, for there is a birthday on a physical level among you is there not? 'Tis a time of celebration and anchoring the energy matrix of the number thirty-three. 'Tis exciting. *(laughter from the group)* 'Tis a mastery number dear one. Be aware that you are the master. That you anchor the energy of the vibratory note of the thirty-third universe as you live your life in year times thirty-three. Yet on another realm there is no time or linear years so to speak.

Streams of Consciousness – Unified
With Jasmuheen

So dear ones, we bless and honour the master in all, the brother sister light we see shining within the heart of all present. We ask that if your heart is passionate and sings such a song, that you join us in future communiqué, for it is great fun, is it not, sharing the energies of our divine selves?

This is Triclon dear ones. My message, the pun, is to **clone** life via your thought forms, but to do so in alignment with the holy Trinity for that is the vibration of that which I am. Good evening, dear ones.”

Messages from Kuthumi

Profile on Kuthumi

Various received teachings* have shared that two of the Ascended Master Kuthumi's (Koot Humi) previous incarnations were that of St. Francis of Assisi and also Pythagorus. It is interesting to find that He has resumed contact with many now in the field of education.

Edmund Harold in his book "Master Your Vibration" shared "The energies of the Master Kuthumi are exceptionally potent at this time, for He aspires to transmute current dogmatic thought within the Christian faiths, in order that the true concept of brotherly love may be made manifest. To this end He seeks to influence all who lead or serve within the field of religious expression or education. As He will become the earthly channel for the Lord Maitreya within the Aquarian Age, He currently prepares the consciousness of humanity for the return of Christ.

This illumined being, who is an initiate of the 2nd Ray of Love and Wisdom, is the door-keeper of the ancient occult mysteries, and also the Protector - along with the Archangel Michael - of the Holy Grail, that ancient mystical search for inner consciousness which has eluded the majority of mankind through the re-awakening of long-lost truths, thereby providing the key to much which currently mystifies mankind.

The symbol of the six-pointed star represents the influence of the Master Kuthumi, being, as it is, the symbol of perfect balance, for within the number 6, everything unites. All who aspire to follow this radiant being must become balanced, demonstrating unconditional love, whilst seeking perfection upon the inner path of self-awareness."

*Madame Blavatsky and Alice Bailey.

For me personally.....

The energy of Kuthumi had been coming in sporadically over the years that the Inspirations trilogy was being created. More so with Volume 3 and then in my own meditation times to guide me regarding the Academy, our youth and education programs and then finally to launch M.A.P.S. - the label channelled through for the Movement of an Awakened Positive Society.

Kuthumi as Pythagoras

Pythagoras was born in approximately 570 BC. He studied in various countries such as Egypt, India and Persia. Most notably, he studied under Zoroaster who was a previous incarnation of Buddha. Upon completing his studies, Pythagoras founded a school in Crotona in Southern Italy where he taught "biosophy" - meaning the science of living. Pythagoras had very distinct views about learning, knowledge and wisdom - and regarded wisdom most highly of all. Because learning is taught by parents and teachers and memorized by the student, he saw it as second-hand information. In contrast, he saw knowledge as coming from life experiences which eventually led to wisdom.

Pythagoras had an integrated approach to achieving a balanced mind, body and spirit. He emphasized moral character over intellectual training. In his school he taught astronomy, music, mathematics, geometry, philosophy, medicine, politics and ethics. He believed that by understanding geometry, music and astronomy, one would have an understanding of God.

Pythagoras also established a mystery school in Crotona. Obtaining admittance to this school involved rigorous interviewing of the applicant about every aspect of their life, including the applicant's relationship to their parents. If the applicant passed this initial test, they would then be purposefully "neglected" while Pythagoras would secretly observe them. If this test was passed, the student would then be asked to remain silent for the next five years to learn the ability listen and to control their speech, and they were not allowed to see Pythagoras in person. During this period the student would also be asked to place their property into a community trust. If all these tests were passed, then the student would be allowed to study under Pythagoras. However, if the student was rejected, they had to leave the community and they were given twice the amount of wealth that they had brought in with them. His disciples were all prepared to be future leaders and experienced three initiations to pass through to attain self-mastery: preparation, purification and perfection.

His disciples were required to restrict the amount of food they ate, to eat a vegetarian diet, and to abstain from wine. He encouraged them to be silent as much as possible and to reject the attachment to money and fame. His disciples had to contemplate upon their past and future actions every morning and night. He was the first Greek to allow women into his school which was revolutionary for the culture of the time.

Pythagoras founded the diatonic musical scale, which is the foundation for music today. He used music extensively for therapeutic purposes and knew which types of music healed what

types of dis-eases. He was a master of numerology, medicine and naturopathic treatment, which he practiced in the temples.

Pythagoras believed in reincarnation and that nothing happened at random. He was able to remember his previous lives as well as being able to read the previous lives of others. He taught a universal friendship and love towards all and especially speaking the truth at all times. He believed that all planets and stars - like humans - had their own consciousness of a soul, mind and spirit.

Pythagoras married one of his disciples when he was sixty years old. After his death at the age of around 104, his wife continued his teachings.

(this article was summarized from Dr. Joshua David Stone's book "The Life and Teachings of Forty of the World's Greatest Saints and Spiritual Masters")

Schools of Life

“Good evening dear ones of Light, this is the Ascended Master Kuthumi. We wish to spend time this evening, sharing this discourse on the area of knowledge. For knowledge brings great power does it not? In reading the emanations of Love and Light from within the collective hearts of those present, we see that on an individual note there are various degrees of knowledge. All of you carry the understanding of the world in which you live, for you have had many life times experiencing such. The data base that is called your mind, that houses perhaps the subconscious, conscious and Higher conscious aspects of yourself, is overloaded you could say in certain areas with knowledge.

Some of you at this gathering, are here to gain more knowledge of etheric matters, esoteric matters, spiritual understanding. All are present for various reasons and motivations, but generally it could be said that the heart or the mind is seeking more knowledge, and so it is dear ones, and perhaps we could ask you to allow your imagination to flow, as we give you a visual image of a slightly bigger picture, so that you may gain greater insight, more knowledge.

This planet Earth upon which you dwell is simply what you may term a microcosm, a piece of a greater puzzle, there is a larger puzzle, a macrocosm, that spreads throughout the universes of creation. Perhaps you may wish to liken life upon this plane as a boarding school. It is somewhere that you have found yourself where you live and breathe and eat and sleep and learn. For it is very much like a university, a school, this life of earth, but it is one school in a huge society called the universal society, and there are many other planets with many other learning's and schools upon them.

There are many other universes, with many games being played, by the humanity that is in embodiment upon those planes of existence. That is perhaps hard for many of your humanity to fully embrace. The fact that you truly are not alone, for your science and your medicine, those schools of thought, are busy seeking life forms, other life expressions, are they not within this dimension, within the other planets.

But the life that is expressed, dear ones, understand, is expressed in forms of waves of energy. These waves of energy carry a harmony, a note, a beat of expression. It may be likened to different musical notes or the sound upon your planet, the sound that this planet will resonate into, will be the sound of “A”, the tone of “A”. It currently has a different resonance. It carries a

different vibrational note, but it is evolving. All upon this plane are about to graduate, as you do in your schools from one level of expression into another. Let us assume that there are 10% of your planet resonating to the harmony of the musical note “A” and in order for unity to come upon the plane the unity you desire, where all is in balance and harmonized, you will need perhaps a portion of 60% of your humanity sounding the note of “A”. That is when the Golden Age will be seen to manifest on this plane. That will be when your humanity graduates, so to speak.

But just as your life expressions are moving to a note of resonance of “A” there are other life forms in others planes of expression that sing other notes of all the spectrum of musical harmonies. You may also say that there is a color that is the color of this planet (blue). There is a color that all planets vibrate into, through and from, so while it is hard for many to even grasp the concept that there are myriad’s of life forms in many dimensions of expression, ‘tis fact, dear ones, ‘tis simple fact.

All of life form is governed by universal laws. These laws govern all matter. These laws govern the rate of vibration of molecular structure, for all is moving into, evolving from seas of energy. Your quantum physics is beginning to offer more in-depth information regarding Universal Laws, atomic structure. You will find there comes a point in this plane of expression where quantum physics combines the scientific understanding with the religious understanding, the New Age understanding.

There are pieces of the puzzle dear ones, that have simply not revealed themselves to the collective humanities understanding as yet. And yet there are pockets of humanity that are glimpsing pieces of the puzzle, sharing these pieces of the puzzle, sharing their knowledge and informing the whole. So dear ones, the life forms upon this plane of expression are moving in waves within your boarding school of which you all share living, breathing, learning space.

Many are learning from set curriculum. This curriculum is what you decided to study prior to your embodiment, and it can be likened to systems of grade 1, 2 and so forth through to university. There are new souls continually entering the school of life called planet earth and there are soul continually leaving the school of life called planet earth as they graduate the final semesters of the universities. There are other souls that have come having studied all the curriculum through the school of life, that are here simply to assist those as they journey through learning their lessons.

Not all are teaching, not all are learning, some are witnessing, some are here to ground energies as the planet continues its process of evolution. Some are here to teach of the Intergalactic Brotherhoods and Sisterhoods. To bring through knowledge collectively to each

other, about other life forms in other quadrants of the universes, other schools. Some are here to bring through an understanding of the musical notes that different systems carry.

All are continually in service to each other, for as they begin their own journey and arm themselves with true knowledge of the bigger picture so their Light shines brighter. And it is this light within the heart that inspires the journey of others, but dear ones some are here simply to learn of science or religion in this round of their evolution. Some are here to simply learn what may seem to others a very inconsequential part of a puzzle, and yet their knowledge and understanding of that path is integral to the whole.

So it is important that you understand the dynamics of what is truly occurring within life expression. That there is such a momentous picture unfolding, that there is such a dynamic puzzle being laid. That using your lower mind you could not even begin to grasp the complexity of, and understanding, that dear one, to simply accept that all are here by choice, that all carry an integral part to the greater whole. To love and honour the choices of others whether they resonate within your heart or soul or not.

There are some who are beginning the journey of holistic study. There are some within this grouping who have simply been part of this planetary system, your normal mainstream society for a long time, they are now beginning to question, to seek answers of a more spiritual nature, having explored their physical realm, their emotional body and their mental body. There are others who have begun to understand completely on a cellular level, that the planet is part of an integrated whole, that there are other life forms to access, to work with, and so they are beginning to bring through this information to share. They are discovering the multi-dimensional nature of their being. There are some here who act purely as messengers. There are some who are now beginning to work in a very practical manner upon this plane, in fields of politics, of science, in fields of education, within the economic structures and all have been assigned Beings of Light to work with, to inspire, and guide you in your journey. In every step upon the pathways that you choose to explore.

You have come here dear ones, on a contract with God. You have tailor made your contract with God, allowing your soul to continue its perfect journey of evolution. You all have unique jobs, you all have unique contracts, unique sub-clauses of this contract. You all have unique time frames of completion of this contract and when these contracts have completed, that is what many term the ending of the cycle of life and death upon this plane. For it is the requirement of completing of contracts, that keep you bound within the cycle of life and death within this earth plane.

These cycles of life and death can be seen as terms within the school of life, for every embodiment brings a different curriculum, every embodiment brings different understandings, opportunities for learning, and growth. Every embodiment will bring its own initiation and test., When complete you then decide to move into another school from within or beyond this system., This will be purely again of your own choosing, between you and the Divine One, the Mother/Father Creator God, and other energies that oversee that next process of your journey.

But you are here now, are you not, and rest assured dear one, it is as simple that you have the understanding that you are mid way through or three quarters of the way through, or whatever, of a contract with the Divine One. This is your commitment to what is termed First Cause. It is simply one play, within one city, within one quadrant of the universe, for there are many cities and planets of light and many plays that are unfolding. As if you were in New York dear ones, where there is off Broadway, on Broadway productions, many productions for you to be part of.

This production is the school of life and the game being played, is the game of unity, for you have for many years explored your individuality. You have through competition created great separation and it is a time of Oneness and Unification. This is what we are teaching about the old paradigm verses the new paradigm. The new paradigm being created dear one, is the one that you as awakened individuals are collectively creating. The old paradigm is that which you are building upon as you become aware of patterns that do not run limitlessly, as you are aware of thought forms that create limitation.

As you step into your mastery, the unlimited nature of your Being, you are being asked to assess every thought form, every action, every word that creates limitation individually, so that the collective whole may change. These paradigms dear ones, are simply patterns of energy. The new paradigm is being structured according to the desires of the collective hearts, your desire to treat each other in a way that is honorable. Your desire to be together in a way that accesses integrity, that allows you to be joyous, to be free, to experience life upon this plane with ease, with grace, to know pleasure in this embodiment, true pleasure. To know abundance in this embodiment, and any other aspect that you desire to lay down within this energy matrix, we invite you to do so.

For the old paradigm brought lack. The old paradigm brought conflict, the old paradigm has brought states of being of great separation, of competition. There is a prophecy that is unfolding upon this plane and it is the prophecy of the new millennium, the prophecy of the Golden Age. The new paradigm insists that you open up to your own inner guidance, so that you

may discover your true mastery, so that you may recognize that the one master that is requiring honoring is the master within you.

That it is not a time of being disempowered, it is a time of empowerment, of standing true in your Light, of having courage to act from the guidance that comes from within, for the good of the collective whole. So if your inner guidance is to be the disseminator of information, no matter how obtuse this information may seem, know dear ones, that there will be those that need that information to bring their lives into balance. For it is a time of bringing life into balance. For in the balance comes wholeness, and with wholeness comes fulfillment.

It is a time of treating your being holistically, of honoring the spiritual nature of that which you are, of honoring the power of the mind, of understanding that it is the quality of your thinking that will bring quality of life as has often been shared with these gatherings. Of honoring the emotional body, but not the lower emotional body that gets caught in its jealousies and pettiness and gossip, but honoring the higher emotional body that seeks unconditional loving. Of honoring the temple that houses your Divinity, honoring the physical body, listening to the elemental of the body.

For the body has a consciousness that is termed the body elemental and this body has been governed by a long time, for eons of time, by patterns of society. A society that says one needs food or sleep, of one that says one needs loving from another, and yet the Divinity within will love like no other. The Divinity within, will feed and sustain and nourish the physical body. It is as if when you harmonize the body elemental to the Divine One within, you become plugged into a Divine circuit board that will bring through wave upon wave of energy, that will sustain you to the rhythm and the dance of the Divine One and frees you from the need that society imposes upon humanity upon this plane, That is the new paradigm, being unlimited, allowing the Divine One to sustain you, to move you, to govern and to guide you. For the Divine One is the master within, and is the master within every individualized spark of consciousness, held within physical form.

So there is a huge program of re-education upon this plane called planet Earth, this boarding school has been learning suitable subjects that humanity have been able to utilize and comprehend to date. But there is a shift happening all the courses being undertaken are now being given another aspect, that is the aspect of Higher Consciousness. The reason dear ones, as we have shared with some, that humanity utilizes one-fifth of their brain upon this plane and that is all that is required to understand the mechanical workings of this third and fourth dimensional reality.

The four-fifths of the brain yet unutilized is what the Light workers are beginning to tap into. It houses Higher Consciousness and it will overlay within the existing curriculum a Divine beat, a beat that brings worthwhile understanding and knowledge, a beat that will bring quality, joy, experiences of great deep satisfaction, as you begin to understand the bigger picture. So the learning here is vast, like a smorgasbord, is it not? And as you utilize your inner connectedness with the Divine One within, you will find you will be guided to absorb into your understanding, that which is right for you, that which will empower you to fulfill your piece of the puzzle upon this plane.

For all anchor a unique vibration, all carry unique knowledge, unique understanding that is to be shared at this time to empower the whole and the individual. We, the Ascended Ones, are carrying also unique vibration, although our energy is vast, for we are tapped into that Divine circuit board, we may play any game of our choosing.

The energy of the Lord Maitreya is focused on the economical agenda, the political agenda upon this planet, the Buddhic energies are focused on the balancing, the walking of humanity of a middle way so to speak, a way that brings balance to all energy fields of each individual. The Lady Ascended Ones as we have shared, are bringing through the energy of the Goddess, to bring balance to the Patriarchal systems. The energies of Elmoyra and Kuthumi are working with the educational systems upon this plane. Reflecting that, each one of you will find that if you look within, you may contact and utilize the vibration, the note that the Ascended Ones and Beings of Light do offer as gifts upon this plane. For as we are invited, we will blend our energies with yours, to strengthen, to inspire, to guide where requested, where invited.

So simply dear ones, see this plane as a School of Life. There is duality yes, you may choose to see your lessons as one bought in great suffering and great pain, to be feared, to be revered. Or you may simply see that everything is here to teach, to inspire you into the greatness, the recognition of the greatness of that which you are, so that you may take part upon the stage of life, know your role and play your part to perfection.

This is an orchestra as we have shared, and you all have different instruments that you agreed prior to your embodiment, to learn and play, and you all carry different notes and different music within you to be utilized and shared so that your life may sing, your heart may be filled with passion. For it is simply passion that is lacking within the hearts of many is it not? For many have been caught in the issues of survival upon this plane forgetting that they are here to thrive. 'Tis a simple understanding, the old paradigm is about surviving, the new paradigm is about thriving. In the old paradigm many decided that they wished to be under the spotlight, hogging the stage. The new paradigm is about working together as a collective whole. You may

choose to be Beings of limitation, held back by your fear, or you may choose to be Beings who are limitless opening the inner doorways to seek knowledge, intellectual understanding, heart experience, trusting that the inner teacher will guide you perfectly.

For the inner teacher, the master within, is perfection itself, and it desires nothing more for its physical expression than to know its greatness. You may be governed by fear, and yet when you look at your fear, dear ones, is often it not coming simply from your ignorance, because you lack knowledge. The idea that there are extra terrestrials - which means simply life form that do not exist on terra - the idea of extra terrestrial lifeform can be frightening, and that is why there are many movies now that are showing on this planet. There is one about to be released, and it shows the extra terrestrial activity that is bombarding Earth with guns and weapons far superior, wishing to take over this planet. That is media sensationalism, and it is spurred on by the fact that there is ignorance still, about true extra terrestrial life form.

For while there are all levels of expression upon many planes of expression, there is great darkness and great light. Understand that all have been created by the One, for expansion and knowledge. There are Federations, yes, and these Federations, these Galactic Federations are continually changing and expanding as more and more people allow their intuition, their intellect to hook into the bigger picture. And that is what will be offered this plane, that is the destined call and course of all humanity on planet Earth, that it take its rightful place, upon the Intergalactic Federation of Worlds Council, when it has graduated from this School of Life. When humanity has opened the doorways to Higher Consciousness and explored the totality of their Being. Understood that they are, that you are, Spiritual Beings simply having this human experience. That you are not just body, mind and emotions, that you are whole and that wholeness is the embracing of your spiritual aspect, the Divinity within. For the Divinity within weaves a thread through your physical, emotional, and mental bodies that allows you to then hook in and access the vastness of that which you truly are dear ones.

You are the extra terrestrials, did you know that? That what many are tapping into is simply their future selves in another time frame of reality, when planet Earth has evolved to a point where travel inter-dimensionally, travel amongst the stars, is common place. Seems a little far fetched to many at this time and to even some in this room, but it is the future, and yet the future co-exists already, for that is the nature of time beyond your linear time frame that you know now here.

We congratulate the ones of you present who are working consciously with the Intergalactic Federation to bring through more knowledge to this plane. You will find that there

will be times you will be the object of great ridicule for you are simply pushing the buttons of fear within the hearts and energy fields of many.

We ask that you take the gift to be given at the next Solstice, the Autumn/Spring Solstice, and that gift is being given to the Light Workers of courage. The next gift to be given in the Holy Trinity of gifts dear ones, is the gift of defeat, a strange gift you may ask, and yet this is the gift of victory over all the defeats that you have known in all previous embodiments where you have shone your Light and fought through knowledge that collectively was not acceptable to the mass consciousness and so you suffered persecution.

It is dear ones, a time of taking courage, of forming a model within your understanding that allows you to ‘shine your light’ and ‘walk your talk’ and be in joy and passion, to know great pleasure upon this plane, if that be your desire. To know that you are to be given victory over all previous defeats when you have shown courage, that you are prepared to walk that line, walk the direction as your soul guides you, you will be given the gift of victory.

For without courage to take the journey, to walk these steps, you will not have victory will you? It is time to also understand that those of you who are present, that have been sitting waiting for spirit to show you your direction, that spirit to show you direction dear ones, is the Master within. For the Master within is pure spirit, and as you sit in your times of meditation and contemplation, opening up the doorways to guidance from the Inner One, you will begin to find through using your imagination the pathway will make itself obvious to you.

Remembering in these simultaneous time frames dear one, you are already accessing and living this Divine blueprint, for the Golden Age is already manifested. The future Earth time, the millennium has already begun. If you take the time to ask, to envisage, to imagine, to think free form without limitation, you will begin to see clearly the part that you are to play. You will begin to access this role and learn those lines, and begin to give permission to move beyond your fears and to take the spotlight, to be on stage as part of the giant play.

So we ask that those awaiting taps on the shoulder from God, waiting to be given this vision and your part in it, to simply begin to access your mastery, your creative abilities within, to ask yourself what it is you could do upon this plane, assuming that you found yourself here, ready to play a part. It is a two fold process as we have often shared. It is a time of your own evolution as evolving souls, of your own enlightenment, of a mass enlightenment upon this plane, and it is a time of choosing to create a space of joy or Unconditional Love, or whatever it is the Inner One guides you to create each moment as you enjoy this journey.

If you see yourself as information sharers, then perhaps focus in and find what type of information that you wish to share, of a global level, a galactic level or a personal level. If it is

that you are wishing to be one who is a healer upon this plane, is it a personal healer? a global healer? For there is much healing to be done. Healing ecologically, healing environmentally, healing individually. There are many roles that you may play, ask the Inner One and you will be guided by the joy and passion these questions release from within your heart, and as you all know so obviously the joy and passion within your heart is the indicator of your alignment with spirit within. If you wish to simply play more third dimensional work and then tithe some of the money that you earn, the abundance that you earn into light workers causes, you may do that.

Be free of restriction and limiting thought dear one. Begin to understand that there is a collective play, and you all have a part to give. Be detached dear ones, see that what you are giving, the role you play, is simply a seed, and you may not see that seed all the way through to completion where it becomes a flower in bloom, and yet it is integral, it is imperative that the seed is sown in the first place.

For all of you as brothers and sisters of the Light are carrying a different vibration, are at different points of understanding and evolution, for that is what you volunteered to do at this point. None is greater, none is less. So dear ones, it is a time of practically applying all that you know, so that your life experience may change in accordance to your understanding. You may love and honour your confusion, you may love and honour your Divinity. You may love and explore your creativity.

We simply ask that you be aware of the thinking, decide to master the thinking process, to let go of any thought that comes to you that creates limitation, for the only limitation you have dear ones, is those that you think, for you truly are limitless Beings and this 'heaven on earth' that you are seeking may be created instantaneously as soon as you give yourself permission to be limitless. So perhaps we will stay in silence for a moment or two while you decide if there are questions that you may seek answers or information on, and we will utilize these energies to guide those that be of the Highest. (silence) When you are ready you may share dear ones.

Question and Answers

Q: *I'm feeling a lot of stagnation in life. Can you tell me why that is please.*

Kuthumi: The stagnation dear one may be viewed as stagnation or viewed as change, it is a time of transition and integration. You have been on a learning curve for a long period of time, have you not? Gathering great information, reassessing your knowledge and your reality, have you not? It is now a time of standing back perhaps, what you may term stagnation, we give you the invitation to see as perhaps integrating all that you have come to understand, to take it from an intellectual knowing and knowledge into a cellular knowing, to live that which you have come

to understand, by creating from this knowledge, a model that allows your heart to sing. That is all. It is as if you have gathered documents of information and yet you have as yet to write a story, a novel, that has all the ingredients to entrap you and inspire you and to allow you to be empowered. That is all. Have you written this novel dear one?

A: No.

Kuthumi: That is the gift that you are being given now. You are being asked to call it your life story. How you would like your life to be upon this plane. Utilizing all the knowledge that you have gathered up until this *now* moment. To begin to write a script for yourself that will allow you to let your passion, your brilliance come through, for all your training, learning, knowledge has been giving you gifts has it not?

A: Yes.

Kuthumi: And when you stand back and assess, and find what these gifts are, and rewrite your life, your script, this book, you will then share these gifts, this brilliance, by what is termed ‘walking your talk’ for you will have created a model that simply allows the Divine One to show through in all aspects of your life. Does this make sense? That is all many of you are being given the opportunity to do. Many are still gathering information, for you are still learning what it is you need to learn.

Many of you are perhaps either writing a book, so to speak, or creating a cake. Some of you know that you are baking the most brilliant chocolate cake in the world, but you have not yet found the final ingredient to meld it together and put it in the oven. Others of you have done so, and the cake is now out of the oven and you are deciding what icing to add. It is just various stages, all is part of one and all is to be honored. Some of you aren’t sure whether you are a chocolate cake or a carrot cake, but you have thrown in the eggs and found the bowl, and put the flour and the sugar in, and are now deciding whether you want to make a carrot cake or a chocolate cake, for you are the Masters of this creation and you may make anything, you may write any story.

Many of you have finally just realized that you have written the story of your life so far, and you don’t like it, so it time to change it, to bring in a re-write, a modification of the existing script. Some wish to throw the whole script out the window and begin afresh. All in all dear ones, simply know that it is a process of learning. That you are gatherers of information in this ‘school of life’ and what you choose to do with this information is where your Mastery, your creative abilities come in. If you are at a point of stagnation, it is simply because you are being asked to write, asked to create, and yet many are expecting this creation to be done for them. It is

a time of Mastery dear ones, in order to take your place amongst the Intergalactic Federations of World Councils, you must walk your Mastery.

For it is only Masters that are invited aboard such council, Beings who are aware of the power of their thinking, Beings who are aware of the power to instantly manifest that which they desire. So firstly, find that which you desire, and then make it manifest through clarity of vision and through releasing any thought forms that will limit this desire, that will not allow this desire to be made manifest. You will find these thought forms of limitation are grounded in fear, and as you acquire more knowledge you will be less fearful. There is another with a question.

Q: *Kuthumi I would have thought that with the creative degrees everything was special - ready, that we contracted stuff, so how does it work?*

Kuthumi: Let's assume dear one, with the discussion of free will, and the Divine Will, is that the Divine Will offers a particular course within the school, the curriculum of life. Perhaps the Divine One offers ten courses within the curriculum of life. Free will is you having choices as to which course you wish to study, but it is a curriculum set by the Divine. When you have studied courses one to nine then you will go in to study a course solely structured, governed by the Divine One, that has no room for free will any longer. When you actually graduate the others, go into the inner classroom and sit your self down within the Divine's course, free will becomes aligned completely with Divine Will, for you have chosen to study the other courses, and you have chosen to seek the door that says Divine Will's focus, and you have chosen to enter that door and to sit in the class room. Have you not done so already? Have not each and every one of you to varying degrees volunteered to study the bigger picture, to be part of the bigger picture. You have all done so by electing to be an embodiment at this time, in linear time on this earth frame.

Perhaps you have not consciously become aware, or perhaps you have, within this grouping some have, some not, but you my dear one, have been programming, have you not? regularly, that you be in complete alignment with the Divine One. Then perhaps cannot you accept that this programming that you have put into your computer, has been entered and accepted. Can you not then perhaps allow yourself creative free reign knowing that the doorways will be automatically open to you, if you are in alignment with the passion within your heart and soul. Does this not make sense? For the more you question whether you are in alignment or not the slower the journey.

This programming dear ones, is as simple as that. To imagine that this physical form is a bio computer, it is a pulsating mass of energy forms, of energy fields of consciousness, of molecular structure, but it is hardware none the less, it is likened to a computer. That your thinking is literally the software that runs this computer, and it is a good analogy, because it is

simple. That this software when fed into the computer will give your experience of life, the hardware, the hard copy, the printout, and if your life is not working, if your life is limited, if your life is not as you wish it to be, then simply change the programming, but many of you have changed the programming and every day you re-write the programming wondering if the last programming has taken effect.

If you give yourself permission to simply know that you have surrendered your will to the Divine, that all is here to teach and inspire you, that you no longer walk in the realm of the old paradigm, of being out of alignment or making mistakes. To honour yourself to move beyond judgment of self, and to simply tap into the limitless nature of your being and to follow whatever your heart decides, according to the depth of joy evoked from every thoughtform of your imaginings of yourself as a limitless creature. Does that hold appeal? Is it not simple? What is your issue dear one? Do you not trust that you walk the light of God, the path of the light of God, that you walk in light and with light.

You my dear one, perhaps you have been on vacation, in what we may term a hiatus, you are discovering your Divinity and yet unsure of your mastery and your creative abilities, you as this other one and many present, are now being given the invitation and the gift to re-write your life as creative beings, in accordance to what your heart decides. The passion evoked as you allow yourself to imagine life as you truly wish it to be, to let go of any thoughtform that is in judgment of these desires and imaginings that says you couldn't possibly do that, where would the money come from? And all the other limiting thoughts that stop you from exploring the limitless nature of your Being.

It is a time of being pro-active, dear ones, of being creative, for until you understand your power of co-creation and your creative abilities you will not reemerge on every level of you Being back into the arms of the Creative One. The need that you have for separation to walk within the paradigm of third, fourth, fifth dimensional realities, is simply so you can explore the co-creative nature of your Being that is all. For in Truth all is Oneness, in Truth there is no separation. Has this shed light dear one? We have asked that you address these issues within yourself practically.

Response: Not audible.

Kuthumi: To let that go dear one, for there are no mistakes all is here to teach, to inspire, that is all. To sit down and in your times of contemplation to ask yourself what it is you really wish to do upon this planet. To imagine that you my dear one, as all here, and it is a term we have often used, that you are space cadets from another system, for it is a good analogy, it gives drama to your understanding, and you like that. To imagine that you boarded a space craft and upon another system and you have now docked down on planet earth, the doors have opened, before

you is this reality called mass consciousness, and you came with a job to do. To find what that job is and do it, and to do it in a way that honors the Divinity within. To do it in a way where you understand the laws of energy and the body as a bio-computer to do it in a way where you first create the software that puts in the qualities that your experience here will be joyous, for it is joy that you seek, is it not. To put in the quality of honoring and integrity, for that is what you wish is it no? To add passion, to add flavor, to add pleasure, to add abundance, to add whatever it is you wish to be experiencing as you live life upon this plane, while you fulfill your mission. You have come to do a job, have you not? You are standing at the threshold and you are unsure of the job, that is all. The job is programmed within you simply have not found the video, that instructs you as to what it is, but it is within you it is called your Divine blueprint. You are not only to access but you are to create this blueprint. You access it as it exists within simultaneous time frames, within the future, as you access it through your inner realms, you bring it into the etheric, and back to the physical through your desire to live your life, to play your role, to play a certain role, and that role will be revealed to you dear one, as you give yourself permission to imagine that if you came to this plane with pockets full of money, no limitation, what would you wish to do upon this plane. What would your contribution in complete service, in complete alignment with Divine Will, what would that contribution upon this plane, to all humanity, be dear one. That is all. Then create that job, for that is the job for you. Does this make sense?

Response: *Yes it does, it makes lots of sense.*

Kuthumi: Is it that difficult dear one? If you were to arrive off a plane into the Americas knowing that you had a job to do there, would you not take care of practical things. Would you not find somewhere to live, somewhere to eat, somewhere to sleep, friends, would you not decide as a Master, that you wanted quality life style, quality friendships, quality relationships as you performed your job, and would you not seek to create such.

Would you not seek to find a job that gave worth, that gave you feelings of purpose, that you felt made a difference, that your being in the Americas, made a difference to the Americas. There is so much to do upon this plane dear ones, just politically, environmentally, economically, socially. There are so many jobs, and you all have so many gifts and so much skill, but you all have a greater gift, for you who are here have opened the doorways to Higher Consciousness. You have activated the four-fifths of the brain that many have not begun to utilize, and you may allow that consciousness to flood through your heart center and touch all with whom you work, whether you are sweeping the streets, or whether you are on Capital Hill being president of a country. It does not matter. What matters is that the inner doorways are open and that you as you play this role are choosing to be in joy and mastery, are choosing to be Beings of limitless

capacity of choosing to move beyond the societies and cultural limitations and thought forms that humanity have been governed by for eons of time. You may sit and ask spirit to give you a job, 'tis is very disempowering, or you may step into you Mastery and create a job. According to that which you witness that needs to be done upon this Earth plane. 'Tis simple is it not?

So listen to your hearts dear ones, give yourselves permission to imagine that if all were as you need it to be as far as your money goes, for this is an abundant universe, and there is more than enough abundance upon this plane for you to tap into. The hierarchies are aware of the collective beat of the Light Workers which is crying out for financial support so that you may show your brilliance upon the world stage and we are moving the pieces of the puzzle, of the chess game into positioning, so you may all tap into great abundance. But we ask that you clear the issues of lack of self worth, of undesirability within your own energy fields, so when this abundance comes it will stick to you like glue, and you will magnetize it into your energy fields and keep it there, so that you too may recognize opportunities to create abundance on all levels, not just financially, but spiritually and richness of emotions dear ones.

Do you wish to continue relationships that are no longer honoring? Do you wish to be in relationships that are not empowering? Do you wish to be in relationships of conflict, or do you wish to be in relationships that are loving and supporting and honoring and empowering? And do you wish not to lay the same imprinting within your jobs and every other expression of your Being. This is the creative ability you have as Masters, to decide what it is you wish for, but to be motivated that whatever you wish to be made manifest on the plane of expression, has collective, positive ramifications for your brothers and sisters as a whole no longer just the individual, to be aware of the bigger picture not just the individual.

For you may gain great wealth and spend it selfishly. You may tap into great wealth and allow it to move as energy to create whatever it is you are to create upon this plane for the good of the whole. It is a time of working as unified fields of energy, to lift the consciousness of the whole into another dimension, for it is prophecy, it will be, but the power dear ones, comes in recognizing the Divinity within and allowing it to shine through every level of your expression, through your physical form, your emotional Being and sharing, your intellectual understanding and sharing and your spiritual vibration.

So dear ones, it is time for closing of this gathering. We ask that you give thought to standing in your power, to looking back once more upon this plane of expression, knowing that the inner doorways are open, that you work no longer alone. That you have magnetized to your energy field great Beings of Light that will support you. That you stand as a spearhead to Armies of Light within this plane, around the plane, upon this plane. That you can utilize and network

these connections to become an empowered whole. To love and honour and support each other to create practical physical changes in your life and the lives of the whole. Give yourself permission to know your Greatness. Give yourself permission to explore and utilize your Greatness and the gifts that you have. For they are many. Dear ones we acknowledge the Love and Light within your heart. This is Kuthumi. Until we share once more with your gathering dear ones, know the Light, the Love that you are, honour the self, for the self is you, and you are Divine.”

The Divine Perfection You Are

And so beloveds, you have magnetised the energy of the Ascended Ones to your gathering once more. For our presence is summoned always by your hearts' desire. We respond to the Light within you. We respond to your heartfelt desire to be once more a unified species.

We respond also to the image of the Ascended One within you all. For each and everyone of you are already enlightened beings. You are complete, divinely perfect and that is your true calling card. For all upon this plane of expression are simply undergoing a reawakening. A reawakening to all that you are. A reawakening to a new way of being. And yet it is not new.

There was a time in the past millennia where you as a species on this plane, this school of life, were greatly unified, lived harmoniously. It is a return of such time, and you my dear ones have the magical opportunity to come together in your mastery - as Ascended Ones - descended into physical reality to touch and to tap into that limitless part of your own nature, your Godself. To share your talents, your mastery with one another.

'Tis a new blueprint being uncovered and yet it is not new. It is simply a return to the greatness that you are, but not dear ones as individual souls alone. And yet it is true that the mass consciousness is made up of each individual is it not? And the mass consciousness is simply a vibration, a reflection of the discordant or tuned frequencies that every human heart, body, mind and soul emits.

For what has begun in earnest upon this plane in response to your heart desire, is a re-education and a reawakening of this species. All have undergone what we would term the quickening. And the quickening is the call from within where you realise, you remember, that there is more. That inner call that wishes once more to bring quality into your sharing, purpose into your work.

The new paradigm of the Golden Age dear ones is simply to have fun while you make your money but to do good also. On one level for business it is so. And yet could that not be true within all of your expressions - to have fun.

It is what you desire to be - Light in your expression. For Light is the essence of the divine spark. And to know joy and to laugh, for laughter dear ones is a vibration that brings such power. For when you laugh you dislodge all discordant energies from within your cellular structure. We have shared this often with many before. ***It is truly a time of lightening up.***

Can you close your eyes for a moment and imagine what works more powerfully - men who walk among men with solemnity of spirit, quietly, spiritually, setting a good example no less or men and women who laugh and glide and dance together in heartfelt joy? The laughter carries the power for spiritual change. The joy and lightness of being, to truly be thankful for that fact that you are in embodiment at this time. To waken daily, to the glory of this embodiment. To demonstrate such. And the energy of the Kuthumi consciousness comes more in response to your heart call with many beings from many realms. From the Ascended Brotherhoods of Light. From the Galactic Federations. From the Angelic Realms as was mentioned earlier. And you, yourselves as Descended Masters. We are working together in unison at this time and all are aware of our presence in the night realms.

You dear ones are asked to remember. For this is a time of physical proof. This is a time of bridging the etheric into the physical. Of bridging all the factions of power upon this plane to create empowerment not disempowerment. Bridging creates power when utilised with pure intention of heart. We ask for all of you still in doubt, to test the Master within. For it can be so and it will be so. To test until you no longer walk in doubt.

Telepathy, dear ones, is your natural state of being along with the languages of Light. Test this, send clear messages to those who you wish to contact you and give thanks when they do. Ask specifically for time limits so the universe may play your linear time game. Ask also that the message you send be simple and be implanted when the one you wish to contact is receptive. You may test these powers as simply as you book your car park and we are sure that many do so now. It is time effective is it not? We wish that you test and then you live impeccably. Test your powers, give yourself permission to be all that you can be.

Be vigilant in your thinking so that you may create a limitless life. For the being within you that is guiding you is limitless in its expression. We acknowledge that for many your awareness is unfolding at different frequencies and rates and thus it is that we work with many on the night realm. For we wish to demonstrate that you have complete power and freedom to move your consciousness in and out of your body at will, that you may program to go to the highest institute of learning of the night realms, so that your sleep time is used consciously.

It is time to become aware of the ease with which you move in and out of your physical vehicle. You are learning this as we continue to work with you in the night realms. When you fully awaken to this understanding, then it is a simple transference into physical day to day reality of such power. So that you may become familiar and then when you sit in your times of meditation, you may will yourself back to these planes of expression with great ease knowing that you go there regularly, nightly. There is so much that you may test.

Then there is the ‘proof’ game of Divine timing dear ones. Throw away your time pieces. Ask that you get in complete intuitive alignment with both Divine time and linear time simultaneously. It is the expectations on this plane that you be punctual and it is polite in your society. And yet dear ones, allow and trust that when guided from within you can be wherever you require to be in perfect time. So that you play the game of divine time in synchronistic expression and yet you can still fulfill others requirements who still run in linear time with punctuality expectations.

For your aboriginals, hmm, your indigenous people have always worked with God’s time, divine time. And yet there has been chaos created, for these beings do not value linear time and are often late for their appointments, creating discord with those kept waiting. We say to you that there is no need to create any discord with any being with whom you share. For you may simply program the highest to unfold.

You may play the games of the divine expression of limitless being while working within the current structures of your society, religion, creed or races and your cultures. You will know when you give yourself permission to play these games for you will feel, you will witness, you will enjoy the power of the divine forces.

It is like unleashing within you are a being most powerful and we ask that your focus be always on impeccability. That you be impeccable in all levels of expression. There is an anchoring, an overlaying and a revelation. This revelation is the full understanding that you truly are multi-dimensional. That you exist through all dimensions of space and time. There are many here establishing contact throughout the galaxies on the night realm, remembering your gifts and talents from other star systems where you have taken your ascension.

We have shared before that everyone of you when you step down your vibration came through the planetary system of Arcturius and there you learnt to be Masters of Light technology. Your vibration was stepped down further in this solar system in this galaxy, and as it is in all galaxies and solar systems and multiverses that you have existed in.

For you have existed since the dawn of time. You are the Oneness. You are not just part of the Oneness, you identify with yourself as separate for the majority of your focus. Your perception is housed in this physical form. You have forgotten that you operate simultaneously through the multiverses as the Oneness.

And so we come to you as one heart and one mind. Encouraging you to enjoy the gift of silence. For it is in the silence that you will hear the voice of the divine spark within you guiding you. It is time for you to remember dear ones. When you attend classes on the inner realm, you

enter into the realm of the divine spark. This is the involution process, the journey of introspection.

Focus on the inner realms consciously, utilizing your night time when the physical body is asleep, utilizing your breath. Move to the energy behind the breath which takes one into the internal now. You are constantly breathing. Focus your attention on your breath dear ones and move then your attention to the energy behind the breath. It will release within you the feeling of divine love. And it will bring all the healing on all levels of your being that require alignment.

All has been activated. For the revelation is the inner voice to drive you from within, to understand that you are more than this physical form. The revelation brings an activation, a remembrance which exists on many planes and many of you are experiencing this now. On another level dear ones, while you have understood your multi-dimensional nature through using all the gifts that you now share with each other, you are now asked once more to be conscious of your physical reality. For there is a specific blueprint that is being revealed for the planet as a whole, just as yours is revealed to you within yourself through your inner work.

This is a wonderful opportunity that you have created. For this experiment is about the group consciousness coming together in full mastery, hooking in individually to their divine blueprint, that pre-agreed contract that was made with the divine before you took embodiment.

Did you know that you all agreed at this point in earth's vibration to gather together here now? Some of you will stick, magnetised together and form a strong bond for your work. Others will drift away. It is not important. What is important is the full recognition that there is a group initiation. That you are all pieces of the divine puzzle and all the cloudmakers will gravitate together and all the flower bedmakers will do so also. All are integral in the divine blueprint, are they not? Like instruments in God's orchestra. Many different tunes and many different instruments.

Free will dear ones gives you the opportunity to consciously tune your instrument, so the music of the divine is most harmonious as it moves through you, is played in you and around you, as it comes from deep within all aspects of your being. That is your blueprint. That is your life's purpose to be limitless. To be joyous. To be harmonized together and it can be hard. It is a challenge. For the energy of the mass consciousness does not support harmony. It is discordant. It has played the song of separation and judgment for so long with many factions being created.

Everyone of the Ascended Ones has been responsible for the creation of your religious groups. They did not create a religion. They brought through a pure teaching and vibration, demonstrating the divine spark within. The religions, the creeds, the philosophies have been

formed by beings interpreting such teachings from their mind, higher mind and heart and soul and their logical mind. And things have become separate and yet all is perfect.

For it has been in the separation that you have ignited the fire within to really long for and demonstrate unity. It has been through being disempowered that you have yearned for and ignited the fire for empowerment. And this dear ones is a wondrous opportunity to demonstrate unity, to demonstrate mastery, to be always perfectly aligned to the divine voice within. To express such - lovingly, joyously together. To do so with an intention that your sharing be fun; to do so with an intention to share great joy and laughter. To do so with an intention to be inspirational with your sharing light and yes dear ones also most logical.

Humanity cannot ignore the vibration of integrity, impeccability, logic, lightness of being delivered by ones walking their talk, emanating vibrations of lightness and joy. For that brings its own flavour of universal forces of magic.

There is much to be revealed to your plane of existence. The revelation of what was once will come again. A time when you truly are synchronistic. When things like words of coincidence cease to exist. For beings are aware that synchronicity is simply a by-product of being tuned.

So dear ones, we simply wish to bring to your awareness - of your heart, your soul and your mind - that this is a wondrous opportunity to fully express your beingness, your divine self. To invite you to share in a way that is harmonious to this grouping. To not be shy. To understand that each and every one of you has something to offer. That you may truly be a harmonious group working divinely, divinely inspired. Creating personal joy, creating group joy, creating global joy. One small step dear ones creates a long journey and magnificent change.

You are finding now that time is speeding up. You will find more and more so many opportunities to share. As we have shared so often you are always channelling energy. We ask you to question the quality of the energy you choose to channel. To be channels for love and empowerment, joy and laughter or channels for judgement and separateness. 'Tis your free will. And yet the blueprints for each and everyone of you are well activated and your hearts sing a song of unity on all realms already.

We congratulate this gathering for your hearts know the song of joy, of being driven by its voice. You are purposeful in your expression and you are beautifully aligned. Be aware more and more will be manifested into physical reality in a way that can be tested. Is not to be denied. Give yourselves permission to be free of doubt. Ask for your proof dear ones so that you make this leap of faith and move into the realms of magic and limitless being, with the pattern set for the sharing and commitment of mutual pleasure and mutual empowerment.

So dear ones, we recognize that you have linear time commitments also so we will hold your questions and answers for another time and invite instead Focus on the inner realms consciously, utilizing your night time when the physical body is asleep, utilizing your breath. Move to the energy behind the breath which takes one into the internal now. You are constantly breathing. Focus your attention on your breath dear ones and move then your attention to the energy behind the breath. It will release within you the feeling of divine love. And it will bring all the healing on all levels of your being that require alignment.

All has been activated. For the revelation is the inner voice to drive you from within, to understand that you are more than this physical form. The revelation brings an activation, a remembrance which exists on many planes and many of you are experiencing this now. On another level dear ones, while you have understood your multi-dimensional nature through using all the gifts that you now share with each other, you are now asked once more to be conscious of your physical reality. For there is a specific blueprint that is being revealed for the planet as a whole, just as yours is revealed to you within yourself through your inner work.

This is a wonderful opportunity that you have created. For this experiment is about the group consciousness coming together in full mastery, hooking in individually to their divine blueprint, that pre-agreed contract that was made with the divine before you took embodiment.

Did you know that you all agreed at this point in earth's vibration to gather together here now? Some of you will stick, magnetised together and form a strong bond for your work. Others will drift away. It is not important. What is important is the full recognition that there is a group initiation. That you are all pieces of the divine puzzle and all the cloudmakers will gravitate together and all the flower bedmakers will do so also. All are integral in the divine blueprint, are they not? Like instruments in God's orchestra. Many different tunes and many different instruments.

Free will dear ones gives you the opportunity to consciously tune your instrument, so the music of the divine is most harmonious as it moves through you, is played in you and around you, as it comes from deep within all aspects of your being. That is your blueprint. That is your life's purpose to be limitless. To be joyous. To be harmonized together and it can be hard. It is a challenge. For the energy of the mass consciousness does not support harmony. It is discordant. It has played the song of separation and judgment for so long with many factions being created.

Everyone of the Ascended Ones has been responsible for the creation of your religious groups. They did not create a religion. They brought through a pure teaching and vibration, demonstrating the divine spark within. The religions, the creeds, the philosophies have been

formed by beings interpreting such teachings from their mind, higher mind and heart and soul and their logical mind and things have become separate and yet all is perfect.

For it has been in the separation that you have ignited the fire within to really long for and demonstrate unity. It has been through being disempowered that you have yearned for and ignited the fire for empowerment. And this dear ones is a wondrous opportunity to demonstrate unity, to demonstrate mastery, to be always perfectly aligned to the divine voice within. To express such - lovingly, joyously together. To do so with an intention that your sharing be fun; to do so with an intention to share great joy and laughter. To do so with an intention to be inspirational with your sharing light and yes dear ones also most logical.

Humanity cannot ignore the vibration of integrity, impeccability, logic, lightness of being delivered by ones walking their talk, emanating vibrations of lightness and joy. For that brings its own flavour of universal forces of magic.

There is much to be revealed to your plane of existence. The revelation of what was once will come again. A time when you truly are synchronistic. When things like words of coincidence cease to exist. For beings are aware that synchronicity is simply a by-product of being tuned.

Be in the silence dear ones. Ask for full consciousness awareness of your blueprint. Ask for synchronistic alignment with the divine timing of this plan as it unfolds and it will be yours.

Breathe dear ones, breathe deeply, connectedly. For the energy that drives the breath knows no limit and pauses. That is why the breathing of your connected breathing is so powerful. For it is the beat of the divine spark as it moves the breath in and out of the body. Tune yourself consciously to the subtle energy that drives the breath.

And so dear ones we will leave you in this space of finely breathing and we will share once more in your gathering for we are present everytime you gather and call our energies. We come to you when you call this energy to you in your meditation. We come here for we have anchored a magnificent diamond, a portal of diamond light to oversee this gathering. To allow a higher, more potent access to divine energy through other dimensions.

In your healing, in your discussions, in your journey together our presence is always here, in response to your desire. This is the energy of Kuthumi dear ones speaking from one heart, one mind for there are many present at this time. Be aware that in these gatherings much occurs energetically and not just in the spoken word. These gatherings may be as powerful as you allow them to be. It is your game of reality creation that you are demonstrating here physically.

Adonai dear ones Adonai.

Timing

Greetings dear gatherers of light, this is the Ascended One, Kuthumi. Your presence has beckoned forth a messenger. The message of the messengers of light is the request that you gather in your mastery dear ones. To take once more the mantle of your Divinity. To walk as the great beings that you are. To reawaken and remember your greatness.

There is a teaching upon your plane, and this teaching dear ones is beyond the mind, beyond the heart. It is a teaching that recognizes the soul of each brother and sister. It is a teaching of oneness. It is a gathering of the old clans. A remembrance of all who walked upon this plane did so in full recognition of their Divine form. That the form that housed the consciousness truly was Divinity itself. And in this gathering this evening there are many different beings - all are equal, there are no greater, no less. There are beings present in embodiment as well as beings of light that hold no particular physical form. All carry a different vibration, a different awareness, a different key. Some are seeking for answers. Some already have many answers. Some are beginning to put into practice upon the physical plane all that they have come to understand. And it is a time to practically apply all that you have come to know, is it not dear ones? For you have been doing your meditation, your research, for eons of time. You hold, as you are aware, all the knowledge within you and you are now beginning to access this knowledge, access your blueprint, the piece of the puzzle that you carry, that magically dear ones fits into the Divine Plan.

We have shared much with your grouping, the Ascended Ones and beings of light. We have shared about seeking the magic. We have shared about the understanding of universal law. We have shared tools, of re-aligning energies, of programming and creation. This evening we wish to share of timing, dear ones. Of understanding that there is a rhythm, a creative beat, that belongs to the source of all creation. That the magic that you seek is revealed in its entirety when you can synchronize your timing to that of the Divine. The timing of the Divine dear ones is simply the unfolding of the Divine Plan in every moment. And yet many here are impatient, are you not? You are impatient in your search for meaning, impatient in your search for answers or impatient in wishing to implement the knowledge and understanding that you have gained - to see it make itself manifest physically.

We have spoken dear ones that it is not a time of individual enlightenment, for that is guaranteed. It is a time of collective enlightenment. If you may choose to understand about the

schools of life of which we have shared in depth before, that there have always been rebels within school systems. These have been perhaps the yogis who have rejected culture and society - those who have gone into the caves and focused on their Divinity, became enlightened, moved into an energy band that guaranteed their search for Samahdi, of bliss. In this time that you call your modern age dear ones, you are being asked to be the yogis in the caves in the cities. You are being asked to demonstrate that state of connectiveness and bliss in every moment of your life while you play the game of magic in your cities. The magic that was experienced in the caves is now being brought into everyday reality amongst the masses - and so it must be. And yet it is simple dear ones. It is not a requirement for you to live in your caves and meditate for twenty years, for forty years, or for a lifetime. These states of magic and bliss can be achieved very simply through understanding the universal laws and then surrendering to God's plan, surrendering to Divine timing.

For many of you, you have danced the rumba - it is a saying of this one. You have danced a dance in the game of life that has brought great learning and satisfaction to varying degrees. And when you mastered the game, the dance, the rumba, you sought more. And in your journey you have learned discernment. You have learnt to absorb into your heart that which felt right within the nature and core of your being. You have begun to create a model, to piece together information and experiences that allowed you to make sense of this reality. And thus you have literally created a new reality and learnt a new rhythm. For the dance of God is a waltz. And you have been learning the steps of the waltz. Or you have been learning that there is another dance floor where the waltz can be taught. The purpose of these gatherings sometimes is to be with other dancers, to get up on the stage and make fools of yourselves as you trip over two left feet, understanding that your rhythm must change from the rumba to the waltz. And some present have learnt the waltz most aptly, have you not? Yet still you know there is another level of magic that will allow your heart to sing always, not just now and then but constantly. So you have learnt your waltz and now you are being asked to go back to the dance floor where many dance the rumba still, and not to teach them but to simply be, dear ones. To simply be in the state of complete joy as you dance to God's orchestra, to dance the waltz, to demonstrate that it is great fun, that there is great magic, to be completely absorbed in each and every moment. To simply be in joy, to choose the experience of joy as the master that you are. For you have understood that everything that you focus upon becomes your reality, for that is universal law. It is the law that governs all energy of all creation, beyond science and your religion. Whatever you focus your attention on you have learnt have you not, becomes very real.

So as you can imagine dear ones, there is a hotch potch of learning taking place upon this plane. There are beings dancing the rumba upon the rumba floor. There are beings who have left the rumba floor, left mainstream society as you know it, to take time out for their spiritual journey as they learn a new step, the step of the waltz, the Mother/Father Creator God. There are many still learning the rhythm of this dance. And there are others who have learnt the dance and perfected it and are now back on the rumba floor choosing to be in joy. Knowing that as you simply dance and be in the moment and be the joyous being that you are - that those who are tired of dancing the rumba will stop and look at what you are doing. And they will ask you, they will gravitate quite naturally towards you and ask if perhaps you could share a little of this new dance. It is the dance of oneness, is it not? It is the dance of the creation of a new paradigm. For as you have understood, this journey, this awakening, is a sweet revolution dear ones. It is taking the good of the old system and making it better.

It is a grand awakening, a grand evolution and a new song. And a song that demands unity and balance and harmony upon your plane. It is the song being sung by the collective hearts of all. And that is where timing comes in, and patience. For we witness many of you now upon the rumba floor dancing the waltz, and see you questioning as to why all that you are creatively envisaging has not yet been manifest in physicality. It is because there is a requirement of others, of your brothers and sisters, to come out of the waltz academy and join you on the rumba floor and to dance as a collective unit to God's rhythm. There are pioneers among you - and we ask that you be patient. We ask that you simply choose to focus on the beauty and oneness as it reveals itself to you in every moment of your existence. For the key is joy is it not? You have become aware that when you feel the joy within your heart, the passion when your heart sings, you know you are in complete alignment with your own blueprint. But this is the game, an experiment, a dance of mass enlightenment. And you must learn to wait, to be patient, until all the pieces of the puzzle are in place, until all the dancers are on the floor. Yes dear ones, there is what you are aware of as the hundredth monkey syndrome, where there will be enough awakened ones to begin to take over the dance floor. So that those dancing the rumba will be so magnetized by the beat of love and light that emanates collectively from your energy fields that they will find themselves quite magically drawn into that rhythm, with their heart, their soul, responding and awakening.

That is the vision, that is the reality, that is what is existing in the timeframe of simultaneous time where you are being inspired to create dear ones. We ask that you allow your imagination to flow. To imagine what it is that you may give this planet, the gift you bring. To be guided by the joy in your heart when you visualize yourself in your mastery, walking your talk as

the Divine One upon this plane, when you give yourself permission to be all it is you know that you can be. To understand that sometimes you need to dance with another, for the inspiration, for the power of the energy, for the sharing. But know that you all have a gift to give one another. The uniqueness of your being - like the orchestra, collectively the music is magical - individually the music is magically unfolding also. So you may find dear ones that your instrument is tuned. That you are aware of your life purpose of the song being played through you, but the orchestra itself may still be tuning up, it is just timing.

Those of you who are awakened, we recommend that if you are impatient, a little unsure of which is the next piece to focus on in your vision, that you go within and listen. If you are guided to be patient, then be that. If you are guided to create, then create. Others, we wish to share briefly for there are many beings of many understandings present, we wish to ask that you understand your lineage. You are beings that have journeyed from many star systems. In the beginning of time and creation when the Creative One expanded energetically - and there are many stories of this - when you move through the dimensions of time and expression you step down your vibration, absorbing the learning from many systems from the Arcturian system, the Pleiadian and the Syrian and many many more, from many universes as an evolving point of consciousness. You have found yourself now in physical embodiment, yet that is one aspect of your being. In fact you reside in all planes and dimensions of expression and you are the enlightened one, you are the Divine one, you are ascended already. Your meditation work and your seeking the opening of the inner doorways simply allows the energy of that which you are to flow through your being into the conscious reality that you now find yourself in.

And we ask that you understand that the physical body is simply molecular structure that carries the energy field of your collective memory, your emotional body. It is the data base of the subconscious mind, your mental body. You may identify with from an area of survival where you are a limited being in a limited form looking in essence to keep the species procreating and surviving. When you have moved beyond that, you move into your higher consciousness, the universal mind that you carry within you also, that is what is opened through the heart centre, through your meditation and your quiet times, where you access the inner planes. It is the higher mind that controls your physical manifestation, dear ones. And so we ask to speed up your understanding of your evolutionary process - and to access your Divine Blueprint, your life purpose upon this plane - that you simply program to align yourself to Divine Will. That you ask that all your sharing be in every moment for the highest of yourself and all with whom you share. That you ask that all the energy fields of all your bodies be brought into perfect alignment so your Divinity may express itself fully in this plane of existence. And that you ask that this be done in a

manner that brings you great joy and ease, and grace and abundance, and whatever else your heart desires for you to create as masters upon this plane of reality. For you are masters, and you are learning to master this physical existence by bringing in full power of that which you are, by activating your energy fields to operate to their full potential.

Your spiritual journey dear ones is just an aspect of mastery. It is the key to the inner doorways to allow you to access the greatness of your being. And when you do your programming as we have recommended - it takes but a few moments of your day - and yet it sets the intention for the rest of your day to unfold in perfect harmony and alignment. And then to simply focus on being in joy in each moment. It is a simple program. For you have work to do upon this plane - you are a physical form, there are very few of the lightworkers who will move beyond this physical plane within the next two decades. For you have signed up. You have arranged a contract with the Divine, to do specific work upon this plane, dear ones, to be part of the teaching brigade - those that teach by example. For there is no greater power than to witness a being who walks their truth, who shines their light, who has the courage to demonstrate their ideals in a manner that honours all lifeforms. And all is revealed in God's time according to your heart's desire, according to a greater plan that is unfolding. You are aware of your own knowledge, intuitively, experientially, or intellectually, are you not? You are aware if you are still dancing the rumba, if you are tired of dancing the rumba, if you have taken time out and are learning the waltz, God's rhythm, recognition of the rhythm that has been sustaining you all along. You are aware if you are back on the rumba floor dancing the waltz. You are all aware intuitively. We ask that you understand that in the greater picture, it is timing that governs all, regardless of your ability to manipulate laws of energy dear ones, regardless of how good you have become at reality creation. There is still the perfect beat that you need to synchronize to, so that when you look upon the dance floor you will see every being dancing the waltz in perfect timing, in perfect harmony, in perfect alignment. And when you witness such dear ones, you will be given the choice to move beyond this reality, to take up the mantle of your next assignment. For the golden age, this new millennia that has been prophesied will be up and running and fully demonstrating its own magic.

You can see this dear ones. For there is a bridge being laid now between your understanding of the commonality of religion and your quantum physics. It is no longer a time of just faith, it is a time of practical demonstration. Those of you who are aware can test this. Do not use your telephone but simply send a telepathic message to those you wish to contact you and watch as they ring in. Book your car parks, create your relationships, look for the magic and watch it reveal itself to you physically, demonstrating its power as you call it by name. For it is a

time of the return of Merlin, is it not? The return of Merlin is the return of magic to all of God's kingdoms of expression. But be patient dear ones, for we read within your energy fields an impatience, a desire to perhaps know more. Yet if you understand that you know all that you need to know within you, and that it will reveal itself according to God's time as if it is set on a perfect mechanism of time release within you. In your impatience dear ones, we ask that you ask that the mental body be simply kept focussed and motivated and tuned. That is all the programming that is necessary. For those with open hearts, for those still seeking answers, we ask that you listen to your heart. That you absorb into yourself all that feels right within you. To trust your intuitive knowing, to become a limitless being, to let go of all your thinking that creates limitation within your life. When you give yourself permission to be limitless dear ones, that is what you will become, for that is what you are. And what you are will simply step forth from within you and demonstrate its power. There are questions among this gathering.

Q: *An audience member had seen a vision of Merlin in the centre of the meditation circle and asked Kuthumi about this.*

Kuthumi: It is within your vision. It is in your intuitive understanding of distribution as well dear one. We give you this role, this gift, to utilize that which you see in the manner that you see most fit. For you are most capable are you not? (*I'm not sure*). Then ponder upon that one. For you are witnessing really dear one what many here would term a past life bleeding. You are simply moving in through another window of time into another dimension of reality. For you are one of Merlin's court, are you not? You are the one of the King Arthur times. It is that window that you are looking through at this point. (*Is that why I've been seeing the Holy Grail*)? Yes dear one. It is for many of you present. We have shared previously that this lifetime is a lifetime of greatness. It is a lifetime to truly demonstrate your Divinity. To give yourself up unto that which knows no bounds. To go backwards through time or backwards into time, for both are the same in Merlin's time. To go back into all your embodiments to collect the gifts of the learnings, the treasures that you came to understand and to bring them forth into this reality. And as you open up to your multi-dimensional nature you find that you can access so much more of the vastness of your being including the gifts from every embodiment that you have traversed through in the Earth school. So dear one you are understanding perhaps that part of your gift, your mission at this point, is to access the magic of that which you hold so dear within your heart. To remind beings symbolically of the search for the Holy Grail. To allow them to understand as you demonstrate the magic in your own life that they may have hope. That it is a time of hope and then an experience of magic once more. You are actually grounding the energies of the

magic of that time once more into the everyday reality, of those with whom you connect, are you not?

Response: *Well that's what I thought I was doing spiritually, not on a physical basis.*

Kuthumi: First in spirit, then in physicality. And that is why dear ones we encourage you to open the doorway to your imagination. For as a great one upon this plane once shared, your imagination is your ability to image into the spiritual realms of the God force. We ask that through your imagination you begin to envisage life upon this plane as if the Golden Age, the new millennium, this new paradigm, really does exist already, for it does in simultaneous time. It is your imagination that allows you to anchor its vision etherically in the web of mass consciousness around this planet. And once this web, this vision, has been laid down through your imaginings, it is then the collective desire from within your higher emotional body that will bring it into the physical reality. So as you desire magic, the magic of the vision that the collective lightworkers have laid down etherically, will physically be anchored upon this plane, simply by that desire. Your ancients, your aboriginals, your indigenous people, they talked of the dreaming. And there are many dreamers present here. And you are actually dreaming the future, first in imagination dear ones, then in will, then in physical reality. That is the laws of creation and manifestation. Has this answered you dear one? *(In a way.)* You may elaborate.

Response: *Should I discuss that matter with people that I meet?*

Kuthumi: You as the master may set the tone of any conversation. For there is nothing that you cannot share with another upon this plane. It is simply how you choose to share it - the tone, the essence, the opening, the timing. When beings ask, you may give them information. When you feel inspired you may open the doorway to a conversation. If people are interested they will pursue the conversation more, and then you may share more. It is like a dance, the dance of communication. People will respond dear one as they feel the magic flood from your own heart. And you carry the energy of magic in your vision, in the eyes, in the window to the soul as well do you not? *(I believe so.)*

See dear ones, it is a time of cellular expression. For so many present are understanding intellectually, are you not? And now you are being asked to walk your talk, to demonstrate, and the way that you demonstrate and to bring this intellectual understanding into cellular knowing is to simply live that which you understand, intuitively, intellectually. Choosing to see magic and then magic reveals itself to you. It is like you set your antenna, the transmission signal, your energy beat, so that it floods out of every pore of every cell. And universal law then responds, as the beat goes out seeking magic, then magic of universal expression gravitates to you via universal law and that is what you begin to demonstrate as a vibrating field of energy pulsating

magic. We ask for you to simply focus on Divine perfection and magic - that way you will demonstrate the energy of Merlin. For you are anchoring literally into physical time the energy of that kingdom. That is the gift you have to bring dear one, to allow people to open up to the magic of living in this world, by accessing the world within you, that you know so well. The magic of the Merlin time. You relate, do you not? For it is your beat, is it not? Then dance your dance dear one, and do it with magic. You are the Divine alchemist. You are working also within the Ascended One's energy of Saint Germain. For the freedom - that is the desire within the hearts of all humanity - is the freedom desired for spiritual expression, freedom of spiritual being. And knowing the completeness of being. Another desire within the collective hearts of all humanity is the desire for magic, limitless being, freedom, magic. Is that not the collective beat of the heart of all present here? It is! So you dear one, you dance the dance of magic, demonstrating to all what it is like to be free, to be a limitless being walking in God's kingdom, the heaven upon earth at this time. That is your gift.

Q: *Someone asks Kuthumi about the pain that they have been experiencing in the base of their skull.*

Kuthumi: Again dear ones we must address this concern in many layers. There are a number of you present who are experiencing pain at the base of the skull, are there not? You are finding, many of you, that it is at the base of the brain, towards the right side of the body. You are finding a tightness. You are finding this going through into the shoulders. You are finding it is like a triangle, like a coat-hanger at the base of the skull, moving across the shoulders and also particularly being activated in the right side. Yes? (Yes.) So you are not alone dear one. That is a common physical complaint of this one also. You are on one level finding that you are having a process of encodement, of activation, within the actual light body that is already within the energy fields of the physical form.

For dear one, the end result of this play is that you are all to be walking as the ascended beings, the descended masters that you are. So in your future time and yet in simultaneous time (but future in your linear timeframe), you could imagine that this planet is populated by beautiful ascended beings. Beings who are completely connected to the oneness of all. Who recognize the love and light within the hearts of all who live within a reality framework of complete oneness and unification. Where there is no lack, no want. That is the full manifestation and the full activation of the light body within. This light body carries certain encodements. These packets of information that are being activated within you have different frequencies and different aspects of knowledge, like an encyclopedia so to speak. The feet may carry book "A". The ankles "B".

The calves “C” and so on. Like your encyclopedia segments information, so does the energy fields of the light bodies.

The activation at the base of the skull that you are experiencing, particularly in your right side of your body, is two-fold. That whole triangle of energy is being activated on mass to many who are susceptible and feeling the energy alignments. At the base of the skull dear ones is what you may term your ascension chakra. It is an energy field, a vortex point, that is allowing you to access your multi-dimensional nature. To literally put out a call through all the dimensions of time that bring through the full knowledge of your Divine Self into your conscious every day reality. That is why there is much movement there. For that is the area of knowledge you are activating. The area going into the right side of your neck, there is much tension, is there not? You feel the pain dear one simply because there are blockages in your energy field. Like a flower also being awakened, the petals unfolding, it is simply moving from one state into another, a transformation. The intensity of such depends, and the experience of pain depends, on how free-flowing the energy is moving around this particular area in the physical body.

These energies coming through that side are basically coming through from the right side of the brain, flowing through to the left side of the body. For the connecting point from left to right brain that crosses over to left to right body is the apex of the spine, the base of the skull. It is a connecting point. So at that particular area it is simply receiving a higher influx of energy so that you may also be brought into complete balance for the male/female within. For does not the God within take an androgynous form? Is not the Divine One sexless? Is not the Divine One simply the All That Is? Neither male nor female, but in perfect balance of both, demonstrating both? So for many of you, you are consciously anchoring in and bringing in those energies through into your own body. Understand dear ones the power that you in embodiment have. For you are generators of Divine energy. You are portholes carrying Divine frequencies. As these energies are released from within you from the inner realms, as they are magnetized to your physical form, you begin to pulse, to emit a different frequency. When you gather together like this, you are gathering like pulses, like frequencies. And when you move out into the world, your very presence is emitting a signal that has the strength to change the beat of all around you. And yet the desire to change comes from the desire within the heart of all around you. For they witness coming from you, from within you, intuitively, they feel it as a rhythm, a beat that is joyous to their soul. Thus we mean the sharing soul to soul, it is simply the release of the Divine from every pore, every cell of your body.

Dear one regarding your personal situation, and the others who are in discomfort, just visualize that perhaps whichever way you wish to do it, that the Divine One is placing a hand on

these centres, sending through healing energy. Or that you are seeing yourself literally expand through the heart centre and moving through every cell, becoming twelve feet tall. You see yourself maybe as five foot or six foot, perhaps you may double in size consciously, through conscious command. You are not tired unless you choose to be. You may also choose to visualize that you are twelve foot high, two hundred foot high. That you are plugged in - every finger, every toe, to the Divine cosmic circuit board. That you need no sleep. That you need no food. That you need no liquid. That you need not meditate. That you need not exercise. That you need nothing but simply to be. To give yourself permission to be limitless. To know that as you are expanding, you can do more again, and again and again. You are only as limited as you choose to believe. And yes dear one, your intuition as always is spot on is it not? For it is the old paradigm that believes you need rest. And yet the physical body needs time. We talk once more of timing, for it has laboured under the power of your mental body, your emotional body for so long, that when you recognize limitation with the mental body, you must then allow it to be activated within the emotional body and physical body in a way that honours both. So a baby must learn to walk and then run, to crawl before it walks. So give your bodies a chance to adjust to the new limitless programming. If you feel a little tired, then perhaps do a little less and yet at the same time command yourself to expand to become limitless.

Q: *Someone asks Kuthumi about their difficulty with “writer’s block” and the associated procrastination and self-judgement.*

Kuthumi: When you feel passionate about an issue, you will find that the words flow freely from your being dear one. In the meantime would you like to be assigned a tutor? (*I wouldn’t mind.*) There is a being called the Ascended One, Paul the Venetian. And this being was a wonderful tutor when in physical embodiment. Part of this being’s service so to speak, is to guide those in written expression. You may call through the energies of this one. What we wish to recommend perhaps is that you go into your state of meditation and to visualize/imagine this one as you call the energy, the consciousness through to your being, ask that the consciousness of this one overshadow you, flow through you, releasing the intuitive knowing, the passion within your heart. To write as powerfully as you are capable, as succinctly as you are capable, as honouring.

When all of you are writing, we ask that you set the intention that the information you bring through is honouring the intelligence of all with whom you share, as well as honouring yourself. That all that you choose to speak, to commit to written word, is educational and honouring. So dear one if you can imagine in your meditation that these energies are around you. That you have called them, and you have responded, and that they can flow through you freely and easily. And just begin to write, to brain-storm, as you know the technique to be. To

simply write whatever comes into your head. And from that you will find a pattern, points perhaps, and the theme of what it is that you are to share about. You will find it will come easily to you. Your block dear one goes back to a previous time where you had the power of the pen and at this time perhaps you felt that what you shared was not as honouring as it could be. That you were literally responsible for another being making choices that were not for their highest, in your judgment. You were not responsible. You may clear this block that is within you, that is perhaps restraining you from expressing yourself fully, by asking that this time be re-aligned and cleared. That you may forgive yourself for that time. You may ask that this vision of this time be re-aligned and cleared by your dreaming, for you are a dreamer are you not? Simply ask that the energy fields be re-aligned in a manner that allows your pure creativity to flow through without fear, without hindrance, guided by one such as the Ascended One, Paul the Venetian, or as he is also known, as Lord Lanto. You may research further of this one's history in your text the "Master Your Vibration" dear one. It will give you a slightly bigger picture. You are familiar with the book? It is in the library here.

Q: *This person continues to express concern over feeling sensitive towards the "real world" and her co-workers.*

Kuthumi: You are an instrument. You are all instruments of the Divine, are you not? As you tune your instrument, as this one has shared, it is like you are a guitar and you have your four strings - your physical, emotional, mental, and spiritual bodies - that you may tune every string so that the music that is played through you, is perfectly harmonious according to your standards, and that the standards of those gravitate to you. It is what we call witnessing the "walking your talk". So you are tuning your energy fields, are you not, through your meditation? And it is a most powerful tool. You are tuning yourself through your conscious creation, your mind mastery, your awareness of your thinking, are you not? And as you tune your instrument, you become highly sensitive to all energies around you. And you find that you can become so tuned that you set off what we call sympathetic resonance. You begin to feel what is in the energy fields of others. You become most sensitive to a point - it can be uncomfortable, can it not? So on one level dear ones, you are becoming sensitive. You are aware of many energies, you are aware of the games, of the complexity of realities being created through all of creation.

Many play the game of the forces of good and evil, and that is a valid reality that many play. You may hook into that reality for a while, feeling the dark forces that play around you. The point dear one, is that you are also, in your sensitivity, being asked to demonstrate that you are the masters of creation. You are aware that whatever you focus on becomes real in your immediate framework of reality. So while you are sensitive, yes, that is so, it is a natural state of

being. But what you are choosing to perceive in your day to day reality as you recognize all that is manifest around you is up to you as the master. If what you are choosing to see within the heart, to feel within the energy fields of another empowers you, allows your heart to sing, allows you to live your life to your highest potential, then continue to choose to perceive it in that manner. It is all about perception, this creation of reality. You may witness a being on a bus, and they may appear rough, discordant, a bit maligned so to speak, if you were to be in judgment. You may see them as being coarse, rough - and that is simply a layer. If you looked beyond that layer you will find another layer, a sensitive layer. If you look beyond that layer, you will find another and another. Until if you focus long enough with your dial, your intention set to only see, to look for, to command the Divinity, the perfection, of the God I AM that is within their cells to make itself manifest to you, it must, for that is the law of energy.

Whatever you seek to witness upon this plane must reveal itself to you. So you will go through phases in the witnessing upon this plane as you access your multi-dimensional nature where all will be revealed to you. And you may stop in your witnessing at any level, whatever you seek will become real. If you seek fear, fear will blossom in front of your eyes. If you seek ugliness it will also reveal itself to you. If you seek discord, it will be present. If you seek light and love, so it will be. And if you seek Divine perfection, it also will reveal itself to you in its time, if you are patient. If you stay in the moment and command it to reveal itself to you, and that will become your day to day reality, your experience in every moment. For you are the creators of all, and you are the witnesses of all. So yes dear one, you are sensitive and you may pick up any frequency signal from any being, any reality, as it is expressed upon this plane. But you as the master decide which frequency to lock your dial in to. Does that make sense? It is a wonderful lesson that you are needing to master, for you have learnt so much already. What we are giving you the gift of, what you are giving yourself the gift of dear one, is simply setting a standard of what is acceptable in your immediate reality for you. And you have come far have you not?

Q: *Someone asks about a friend that has just been diagnosed with a tumour and how they can best assist this person.*

Kuthumi: Dear one, there is a specific program to put into place for all who are in this situation. And all present have had dealings to lesser or greater degrees with those who have been diagnosed as having potentially fatal illnesses have you not? Firstly understand that every being has a contract with the Divine. That contract may be for twenty years of physical expression, or forty years or sixty years or so on within your linear timeframe. It is contractual, it is between them and the Creative One for their embodiment upon this time. The complexities of such are very wide and varied because it is to do with balance of energy of their loved ones, of all

those who are to witness and experience the deterioration of the physical body, their battle with such, their illness, physiologically, psychologically and so much more. If this being is connected, in tune with their inner guidance, we suggest that this one seek to know and ask if it is the time for the ending, the completion of their contract. If it is the time for the completion of their contract, that will allow them to prepare themselves psychologically.

Regardless of whether it is a time for the completion of that contract, there is much that a being who is in mastery may do to change their vibrational note so that the note that they exit on is of highest frequency possible. For that will allow them to access other states of existence after physical death transition. We ask that they allow themselves, if it is of their inner desire, to take control over healing the physical body. To allow themselves to look at what blockage in the emotional energy fields created the disease in the first place. And to also address the programming, the mental thought forms, the toxicity of thinking and physical and emotional bodies that created the disease, the blockage in the energy field. Does this make sense dear one?

So it is a two-fold program. There are healers present, there are beings present, who have healed themselves of cancer; who have seen the issue of terminal illness as a challenge, knowing that part of their work was to heal themselves. Having healed themselves, they were then in a position to share of this knowledge to others - who would be magically, co-incidentally magnetized into their energy field so that humanity at this point in your unfoldment could step forward and take control over self-healing. For all disease is self-created and thus healing can be manifested by the self. It is a time to empower humanity. To take back their power out of the hands of traditional medicine to bring it into holistic understanding. To know that all disease is created by dis-ease in the energy fields, discordant energy through the body, and can be simply realigned, and can be made one and whole once more. There are many who have created for their own learning and healing amazingly debilitating diseases, yet it is not the end of their contract. It is simply a challenge. It is a way of stimulating their access to times where they were healers, to allow them to bring forth from cellular memory into conscious awareness the gifts from those times where they were able to heal, back into their knowing again, so they may pick up the mantle once more as healers to be of service to humanity. Does this make sense? *yes*

Initiations

Salutations dear ones, this is the Ascended Master Kuthumi. There is, one could say, an interesting gathering of energies in your grouping. All are aware of the presence of the Beings of Light and the Ascended Ones on one level or another. The presence of this may not be within your conscious framework of reality dear ones*, but let me assure you that all have had contact with our energies within the etheric realms, within your dream time, within your meditation or within your waking consciousness. For the individual points of consciousness that are gathered here create, what we term a group energy matrix and you all bring a different flavor, like a spice to this grouping. You all have gifts to bring, you all bring the complexity of the energy pattern of that which you are.

There are revelations you could say that occur on many levels within all groupings. In this particular grouping there will be information laid down according to your ability to absorb and receive both individually and as a group. On other levels the information that is being channelled through will also be dispersed through wider networks. So there is much information to be brought through and disseminated.

It is with great pleasure dear ones, those of you who are used to these gatherings, 'tis with great pleasure that the consciousness that is labelled Kuthumi makes its presence known with this grouping, for we are beginning what you may call a series of experimentation of group energy matrixes. With the full co-operation of those conscious and fully awakened to this process, we the Ascended Ones, are about to lay down is what you would term group initiations. For you have all been undergoing individual initiations, have you not?

We ask that you take a moment or two to honor the initiations that you have been given. Many of you have been 'workshopping', have been pursuing the New Age school of thought, the Ancient Metaphysical processes and wisdoms have you not? Many of you have been consciously bringing your energy fields into alignment so that you may, as this one terms, play the 'magic of the music' that you agreed to play upon this plane in this embodiment. Many of you have you have been wanting to create perfection and mastery, have you not? We ask that perhaps you switch your focus and begin to really acknowledge what has been happening on another level, and this is achieved, attained, through the acknowledgment of the initiations that you have had.

What are these initiations dear ones? These initiations can be likened to the setting and the passing of tests. These initiations have been evident on many levels within your embodiment from spiritual initiations to physical initiations. For example dear ones, many of you have been trained within the various healing arts. Some of you have been trained in the Magnified Healing under the guise of the Ascended Master, the Lady Kwan Yin, that was an initiation. 'Twas more than just training in the healing arts, it was an initiation, where you actually had overlaid in your energy matrix, the energy of the Ascended Lady Master, Kwan Yin. You were initiated into the gifts that this one had to provide for you.

Another initiation dear ones may have come to you in what you call your trials or your tribulations of living a life in this embodiment. A time perhaps where you allowed yourself to be disempowered, to suffer violence, to suffer physically. Yet it was this that gave you the gift of empowerment, where you vowed within yourself on the deepest cellular level that you would never again give away your power. That too was an initiation - into power. You will find when you reflect upon this, and we ask that you take the time to do so in the next period of your linear time, that you will have undergone many initiations, all of which have brought a gift to you. The gift of humor, the gift of honoring, the gift of strength, the gift of courage, many gifts dear ones.

You may recall that dream that appeared so real, for it was on the etheric realms where you saw yourself kneeling in front of a Being of Light, and felt a crystal being implanted into your third eye, or your throat center or your heart or whatever. You may recall a dream of swimming with the dolphins. You may recall an initiation on the physical plane, of working with the dolphin energy. There are many initiations. It is just that perhaps you expect things to come with flashing lights and angelic trumpets, so you do not honor the initiations which you have actually experienced.

Perhaps you have expected these initiations to come in your meditation, reflection times or in the night realms - and yet they come in many ways. They have come as shared - through simply the trials and tribulations of your life any time that you may look back and know that although there was suffering, there was also great learning, and a gift from that learning. That was a time of initiation. For initiation is the setting and the passing and the acknowledgment of a test, and there have been many, have there not?

Reading the energy field of all present, we can see dozens of initiations, and we ask that you be aware of these initiations, but more also for the gift they bring you. For it is these gifts that you will bring the world.

What you are being asked to be conscious about, is your commitment that you made to the Divine One when you first took embodiment. This was simply, on one level, to recognize the

Divinity that you are. As has been shared in previous channellings you have already taken your Ascension. You are part of the Oneness, that power that many term God, is held within every atom. It is all powerful, it is all knowing, it is within you. You are Divinity encapsulated in physical form of molecular structure, are you not? So look dear ones for that which you are. For as universal laws decree, what you focus upon you will be.

It is not a time of **doing** but a time of **embracing** and **being** that which you already are. Live as if you are the Ascended One, for that is what descension is about, living your Light upon this physical plane. And when you can, live up to that initiation, accept that you are already all that you wish to become, and have been seeking for so long. For this exercise, dear ones, of honoring the initiations you have undergone and recognizing the gifts, is about the laying down of a new energy matrix within your field that you may term 'self worth'. 'Tis very simple, and when this new energy matrix has been laid down within your consciousness and you may truly recognize the gifts that you have been given on so many levels, then you may take part of the 'real' game. Though reality is governed by individual perception, you may take part of this invitation being issued to you now.

Those who are aware of hierarchical structures, these are simply in place for the efficient creation of change, so that people may recognize individuals, and forms of consciousness may recognize their part of the Divine blueprint - the part of the whole, for they are the whole and all is interconnected. The issue of the invitation dear ones of Light - the clarion call through the energy and consciousness of Kuthumi - is to unite the group of what we would term 'world servers' to inspire this group into what we would term 'positive action'. It is a time to bring down the vision that has been laid etherically, into this physical reality and create the Golden Age. Then this Golden Age as we have shared so often, will be an age of the creation of a supreme consciousness that walks in physical form upon this plane.

We work in conjunction with triadic energies, all is being laid down with the basis of the programming and the understanding of the sacred geometries. The triadic energy being anchored, as far as the world servers go, is that of the Lord Maitreya. The New World teacher, is that of Kuthumi, and the energy that is being anchored through the focus on the vibration of Kuthumi, is very much within the education and economical system. This overlays through to the work by the Lord Maitreya of the political and economical system on a social level. We have other triads that form part of the triad of this energy. Also part of the work that is in alignment with the Lord Maitreya and Kuthumi energies, is that of the energy of the Ascended One, El Moyra. El Moyra is working with the energy of Power and of Will in creation this physical plane.

Each Master, each Ascended One is being drawn to this planetary system by the desire within the hearts of individuals. This desire for unification, for balance, for harmony. Every individual is now magnetizing to themselves groups of like minded people. This my dear ones, is why you are feeling the pull to be part of group consciousness. For just as you have undergone your individual initiations - that we ask that you seek to recognize and honour - you will also now begin to work as synchronized, harmonized group energies.

For unity and balance to be made manifest upon your physical plane you must learn to work as a synchronized sea of energy. This energy matrix is made up of individuals, individual consciousness who are united by a common goal and desire. Find your blueprint dear ones, your piece of the puzzle. Your reflection times, your times of meditation, that time of stillness, will allow you to access this blueprint. Listen to your heart, for it will guide you as you are aware, to tune to the passion and the brilliance, that piece that you will play.

So collectively dear ones, there are pockets of energies that are unifying together, that will form and are forming, part of an energy matrix. You have been asked to see this formation, this network, as webs of Light circulating your planet, as you open your heart to the inner teacher, to the Ascended Self that you are, you will find this guidance flowing through freely and easily. This guidance as some have shared, will be magnified even more powerfully as you come together in your grouping.

We ask that in the formation of these groupings, your planetary advocate groups and such, that you begin to consciously work with the tools you have begun to access. Understand that all, the basis of all, is the sacred geometric patterns, so begin to activate these sacred geometries for they form the basis of all DNA and all energy matrixes. Ask for the guidance of such, be aware of the use of the vibration, the sonic waves, and the names that projects are now given, that groups are given, for as this grouping is known, so it will anchor a vibration which will tune the vibrational note of the group and overlay an aspect, you could say, of the Divine One into the energy matrix that will affect the whole.

Be conscious of your creation dear brothers and sisters of Light. We understand that there are many different initiates in with different awareness and understanding in your gathering this evening, but you are all unfolding in complete and perfect alignment with your own blueprint. There is much for you to absorb. We have spoken about conscious creation in the last few gatherings and it is a time to be very conscious of what you are creating individually and as a group. For as you are working with the Higher Energies, that some term the Photon Belt, which is just energies of a pure nature magnetized to your planetary system, as part of a cycle and also from the desire within your own hearts. This is bringing you closer, more powerfully to your

own inherent ability to create instantaneously through thought form alone. So conscious creation has great power at this point in your linear time frame.

Basically what you think will be created virtually instantaneously. So be aware of the quality of your thinking dear ones, be aware of your ability to create instantaneously. Decide what life you wish to create for yourself. Be aware of the limitations you impose on yourself, the stumbling blocks you put in front of you that stop you attaining your heartfelt desire. Often it may be released within you as fears, feeling there is not the financial support to undertake such vision, to bring such vision into the physical plane and make it real. But be aware, as was shared previously, there are others who will hold the key that you will magnetize to you to allow all visions that are in complete alignment with the Divine blueprint to be made manifest. For that is part of what has been pre-ordained, and understand dear ones that you have been given basic laws to work within.

There was a point in the beginning of all Creation where the Divine decreed rules. These rules became expressions that you term the natural laws of energy. These are termed Universal Laws. Part of the graduation of Earth into the Brotherhood of Light and into the full acceptance of being part of the Intergalactic Federation of Worlds, is the understanding, the acknowledgment, the recognition and the implementation of Universal Laws. For these laws of energy govern the Universes. These laws of energy are what all life forms and universal expressions and planets - of which there are many through all the Universes - are operating under.

Whether the life form and human kind upon these planes of expression are aware of these laws or not. The degree of their awareness of how these laws operate, is in direct reflection of what is taking place at their point in evolution on their planetary system. The degree of awakening, the degree of consciousness, the degree of unity, harmony, balance, the degree of honoring and integrity that presents itself as mass consciousness, that surrounds every physical planet in all the Universes is in direct relationship to their understanding of the Higher Laws of science.

Your science, your religion upon this plane are simply expressions of the mass consciousness understanding of Universal Laws, so we ask that you begin the conscious exploration, understanding, study and implementation - if this be your desire - of the Universal Laws. For the more that understand the Divine Decrees, the rules decreed by the Divine from the beginning of time, the sooner you will begin to truly 'walk your talk' - your favourite saying upon this plane. To truly live your Light and be the true expression of the Divinity within. It is as if while all is being governed divine perfection, there has been a holographic bubble, a parallel

reality that you have consciously been partaking of, where you have explored your ability to manifest, you have explored your ability to be in dense molecular structure in a limited plane of existence.

You have run on what we would term currently ‘one cylinder’ perhaps, and you are being given the invitation to run on not three or four, but to run on an unlimited number of cylinders - to be hooked into an unlimited power. The Power of Creation dear ones, the power that created your individual spark of consciousness. That power that unites you all. So there are many levels and many games to play.

You as Descended Masters have passed through all the initiations required to truly ‘walk your talk’ to become what is being termed ‘active’ within all parameters of change upon this planet. It is the dawning of the New Age, it is a prophesied time this millennium. And let us share unto your gathering that there is now a laying down of a new holographic bubble. That you are entering the seventh era of the Golden Age - a new millennium - that your human kind have known the rise and fall of its glory, of its divinity many times. This is not a New Age, it is another cycle, but you are now being given the opportunity to anchor over the Golden Age, what we term the Diamond Age.

Understand the discussion for those who are needing this information, that all exists within parallel realities. That you are aware of the simultaneous time frame of past, present and future. You are aware also that as creative beings you may create any reality you wish. That you create through your thought forms continuously a holographic bubble that all exists within holographic bubbles. You are currently united by a common holographic bubble termed ‘Descension World Change’ or ‘Ascension World Change’. That the parallel reality that you are being given the invitation to step into - is to move beyond the rise and fall of humanity to break that cycle, although there will be some who will continue in that parallel reality. The laying down of the Golden Age as the final descent of the Adman Kadman that has been talked about, that when all embrace the Divinity within and recognize such, you will click with those of like consciousness into a reality that will give complete freedom from the rise and fall of humanity within the Earth plane regardless of what reality continues from this now moment. There are some who accept the reality of a new millennium, a thousand years of peace, who say that when we have embraced that one thousand years of peace you will then go into decline again and that is a choice of a parallel reality dear ones.

What we are asking is for you to embrace the possibility of the finalization of the concept of rise and fall, that will give you the freedom to move beyond as has been shared, into a new phase of initiation and service free from the Earth plane. However, this freedom will not be given

until you have completed your Earth mission, that mission that you agreed, that you rubber stamped with what you would term a contract with the Divine One, prior to taking embodiment upon this plane. That mission is to be part of the new energy matrix being laid down for the creation of the age, this Diamond Age. So there is great change to be implemented by ones who are fully awakened to the Divinity within, who are prepared to walk as Descended Masters upon this plane of reality.

For dear ones perceive what we have called the sacred geometry of the symbol of infinity through the heart. Some of you are still seeking your Enlightenment from the external plane of reference. Some of you are still seeking the world to give you the answers. The answers for fulfillment and completion come from the inner realms, when you sit in the stillness and take instruction from the Divine One within. The Ascended One that lives within, the Inner Teacher.

So if you can see a bubble going from your heart, that crosses, that goes outside of yourself, that is your external frame of reference, your external reality on this plane. Now see that this bubble has a connection to the inner realms, through the doorway of your heart. And those inner realms dear ones are where many of you are now dwelling, as you explore the multi-dimensional nature of your Being, the limitless nature of your Being.

It is in the exploration of those inner ones dear ones where you truly understand that you are an Ascended Being of great Love, great Light and are limitless in your capacity to enjoy and express. For you hold within you the key to the multi-universes and to all the Dimensions of expression through to source and creative energy itself. Now, when you have opened the inner doorways dear ones, then acknowledged and recognized all that which you are already, then you may keep these doorways open and bring your focus back once more to this plane - to simply what one may term 'get back into it'.

Many have spent the last few years exploring the Inner Realms. Be aware of all the initiations that have taken place in this time frame. Understand the gifts that you have gathered now to do your work upon this physical plane. To work in alignment with the new world teachers -as this group of new world teachers is that which you are - to be in service and to bring into effect these gifts with the inner doorways open. To be as channels, which you are, as facilitators, as cosmic telepaths, which you are. As beings who have two way communication within all dimensions and all Beings of Light which you are.

Have these inner doorways open, and know that you may allow, that you have invited, that you may witness, higher consciousness, inner teachings, inner knowing, purest consciousness, to flood through your heart center and manifest the change energetically upon this plane. Choose where is your alignment, you are in alignment with Divine Will, are you not?

You have consciously remembered your contract. You have found, or are finding, your piece of the Divine plan.

Align, discover the change to be created that you will bring into effect through the ‘walking of your talk’. Through the BEing, enjoy, through the recognition and allowing of Divinity to flow through you. There is political change to be effected dear ones, economical change, educational change, social change. You the Light workers, are forming this new mass consciousness. It is the hundredth monkey syndrome.

The invitation now being issued is simply that you have the courage to shine your Light to ‘walk your talk’, to become active. Some present are involved within the educational programs and this education dear ones can come in many forms, simply through sharing your truth when you are with one another, through deciding that you will not be a channel for gossip, but that you will be a channel for great Love and Light and change. To program, to ask, that all your sharing in every moment be for the highest good of those with whom you share and the highest good of yourself and let what Divine Will has pre-ordained flow through you freely. Be conscious of your thinking, your thoughts, whether they continue to sustain an idea of you as a limited incomplete Being or whether your thinking allows you to tap into the vastness, the limitless nature of that which you are.

So dear ones, this evening is perhaps an introduction to the energies of that which We are. You have magnetized to your grouping now, a powerful ray, which is the second ray of love/wisdom. This ray brings through it the Golden White Light of the Highest energies of the highest universes. This ray is also being overlaid with the vibration of the Ascended Lady Ones as they bring through the Goddess energy for rebalancing the patriarchal systems prevalent in society in this many cultures on this plane.

There is a powerful vortex working with those conscious and awakened within your grouping for you to utilize, for you do not work alone. You work as you are aware, with your Ascended Self and the Ascended Ones. It is time to move beyond your understanding that you are perhaps kindergarten players or high school players, to understand you have now graduated and are playing in unison with ‘the big kids’ so to speak.

Any who are unaware of what has been shared perhaps, can study Universal Law and energy bands of consciousness. You will find your growth most enhanced, your models of reality most enhanced, if you open the doorways to such understanding. Also, as there are what we have termed ‘a great diversity of beings’ present, you will have absorbed into yourself that which resonates for your piece of your matrix, your puzzle, your blue print. But we ask now that any so

inspired, will perhaps ask questions of the consciousness present so that things may be perhaps elaborated further.

You will find that as you release into the etheric your questions and also into the physical, in your sharing with each other, that many will hold the keys, the piece of a puzzle that will complete pictures. This group consciousness, as you work together, you will find has a self completing aspect, where if you are interested in finding information or tools, then as you share it with each other you will find co-incidentally that everyone within the group will magically hold a piece of this puzzle that will allow your puzzle to grow and to become greater than the sum of one, for that is the law of energy. For you as individual units are so powerful in your Divinity. You as a group matrix have even more power of consciousness, focused intention and thought.

It is not a time of competition, it is a time of support. We are asking that you come together with the focus of sharing your brilliance, for you will operate more effectively when all are honoured in their brilliance. That is the theme that we are bringing through with this grouping, that you seek the brilliance in one another, that you play to each another's strengths, for then you will form a group consciousness that is strong and brilliant. 'Tis simple, is it not? For you, you will find as you magnetize together, each of you hold a key of brilliance. Some love to cook, some love to organize, some love to write, some love to create, to paint, some love to heal, it is about networking to create powerful communities of acknowledging brilliance, brilliance is your standard dear ones, is it not? Ecstasy is your standard. You will find a key word that will be your standard and your gift. Perhaps your key word is humour and that is the gift you will bring to a group, perhaps your key word is integrity, perhaps your key word is Love, perhaps your brilliance is simply to be one who listens. All have brilliance, to contribute. There is one with a question.

Q: *I'm interested in knowing more about what's happening to the Patriarchal structure, the overlay or the integration of the Goddess energy and how we are facilitating the change or movement.*

A: Every one of you as points of consciousness who have chosen physical embodiment this time around are working with the overlaying of the feminine, the Goddess energy, are you not? For you come in with the gift of intuitive, creative abilities, women's intuition, it is the women's intuition that is leading the way, the cutting edge, so to speak. Let us share, for we are hooked in to the energy of the Goddess at the present timing. There is a very specific energy that is coming through from the thirty-third universe, the thirty-third dimension, that is being anchored in this holographic bubble that you term 'your gathering'. For understand that every one of you have a common factor that is drawing you together, hence you are here. Those who come regularly have

more energy to exchange than those who come now and then, or come once. Still you are part of a bigger picture. There is an energy beam that is being anchored by this gathering, this consciousness, that is bringing through the Goddess energy, coming through from the thirty-third universe. This particular anchoring is bringing through the energy of Lady Buddha, of Mother Mary and of Kwan Yin. But all who work within this grouping are bringing another key note of one of the Ascended Lady Ones, whether that be the anchoring of the energy of the Ascended Lady Master Nada, Athena, or whatever, you will know within yourselves when you look at your initiations, what gift which Lady Ascended One has bestowed upon you. For every energy that is in feminine embodiment here, has had dealings with the Ascended Lady Ones.

Whether you may label it as simply the Earth Goddess, whether you have had the initiation of belly dancing, - 'tis ludicrous is it not and yet it is not. You have grounded through that initiation the Goddess energy into the Earth, for it is a very earthy thing, is it not, the dance of life. Every one of you will have bought a gift of the Lady Ascended Ones, or of the Goddess, or of the Earth Mother. Many upon this plane are bringing energies in through simply the recognition of the Goddess within and that which they are - the Divine One within. Many anchor aspects of the feminine energy, whether it be the Divine Mother - remember dear ones, the Divine Mother who travels to this continent and emits the energy of Love and does not speak. She is anchoring the energy of the Divine Mother.

There are those who are involved in Tantria, the 'sacred sex' as you would call it, and they are anchoring the energy of the Goddess in its sexual expression. We ask dear ones, all who are drawn to this, that you bring spirituality, the Goddess, into your sexual expression - that you merge all levels of expression with Highest Consciousness, for that too is anchoring the finer frequencies and vibrations upon this planet. 'Tis a big task perhaps, to ask the feminine ones to bring through consciousness into sexual expression, but when you bring through consciousness into sexual expression, you are bringing through dear ones, the energy of purest consciousness into all procreation. 'Tis a wonderful service.

How is this energy being anchored? 'Tis being anchored in every feminine entity, 'tis being anchored in every masculine entity that is now bringing into balance the male/female energies within themselves. 'Tis a time not of feminism, 'tis a time of peopleism, of individualism, of bringing all your energy fields into complete and perfect alignment within, of honouring the masculine within, of honouring the feminine within, but because dear ones, you have chosen female embodiment, you are naturally anchoring the female energy, the feminine, the Goddess. In many cultures it has been a time of Patriarchal expression, this was a backlash in relation to the Matriarchal systems of the Atlantian time frame. That civilization was known

as a Golden Age - that fell. The time of the fall that brought mankind into this period of darkness. Because it was Matriarchal, and imbalanced, the pendulum swung to the opposite side of Patriarchal systems and cultures. It is now coming back into balance, so the Matriarchal, in order to bring this balance, is being heavily overlaid via the Goddess energy.

You have witnessed this by your feminist movement, you will witness it via the reclamation of the Goddess energy within the New Age movement. We ask that you take note, that what is forming the New Age movement, is it not 70% to 80% sisterhood? It is the women that are opening up and leading the New Age movement, and those in masculine embodiment that are embracing the female within are joining them, because they are balanced. You will note that all small business, when you get involved in the political, economical, social, involved in the political, economical, social, educational agenda, all small business will also be led by 70% to 80% women. So you can see on a lot of levels dear one that there is a huge grounding of the feminine energy. And the gifts the feminine energy brings are the gifts of honour, of integrity, of intuitive knowing, of trusting the intuition. For the intuition is the voice of the Inner Teacher, the Divine One, the Ascended One within, and all carry that voice. Have we answered your question, or do you wish for further elaboration, dear one?

Response: *That's great for the moment, thank you.*

Kuthumi: Be aware there are games within games, all is based triadically in nature. There are Trinities being anchored on global levels, on individual levels. You will find every being that you magnetize to you - look for two, you will find there are three beings in physical form that will work to anchor a certain energy or to create and bring into physicality visions. Look for three dear ones, for that is the nature of the sacred geometric patterns. You will understand that if you can see things in pyramid form, that those pyramids are actually doorways within the holographic bubbles, within the sacred geometric matrixes, that will all fit together, lock together, to create Oneness, and it is simply a doorway to allow the anchoring and overlaying of Higher vibrations. So dear one, if you wish to consciously work with the Ascended Lady Ones, put out the clarion call to the one that takes your fancy. If the one that takes your fancy is simply the Goddess within your own being, then visualize her stepping forth from within you and simply living within all your energy fields, for as you focus on the emergence of the God the Goddess within, so it must be. 'Tis simple laws of energy.

Messages from Saint Germain

Ascended Master Profiles

Research through ancient scripts and more recent channeled material shares the following on St Germain.....

An Emissary of the Great White Brotherhood, working on the 7th Ray of Ceremonial Order and Magic, he is known on the etheric realms as the Master Ragoczy. Many would know of Saint Germain as the writer of William Shakespeare's plays. Previous embodiments are said to include Merlin and Christopher Columbus. It is also said that He was Joseph, father of Jesus and the Jewish prophet Samuel. In modern times He is known for His books “*The I AM Discourses*” channeled through Godfre Ray King in the 1930’s. One of His greatest claims to fame is that He founded “The Society of Rosicrusse Freemasons” under His identity of Francis Bacon. It is said that He also prophesied the French Revolution.

St. Germain then spent some 85 years with the Trans-Himalayan Brotherhood and the Masters El Morya, Kuthumi and Djwhal Khul, they channeled the original Theosophical literature through Madame Blavatsky. It is also said that He was instrumental in the formulating of the American Constitution and the Declaration of Independence. Believed to be born in 1561 and better known as the Comte Saint Germain He is known as the Regent for Europe and is concerned primarily with the outgrowth of consciousness there. A master linguist he spoke all European languages, was an expert swordsman, a master violinist and possessed extraordinary mind power and a photographic memory.

Independently wealthy, legend marks Him as a master Alchemist able to turn base metal into high quality gold that never lost its lustre. It is reported that He also never ate nor drank and kept a youthful appearance of a man in his mid forties. Working with Archangel Zadkiel He is teaching humanity how to transmute the negative energy we have accumulated by using and upholding the Violet Transmuting Flame of forgiveness. He is also helping humanity to embrace the 7th Ray of Spiritual Freedom as we enter the new millennium.

For me personally..... like with Kuthumi, the presence of St Germain came sporadically when required to be magnetized to the group meditations. This was the first energy that I originally

consciously channelled and over the years the St Germain consciousness has been clearly guiding our work through the Academy. On a weeks beach sojourn in 1996, Kuthumi launched the concept of M.A.P.S. this was followed closely by a detailed plan for St Germain to oversee our media work in relation to both M.A.P.S. and also the living on light, pranic nourishment practise. Again everything they have shared with me has so far been made manifest plus some pieces yet to be brought into physical reality via the etheric vision and blueprint already operational.

While I had always felt the living on light aspect of my journey to be extremely personal, it was St Germain who shared in a late night discussion with my partner and I that this ‘ability or party trick’ could be utilised to open some doors to the media which would then allow other aspects of the message of limitless being to shine through. It seems that the modern day media technology is a very powerful tool that St Germain and the Ascended Ones wish to utilize for quick and effective messaging and inspiration.

Personally the logic in reaching thousands or millions through TV and radio interviews seemed far more energy effective that touring the world reaching audiences of hundreds. The cost, time benefit analysis naturally lent itself to working with media and was totally in alignment with my program for maximum input for minimum energy expenditure.

It was from my liaisons with St Germain that I learnt about the necessity to be not only in alignment with Divine Will - something I’d realized all by myself earlier - but also the requirement to be in alignment with the Divine Time of things as they unfold. Timing is everything!

Following on from this it was St Germain who aided in the development of the baseline programming in the “Mind Power - Beyond Motivational Psychology” article that was so popularly received and implemented by many with great personal results.

Because of the importance to walk our talk and be real of heart and mind and not just full of intellectual pontifications, it often seems for those working closely with the Ascended Ones that information comes to us when we get personally stuck or need to refine something to make it work more powerfully - or even work at all - in our day to day realities.

More so perhaps for those who channel for it is like we personally live something, learn what is there for us and then often a discourse will come through for the group around that same issue. And yet logically when we look at the law of resonance where like attracts like, it stands to reason energetically that we can only attract to our field those of a compatible vibration. And our mastery of intention can set the program that all whom we attract we may have a mutually beneficial relationship with.

Probably one of my most favorite Masters is Saint Germain. Maybe it's because for the last two or more years we have been involved in writing the "Our Camelot" trilogy together which is a very specific program of work that the Masters were wishing to have released into the world. Aimed at introducing the game of Divine Alchemy into our consciousness the Masters actually retold stories of my own life, giving me a new perspective regarding events that had occurred that allowed me to see that had truly been guiding me since prior to my current embodiment in this form. The second book in the trilogy "The Wizard's Tool Box" is full of practical tools to experience true alchemy on earth - yet as Merlin would often say "The best example of Divine Alchemy is a life that is lived impeccably."

During this time I have found Him to be almost humorous yet patient and loving teacher and it truly has been a great joy communicating energetically with Him while I have learnt to understand further the languages of Light. This is a way of communicating that requires us to use all our senses not just clairaudience, its being able to be clairsentient and clairvoyant as well and is most effective in discerning the consciousness of beings that we communicate with on many levels.

So we offer the following inspirational messages by the Ascended Master Saint Germain purely to do just that. Inspire..... for as the Masters say there is nothing we do not know the answer to if we go within ask and simply seek to know.

The Wisdom of Merlin

Welcome dear ones to this gathering ... it is the energy of Merlin. Many are familiar with our presence, for we have come so often under the field, the embodying energy of St Germain. Yet the Merlin energy is somewhat different dear ones for it is predominantly the energy of magic. For the role that Merlin was assigned in the beginning of creation was to hold the ideal of magic within the hearts of humankind. And more, the Merlin has always been the connecting link to bridge the worlds.

For there are many movies playing in the cosmic drive-ins simultaneously, and the movie that you call life on planet Earth is simply that - just a movie. Within the drive-in theatre, so to speak, on planet Earth there are many different movies running simultaneously are there not? For you all feel that you are the center of your universe, and you are, in essence, that. You are in essence also the leading ladies and the leading men in your life's drama.

Perhaps for some of you it is no longer a drama. Nonetheless, the point that we are wishing to focus upon is that every one of you is existent in a movie of your own creation. It was as if when you originally took embodiment you were given your own Paramount Studio. And every time you come together with each other you have the opportunity to create another movie. Some movies are short, for relationships are fleeting, other movies go on for decades, others for millennia. What you would call your evolving soul knows no bounds of physical form, for an evolving soul simply utilizes vehicles that you call your physical body, like an actor would change clothes for a different scene.

The point dear ones, is that regardless of your movie, regardless of your reality, there is a movie that we recommend that you glimpse into, witness, enjoy and - may we dare to say - possibly even mimic on this plane. For the realm of movies is the realm of magic, and the realm of magic is the realm of infinite possibility. The movie that we speak of is the movie of Divine Alchemy. It is so vast this creation, and to find words to capture it simply is not always simple. What we wish to share with you is that there are great realms of possibility that await you for discovery, at least each and every one of you present and on this plane who is open of heart and open of mind. What your scientific realms, what your realms of learning and education have touched upon at this point in evolution of this species can be compared to a toenail on a giant. We like this saying for it is most humorous and it puts things into a greater perspective.

There are so many upon your plane who are filled within their own studied for so long and they have been through the school of hard knocks of life and so they 'know what it is all about'. And yet we beg to differ, we beg to have you understand - that what you have glimpsed in your day to day reality is just a shadow, a figment of your own imagination. Similarly, your universe is a figment of its own imagination.

We wish not to complicate this discourse by the discussion that all is simply a holographic bubble of reality and that life is illusional. For to those in physical embodiment faced with living on this plane day to day, it is not illusional. For you have your senses fully activated and you can feel the pain of survival on planet Earth. You can feel the frustration or the loneliness or the confusion or the difficulty in bringing everything into balance so that you may come to a point where you feel deep within your being that all is well in your world.

Understand dear ones, as we have shared often, the secret to the greatest game of all - which is the magical game of Divine Alchemy - is the ***acting as if***. For you are made perfect in the image of the Creative Force, and there is nothing that you lack. For you hold within you the greatest key - which is your imagination - and it is your imagination that will allow you to soar beyond the limits of your thinking. Beyond the limits of any accepted belief systems within society.

This is a time of celebration; for your evolution has reached a critical point. At this now moment, humanity stands in front of a major crossroad - and you are all at choice. For the more you explore the greater realms, the more you realize the vastness of all levels of creation. And that there is far more to explore than the movie that every human being is playing a part in, called "Survival on Planet Earth". In your day to day reality you may spend time thinking about money, thinking about abundance: "If only if I had money to do whatever it is I wish to do, I could serve the greater good if I didn't have to spend forty hours a week at my job." There are constant thought patterns like trains that run through your mind that continually create separation within you. If you can imagine for one moment that also lying within you is a glory box, is a wizard's box of great trickery, of great skill, of many as yet undiscovered spells - that some would call programs - that will allow you to rewrite the script of your movie and allow you to begin to play the game of Divine Alchemy so that your movie may be retitled to "Thriving on Planet Earth".

To play the game of Divine Alchemy there are many initiations. To play the game of Divine Alchemy you must first give your pledge of allegiance to Divine Will. For the wizard's apprentices are beings such as yourself who have decided that there is more to life than surviving on your plane. Many now wish to bridge the worlds and bring magic into matter. By allowing

themselves to control their immediate environment, they can create a movie that they may joyously wish to star in.

For as many have discovered in this gathering, life does not happen to you. Everything that occurs in each moment of your day you have brought into your field - consciously - or not. Everything responds like elastic bands - when an elastic band is stretched and released, it returns to its original form. And for every thought, word and action that you release from your field, like a torpedo it will expand with the momentum it was sent and then it will contract back to its point of creation. So each and every one of you have within you your movie studio and any script that your imagination can utilize and grab hold of. The script for the movie of the game of Divine Alchemy lies within you also. This is a script worth finding, it is a script worth reading, it is a script worth living.

The game of Divine Alchemy has many gifts to give each apprentice. It will bring you the gift of synchronicity. It will bring you the ability to work with maximum impact in your world and minimum effort. And what this means dear ones is that you may have many balls in the air, multi-layered realities, multi-movies running simultaneously and effectively. Instead of feeling that there is not enough of you to go around for you are too busy, you may expand yourself by expanding your team. Your team dear ones are worthy of getting in contact with at this time. And this is not just the other apprentices around you, the other wizards around you, your friends and colleagues that share a common vision. This is also about contacting and working consciously with all the beings of light that have been assigned to help you to fulfill your work upon this plane at this time.

What has been achieved by your actions to date has truly been momentous for your planet, and the lifewave upon it, was like a train that had no control. The train was called free will and it was part of the experiment between One Heart and One Mind and the angel Lucifer. Rather than allow this train to continue out of control to the point where mass destruction could no longer be contained; what was required was that the train be set on a particular track that would allow your human lifewave to operate for the good of every living soul and creature upon your plane. The human lifewave cannot be sustained upon this planet in the manner that it has been used to for your resources cannot continue to either feed your population or support the planet.

This realignment has now been done. Enough of you through the last millennia have awoken and aligned your being with the power of the Godforce within. It has been this recognition - that you are more than just your mind, body and emotions - that has allowed so many of you to turn the tides. The prophecies were on course to be fulfilled as destiny is, but

what has occurred is that alternate movies have begun to be screened upon your plane. They have overlaid the movies of the prophecies, and so you have created another realm of possibility.

We call this bridging the worlds. We call this movie making and parallel reality creation; and it is from this perspective that we say that you are now at a major crossroad. Now is the invitation being issued to ask you to be aware of how you fill your day. To ask you to be aware of every thought that you have in your mind. To ask if you have the power, through disciplined thinking, to free yourself from fear and to discover the encodements that were originally laid down within you as if they are treasure in a magic box. And this treasure, these programs, are the maps for your work upon this plane, are the keys to your purpose upon this plane at this time. Each and every one of you have a gift to bring to the planet at this time; and in every moment you are all constantly at choice. As so many have now understood, you will not be rescued, you will not find that the heavens will open and you will be lifted to higher realms by some angelic force, or by spacecraft or whatever.

You are here dear ones under contract to the Divine Force to be the witness and to also act as emissaries for this world in transition. To shine the light from within your heart and soul. To allow those to see the game of pure magic. This movie of Divine Alchemy is the fabric of space and time - what your scientists would call the quantum field - and it is upon this field of magic that all creation springs forth. It is easy to get side-tracked by the subplots in the movie and lose sight of the theme. And yet the theme dear ones through all the levels of creation is the realm of possibility that is as endless as each creation's imagination.

It is repetitive to say that you star in your movie, and it is repetitive to say that you are also the one that writes the script. It is repetitive to also state the invitation before you now, that if there are things within your life that you do not like, ask that your learning around them be complete so that you may be free to fulfill your role here as perfectly as has been intended. Ask that you be initiated into the realms of Divine Magic. Know that once you have placed this call, that the call will be answered and that you will be assigned the tutors that are perfect for this manifestation of perfection.

There are many running many movies in this room. Perhaps dear ones, now would be an appropriate time to ask if any among you have questions?

Questions and Answer s

(Q): Merlin, I would like to have more energy in my life, more energy to do the work that I am doing, and to be able to extend myself. Would you have any suggestions that would personally work for me?

Answer: There are many ways to boost your personal power. If you could imagine that matching the meridian system through your body is an etheric grid. This grid is like the cosmic circuit board that you may plug into - just as you would plug the toaster into the electricity outlet to allow your toast to cook. It is an interesting metaphor, for what you are seeking to do in essence is to boost the voltage of energy through your physical body. Is this so? There are many ways to do this. If you spend every day in the silence and imagine that your crown chakra is like the lid of a honey jar and you open this every morning. And imagine that the angelic realms are standing above you pouring in pitchers of liquid light, so to speak. Or that they have an amazingly powerful petrol pump that is filling the top of your head as if you are a petrol bowser; and you are being filled every moment with pure liquid light. You may imagine this permanent connection and any time that you are feeling physically tired ask “Energy influx increase please”. Do you understand? *(Yes)*. Very simple. That is the energy work.

Now, the physical work upon this plane is very simple also. In reading your energy fields dear one, we would recommend a little fasting. How long since you have fasted on liquids for a few days? *(Six months ago)* It is time. For you dear one, a twice yearly fasting program is always recommended. You are a bit slow at the moment are you not? You are overdue so to speak. When you are feeling a little lack of energy, it is always good to cease the energy activities of the physical body, particularly in the area of digestion. Flushing the physical body with regular fluids such as juices and waters will give your digestive tract a chance to slow down, be energized from another source, so to speak.

For you dear one, it is mainly time for a little fasting and to simply increase the energy flow as liquid light through your whole system. The meditation that we have given for healing the body where you imagine light flowing through the skeleton so that it is lighting up like a Christmas tree; where you imagine that your blood system is being connected with the light grid and pure golden light is flushing out your blood; where you do so for your lymphatic system and the meridian system in your body also. These are things that you may use to boost your energy as well. Does this make sense? *(I will give it a go)*.

You have been very aware for millennia of the fact that your body is your temple, have you not? *(I have tried to do that)* Yes. We sense that in your fields. For your system is very strong. The usual things that you have done to boost yourself are now anchored firmly in you. It is like the cake is well cooked. You are simply needing icing and the icing is the energy work where you remember your wizardry and begin to treat your body like a conductor and receiver where you have your hand on the dial and can increase the voltage that goes through your body at any time.

This voltage is pure Godforce energy. Does this make sense? *(Yes it does)* There is another with a question?

(Q): *Am I ready to be a breatharian?*

Answer: Be aware each and every one of you that the more you merge within the Divine Force within you, the more you discover what it is within that inner treasure chest, the more you will become it. It is like when you add a drop of color to a bath, perhaps red; when one drop goes into the bath, it disappears and perhaps may leave the slightest pink hue. The more you add to the bath, the more the water becomes bright red. Similarly, the more you focus on the power of the Godforce within, the more you become indistinguishable from It; the more It permeates through every cell of your being. The Godforce within does not need food. The Godforce within is self-sustaining, is self-regenerating, is the pure Creative Force itself.

Therefore many of you will find in this time of transition that you are not able to eat as you have once eaten. That you do not feel comfortable with your usual diet. Many are now seeking to eat light and live food. You may wish to research the alternative options that this one has been working with that you know of as prana. And you may set yourself a goal that eventually you will be completely free from the need for the taking of physical nourishment from this plane.

You might dear one decide to stop partaking of food that is not light or live and allow that to be a short term goal. Your system is ready to be sustained by liquid light and in fact this is already occurring. So what you are experiencing is a natural by-product of this transition. But you dear one need to be emotionally comfortable with this coming transition. You need to have freed yourself from your emotional addiction to the pleasure of that which you have been eating for so long. Does this make sense? *(yes)*

We recommend that you accept it as part of your future reality and ask that if it is in your blueprint to be one of the eaters of light, that everything within your being be aligned to that most joyously. So that the transition can be done in harmony and with grace on the deepest levels of your being. And that request alone will trigger this transition to occur in Divine Time. There is another with a question?

(Q): *At the moment I am reading a book which is called “The Truth Shall Set You Free”. It is about the secret government and the lightworkers. Could you maybe see in percentage how much power those secret world governments still have?*

Answer: We understand dear one, and this question is so relevant. In the game of movie making, this movie is titled “The Forces of Good and Evil”. Another title may be called “The Game of the Illuminati and the Discordian”, would it not? It is simply one movie that is

screening on planet Earth. And many other planetary systems that mirror your own stage of evolution. For there are many planet Earth's in many galaxies, so to speak, known by different names of course.

It is just a movie; and every one of you have been assigned to star in different movies. Let us share about the game of wizardry and Divine Alchemy. Until you are aware of the cosmic movie theatre, it is important to eliminate all things that you see create limitation in your life. In other words, it is moving from the mainstream dance floor where everybody dances the rumba, to go to God's dance floor to learn to dance the waltz. And you my dear are familiar with what we mean by this.

When you have learnt the waltz, which is the merging of your conscious awareness with your Godself, then you will find that you have been programmed automatically to return to the mainstream dance floor. So many of the awakened Light Lines are now back in the forefront, back in the firing line and are willingly playing the game of the forces of good and evil game. Particularly those whose assignments lie within the economic and political arenas. For as you know within that movie of reality, a small handful of families on your Earth control the wealth. Let us state this ...

In my embodiment as St Germain I was known as the Count With Diamonds. For diamonds carry such a high frequency that allows for an automatic bridge between the worlds. As such, the wealth that I had access to was never-ending for I could manifest as a Divine Alchemist as many diamonds as was required. Therefore this idea that your wealth is controlled by a small handful of families is only relevant when you are not playing the game of Divine Alchemy. For when you are playing the game of Divine Alchemy, anything you think will be instantly manifested to you where needed to support you in your role as a Divine Ambassador of Light. What you can manifest will be a direct reflection of your own expanded consciousness. So dear ones, where does the power lie - human being unaware of the Divine Game playing with human being? Or human being acting as a conduit for the divine forces to flow into this plane? Do you understand the point dear one? *(Yes)*

So there are many realities and many stories, but to be specific, there are many Light Lines who are now activated; many lightworkers. We prefer the term Light Lines so that you may understand you have never been disconnected. Many are now in position in the political arenas and in the economic arenas, in every level throughout society. They are working in silence, taking instruction from the Divine One within and the movie called "The Forces of Good and Evil" in the greater scheme of things, is a fly on your shoulder or a toenail on a giant. For there are far more exciting games to play, and that game is well under control.

It is as if the wizards in the game of Divine Alchemy constructed a stage on planet Earth for the game called “The Forces of Good and Evil” to be scripted and played out. The ones that signed up for leading roles in this play were your religions. Particularly, Christianity that has governed for millennia through fear about the forces of good and evil. Other players on that stage are some of the lightworkers who are convinced that that is the only game in town - the forces of good and evil. In the game of Divine Alchemy, there is no right and there is no wrong, there is no judgement. It is just one of many plays in the Broadway stage of life.

The point dear one, is that if you are drawn into any field, and being involved there makes your heart sing, it is simply because that is part of your divine assignment and that you have work to do within that field. We have shared often with your gathering that when you take white light and refract it, you will find the formation of the colors of the rainbow. Similarly, when you take the Oneness and what the wizards know as the Book of One, when you dissect it into chapters you will find a myriad of games, a myriad movies.

And in the realms of duality there are the energies of positive and negative. And yet these are just forces of energy that act upon one another. That are attracted to one another by universal law. It is your humanity that makes judgements as to whether something is good or something is evil. For in the greater scheme of things, your Illuminati are simply a group of beings going through the initiation of fame, money and power.

There are many initiations in the school of life. Fame, financial abundance, power - whether it be personal or political - globally or in your community. The initiation of sex and use of sexual energy, and the initiations of how you use your personal power. Every one of you will have been through such initiations or will go through such initiations in the school of life. These things are only a problem when you see yourself as separate from the Creative Force. But when you understand that you are here to be the perfect chalice, to be the perfect vehicle, to be the perfect servant to Divine Will, then there is no room for ego and there is no room for not passing through these initiations.

Those in roles of power such as the Illuminati, such as your presidents, they are all undergoing such initiations. That is all. And the dynamics of such initiations affect them personally, their colleagues and friends, and also the world at large- at least as long as you allow yourselves to be randomly affected by others’ initiations. This is why we stress the importance of learning environmental field control - which is a skill of wizardry where you learn only to accept into your being energy and information that is relevant for your assignment at this time. Have we answered your question dear one? *(Yes)*

Limitless BEing

Welcome beloveds, it is the energy of St Germain. You have been in the stillness have you not? Did you know that all magic lies in the stillness? And yet to the industrialised nations upon the planet in this point in linear time, stillness is valued little. For it is in the stillness that you may hear the voice of intuition. What is this intuition dear ones? It is the God I AM within guiding you. It is the voice of the Inner One, and it is the Inner One that truly has the power and the capacity to bring limitless magic into your existence.

There is a continuing experience within all levels of creation - and your humanity is constantly touched by such - it is the experience and knowing of the ancient wisdom. In your linear time there have been many mystery schools, great wisdom and great teachings, for the foundation of all the world's religions came from beings who had merged their consciousness with the Divine One within.

The hermetic thought of 'as above so below', Christ's teachings of 'all that I have known you too will know' and 'seek ye first the kingdom of heaven within', the ancient Vedas ... this teaching, this joy, this magic is available to all who seek it. Yet you have been existing within this plane of duality for millennia, and you have been evolving in perfect alignment with the Divine Plan. Millennia ago you were given free will. Now there is an invitation for you to exercise free will once more, for free will is your ability to tune yourself to be limitless and to seek to know the true potential of all that you are, as expressions made in the image of the Mother/Father God.

You are moving towards a new millennium, and yet we would call this an illusion, for this new millennium is the next step in the progression of linear time. Yet when you are tuned to the heartbeat of the Mother/Father God within, you may move beyond the constraints of linear time - for you have tuned your vibration to the ISness where the past, present and future co-exist simultaneously, where there is only oneness and no separation. Then again you may tune your frequency to another octave of expression consciously and move in the realms of illusion of linear time, as most of the mass consciousness upon this plane are currently choosing.

None the less each and every one of you in this now moment are working consciously, or not consciously, with the Inner One. For there is a key-note that is happening upon the planet - it is a note that is responding to the heartbeat of the Mother/Father God and the Divine Blueprint. This blueprint is the quantum field. It is the unified field of consciousness and the back drop upon which all life is evolving and being created. It is this beat that has attributes of

harmony, synchronicity, unity, balance, bliss, stillness; and it is the call sign that the Inner One is releasing within your awareness, consciously or not.

We have termed it the awakening, where all are being inspired by the Divine One within to be limitless and to know these attributes of the God force in their day-to-day reality. Who are the Ascended Ones? The Ascended Masters are a reflection of the God force within you - they *are* you. The Ascended Ones have moved through the paradigm of linear time, they have all had embodiments upon the planet Earth. Funnily enough it is the Ascended Ones who have been responsible for the formation of all the world's religions - the orders of Melchizedek (the Logos of the universe, the heart of the universe from which all sprang forth). For you may see in your mind's eye, that it is likened to a wheel with a hub and spokes, where the heart of the universe that beats to the vibration of thirty-three, that heart is the central hub and a linear time progression of expression is one spoke. For the beings caught within the linear time band of this spoke, they feel that that is all there is. Yet when viewed from another dimension of reality, you become aware that all are matrixes of energy which are interconnected and interwoven.

The beat that you transmit is dependent upon the quality of your thinking and emotions. All is triggered by thought. All was born in thought, firstly from Divine Intelligence, and then for human creativity as beings with free will.

When one consciously tunes their frequency and steps into conscious awareness and decides to be the master of their vehicle, and know their true potential, when one utilises the ancient arts of your stillness and meditation and seeks to work with the Divine One within, then another level of experience and another frequency is attracted to your field. For it comes in response to the frequency you emit - beyond the laws of science. They are more holistic expressions of your scientific laws, for there is much that your science has not been privy to. The level of understanding of your scientists upon this plane is a direct reflection of their consciousness. If they have not begun to work with the limitless being of the divine spark within, then they will not be revealed the secrets of universal forces. For that is consciousness responding to consciousness. These laws govern all energy and all matter that move through the space-time continuums. They are beyond New Age philosophy, they are beyond your religion and your science; and yet all are an octave of these laws.

Dear ones, it is a time of metamorphosis. It is the ending of a cycle. It is a time of breaking out of the cocoon, the self-imposed prison that you as emerging butterflies have needed to create for your own growth. You are now breaking out of these silken bonds.

In the new millennium telepathy will be the norm. Telepathy is the ability to manipulate beams and signals of energy at will, to tune into another's thoughtforms. Beyond telepathy are

the languages of light which many are already using intuitively - the language of intuition is where you assess through the reading of an energy field of a being before you, and you learn to trust the voice within. You are all capable of thus and much more, for you are all that you desire to be, and you are all that you can perceive that you may be, and you are all that you may give yourself permission to be.

It is a time of the dawning of the Golden Age, and yet many have now gone beyond that. For this is a prophesy that will be fulfilled. It is a prophesy spoken of by the ancients, by the indigenous, by many more, and it symbolises the closing of a millennium and the beginning of a new one, where beings have learnt to be in harmony and unity and to know their potential. Imagine a world where there is no hunger. Where all have food and shelter; where all are clothed; where all are healthy. Imagine a world where humanity and the animal kingdom co-exist peacefully. Imagine a world without ghettos. Imagine a world without famine, for you will remember the art of temperature control. Imagine a world without pollution, for you will be given a way to realign the levels of pollution and create once more clean air.

If you give yourself permission in the coming millennium you will be able to take sustenance from the light of the God force alone - and you will have the pure joy to eat for the pleasure and not for the need. You will be able to move beyond the need for sleep, to read each other's energy fields, and be in great joy, and to co-create harmoniously for the good of the whole. For that is the etheric vision now being laid by many is it not? That is your heart's desire in your heart of hearts, is it not? To know freedom, joy and harmony, for this world has great potential. There are many witnesses from the ascended realms, from the angelic realms. The Intergalactic Federation of Worlds Council have many contingents surrounding this planetary system - witnessing, inspiring, holding energy beams, allowing the consciousness of humanity to awaken en masse, so that it may be fully revealed that you are part of a galactic civilisation, to have your space brothers and sisters of many galaxies walking among you freely.

How many love your Star Trek phenomena? It was channelled by contact on the night realms with beings of great light and love, brought through into physical reality by a fantasy of your television, to plant within you the understanding of possibility and the greater picture. This teleportation, this 'beam me up Scotty' (there is a program I believe to be released soon on teleportation - this one was given the clue today) - this teleportation is great fun with machinery. But imagine dear ones when you are in full mastery of your vehicle, when you have such command over molecular structure, that you may teleport yourself at will, that you may dematerialize and dematerialise at will. This is why that through this facilitator (Jasmuheen) we are continually encouraging mind mastery, the power of your thinking to create. For it is thought

that commands the disintegration of molecular structure of physical form and the reappearance, in perfect order of course, of this physical form in another space in time, another physical place. For you are moving into a time of limitless possibility as you acknowledge the limitless force of the God I AM within. You will understand how to move your being from one plane of expression to another instantaneously by the command of your mind and will, by focussed intention. It doesn't seem plausible perhaps to the reality of many. Yet for others, do you not long to snap your fingers and instantly manifest what it is your heart desires?

So dear ones, in this gathering (of Movement of an Awakened Positive Society) we bless you all for your attendance, for listening to the voice of the Divine within. For what is being created in this gathering is a space where all may come in their mastery, whether they are awakened or awakening. Where all may come and share of the gifts and the talents that they carry. For in your cellular memory held from past, present and future times of life you carry gifts like the three wise men for the birth of Christ. For the birthing and the second coming is the birthing of the Christed consciousness from within the heart of all of humanity as they pay homage to the Christ within, as they discover the true potential of the master within.

Take mastery of your life. Tune the physical vehicle so you may be limitless. Tune the emotional vehicle so that you know great joy, pleasure, abundance. Tune the mind to connect to the heartbeat of the Mother/Father God and Universal Mind - for when you focus on pure connection with the creative force, all secrets of all universes will magnetise to your field. As you emit quality thinking it will attract like forces of energy and be drawn back into your day-to-day reality. As you think, so you will become. So it is a time for limitless expression of the highest paradigm. Limitless expression in a manner where all may co-exist harmoniously, where all are honoured.

We welcome you once more to our gathering dear ones, to enjoy the flow of energy heart to heart and soul to soul. We speak of nothing new, there is nothing earth-shattering in these sharings, it is just a loving and gentle reminder for you to be open of mind and heart, to give yourself permission to know that which you truly are.

Adonai.

Transition into the Christed Heart

And so dear ones, welcome once more to the gathering that is termed the 'movement' dear ones. The movement signifies fluidity of energy and this energy tuning to your presence so delightfully is that of St Germain. For while this one may invite the sharing of other energies, one could say that the energy of St Germain, that point of consciousness, has a special interest in the development of these gatherings.

For you are systems of energy are you not? Although dear ones we are the witness of the times where you feel your humanness only too well, and the limitations of the human condition. And yet from another dimension, another finer band of energy, what is witnessed is not the sound waves of your suffering. For how the emotional body is measured dear ones is as sound waves. That is how we read the condition upon planetary systems by the waves of sound that emanate from the hearts of the humankind evolving there. And yet we read much more.

What we read is the barometer of Light, like your electricians reading voltage points of energy. If you could imagine that your beingness appears to those in other dimensions also as Light rays. That what we pick up are Lights that shine brightly and Lights that shine not so brightly. It is as if dear ones that there is the dimmer switch placed upon you and yet it is just that. A knob that may be turned by your conscious will that will allow your Light body, that Christed Being within you, to be fully active once more within your physical being, within your physical reality.

We call this dear ones, a time of TRANSITION. It is the merging of worlds. There is an overlaying taking place. It is as if there is an unstoppable tide washing into shore and you have the mixing of the elements dear ones of water onto earth. And yet there are depths in the ocean that vary greatly. There are some who are at the forefront and they are crashing onto the earth like waves do when the connection is made. And there are others still sailing miles out to sea, riding the waves of their emotional body, locked into sound waves and their inner light switch is on dim. Does this analogy make sense dear ones?

You will find in your gathering, as you attract many beings to your field, that there are some now whose Lights are shining so brightly that there are no difference in realities anymore. They are aware of their multi-dimensional nature. They have activated the Christed One within. They have become by their will and intention pure channels, facilitators for the merging of the

worlds. That is the role dear one, in essence, of all the Lightworkers in this time of transition. To tune the energy fields of their bodies, your bodies, to the perfect frequency to conduct the purest flow of consciousness so the worlds may bridge.

It can be said that transition is simply when a being becomes aware of more of themselves. And what you become aware of dear ones is a direct reflection of where your focus lies. When you focus on your humanness you experience the condition of humanity. The sound waves of the emotional bodies, harmonized or disharmonized. When you focus on your divinity, you light up the Christed body within. That energy matrix that is the Light body that runs like glue through the meridians of your physical form.

There are things dear ones that you have no control over, in essence, for it is a divine plan unfolding in a divine timeframe. What you do have control over as Masters in physical reality, is the level of power that may move into your physical form and pulse from your physical form.

For the merging of the worlds, this transition, is like the blending of earth and water, fire and air. It is when all the elements come together synchronistically, harmoniously. Not the physical elements dear ones but the etheric into the physical. ***For it is the infusion of the etheric into your physical world that will allow the consciousness of humanity to expand and know itself.*** That is transition. And the movement of this fluidity of energy is like your oceans and waves. There are times you are surfing the waves of life and there are times where you are breaking upon the shore. There are times for you as a gathering and as individuals, to be in rest and times for you to be active.

What you may know always dear ones is the voice of the inner teacher. The voice of your magic “I am presence”. What you have control over dear ones is to tune yourself to its voice so that you may listen to your inner guidance. And when it is time for rest and play that is what you do. For that is the inner guidance regardless of what the one beside you is doing dear ones. For you have been assigned different roles so to speak in the unfoldment of the divine plan and there is much tuning, so to speak, to be done. Tuning to the beat of the divine voice within.

Emotionally the sound waves of this divine voice emanate the experience of joy and bliss does it not? Contentment, feeling aligned, feeling unconditionally loving to one another. So dear ones you may ascertain that there is much that is beyond your parameter. It is not that you are incapable of understanding or being active in this. It is more that it is simply not your assignment. Your assignment, each and everyone of you, is to be fully present in the physical body. To be here now. And yet to have all stations within, tuned to the voice of the divine spark which you are. ***So that you may know your divine self fully in all dimensions here and now.*** What you can achieve dear ones is the full activation of the Christed one within now.

And this reflection is simply a result of what you choose to align your focus to as we share so often with your gathering.

It is a time of magic dear ones. For it is magical when the worlds collide and yet it is not a collision, more of a cosmic dance. It is as if there is a lost civilisation that is awakened to kin and that is the reality on this plane. It is an awakening, is it not? It is a gathering of like-minded hearts and souls. For it is the gathering of the heart is it not? To move beyond your intellectual understanding and to move into the heart; to be in the silence. In the silence dear ones, feel the love that the Mother/Father/God has for its creation. ***For the heart is the grounding point of your Light body.*** The heart is the connecting link into the higher realms of divine expression. And it is a time for humanity to listen to the wisdom of the heart for that is true intelligence dear ones. When the mind may honour the wisdom of the heart.

What is this inner wisdom? Is it not your sense of intuition, your sense of knowingness. Again this is regardless of what may be right for another. As you know so deeply now, there are no rights nor wrongs for everything exists within God's kingdom. ***The Master discerns which experience, he or she will have while dwelling in physical form in God's kingdom. The Master through all realms of expression creates around them in every now moment that which serves them fully in the awakened state in each now moment.*** There may be times when you find yourself guided to do what you would term non-spiritual things and yet dear ones, God is all and in every atom, in every life expression and in every situation. If your intention is to know the divine spark then that intention will magnetise that spark to reflect itself to your heart and your mind.

Trust the voice of the divine One and know it by its joy. Know that you are present here now as part of a wave. In the last decade of communications with what you term your ascension groupings, you were given to understand what was termed your waves of ascension. And yet waves are simply fluid movements of energy where beings switch on the inner Light. They recognize the Christed consciousness within. There has been a wave dear ones of beings such as yourself who over the last period of your linear time has recognized the Christed heart within have you not? Who are now consciously working for the good of the whole. No longer motivated purely by experiences for self. You would term that perhaps your first wave.

And then there has begun another wave like waves upon the shore. And this wave is the next level of awakening for the masses of humanity. And as more recognize the Christed One within, the waves become stronger. For there is a conscious awareness in this linear timeframe that waves have gone before, that waves are still active. Your second wave is termed second in

that it reflects the second coming. This is the second coming that has been prophesied, and it is simply the recognition of the Christed heart within is it not?

And so dear ones, there will be wave, after wave, after wave. For in linear time that is the nature of energy. It fluidly progresses throughout physical reality. We ask dear ones in the light of such understanding that you do what has been recommended in the “tune in, chill out and let it sprout”. For as we have shared, when you tune into the Christed heart, the Christed mind within you, you may relax dear ones. There is no hurry.

Imagine the scenario where the worlds do merge. Where the etheric matches the vibration of the physical and the physical matches the vibrations of the etheric. When your brothers and sisters of other planetary systems and other dimensions of Light. When their presence becomes known, there is still life that will continue. A life wave that will continue in physical reality, here, now. Even though beings may have access and awareness of simultaneous time, there will still be the expression of humanity through linear time.

The evolution of the species will continue. If not in this planetary system, then it will surely reveal itself in another. There is much to unfold. It is like the book is not complete for your planet Earth. For you are destined to enjoy the prophecy of your millennium of peace. You are destined, in the cyclical nature of evolution, to enjoy the greatness of human expression once more.

Some of the first wave, it has been foretold, may choose to take the physical body up into Light. To move from this dimension of expression on your planet Earth into other star systems. To have a holiday so to speak even, if that makes your heart sing dear ones it is not because you are moving from a sinking ship so to speak. It is when the timeframe presents itself and you intuitively know your work is complete. You will have the command over molecular structure to move beyond physical death and take your physical body into another realm of expression and disappear from view. But this does not come from technological advancement dear ones, although that is written in your linear time script.

What is comes from is mastery over the very molecules that house your consciousness now. And so you will find that the sharing, the inspiration is more and more for you to gain control over the molecular structure. To tune the vehicle of the physical form and your emotional body and mental body to such perfection that the Light shines so brightly that not only do you control the emanation of light that comes from your vehicles, your bodies, but you may control their destiny as well. That you may willingly move yourself from one timeframe into another permanently if that be your inner desire. That you consciously control the emissions of sound

waves from your bodies. And the colour dear ones. For you all vibrate with sound and Light and colour. It makes up what we call the morphonogenic field around your planet.

So dear ones you may be tuned instruments may you not and you may know limitless expression and great magic. For there is a time that is dawning upon your planet like the crest of the wave. A transition from one age of expression to another; where beings remember the full glory of who they are once more.

We open this gathering to questions dear ones.

Questions and Answers

(Q): *I have a question in regards to an education option I have had for sometime.*

Saint Germain: You are holding the vision are you not?

Response: *I am. This is part of a blueprint....It seems to involve quite a few others as well.*

Saint Germain: .Yes dear one. It is, if you have could imagine, that you have found the chessboard. You have positioned yourself on this chessboard. You are the King or the Queen no less are you not? **(yes)**. And now you are waiting for other players. The pawns, the knights and the rest of the cast to magnetise and manifest on your chessboard. *(Yes...true)*. It is a time of waiting dear one and yet we would say in the reading of your energy fields that it is a sabbatical. Do you not feel that it is time for you to relax a little? *(Sometimes)*.

It is like wishing that the cake was out of the oven and you could eat it. And yet you could wait until the cake was baked and come in when the bell goes off so to speak. You are aware that the cake is cooking and watching it will not make it cook faster. Similarly with your vision dear one, you are on your chessboard and there is a mix of energies, changes in electromagnetic signals and fields of those that will make up the game with you. They are not ready. And so dear one you have created for yourself a time of rest. Of enjoyment if that be your focus. And in that is the learning of patience is it not? It is simply a time to know that the ingredients are there and divine timing will bring the others to your field when the rest is ready. And in the interim dear one you may focus on the now moment and enjoy the love of those that are around you, may you not?...*(Sounds good)*. You are fully aware you are on your destined path are you not?.....*(I am)*. Then can you not surrender and be in joy? *(Yes)*.

It is like sometimes, dear ones, that you get caught in the doing and yet the power lies in the being. It is a cliché upon your plane is it not? For you may ask, each and every one of you, if you are in alignment with God's will and if you do not know then you may pledge your allegiance for alignment with the unfoldment of the Divine Plan. And when that is done, rest assured your call and your prayer and your program has been heard. And the universal forces will rearrange

themselves to move you into complete alignment with the plan that is unfolding. So you as Masters have control over each moment and what you choose to focus on in each moment for you have been aligned already. There is another with a question.

(Q): *St Germain I have another question regarding Brisbane and the prophecised earth changes of flooding and chaos. How important are these prophecies and how much do we create from our focus on such things?*

Answer: All one could say. When you understand the parallel reality expression, there will be an emotional flooding for many. As they wrench themselves out of sound waves of the emotional body into Light rays of the mind / heart connection. The Christed heart. On a physical level, your planet will continue to undergo great changes and you only have to watch your reporting through your media to see the great changes already. There are reports of UFOs regularly are there not? There are reports of Earth tremors and flooding regularly and weather changes are there not? What we ask dear ones is that rather than focus on linear time and when such things will occur in your reality, to just focus on widening the communication with the God I Am within.

For your time upon this planet is determined by the contract you signed with the Creative One. And your time upon this planet is also determined upon the completion of your blueprint. Your part in the Divine blueprint. If you could imagine dear ones that what is occurring on this plane is like a city that is in chaos and a swat team has been sent in to bring stability and order back into the walls of the city, to the peoples of the city. That is what the Lightworkers are being asked to do. For upon this planet there is much chaos, random expression. ***And what you are being asked to do is to embrace the Christed One within so you may be that magician in the stillness, in the power of that which you are. So that you may send off from your physical form electromagnetic signals of deep wisdom and power and connectedness. That is the power that will bring the chaos into order once more for the good of the whole.***

This ‘swat’ team - your Lightworkers, those gathered here are crucial and when your contract individually has been complete then another game will unfold for each one of you personally. But by keeping your focus, by listening to the voice of the God I Am within, then if there was a tidal wave to hit any city, you would hear this voice and catch a plane the day before to another part of your country or another country. And do you not believe that the airfare would manifest magically for you to do so? It is being in the coalface dear ones and yet at the same time being connected to the blueprint of the Divine as it unfolds. ***The voice, the commander, the general of that army that is overseeing this unfoldment is the God Self within.*** We do not entertain that your beings here present get side-tracked, or spend time and energy in

things like Earth changes. For what you focus on you will bring into your field and create like parallel realities.

The more of you that focus on one particular play or potential drama you will literally create that into your beingness. You understand that well dear ones. Your dreams are also dreams in simultaneous time. For you dear one have expanded your consciousness and are now able to move from linear time into parallel realities and other timeframes. Ask in your dreaming that the clearest message for you present itself. For you are lucid in your consciousness and are seeing sometimes bits of realities that are not always relatable to your current now moment. Does this make sense?...

(Q): *It seems that we are not getting to the mass consciousness of the people. There seems to be a small group aligning themselves with their Divine mission. How can we best spread that - our word?*

Answer: By **BEing** fully in your power. That is all. For when one recognizes, first dear ones, the importance to seek the full expression of the God I Am, to know that within you is this Divine point of consciousness. When you seek that it reveals itself to you and then the process of settling in takes place. It is the merging of the worlds within you as the One who created you awakes fully in your conscious awareness. The more you may focus on the full emergence of the God I Am, it is like consciously taking your hand upon the dimmer switch and turning the lights on full bright.

Yet it is not a time of doing dear ones but a time of being. The brighter the light, the purer the electromagnetic signal that you transmit, the purer the sound waves that you transmit. Which means the alignment of the bodies so that you operate from your higher mind, your higher emotional body. For the higher emotional body carries the beat of unconditional love for all of mankind.

Can you imagine in your mind's eye, a magician and yet a warrior. If you close your eyes dear ones can you see before you a warrior. That warrior is strong, that warrior is also the Divine alchemist, that warrior is also the God/Goddess. All of these aspects lie within you. The more you focus on such, the more it changes your energy fields. And this inspires - by the walking of your talk - others around you to know the God/Goddess, the warrior and the wizard within. It is simple. It is a time of demonstration of being dear ones not doing. For when you work in God's universe, truly in the paradigm of Oneness, flowers open when you walk. Birds come to you to sing a song for they recognize the Divine within you. ***There is nothing for you to do in physical reality but be. To be as powerful and tuned as you may be. To be the full expression of the Christed One. That is all.*** When one looks for Divine perfection one

recognizes it, absorbs it into oneself and so becomes it. You may see yourselves as Divinely perfect or flawed. If you are tired of being flawed then start to see yourself as Divinely perfect and so you will find that you are.

So dear ones it has been a wondrous gathering and sharing once more with your energies. Until we have the pleasure of sharing with your grouping, this is St Germain. Adonai dear ones. We love you and bless you as always. For you are our mirror image.

Moment to Moment

Welcome dear ones of Light. This is the energy of St Germain. And we wish this evening of your gathering to share of many things. There is much information being imparted among you all, through gatherings such as this, through magazines and books. It is as if across the planet, many beings are accessing slithers, pieces of a grand game. It is the ending of this millennium and the beginning of another. It is a time as we have shared before, of transformation. Be aware dear ones of light, that this transformation is not new. Your earth in her existence has gone through many cycles. Cycles geographically, cycles as a change in body and force field, cycles of human species and yet you are here in embodiment ***at this time.***

We have noticed with many beings that because of the nature of reality, you feel you are the center of your universe. What has gone before, has been a gift for you to learn from and you carry this memory within your cells of all embodiments. And yet in your conscious awareness, often you are most preoccupied with not just past, but also more of the future happenings. More so perhaps at this time because, it is the ending of a cycle and the beginning of another.

There are reports of earth changes, things to occur, but we share with you dear ones that this is just a continuing cycle. If we were to view the Akashic records, you would see that the consciousness that first embodied the rock you call your planet, moved in to position millions of years ago and yet those million years of time have been a second in the breath of God, perhaps even less and yet for beings in the cycle of repeated embodiment it is a long time.

When you watch your media reports, you will see evidence of continuing change upon the surface of this planet. For everything is being rearranged on a physical level to reflect the changes on the etheric level, within the planet, upon the planet, and within your energy fields as well. For as you are aware in the interconnectedness of creation, all is felt on one level or another, all is understood on one level or another. We ask you to be aware and confront your fears regarding the prophecies of earth change.

Firstly to understand that with your coming together in your harmonic convergence, that change and awakening of many of the mass consciousness meant also that that which had been prophesied on many levels, would no longer be supported to take affect. For what supports these things, is your agreement of support for you to create a place in your reality, in your thinking that wills them in to existences by your fear or by your focus.

There are visions of tidal waves to come upon this planet, that is so. There are visions in the etheric blueprint of a rearranging of your land masses, that is so. But look within your heart and confront your fear, you have a fear of death, and yet the soul is immortal. We ask you to understand that you are on assignment, you are the armies of light, you are great beings of great light, here to do the bidding of the Mother/Father God. Understand that the power that creates and destroys is the Mother/Father God. And if you are in contractual arrangement at this time, which you are, the one being, the conscious that decides when this contract is to be terminated is simply the Mother/Father God.

And when you have completed your work, then a new game will begin, but perhaps not upon this planetary system, at least not immediately. It is fear of death that is creating chaos with the prophecy. It is fear of loss of possession that is creating further chaos with the prophesied changes that may come and will be evident and are already evident. We ask that you look within yourself and confront your own fears, for when you have moved beyond these fears you will find that there are great gifts of freedom. For you understand that you are here as the marionettes of the God force, simply puppets, co-creators none the less, but also in the divine scheme of things, just puppets. And does not the puppet wish to only do the bidding of master?

For mastery comes about from service, service to what? Service to one and other, service to the ego self or the limited self or service to the creative force. ***Every being has the impeccable master within them and it is your moment by choice that determines the quality of your existence upon this plane.*** It is you dear ones that puts the food in to the mouth, and this maybe of nourishment or it may be of emotional pleasure value. It is you who decides what to watch through the media, what books to read. And the ones seeking impeccability know that mastery and impeccability comes by what you focus upon. ***To fill every moment of your day with perfection, to seek only to reflect the divine force back to its self.*** For you are not imperfect. Perhaps we could encourage that the programming changes from within you, to stop asking to be tuned and start to experience how tuned you already are. For the God force is present with in every cell and much can be focused upon in each moment to bring it to full expression.

Let us talk then about these great changes, for they will come. In a period of fewer than decades you will find the continent of Europe greatly altered. In the period of similar time, you will find much of the United States greatly altered. A shifting of land mass and water, a simple rearrangement none the less. When you work with your full focus on aligning with and discovering and enjoying the God force within, then you may also trust that you will always find yourself at the perfect place in the perfect time.

For as servants of the divine, you have the internal voice, that which you call your intuition, that will move you when you listen to it. It will guide you to be where you need to be and if that creates the ceasing of this physical embodiment, then so be it, it just means that your work is complete here and you as a soul will continue its journey of perfect evolution and may take another body at will, at another time. Or perhaps if it is not the end of your contract, you will find that you are one step ahead always of the supposed devastation. For devastation is only that according to your interpretation.

Great change comes and can bring great glory and will bring great glory for those tuned to the gifts that these changes bring. The energy of the Buddha teaches detachment, teaches to be dependant only on the divine one within, and it is great teaching. Let us now see into future times, for there is the prophecy that the Federation are gathering masses, preparing for landings at this time. And on one level of reality that is so. They have made contact with many beings upon this plane, who are now in constant service doing what they have agreed as in their blueprint. But it is your planet dear ones and we share this so often, that in the cycle of change, much will remain.

You will have access to technologies that will radically transform communication, that will radically transform your transportation, that will allow the resources upon this planet to be distributed in a more equable manner. You will, many of you, remain in embodiment for decades to come, for you are the seeders of the new root race, you have long term contracts that see you here until the completion of this new phase of being. You are to bring in new technologies and systems that work for the collective whole. We have positioned and communicated with many beings, like chess pieces upon a board. These pieces are your own embodiments, beings such as yourself who have tuned into the higher paradigms of creation. They now form what you term an energy matrix around the planet.

There are many stages concurrently being played out. Some of you are beginning your journey to communicate and work consciously with the divine voice within your God self. Other have tuned into the frequencies of brotherhoods of light, other to the Federation and a more galactic picture, so to speak. For as you are all aware as systems of energy you may tune your frequency in to many realities simultaneously. But do you wish to be over loaded with information or would you not rather attract into your field, that which is relevant to your work in the now moment, to your work in alignment with the divine game?

Confusion comes from lack of clarity of intention and will and yet more often than not, having signed up as the armies of light it is simply enough to ask for the next instruction to be given and then in your times of meditation and receptivity it will be received. There are beings

who are now bringing through blueprints, having bridged into the other worlds. For beyond your day to day reality are the etheric planes, the higher dimensions of light that are what you would term agog with activity as life forms on many different planetary systems continue in their own journey of evolution. How we determine the vibration of a planet is by the light and the love that emanates from hearts and what we see now is a planet with many lights shining. For though there are many without the understanding of new age philosophy, or the words that are familiar to your grouping, all beings are now being driven by the divine one within. To know themselves completely, to move beyond the identification with just the physical body or your emotional body or your thinking, and to understand that you exist simultaneously through all dimensions. To understand that you are perfect, to understand that the divine one within you is ready to express its self fully, if you give it permission. You will then find a change in the quality of your life that reflects the choices you make moment to moment.

And we have issued this invitation, to ask you to step back, every moment in you life to be detached and to look how you choose to spend every moment. For the planets time lines are being affected by her evolution, and her opportunity now for a complete rebirth. What this means is that Her vibration is resonating closer to the speed of light, as is your own energy fields, hence you are feeling more light and unable to carry the denseness of discordant energies of any memory that is creating limitation in your being. Similarly this speeding up is affecting your time and you will find that you literally have less hours in your day.

So we ask that you be aware of how you choose to spend each moment, for you are at the helm dear ones. It is your embodiment and yes you are the center of the universe, your universe, and if you want your universe to join fully and give you access fully into Gods realms, to the realms of perfect creation, to bring you into what this one terms 'the zone', then you need to be aware and fill every moment with that which belongs in the zone. This is your choice, your ability dear ones, to choose what to do, how to be, what to focus upon, moment by moment. If you feel that you are limited and lacking, then that will be your reality, if you feel that you are divine perfection, housed with in physical form and you seek only that which is perfection, then that will be your reality.

If you could imagine beams of energy coming through your satellite systems, that is the physical representation for telecommunication on your plane. Similarly, on a higher level, expression from the center of the solar system, there is a group of beings united in consciousness, fulfilling their piece in the divine plan. One beam of this power that they are resonating, moves through the dimension of time and space and is focused upon your planet. These beams of energy are triggering encodements that are held within your light bodies. Every single being here has,

held within the energy matrix of their light body, all the information that you require to be completely in alignment, joyously, with the divine blueprint. It is your personal blueprint.

For many beings they are distracted upon the earth plane with issues of survival, finding the one to love, finding the right place to live, or the clothes to wear, or the job to do to earn the money to pay the bills. You may switch this focus instantaneously when you give yourself permission to know fully the divine one within, when you invite its full expression through your being in every moment. For it brings such power and such ability and knowledge that it will draw to you everything, like a perfect formula, that you require to be reflecting the God force back to itself in each moment.

The gifts that this alignment and allegiance will bring you are gifts that will make your heart sing constantly. It is a superior and more civilized way of being. And it is only in the acknowledgment within every being's heart of this presence that the changes on a global level will be evident. The change that you seek within your gatherings and society is simply a reflection of your own state of evolving consciousness.

We feel dear ones that the message is always the same and yet it is more crucial at this now moment than ever before, that you exercise discipline. There is no magic formula, there will be no magic wands, there will be a time when the frequencies are matched between the realms, when you find your brothers and sisters of other dimensions walking among you freely, but that time is not in this now moment. Even though it will occur in your linear future. At this time the frequencies do not match to support the physical reality of such an occurrence. It is time for you to know the God force fully, for you to be disciplined in every moment of your day, to set the intention that the quality of living that you seek to enjoy, will come purely from how you focus in each moment. It is a time of transformation that is sure but it is transformation from within your heart, from within your soul, from within your mind. It is like turning yourself inside out to reveal the beauty of the God force that created your molecular structure in the beginning. For when you look without you will see a reflection of your own state of consciousness and yet when you look within, you will find the perfection you have always been. Focus upon that and your external reality will also change.

Be disciplined, be aware, it is you who is the thinker, it is you who is the creator, it is you who walks this journey on your own, for you must undergo this training, each and everyone of you. You can associate with beings who are powerfully tuned and yes their energy emanations will inspire you and will tune you like sympathetic resonance, but there is coming, the time where you must go through this initiation of complete mastery, where you recognize the perfected

nature of your soul and express it fully in every moment. For great change will come in your day to day reality as you become aware of how you are focused in every moment.

Do what makes your heart sing, do what brings you the experience of the God force and it is everywhere, in every flower, in so much of your music, in the times of stillness in you meditation, the energy behind your breath, the smile on a face. It is the God force lighting up the hearts and souls of so much on this planet that will smile, when you seek its existence, that will reveal itself by filling your heart with joy, filling your heart with gratitude at being in embodiment on planet earth with your contract as the light workers that you are. For you are what you would term, a retuning crew, where first you tune yourself to the divine perfection within and then the signals that you emanate will tune your environment and those that magnetize themselves to your field.

None here have signed a contract to save the planet. That was never part of the divine blueprint. Your contract with the divine one, was to remember the glory of your being, to welcome once more the full expression of the divine force in every moment, to recognize the perfected nature of your soul. That is your blueprint. There may be details that you as a perfected being may need to honor, for that is the uniqueness of your work here, but every detail of information will come to you when you have tuned yourself to the frequency that will allow the revelation to take place, moment by moment, when you are focusing on perfection.

We have what we have termed the Akashic records for those of you working fully with the divine force within. When a being comes to your field and you feel that perhaps they are part of your blueprint, we invite you to ask for the release of the information required from the Akashic records. These records are like the Cosmic Library and it is as simple as asking for the information to come and it will be so. Understand that you may not be given the full information of a beings life in totality or their full blueprint, but what will come is that which is relevant for the work that you are to do together. But if you do not acknowledge the existence of this cosmic computer, then you can not ask. So acknowledge that there is the information within you, held in the data base of yourselves, acknowledge that there is information held within the Akashic records, that will allow your assignment here to unfold smoothly. Remember dear ones that if you do not ask, you will not receive and the being that you ask all of, is of course the God force within you. As we share so often, it is not a time of guru's and it is not a time of giving your power away to any other being, no matter how inspirational they may be at this point in your life.

The real initiation, and the real game, is to connect with the voice within you, the God force within you. And to command and to ask, humbly if you are feeling such, that all the information that you require, to be in perfect alignment, to fulfill perfectly your piece of the

divine blueprint that it be given to you clearly and so it will be. Everything is in existence as you are thinking of it. There are a trillion games occurring simultaneously upon this planet. Every being, having thousands of thought forms every day, is continually utilizing free will to create parallel realities. This is occurring less and less as the divine one is awakening and guiding your hearts and activating your highest levels of awareness.

What is occurring is like a net that has been cast into the sea. This net is now being pulled upwards and as it rises out of the sea it moves into one central exit point, rather than being spread out as it were. Parallel realities are created by beings utilizing their free will, but occur less as more of you tune into the game of Divine Will knowing that that is where the kingdoms of treasure lies. It is a re-weaving of parallel realities back into the paradigm of oneness that is occurring like a net being pulled from an ocean.

Everyone of you is interconnected energetically with consciousness to each other and those who are in your immediate field are beings that you are rebalancing energies with, or who are part of your blueprint. Regardless of your interpretation, every being within your field is precious. Every being that you spend each moment with is integral with your divine blueprint and every being is God force in physical manifestation and hence has great gifts to share, talents to add to your piece of your blueprint. For yours is theirs or they would not be magnetized to your field.

There is no such thing as coincidence. Coincidence is a glimpse of the law of synchronicity and when you are tuned you find that these coincidences string themselves together like a river of grace. Grace brings with it the energy of feeling always in the right place, and always in alignment every time. Every situation brings you learning and a gift, every situation comes to inspire you to recognize the greatness of your own song.

So dear ones we ask are there any beings with questions in this gathering?

Questions and Answers

(Q): *Can you tell us more on how to work with the Beings of Light who many of us feel but we cannot see and how to access our blueprint?*

St Germain: Simply understand each and every one of you, that while you can not see them, except those who can see constantly with there spiritual eyes, you have at your access, everyone of you, what we call the cosmic secretaries. These are beings that you also term your angelics but also those of the Brotherhood of Light and the Federation and many other beings that are closely connected with your service upon this plane at this time. You may simply ask them that they

bring all the people and the resources that you require to bring your blueprint into fruition. Understand though at this time for yourself, it's those that are co-creating, and to play this piece with you, that are not yet ready. They have not been presented to your field as yet. Maybe some but not all, have you found this also?

Yes I'm very unclear about the next step for me now, I feel my work will have something to do with working with children...

St Germain continues; You may ask for the next piece to come dear one. Ask your God self that any blockages within you be cleared, that you may be given the next piece very clearly and that the universe, these cosmic secretaries, bring you all the beings and all the resources that you require to make this manifest into physical reality at this now moment.

For you do not wish to be ahead of the game and sometimes we notice a level of impatience among you because it is like many of you have been tuning for many decades, like you have my dear one. We have been working with you for many decades this life time and other embodiments as well. So there are many of you now clearly tuned into your blueprint wishing to be completely of service in each moment, but this is a group initiation, tis not just solo enlightenment, it is working to demonstrate global harmony with your fellow human beings. The ones that you need to complete your blueprint, the next piece are not quite ready but there are interim steps to be taken.

Some of you present, many of you present, have been getting guidance to be inactive and yet you feel and question this inactivity as if it is a waste of time. And yet in this period of what you call laying low, you can be the master and consciously choose how to fill each moment. And the more you are in the stillness within, the more you are listening to you intuition, that in itself is an initiation and an important part of your blueprint. For it is tuning you, it is changing your electromagnetic frequencies from the beings of great doing into the beings of simply being, being aligned.

So if you ask dear one for that to come in perfect timing, to bring the perfect beings, the perfect resources, then so it will be, and you will know for your heart will guide you. It is, how should we say, your part of the blueprint while simplistic, is also quite complex for it is involved in creating great change on a grass roots level and your inclination to be with the young ones is part of such.

Just be patient dear ones and ask constantly for the next piece to come and for the people and the resources to come, and you will know when they do and you will do what you are guided to do, and then you will go into the quiet time and then you will know to ask for the next piece again. If all you do dear ones of light, is surrender your will to divine will, if all you do is ask for

the next piece to come and bring the beings and resources. If you ask that any energy blocks within you be removed by the divine one within so that you may fully manifest your blueprint now, then all that will occur and you will find your reality changing quite quickly. Have we answered your question dear one?

Response: *I have another question but am unsure how to put it into words...*

St Germain continues: Would you like to try?

Response *unheard on the tape...*

St Germain continues.... Sometimes the timing is out, sometimes that you see a piece of your blueprint and you are so excited that you have been given something so clearly, that your heart has responded so profoundly, that you stop listening, you get caught in your own excitement and you find yourself running down pathways that are not part of your destined blueprint so to speak. And when we know that you have signed up totally to only express the divine will, then the universe will remind you, or stop you temporarily when you are off track. For you this period of time that has passed, and the period shortly to come, is a time for great reflection to be still and to simply ask for your piece to be clearly brought to you and the beings, so that you may be recalibrated so to speak, into the divine time of things once more. Patience is a great learning for many of the light workers. For you have discovered the dance floor of the Mother/Father God and you are beginning to experience such joy and freedom that you wish for all of humanity to find this dance floor also. But we ask that if you can focus on listening to the beat of the divine drummer within and just stay focused in the rhythm that you are guided to dance, then all will be brought to you. For it is not a time of doing but a time of being as we often share and it is so relevant for many of you now, yet you feel that you are dancing on the spot, running on the spot and not making change. But the change will come to you as you tune yourself, as you choose perfection in every moment and that will be the fulfillment of your blueprint.

There is one more with a question?

(Q): *St Germain, with the quietness that you speak of, I have become more fully aware of my ego mind. When I have this awareness this part of me feels like the feeling one would experience if you had to take off your clothes in front of a large audience. Can you give me some ideas on how to get rid of this part and deal with the ego mind?*

Answer: How does resistance come?

No Answer.

St Germain continues; Resistance comes when there is not love, when there is love there is seduction not resistance. We ask that you seduce yourself, you seduce your mind, for the mind is a very important part of your being. What is important is what you choose to think about. You

may feel that in your silence that there is nothing and so it is boring, or you may amuse your mind by playing beautiful harmonies and music. You may amuse your mind in the quiet time by reading words of wisdom and of God, you may amuse your mind by having it focused lovingly on the energy that drives your breath and keeps you alive. There is so much to seduce your mind with.

It is not about eliminating any aspect of your being, for you are made in the divine image of the Mother/Father God. Understand the complexity of the human psyche there are many aspects within you, and yet your life reflects that which you focus upon. Yes you have your ego, that is not a bad thing, the ego has given you a sense of identity, the individualized nature of your being, so that you may play the game of free will fully. It has served you perfectly.

Now that you shift your attention to the God force within, the ego just simply fades into insignificance. It is what you focus upon and yet the more you look to eliminate aspects of your being, the more those aspects of your being struggle for survival and you create inner conflict and inner turmoil and constant feelings that you are separate or not good enough, or in a process of constantly becoming better.

And yet if you can shift your thinking and see that you are perfection itself, to focus only on what makes your heart sing, to focus on filling every moment with the God force and perfection itself, then the resistance ceases and the seduction is complete.

None of you, not one being here has evil within you, not one of you has anything that is not of the creative force. Yes you hold cellular memory that gives patterns and signals of fear, of sorrow, of lack of self worth, of selfishness. These are labels that you have given aspects of human nature when society has deemed behavior inappropriate, and yet all of these things reside in the box called free will.

Everyone of these experiences you have had in the school of life because it has been part of your chosen curriculum as an evolving soul. Never has any of you present, made a decision that was not based on what you felt to be the best in that moment and that is the difference. There is no evil, there is no negativity, there is no bad, it is a state of perception. Within you is the complete divine master, focus on it and you find that what will bring it to fruition, what will allow that aspect of yourself to grow and shine forth is that which feeds your soul. Divine music of the Gods, every country and culture has Divine music that is its own. Music will stimulate the release of cellular memory. Every religion has music, you can listen to music every moment of the day and that will amuse your mind and when you have had enough you may meditate on your breath, on the light of God within.

Use your mind as you know it to tap you into the higher realms of expression, to find the voice of God within you. You my dear one are simply learning how to fill each moment with quality, it is your choice. Quality comes from your focus, seek not to tame the mind, simply give it something to amuse itself fully. Thanks very much. There is another with a question?

(Q): *St Germain, last week we had a meeting on the direction MAPS at SWARA, and I received really good feed back and am asking if there is anything additional that I could be doing to take MAPS to the next level because the numbers have been dropping. I know everything is perfection and I'm asking just in case there's anything else I need to do?*

Answer: Thank you dear one for your question is most important. For those of you familiar with board games, like chess for example, there are many pieces in that game. What is occurring at SWARA, this place of gathering, is one piece, for the MAPS agenda is a state of mind. It is an umbrella that we have given for you to label the different factions, and fragmentations within the new age. And it symbolizes beings who are focusing on positive personal and planetary transformation.

This comes about from recognition of the divine one within, of understanding that every being has within them a piece of the puzzle and it is about finding the pieces that match your pieces as well. What has been occurring here is an integral piece but a very small piece of a massive global dream. So the MAPS game is unfolding in many countries simultaneously as we speak, in the consciousness as seeds planted in the minds of beings around this globe.

What originally occurred here was the attraction of a group of beings from the Atlantean times. It was a chance to come together to give each other equal time and space and to encourage a interdependence rather than a dependence, where you could all come as the masters you are, some to listen, some to hold the energy space, some to share.

That was completed magnificently and know what happens when the energies have been rebalanced, what you term your karma, then you have what is termed is a blank chapter. So those that have passed through those gatherings, many came for what was required - short periods, longer periods, those that have remained here now - it is up to each and every individual to find what their contribution and gift may be. Some as we have shared come purely to hold the energy for they support the idea of the gathering, others have other roles to play. This is unfolding in complete alignment with what has been laid down but you as a grouping are also in a period of planning so to speak, spending time in your own meditation, asking the divine one within, to reveal that which you can contribute.

Never focus on numbers. When the Christed one was in embodiment, he shared that when two or more are gathered in my name I will be there and so it is always. When you come together with the intention to share for the highest good of all, then that is what is occurring.

Understand that everyone of you present here, has the ability to touch thousands of hearts, thousands of souls and that is occurring just through the signals your being is constantly emitting and transmitting. So those that are drawn to be here and share will come and they will stay as long as is part of their blueprint. Do not be limited by numbers, do not be limited by ideas of what may be termed successful or not.

Jesus had twelve disciples, that is all. Those disciples had their disciples and those disciples had their disciples. There is a matrix being formed that is independent of numbers, but is totally dependant on the signals that you transmit. All is unfolding perfectly dear one and it is a most wondrous thing for us to behold, the work that you are doing consciously with this in your dedication, your open heart and your desire and willingness to be part of the facilitation of this process and yet as you are aware, your role is no more or less important than any being present, who simply wished to contribute to what is occurring in these gatherings, for it is an open stage, it is open theatre, any being may be the leading lady here, any being may be the leading man, but some of you will prefer to be lighting technicians and set a stage and others like to play the music. It is a matter of finding what makes your heart sing and coming together with the intention that it operate in a manner that honors all life forms, that is all. Have we answered your question dear one. Yes I think so, thank you. There is one more with a question.

(Q): *A woman asks a question about helping her work friends who are being threatened with retrenchment from company downsizing.*

Answer: Often when things are presented in life, it is not till after the event that you see the greater reason or perhaps many other reasons. Sometimes when a contract is complete for a period of learning, then great change will occur. If the being involved is not listening to the voice of the inner one and following their intuition clearly and easily, sometimes things are rearranged on a physical level, so they have no choice but to begin a new chapter. For many of the beings in your work environment, they have completed their learning from being there. Yet at the same time they are attached so to speak to having regular income, job security so the bills may be paid and commitments taken care of. They feel at this time that that will occur from where they are and now this is being threatened.

People are in panic because their survival issues are being threatened and yet dear one, one of the most wonderful gifts occurring for many at this time is understanding how to exist in

physical reality without money for example. For you are coming into a time where the idea of coinage will be defunct, where things will be set up as equal energy exchanges.

So your whole economy is undergoing radical change and this is evident in what you term your down sizing, they call it right sizing, it means trying to find the right size for each company to operate at its maximum potential. And yet for the beings who are used to coming to work day after day and being paid a salary, this is most threatening. The idea that they may no longer be required and yet it is a wonderful initiation. And if you choose to believe it, then you will experience it to be so, that everything happens in divine perfection and these beings will look back in time to come and be so thankful for the chaos and the change for without it they would not have blossomed into the new chapters that await them, does this make sense?

Yes it does, thanks

St Germain. You see things from one perspective which is the aftermath of certain decisions be carried out but everything is multilayered. Ask these beings to ask the divine one within or the universe whomever they pray to and seek guidance from, that they be taken care of on all levels of their being and the perfect solution present itself to them. It is about reclaiming power and moving beyond the limitation of fear.

Dear ones it has being once more a most interesting gathering and we leave you with the understanding that you create it all, everything that has occurred in your life occurs from what you choose to focus upon and every second, every moment you are at choice, what you listen to, what you read, what you eat, how you are. Every moment it is you in this body, you are at choice. Choose quality, quality living, quality thinking, quality feeling. Why switch on your news and then feel depressed as you witness the earth changes, you do that, why not choose to witness that which makes your heart sing and it is that very act, acting as if you are perfection itself, it is that act that will shift you into the energy band of consciousness that is perfection.

This is the energy of St Germain dear ones, until we have the pleasure of sharing with your grouping once more, Adonai.

The Cosmic Computer

Welcome dear ones. It is the energy of St Germain among you in this gathering and the meditation we have just transmitted through this one, was a forerunner for this evening's discussion. We wish to share a little with your grouping about what some may term as the cosmic computer. We have noticed among humanity how precious are your belief systems and how there are so many understandings about what your Christians would term the Godforce. And because the work that is being done among humanity at this point - by their collective desire - is about unification, then we have sought to present our understanding in light of 'energy'. Regardless of what you term the Godforce in your belief system, you are still undisputably systems of energy. Perhaps by focussing on this fact, it will create a unification that focuses on the commonalties rather than the differences of your understandings and your belief systems.

We would like to share of the cosmic computer that the Christians would call GOD. And yet it is in essence an intense point of white light, golden energy radiating from a point of origination that, in its own journey, is expanding continually. If you could imagine this point shooting out what you would see as trajectory beams of pure light and this point shoots these beams out multi-dimensionally. If you followed the pathway of each beam from its point of origin, you would see a straight line like a speeding train moving through the dimensions of time and space. And you would see that while it comes to an apparent end this is not so for it also creates biofeedback loops in an infinite number of ways.

Because creation is manifested through sound waves, you can feel and hear a pulse like a musical beat originating from this point of creation. And these sound waves form concentric circles that cross over the lines of light that have been shot out from Its heart. What you find then is that the crossing of these light rays and sound waves form geometric patternings. You could imagine dear ones, that these geometrical patternings, are the basis of all creation. It is the basis of your DNA structure but the lines of light that are woven through sound and through creation as it expresses itself, cross diagonally like string being wound upon a ball cyclical and circular. Now this information has perhaps not much relevance except to allow you to understand that at the very end of each line of light you find yourselves as points of consciousness clothed in human form.

Many of you are focussed predominantly on your physical form and you maintain your reality in one band of energy that you call the third dimension. And yet you exist below on lesser frequencies, for aspects of your consciousness are also housed within the plant and mineral kingdom simultaneously. There is a saying that when one is so sensitive one can feel the wings of a butterfly beat from the other side of your globe - and this is true.

There has been much written about the interconnectedness of ALL. Feeling this interconnectedness is dependant upon your degree of sensitivity to these lines of light and sound waves that underlay creation. But you have focussed so long on one aspect of your expression that many have forgotten that you are continuously connected through all realms to the Heart of Creation Itself. We call this the heart of the Cosmic Computer.

Perhaps you could imagine that you have a direct line of communication into the heartbeat of the Mother/Father God. And these lines of energy are like complicated cabling. You have your interdimensional communication network which the Master Alchemists call the Cosmic Nirvana Network (C.N.N. for short). Similarly on this plane you have your satellite beams and cables for telecommunications. As above so below. Consequently dear ones you have a line directly into Universal Mind. This is an etheric communication cable and all you have to do is recognize its existence. When you recognize its existence it is like the revelation of a comic highway through which may flow all the information that you desire.

Similarly there is another communication cable that will allow you to fully activate all your senses so that not only you may hear, but you may see and sense into other realms of expression. And these cables are like underground water pipes that run through cities - except they run through the cosmic realms. Consciously connecting into these cables allows you to have pure, creative, life force energy constantly flow into your body feeding you and nourishing you allowing this physical body to serve you in a manner that the Godforce intended. This 'God Force' is the designer and creator of the Cosmic Computer.

There is no need for the physical vehicle to decay, there is no need for illness, there is no need for the aging process. These things come about purely from your choice of toxic thinking and, as we have often shared, from toxic feeling and your choice of toxic feeding. Quality thinking, quality feeling and quality feeding refines you and allows you to automatically match the frequency of the pulse of these cosmic cable lines. Via your creative visualization, will and intention, you can also plug yourself into this cosmic network. Each day in meditation you can imagine that these lines of communication or lines of feeding and healing are constantly accommodating the wishes of Divine Will, the energy of the Divine Force and so much more. In the realms of spirit, you are only limited by your own imagination.

Understand where the true power lies. Your physical vehicle dear ones, is simply the foot soldier in your God's army. And your emotional body is the colonel and mental body can be likened to the general in the army. And the spiritual body is the King. And yet so many upon this plane have been in the habit of taking orders from the foot soldier. We find this most amusing and you no doubt yourselves have found this to be a very limiting practices.

So make the decision to reverse this chain of command and give your focus to where it can be most effective. Focus on your spiritual body as it is the connecting link between physical reality and the higher realms of expression. If you command that only energies of Divine Love, Divine Wisdom and Divine Power feed through this body then it, as the King, will naturally influence the other bodies. You are always soon aware when what is suggested has validity for you because when it is adopted you will find that your life will change.

And yet we witness so many of you as Lightworkers have great intellectual understanding for you have been reading many books and you have often been meditating having your own experience. But now more than ever it is time to put on your blinkers. To commit fully, to do the work that you have come here to do within the world. For what has been prophesied is on course and, in Divine Time, will occur. But your remembrance of the Cosmic Computer has been an evolving process through all the millennia. It is an ongoing saga - so to speak - without beginning and without end. And everyone of you in physical embodiment has signed the contract with this Supreme Intelligence to be part of this reality on planet Earth at this specific time. WHY? There are many reasons dear ones - the free will experiment and also because you are part of a much larger group energy matrix.

Similarly the same cosmic grid structure is wrapped around the Earth. Everyone of you who allows yourself the pleasure of knowing fully the Divine force within, and has the desire, the commitment to walk your talk and shine your light and allow the Divine One to guide you in every moment, will set up a radar system of signals that will attract into your field other Lightworkers that form part of your blueprint. It is like a gang of workers in a construction camp where you may either have your own camp or you may be sharing together one camp. Either way you all hold symbolic pieces of a much larger game that few in any realm, have privy to witness the full extent of.

Back to your reality.... there is limitless joy when one consciously connects to the source of creation. To imagine that you are energetically hooked in, will allow the possibility to become a reality. **If you expect always to be guided perfectly, if you expect always to have the perfect information for your own blueprint to reveal itself to you, THEN YOU WILL.**

And yet dear ones, there are times when many of you become what you will call what you would call stuck. Where you see a repetitive pattern of behavior that you feel is perhaps not allowing to move you in the direction that your heart is guiding. At this point we encourage you to simply ask the God I Am within to clear whatever blockages are within you or around you, and ask to complete the learning around this pattern so that you may be free to take the next step as has been destined.

It is your right, your destiny, to have health of heart, mind and body. To be abundant and have all the riches and all the love on all the levels that is your destiny to enjoy. And now at this point in humanity's evolution, you are being invited to enjoy it fully. For when you - in physical reality - display the joy at being here, that in itself has the power to transform the consciousness of the masses on this globe. So that you may witness and enjoy the unity and the harmony collectively as a species is always destined to discover.

So we wish to keep simple our discourse with this gathering and just welcome you back into these energies once more. We again invite you to honor yourself enough to really love and know that Divine force within you - to spend time in the stillness, to understand that if you ask you will receive. To understand that if you align your Will with Divine Will, then you will truly know the limitless nature of your being. Perhaps we may open this gathering for questions dear ones?

Question and Answer time

(Q): *The other thing is, do I need to address the internal saboteur because I had a dream recently that indicated that that was something I might need to address. And also how do I do that? If I need to.*

S.G. Answer: We wish to share with the whole of this grouping something most simple. Understand, as many of you are aware already, that each of your energy fields has it consciousness that is the king of its kingdom so to speak. You have your physical body elemental, your emotional body elemental, the mental body and the spiritual body. They are like we have shared the foot soldier, the colonel, the general and the king. But on another level they are all equal, for a being to be in perfect expression these energy fields need to be harmoniously balanced. Now you may spend great time with each energy field loving it, realigning it and so forth. But understand the complex nature of your being, the emotional body for example is comprised of memories that cross all timelines, past present and future.

So to try and work out what is occurring within you out with your lower mind, your human comprehension, is quite a task. Perhaps it would be easier if, in your meditation time,

you command the consciousness of all three ‘lower’ bodies to appear before you. Then as you sit in your mastery, command that they between them sort out a way of co-existing harmoniously with the end result that you fully express the Divine Presence in every moment. Does this not make sense and is it not most simple? *(yes)*

So rather than focussing on what is wrong with your being, focus on that which is right with your being. Make your intention and your program be that the whole of your being is consciously and constantly, in every moment, **fully reflecting Divine Perfection** back to the Godforce. A single pointed desire to fully reflect the Divine Force back to itself as a mirror will bring Divine Perfection into your reality for reflection and fulfillment of this desire - this is universal law. Then you will see great changes in your reality, for as you magnetize that which is Divinely perfect, and choose to express that which is Divinely perfect, then all energy within you from other timelines that no longer serves you, that no longer supports the Divine perfection that you are to manifest, will be realigned, will be put back into perspective.

We witness a trend amongst the Lightworkers where you constantly in a desire of ‘becoming’, constantly feeling that you are not ‘spiritual enough’ or good enough or Divine enough or ascended enough or enlightened enough. And yet we say to your gathering that you are all this and more. That you are already Divinely perfect. So for any of you that are having problems within your emotional body or your belief systems or your physical body, command these bodies to ‘get their act together’ and co-ordinate themselves and they will sort out what needs to be sorted out.

This is like having computer software programs become interactive and fully support the user of the system rather than be in conflict and create ‘bugs’ in the operational functions of the system. For your direct instructions again must be that ***the end result is that you emanate and radiate the God Force that you are.*** And that is where the healing will lie and then all you have to do in each moment dear ones is BE in the joy and BE in the stillness and seek only Divine perfection and move out of judgment of self and others. It is an interesting game to play and it is a game played by many upon your plane with great success. And yes it requires you to be the master of your thinking! Without the mastery of thought you cannot create the reality that you desire.

This is the fulfillment of the prophecy of the second coming. This is where the second coming is the full emergence of the Christed Being within that now lies dormant in so many, and is partially activated in many more. Still even more are now radiating the **Light** and the love of the Godforce constantly. And thus their reality is one of Heaven and thus their reality

is Nirvana and thus they have moved out of ideas of fear, of forces of darkness and evil and they are literally One with the Godforce while still maintaining this physical vehicle.

You will know them, they will be strong, they will be healthy, they will be clear and radiant and that is what you all have the potential to be also. Focus upon that and so it will be. There is another with a question?

(Q): *St Germain I've been having a continuing challenge in finding purpose and creating wealth and I was wondering if you could in my sleep tonight zap me so that I wake up with an overwhelming feeling of desire (laughter) and purpose.*

S.G. Answer: It is interesting dear ones for this one travels around the globe as is her service to do so and she watches many Lightworkers who say "I do not like this, get rid of it, take it away" but what you do not understand is everything that is in your reality is there for you to learn from, to teach you and it is only when the learning is complete that you may move on and be free from this. But as we have shared humanity is a complex machine with billions of cells and billions of energy lines and circuitry throughout the whole body. And that is just the physical.

When you look at the etheric grid structure it becomes more complex again. Everything feeding off every other living field. But we ask you to understand the power of the God within and you may ask for your abundance. Thus, "Dear Godforce I have no idea what's going on but I do feel that perhaps there are blocks within me that are stopping me from magnetizing abundance, holding abundance, enjoying abundance". Where in this case perhaps abundance is financial wealth. **"Dear Godforce, you have my permission to clear whatever blocks are within my being so that I may thoroughly enjoy the abundance that is mine".**

So you may ask the Godforce within to clear any issue within you but you need to ask also that your learning around this issue be completed, that you understand fully the message from this pattern that seems to repeat in your life so you may be free. So ask for the learning to be complete and ask, give them permission to realign any discordant energies within you that no longer serve you. 'Them' being the Beings of Light that work with you, 'them' being the Godforce that is your most Divine Self, 'them' being the Guardian Angels that each and every one of you have within your field - who whisper to you and guide you through this highway you call life. This is your link into true abundance. And then ask for all the people and resources to come and clarity for your next step - dear one is it not simple to just ask?

You know you do not need the whole picture of the cosmic game, you only need to know the next step that you have agreed to take. Ask for the next step, ask for the people, ask for the people for the resources to be brought to you. Ask for the next step to be revealed clearly because you may feel that you are a bit slow on the uptake. It is no shame in asking dear ones and in fact

the greatest exhilarating tool for your journey of remembrance is asking. Ask and you shall receive. The dilemma for the Lightworkers is figuring out what to ask for, Is it not?

Asking will bring results but these will not be permanent unless you are also practicing your mastery of mind, choosing to let go of old limiting beliefs as they arise within you - reprogramming them with a new pattern of beliefs about your right to enjoy the fruits of abundant universe.

We can give you all these tools, we can paint a picture of an energy matrix that is cosmic and planetary and within your bodies, that is your meridian structure, but unless you are aware of that which it is that you truly desire, what is the point of these tools and techniques. For they are just bridges into the other realms to allow you to bring the energy and information that you require.

We witness the Lightworkers - you do your meditation, you become so sensitive, you expand your consciousness so that you can bring information from many realities simultaneously and then you get so confused. Because it is like this information comes in from all levels. Why do you do this? Why do you not simply ask that only the information that is relevant to your work here now come and that way you will avoid information overload? Because you can access many doorways, you can go to the Hall of Records and look through many filing cabinets and fill your mind and your being with much knowledge, with much knowing. But you have a specific job to do here, now and many of the Lightworkers who are connected with the Divine One within are now finding that instead of getting more information, they are getting less information but it is specific information that is relevant to their work. And that is all you need to do.

If you are a painter of a house and you have been asked to only paint the doors, then you don't go painting the walls - you paint the doors. But many of the Lightworkers, flip from painting windowsills to walls to doors to roof to guttering when it is nothing to do with them. Instead of finding that which they have been assigned to do and do it lovingly many constantly look at what is wrong with the world and what needs fixing - wasting energy on minding other people's business.

Find your role by asking for it to be revealed to you - you will know it by the joy you feel as you seek it and fulfill it. Do not do your work here begrudgingly as if to be in service means suffering. Do that which you have agreed to do with such joy, with such compassion, with such love, with such fulfillment from your heart that it inspires every being in your field to also serve the Divine. For the benefits will be too great to ignore. It is an interesting option is it not dear one? *(yes)*.

(Q): *St Germain, I think a lot of problems are that people find that they are against a brick wall and they can't get round it. In other words, they're controlled by the problem which exists and they can't get their mind or their imagination onto the situation that really exists. In other words to be happy or to be confident because as our Bible says for example "As a man thinks so is He".. So therefore whatever we have to achieve we have to take one step at a time and set our mind on that particular step until we get through that particular trap.*

S.G. Answer: Yes dear one and also be aware each and every one of you that you do not walk this path alone. On one level it appears so in physical reality, but you have the realms of the angels, you have so many beings of Light who service is to the Divine through their service to you. So if there are times where you feel overwhelmed in this journey of life that challenges perhaps appear insurmountable, you may simply ask once more for the clarity for the next step to complete your learning and as we have shared, "Ask and you shall receive".

There was a man who, after the death of his wife, had lost his inspiration to live on this plane. He was thought to old in your linear terms, in his eighties, and he was no longer inspired to be part of this reality. And yet he was still here. He had not crossed over because his contract with the Divine was not yet complete. So we invited him to ask to be assigned an angel for inspiration. Many still do not understand that the realms of the angels are as real as you wish them to be. That if you acknowledge their presence, then they will serve you as you stand in your Godpower. And if you are weary in this journey of life, you may ask for an angel to bring you purpose and joyful inspiration.

Have one particular angel whose sole job it is to keep you inspired. Another angel to give you the gift of discipline if you find it hard to break the habitual behavior that absorbs you moment by moment. ***Forget the power of your addictions and become addicted to experiencing the Divine One Within you and as Its power radiates through you, It will bring all your addictions into perspective and alignment - without struggle - for this is the power of the God that dwells within!***

We have shared how every being has thousands of thoughts every day and it is you who choose what you do and think and say in every moment. And if you are not in joy in all aspects of your life then be aware of your thoughts around such things. For you may fill each moment of every day with that which is Divine and by the universal law of resonance you will find your experience of life will also be divine.

Begin with the physical vehicle dear ones, start to treat this physical vehicle as a temple that houses the most Divine soul. Look at what you are choosing to put into your mouth. Is it Light, is it nourishing, is it live? Is it heavy, is it dense? You are the ones who eat. Look at your

emotional body - be aware that you are the ones who choose your feelings through your perception and how you look at life. All these things affect you constantly. There is no other being in your body but yourself. Except for a few exceptions of lightworkers who are doing other things like radiating specific energies of the Masters and others.

But generally there is your energy that is predominant within you and you have a choice in every moment in how you wish to experience this life. And yes we honor the fact that sometimes humanity may paint themselves into a corner. May be in a situation where they see nothing but brick walls and that is when your time of prayer, of contemplation, of asking to see what it is you need to learn so you may learn it and be free. For dear ones when you are in your system of schooling on this plane, when you have learnt one and one is two, when you have been tested on it, you will never be required to sit that exam again.

And so it is with your karmic rebalance. For karma is not something to be feared, it is simply the rebalance of energy in the cosmic energy pool. If you could see that this point of creation is the entry point of a rock in a still pond and the soundwaves are the ripples on the pond when this rock hits the surface of the water. And other lines of Light shooting out from this. This is how sensitive the energy fields of creation are. And yet because it is multi-layered, you can choose whatever frequency, whatever grid structure you want to connect into. When you are connected into the grid structure of human creation of freewill games, then you will be subject to the random influences of the masses as they continue to learn how to beneficially flex their co-creative muscles. When you decide to commit within your heart and your soul to serve the Divine, to reflect Divine perfection back to the Divine force, then that will automatically magnetize you into the grid structure of the Cosmic Computer and the Divine Plan as was originally intended. And that Divine Plan is simply a holding force of energy that will allow humanity to blossom into the flower of perfection that it is.

And the cycle of birth and rebirth is the beginning of a flower stem that perhaps meets drought and withers and dies. And another time, another lifetime, this stem becomes stronger with leaves - and then perhaps withers and dies. Until eventually dear ones the cycle must complete itself. What is destined in the DNA of that seed, must come to fruition and **THAT IS THE NOW MOMENT OF HUMANITY** here.

You have within you the matrix to fulfill your human potential. That is God's matrix, not your human free will games but it is the matrix, the encoding that you call your Lightbody. And experiencing God's matrix, is your true potential for reflection for all humanity reflects and projects constantly. The point to be asked is, how does what is reflected affect the whole? So as

you fill yourself with Light, as you become the Master of your thinking then you will find that your whole reality will mirror that which you can envision.

So take the limitation off your thinking, allow your imagination to grow free dear ones. Whatever you could imagine for the good of the whole upon this planet, whatever you can imagine that you require to blossom as you can blossom - hold onto that vision. It does not matter if you can't see the details of how it will be manifested. But if you trust and expect and command and demand that it will then it will.

There is one more with a question?

(Q): *St Germain, for the last few months I have had very irregular sleeping patterns. Either in Europe or here. Waking at night and sleeping in the daytime. Is it to do with the breaking down of time or is it the physical body.*

S.G. Answer: Dear one, that is a multi-layered question. For what is occurring upon this planet is an emerging, a release one could say from the influences of what you would call your 'normal' cycles of time - your Gregorian calendar of time - to the time that is matching the cycles of nature that some of you call the Mayan time. Beyond this is another timeframe that is super-imposing Itself, or one could say emerging from beneath both, and this is the Divine Time cycles.

Many of you are being challenged to let go of your belief systems and your habits. If you are tired - sleep, if you not tired - do not sleep. Fill that time at two o'clock in the morning reading a book, writing in your journal, exercising, listening to music, swimming in the moonlight in your pool. Whatever. It is man that says you must go to bed when it is dark and get up with the sun. And that comes from the indigenous people just as going to bed and arising at a set hour comes from a society where you are perhaps caught in a cycle of 9 - 5 for survival.

Therefore you have a belief system that says I need eight hours sleep in order to function properly. But that dear ones is also just a belief system. For as your internal mechanisms are being enlightened and activated, you will find that you are more energized and need less sleep. To the point where we visage culturally en masse, grouping of beings that have very little sleep. Perhaps an hour here or there. Where they rest the physical body and yet the consciousness moves into other realms for accessing information relevant to the work again they are doing here.

The belief you need to eat, the belief you need to sleep, the belief you need to wear clothing to protect you from the environment. These are man-made beliefs based in fear. They are not the beliefs from the Godforce. They are not the essence of the Godforce. Because when one is completely in alignment with the Godforce within It will feed you, It will protect you from the elements and It will nourish and revitalize you so you do not need physical rest. This is

human potential. So dear one, you are, as always having your feet in two worlds and part of mastery is to learn to operate within the many worlds simultaneously.

(Q): *I find that I like to sleep to dream - surely this is also very beneficial? Unfortunately I can't seem to remember much.*

Answer: Many are not aware of where they go in these long periods of rest. Again you may ask that any information that you need to have conscious memory of, be retained in your memory upon awaking. You will find if you were to stand back from the planet and watch beings lay themselves down in their beds at night, after the physical body has dropped its conscious mind, in other words it is no longer being run by a mental connection but it is in deep sleep, you could imagine all these Lightbodies, these energy beings leaving the vehicle, parking it like a car.

Now where they go on their journey is dependent on their blueprint. Dependent on the work that they have to do, what you have to do. So for some of you, you park your vehicle in your bed, your consciousness is free, you move into various planes of learning. Some go to schools of healing because you are learning about healing the body and you may be a healer whose blueprint it is to share such things. You are being reinstructed, being reawakened to that which you already know. Some of you in the public eye will find that when you give your workshops, a few nights before you are to do these workshops, you do a 'mock run' on the etheric realm, so to speak.

Nothing occurs by accident, every one of you who are carrying the Light in service to the Divine receives intensive training on the night realms. If you wish to remember, you will be given this information. Much of what is being implanted within your subconscious mind is like pieces of a jigsaw and if you were to be given all this information it would not at this point make sense. You need all the puzzles to come together and then you will be given the opportunity to stand back and see that which it is that you are part of the creation of. Does this make sense? *(yes)*

So dear ones does it matter what is happening - what does matter is how you are interpreting what is happening. Relax, chill out, learn to be in joy. Do what makes your heart sing. Whatever happens in your reality, you may interpret in whatever manner you wish to. The way you interpret is usually based in habit - according to how your mother saw them or your father saw them or how your culture thinks you should see them. When in reality there are much bigger games unfolding that you can witness at this time. So with everything that occurs choose to interpret it lightly, joyously, in a manner that keeps you in your power. You lose your car say 'fantastic now I am open to receive a new one, a better one'. Interpret things to keep you in your

power dear ones and then this will be your reality and why can you not have everything that your hearts' desire?

It is practice and it is trusting and to understand that once you have pledged your will with Divine Will, once you signed up to be part of the Armies of Light then you can expect to be given abundance. For example dear one, as you have shared, ask that abundance comes to you from sources known and unknown. Instead of thinking if I do three massages a week, that gives me \$200 or whatever which will pay this bill and that bill. That is limited in its thinking.

Abundance can come through donations, abundance can come through people's generosity in many different ways apart from just exchanging money for your service. Take the lid off your thinking and your expectations. Expect, command that every month all the money you need is deposited into your bank account. Just expect it to be there and live each day as if you always have enough. Because you will find in retrospect when you look back upon your life dear ones, you have always had enough.

You have always been provided for and you have never gone without and when you have felt you have gone without, you have been learning about detachment. Or you have been learning the initiation of loneliness. 'I do not have someone who loves me. I need the soulmate. I need the perfect partner'. And yet dear ones if you are learning about the initiation of loneliness then the universe is not going to bring that one to love you. For you must learn what it is to be alone but not lonely. For this is one of the initiations of mastery.

You must learn in your mastery about detachment. The physical objects of material wealth are not important, what is important is your dependence upon them to bring you happiness. Your dependence upon each other to make you feel good. And this gift, this invitation of mastery is about depending purely on the Godforce within to take care of all your needs. That is all. So whether you like these games or initiations or not it is the part of the journey for each and every one of the Lightworkers as they remember the Godforce within and Its power.

So dear ones it has been most glorious sharing with your energies once more and we honor every one of you and we welcome you to this gathering. If you are so inspired dear ones to join us once more in this grouping then you are most welcome to do so. In the meantime we recommend that any questions that you have, you sit in the silence and you ask the Divine One to bring you clear answers. At least to that which is relevant. So if you ask a question and nothing comes perhaps it is not relevant. That which is relevant to your work here must come. This is St. Germain. Adonai dear ones.

The Kosmic Knights Klub

Merlin

Welcome to this gathering dear ones. It is the energy of what many would know of as Merlin. Perhaps some of you would know this energy best as that of St Germain. And yet like you dear ones, we as individuals yet united sparks of consciousness, wear many different hats simultaneously no less. For that is one of the gifts of understanding the interconnectedness of all - that you are far more than your human form. And this is a journey that you only may experience through contemplation, through the process of what your scientist would see as involution. The turning of the senses that you use to read the material world within.

It is from the experience of the inner worlds that you come to understand the vastness of creation as what many have said would be the turning of an atom inside out to find invisible universes. And so it is with the realms of creation, they are so complex and so vast. Beyond the mental understanding of so many and yet never beyond the experiential understanding of an open heart.

That is why we encourage so many in all gatherings across this planet to understand the mechanisms of universal law. For through the application daily of universal law, you find yourself drawn into the most magical game that the wizards would term divine alchemy. The game of divine alchemy, as we have touched upon previously, is like a cosmic theatre and there are many plays being enacted simultaneously through all levels of creation.

Many of you present belong to what we call the Kosmic Knights Klub. This is the universal version of the Knights of Camelot, for in your history, at least on an etheric level, there is the existence of Camelot and there is the existence of the knights who gather together to enjoy the vision of King Arthur and to help King Arthur manifest this vision so that all may benefit.

And yet this vision was simply bringing in and anchoring another reality over, through, and within the existing reality of war-torn kingdoms and kingdoms in chaos. Again you find yourself here to serve once more, having served many causes through many embodiments. Once again many are present to carry the vibration of the Knights of Camelot. There are beings present among you who were disciples of the disciples of the one you would called Jesus. And Jesus, like the Buddha, and like so many who have come to teach upon your plane, were all wearing the hats of what we would term the Master Alchemists. For in Their consciousness they

held the encodements for all the secrets of the universe. Part of their challenge for taking physical form upon this plane, was to remember the beauty, the magic and the synchronicity that comes to any being once they apply consciously the rudiments of universal law. Everyone of you present is no different to the Buddha or to Mohammed or to the one you know as Jesus. Or to any of those who have since been deemed saints, yogis or masters of transformation.

A master of transformation is a master who understands the rules within the game of divine alchemy and applies these rules to their own lives. One of the gifts to all masters of alchemy is abundance in life, abundance in health, abundance in love and quite simplistically abundance in wealth. For you live in an abundant universe and yet it is the fogginess, the lack of clarity within energy lines from other time lines, past lives particularly, that are not allowing the universal laws to be so evidently manifested in each being's life according to their own desire.

These days not only is there the Knights of Camelot who are remembering and reawakening to take their pre-programmed positions upon this plane but there has also been a magnificent infiltration of those we call the Kosmic Knights. Each one of you present could justifiably give yourself that label. For you are Kosmic Knights, for you belong on all planes of existence simultaneously.

Every evening that you lay your body down to sleep, your essence moves free. An aspect of yourself, it is like parking the car and you alight from this vehicle and go off to explore other realms of existence. And yet it is not so much an exploration on the night realms anymore, for you have progressed way beyond that. You are now all active in service upon this plane in one way or another. Although you may not have assigned yourself positions of channels or healers, you are still nonetheless performing wondrous service wherever you are if this is what you choose. Service is a state of mind and what you need to be doing will come to you via your radiation.

On the night realms when your body has been laid to sleep you will find that this is the time you will enter further into your training. Your fine-tuning so to speak so that you may be emitting signals that are in complete alignment with Divine Will. This is so for all those seeking true knowledge of the ancient wisdom's, the seekers of knowledge of the true self. To seek the experience of the essence that lies behind the breath and keeps this physical vehicle alive is most wondrous. For It will then love you and serve you as your body carries Its essence in each moment day to day. For the physical body - as you are well aware - is simply your vehicle, your car and it is a most precious one at that. We wish to share with you that this time, right here, right now on planet Earth - as many have understood - is not about gaining enlightenment or

ascension to leave this planet. It is more about being committed in the now, to simply be the perfect vehicle of service for the Supreme Splendour to radiate through.

This is the will of the Creator yes, but it is more - it is the will of the Creator to have the highest blueprint so to speak, the highest possible reality unfold upon this Earth. And yes dear ones, it is a time of fulfillment of prophecy. But you as masters may choose which prophecy you wish to fulfill.

Simplistically, rather than concern oneself with the complexities of life expression - for it is so dynamic and multi-dimensionally - the simplest course of action for all Kosmic Knights in service is a commitment to be the perfect channel for the Will of the Divine in every moment. And what occurs from your commitment to be this channel is an increase through your being of the Supreme Splendour - the radiance of your God.

For each and every one of you are supremely splendorous dear ones. And perhaps this is a new light for you to see yourself in. For we understand that many upon this plane feel themselves to be 'less than', perhaps not worthy. And many would definitely never dare to assign the label of God to their own being. The fact that there is many who would choke upon the words to say out loud and with conviction "I AM GOD". Is that not true? And yet you are no less. For each and every one of you is a Kosmic Knight here in service to the Divine on your journey of evolution and remembrance and, more importantly you are programmed to be in service at this time. Each and every one of you - as those made in the image of the Divine - have the ability to radiate the Supreme Splendour in every moment.

That is why for those playing the game of Divine Alchemy they become aware of the importance of the physical vehicle as a temple. For it is a power object no less. Similarly all your churches, all your holy places, whether they be the energy vortexes of mountains, cities or sacred sights - these are places that radiate the Supreme Splendour. There is no difference between your physical body and the physical structure of your churches. Except to say that your physical bodies are constantly occupied and that is not so for all of your churches. *(laughter)* And yet dear ones, imagine these churches, these holy places, these temples, what is the essence that has been captured there? Those walls, they hold the vibration of hope, of prayer, of longing, of devotion, of adoration, of silent prayer and of so much more.

Understand that power objects can be also termed esoteric power tools. Just like you have power tools for builders to build these structures in the first place, the structures when complete are esoteric power tools. For they have the ability to attract, to hold and to radiate Supreme Splendour. And it is this radiation of this Supreme Splendour that will create the change upon this plane. This change that you seek, this transition that you are witnessing is

nothing that is complex and it is nothing that even requires your mental focus, your mental understanding. For the offering of your vehicle to be the servant to radiate the Supreme Splendour, is enough to tune yourself consciously in every moment of each day. To create a clear strong healthy vehicle to tune your emotional body to the beat of Divine Love so that you are no longer driven your personal agendas. For you understand that all your personal desires will be taken care of dear ones once you have committed to serve the Will of the Mother/Father/God.

For every Kosmic Knight that recognizes the game of Divine Alchemy and their part in it, what happens is an automatic opening of the gates or the doors to the Bank of Abundance. Can you imagine dear ones if all the banks upon this planet constantly had their doors open and anyone at anytime could go into the vault and take whatever money they required. It would be most interesting would it not? Imagine if there was an endless supply of abundance at your disposal?

The wizards call the Bank of Abundance the Kosmic Koffers. And thus we say to each and every one of you that for those of you who have only the supreme desire to be of service, the commitment to positive, personal and planetary progression - which is the catch cry of your M.A.P.S. is it not? - to each one of you, there is an etheric credit card. It is there before you, can you see it in your mind's eye? Imagine one of the angels now handing you your etheric credit card. Your Kosmic Kredit Kard. This allows you immediate access to the Kosmic Koffers, to the Bank of Abundance.

You have a right as servants to the Divine, to the manifestation of Divine Will, you have the right to expect that all your needs and requirements on a level of abundance should be taken care of, will be taken of, must be taken of. Anytime that you need money to manifest your blueprint upon this plane, ask that this money come from the Kosmic Koffers. Do not limit your abundance by thinking that your money must come from the work that you do directly. From how many massages you do each week, or how many hours you work in your job. With your abundance, if this financial abundance has not manifested yet in your life, we invite you to ask the Divine One within that you complete your learning around the issues of abundance and that further more give the Divine One within you permission to clear any energy blocks through any timelines that is stopping you from attracting, holding and maintaining complete abundance.

Expect to be paid dear ones. Understand that the Kosmic Koffers, this Bank of Abundance, is as real as you can allow it to be. For when you stand in your mastery with the expectation that you as a master may manifest all that is required to fulfill your assignment on this plane and then **so it must be**. For whether you align the idea of the Bank of Abundance or not, this is universal law. For the law of resonance that many are now familiar with states quite

categorically that like attracts like. So as you expect to be in the river of abundance and as you ask to complete your learning around issues preventing you from that, as you stand in the energy of expectation of a cosmic salary package, then so it will be dear ones. It is that easy. The only undoing that seems to occur for many is the constant thought patterns of negativity around such issues. For you cannot expect to be on the cosmic payroll and constantly be doubting your ability to be paid or your ability to manifest what it is that you require to fulfill your work dear ones.

We have digressed a little. And yet we felt that from the reading of your energy fields that there were many here still curious about abundance. Longing a little perhaps still for financial abundance no less. So complete your learning, ask for the discordant patterns within you to be released. Expect to be paid, expect always to have access to the Bank of Abundance. Understand that this bank never turns anyone away. Understand that this bank's doors are always open and if you can acknowledge it as real then it will become so.

Mastery dear ones is about abundance. Abundance of health, abundance of love, abundance of everything that you require as a Kosmic Knight in service upon the Earth plane at this time. This abundance comes naturally as a by-product of your radiance. So as you dedicate your life to radiate the Supreme Splendour, that is what you will attract and with it will come the bounty of Divine Alchemy, the abundance of magic and you will know when you are in this flow for you will find that synchronicity becomes the norm. GRACE becomes the norm. You will find that you will always be in the right place at that right time. You will find that your inner being will relax.

For what is there in truth for you to do upon this plane? If you are truly being, if you are truly demonstrating by acknowledging that you are spiritual beings here enjoying the human experience, if it is in your heart of hearts the true desire to serve, if that is your true focus to align your Will with Divine Will, then you may see yourself as a Kosmic Knight with a line of credit with the Bank of Abundance.

You may see also dear ones, as we have often shared with you, evidence of the angelic realms within your life. For these are as we have often termed your cosmic secretaries sent by the Supreme Ones to interact with all beings upon this plane. They are here to allow the worlds to be bridged so that true magic may flow through you and onto this plane so that the consciousness of the Heaven Heart, the consciousness of Supreme Intelligence may radiate through your being in every moment - transforming, elevating, uplifting everything by its presence.

As we have shared dear ones so often before, we do not care what you call your God, what we care about is that you call It. We even perhaps would go so far to encourage you to go back to your churches. Perhaps not when service is in or when others may be gathering if you do not

align to such. Take advantage of these places of power, the temples, the holy places and to be in stillness, to feel The Presence that is automatically attracted there.

For as we shared the walls of such places, they store the resonance of intention of those in worship there. And because those who come to such places, are seeking supreme radiance, Supreme Splendour, then Supreme Splendour, divine radiance is automatically attracted to these places.

Others of you may feel instead to create a temple in your dwelling, to assign a room or a corner of a room to be a vortex for Supreme Splendour. To put your holy pictures on your walls, to have your statues. To understand that these are objects that by their nature will attract that which they portray. So your statues of Buddha attract the Buddhist energy, your statues of Jesus will attract the energy of the Christed Consciousness. So be aware of that which you fill your dwellings with dear ones. Understand the power of these esoteric tools. For it is not the statues that you are worshipping, what you are understanding is that these statues have the power to attract that which they represent as aspects of the Supreme Splendour. Just as you do.

For your physical vehicle is a complex circuit of energy that operates in biofeedback loops. Each and every one of you as many are aware are constantly transmitting signals that which is evident in your life is there because it has been attracted by the signals that you emit. So by focussing on the commitment to be the one, another one, that radiates Supreme Splendour then this Supreme Splendour will be attracted to your field and radiate through you.

We have a feeling there is one, perhaps more with questions in this gathering dear ones. You may share.

Questions and Answers

(Q): *How can I best fulfill my life purpose, how do I know what is best to choose?*

S.G. Answer: Perhaps we may share a blanket answer dear one. It is about the power of surrender. To offer yourself as an individual, to be the perfect servant for Divine Will and having made that commitment to then choose to relax and enjoy each and every moment. And it is in that relaxation that miracles happen dear one. For at this point, it is perhaps beneficial to understand the power of what we call cosmic movie-making. Another more serious term for this would be the creation of parallel realities. Everything involving the will of man has not yet been set in concrete. For everytime a human is put at the crossroads for decision, like to have a child or not to have a child, a movie of both scenarios will spin off. May we say that on one level in one parallel reality your wife, your loving partner already has many children. This is not something she may experience in her conscious reality in this movie that occupies your life at present.

What we perhaps to clarify is so much is undecided for you as masters of co-creation all have a blank canvas before you. You paint can anything for it is not what you paint that is important but it is the fact that you can. Similarly it is not that you have a life here what is important is what you choose to make of it. Through repeated embodiment every being present has been mother and father of children. Each and every one of you have had passionate love affairs. It is good to know is it not? You have had lives as paupers and as princes and as prostitutes. There is nothing up until this point that you have not experienced.

Many of you are such old old souls. So old in fact, that you have forgotten that in truth you are young Kosmic Knights. So dear one the greatest gift that you have at this time is to be of service. For the servant is the best master and the master is the best servant and there is only one movie that is destined to play and that cannot be interfered with at this point and that is the movie of the unfoldment of the Divine Plan.

It is funny dear one is it not that when the womenfolk relax upon this plane and let go of their attachment to certain outcomes then that is the time that the little ones pop into their bodies. And so our advice most succinctly is to surrender life. We ask each and every one of you that you live and demonstrate your true human potential to be of service. To let go of personal agendas for it is in the letting go of the personal agendas by the aligning to the main agenda that all personal agendas are eventually met anyway. Does this make sense? *(yes)*

There is another question.

(Q): *We have been trying for some time to manifest the right place to live but seem to be blocked somehow, I was wondering if you had any feedback on this?*

Answer: Have you not dear one had the experience that when something is to unfold in Divine Time there is no stopping it? It is a matter of keeping focus dear one. You may, all of you may, understand that once you have boarded the cosmic train - this is the train for the Lightworkers to be unified in their service upon this plane - then this alignment gives one many advantages. The first advantage is that you may simply call forth right now an accommodation angel that is perfect for you. Now you ask this angel to manifest everything it is you wish to manifest in your living environment and your healing center. You have to be exact with what you are asking. It is an exercise perhaps for home for you and your wife. Okay?

Understand that standing now before you is an angel of accommodation. Self selected no less. For the angels dear ones know what they are capable of and there are many angels with many roles. There are angels who will give faith and inspiration and freedom and there are angels for carparks and housing as well. These are the baby angels so to speak who are learning, going through initiations as they learn to interact with humanity upon this plane. Understand

that you need to be very clear in what it is that you are seeking and to also add to the bottom of the list "or something better please". Because the universe may have something better than what you yourself could even imagined. Now also add that this accommodation is to be brought to you in Divine Time not your time but Divine Time. And then having booked it let it go.

And everytime you think of something else wonderful you would like in this new home or healing center then say "Accommodation angel get this one too". Do you understand? Know this angel is now in your permanent employment. It is your 'gofer' so to speak. It's job is to find perfect accommodation and to bring it to you in Divine Time not your time. Then what can you do dear one. RELAX, HAVE FUN.

Isn't it wonderful, each and everyone of you there is no need for stress, there is no need for upset, there is no need for worry or concern. Book an angel. Assign these angelic ones for they grow and they flourish in your presence. They are so joyous that you acknowledge their existence and it is part of their learning to interact with humankind on this plane at this time. For your acknowledgment of their presence is acknowledging that there are other worlds of expression and that acknowledgment allows them to be real. Reality comes from the imagination. It is a funny understanding and yet it is so.

So dear ones any health problems that you have, book a healing angel to bring you the right therapist to work with your being in this time of transition until you learn how to self heal and not to create the dis-ease in the first place.

Manifest and ask for a financial angel. An angel for taxation dear ones. An angel for legal matters. You may even ask for Lady Portia, the Goddess of Justice that she assign such ones to these aspects of your worldly affairs. Assign an angel for your children. Work with the I AM PRESENCE, the Godself of all those that you hold near and dear.

Set your intention that your only agenda, if this be from your heart, be to serve the will of the Mother/Father/God. To be the perfect facilitator for Supreme Splendour to constantly flow through. For as you ask for this, you will attract its power. As it moves through your body it will transform you into that which you are intent on radiating. And that dear ones is what you would term Ascension. That dear ones is the true meaning of enlightenment. To be filled with LIGHT. To radiate the Light of the Supreme One.

There is another with a question.

(Q): *I have been under psychic attack for many years and thought I had completed the learning with this yet I seem to have manifested it again. What else can I do around this that I have not already been doing?*

Answer: What is your thought patterns dear one when this situation is around. (Struggle) That is correct and yet you have the choice in every moment to focus on things of God do you not? Who is the thinker of each thought? And even if you feel that you are not the thinker of each thought that these thoughts are projections into yourself; You as a discerning master have the ability to either accept such thoughtforms from within you or without do you not? *(yes)*

It is interesting the realities that we constantly choose to create as Divine Wizards, for you are a master alchemist dear one. And you are learning much within the fields of telepathy, you are learning much about discernment. For so many we witness upon this plane - and while this is not relevant to your question it is relevant to the grouping - we watch many of you seeking these powers of clairvoyance and clairaudience and yet you have all these already within you.

Perhaps these skills are a little dusty for you may have forgotten to use them or activate them but they are there nonetheless and as you set your intention to simply be the vehicle for Divine Radiance, to constantly shine through, then this Divine Radiance will activate such things more powerfully every moment. So that you will find that your kinesthetic abilities, your clairaudience and clairvoyance abilities are automatically strengthened and operating to your satisfaction so to speak.

You seek these things and yet part of your training in remembrance is to understand that the cosmic telephone lines which you call telepathic communication are no different to your physical telephone lines. Some of you jump to the phone to answer it as soon as it rings. In other words you are accessible to all and sundry. Others of you choose not to answer the phone everytime it rings. Perhaps you divert it to message bank or perhaps you simply let it ring. Similarly when dealing with telepathic communication it is important to exercise discernment and not answer every phone call.

There are other issues behind this for you though dear one, would you care to elaborate? *(I just feel annoyed and a little upset that it has reoccurred)* Note dear one the suffering that you are feeling around this period of your training. Perhaps instead you could pat yourself on the back for becoming so tuned to such frequencies that you are as sensitive as you are.

Now the next part of your initiation - as is the case with all present - is simply learning to be a little more discerning about how long you allow certain thoughts to linger in your mind. For it is the lingering of these thoughts that trigger emotions. Is it not dear one? For thoughts create your emotional body's reactions. And as we have said it is a test, an initiation to simply release thoughts that you feel are limiting that do not reflect Divine Radiance in its perfection. And you know dear ones when thoughts are from the Mind of Supreme Intelligence of Universal Mind, for they will bring feelings of joy, from joyful recognition from within you. And if it does not do such

dear ones, then you have the choice to let go of the thoughtform and replace it with one that makes your heart sing. For you are the master of this vehicle and you are the master of your physical reality are you not? *Yes sometimes....*

That is the problem dear one - the 'sometimes'..... For when you understand that you are the master in every moment then you may truly radiate Divine and Supreme Splendour in every moment. It is an ongoing challenge and yet dear one you could just as easily decide to RELAX AND HAVE FUN could you not? *(yes)*

Whatever outcome you decide dear one. It is of your own creation and you know this so well. And yet we are sharing that you could relax and fun also. Have you not had enough lifetimes of vigilance? How many of you have had many lifetimes of relaxing and having fun?!!!! It is an interesting invitation.

How many of you have not committed your Will to Divine Will? If you have not done so then perhaps you may have problems in the cosmic movie-making and the parallel reality creation upon this plane. But if you have committed your Will to Divine Will, if all in your heart of hearts you wish to do is to be the perfect instrument of service upon this plane, then you may RELAX AND HAVE FUN. That is all.

Relax and have fun. Let us chant this.....
RELAX, HAVE FUN. RELAX, HAVE FUN. RELAX, HAVE FUN. Do you feel good? Does that feel better? Is that better to say "I am so naughty, I've got to become better. I'M not quite God but I would like to be."? How about 'I AM A BEING OF GREAT LIGHT AND GREAT LOVE WHO REALLY KNOWS HOW TO RELAX AND HAVE FUN'.

For you are all dear ones. Do you understand that? You are the darkness, you are the light. You are the fear, you are LOVE. You are all. For all is created by the One and thus you are all and may feel and express all. What you express and what you feel is up to you as masters. It is your choice. Feel good, feel bad. Choose dear ones, choose.

THE END

JASMUHEEN BACKGROUND

M.A.P.S. Ambassador; author of 17 books; international lecturer, leading researcher on pranic nourishment ; founder of the Self Empowerment Academy ; co-facilitator of the C.I.A. - the Cosmic Internet Academy ; publisher & editor of the on-line M.A.P.S. Ambassador Newsletter - The ELRAANIS Voice (TEV). www.jasmuheen.com

- 1957 - Born in Australia to Norwegian immigrants
- 1959 - Began focus on vegetarianism
- 1964 - Began to study Chi
- 1971 - Discovered the Languages of Light
- 1974 - Initiated into Ancient Vedic Meditation
- 1974 - Began periodic fasting
- 1974 - Discovered telepathic abilities
- 1975 - 1992 - Raised children, studied & applied metaphysics, had various careers
- 1992 - Retired from corporate world to pursue metaphysical life
- 1992 - Met the Masters of Alchemy
- 1993 - Underwent Prana Initiation & began to live on light
- 1994 - Began 7 year research project on pranic nourishment
- 1994 - Began service agenda with the Ascended Masters
- 1994 - Received the first of 5 volumes from the Ascended Masters
- 1994 - Wrote 'In Resonance'
- 1994 - Founded the Self Empowerment Academy in Australia
- 1994 - Began classes in Self Mastery
- 1994 - Began 'The Art of Resonance' newsletter renamed later as 'The ELRAANIS Voice'
- 1995 - Travelled extensively around Australia, Asia & New Zealand sharing Mastery research
- 1995 - Wrote 'Living on Light - Nutrition for the New Millennium'
- 1996 - Invited by St Germain & Babaji to bring Pranic Nourishment research to the Global stage
- 1996 - Began re-education program with the Global Media
- 1996 - Set up the International M.A.P.S. Ambassadorship with Kuthumi Established in 33 countries
- 1996 - Created the C.I.A. - the Cosmic Internet Academy - a free website to download data for positive personal & planetary progression
- 1997 - Began the Our Camelot Trilogy, wrote 'The Game of Divine Alchemy'
- 1997 - Formed the M.A.P.S. Ambassadorship Alliance - people committed to global harmony & peace
- 1998 - Wrote 'Our Progeny - the X-Re-Generation'
- 1999 - Wrote the 'Wizard's Tool Box'
- 1999 - Wrote 'Dancing with my DOW'
- 1998 - 1999 Wrote & published 'Ambassadors of Light - World Health World Hunger Project'
- 1999 - Began contacting World Governments re Hunger & Health Solutions

Streams of Consciousness – Unified
With Jasmuheen

- 1996 - 2001 - Travelled extensively to Europe, the U.K., the USA & Brazil with the Back to Paradise agenda
- 1996 - 2002 - Talked to > 800 million via the global media
- 1997 - Began to set up scientific research project for Living on Light
- 1998 - International tour to share the Impeccable Mastery Agenda
- 1999 - International tour to share the Blueprint for Paradise
- 1999 - 2001 - Began M.A.P.S. Ambassadors International Training Retreats
- 2000 - International tour to facilitate the election of an Etheric Government in 28 key cities
- & also shared the Luscious Lifestyles Program - L.L.P.
- 2001 - International Tour to share Recipe 2000
- 2000 - 2001 - Wrote 'Cruising Into Paradise'
- 1999 - 2001 - Wrote 'Divine Radiance - On the Road with the Masters of Magic' &
- 2001 - Wrote 'Biofields & Bliss'
- 2000 - 2001 - Launched the OPHOP agenda One People in Harmony on One Planet
- 2002 - Launched Recipe 2000> as a tool to co-create global health & happiness; peace & prosperity for all on earth
- 2002 - Launched www.jasmuheen.com with its Perfect Alignment Perfect Action Holistic Education Programs
- 2002 - Launched the I.R.S. to Instigate, Record & Summarize humanity's co-creation of paradise
- Late 2002 - Launched the Madonna Frequency Planetary Peace Program

EDUCATIONAL E-BOOKS & AUDIO

<http://www.selfempowermentacademy.com.au/htm/cia-education.asp>

Education eliminates ignorance which eliminates fear which leaves more room for love....

the following e-books are just a few of the 20 books Jasmuheen has provided

the Self Empowerment Academy and its online representative the C.I.A.

All provide many wonderful tools and insights for the co-creation of personal and planetary
paradise.

IN RESONANCE: This book can be likened to a ‘motor mechanic’ manual except it is for tuning and aligning the four body system - physical, emotional, mental and spiritual - for a blissful life! The book covers 20 years of well-researched information on the Ancient Wisdom, plus many practical techniques to create positive change from breath and light work to bi-location, universal law, and telepathic communication! (No 2 with Esotera Magazine Best-seller - August 98 Germany) Add this e-book to shopping cart.

DIVINE RADIANCE : ON THE ROAD WITH THE MASTERS OF MAGIC: A detailed account of the life of the messengers of the Masters of Magic. A 'heart' book filled with transformational tools and stories of Jasmuheen's interaction and experience with the ones she calls the Masters of Alchemy plus tips for improving our Divine Communication, Divine Revelations and more. Add this e-book to shopping cart.

THE DIVINE NUTRITION SERIES

BOOK 1 of the Living on Light – Divine Nutrition Series: “PRANIC NOURISHMENT – Nutrition for the New Millennium”: Jasmuheen’s fourth book which details her journey and experiences plus a detailed process, that allowed her to be physically sustained by the chi of life. This book also covers immortality and tools to stop the aging process. Living on Light is available in 15 languages – go to <http://www.jasmuheen.com/who.asp#author> for a list of publishers in other languages. Add this e-book to shopping cart.

BOOK 2 of the Living on Light – Divine Nutrition Series: “AMBASSADORS OF LIGHT - Living on Light – World Health, World Hunger Project” is Jasmuheen’s tenth book and the follow on to her best seller “Pranic Nourishment - Nutrition for the New Millennium”. In this book Jasmuheen offers practical solutions to world health and world hunger related challenges. This entails an in-depth look at global disarmament, the dissolution of prohibition, the forgiveness of third world debt,

holistic re-education programs for long-term resource sustainability, and the elimination of all disease. This book is a collation of research, recipes and recommendations that if adopted, will radically alter the path of humankind! Imagine a world without war or hunger or fear? Imagine a world that is dis-ease free and unified where all life is honored? These are the dreams of the Ambassadors of Light. [Add this e-book to shopping cart.](#)

BOOK 3 of the Living on Light – Divine Nutrition Series: THE FOOD OF GODS – Powerful solutions, and meditations and tools on how to nourish all our hungers and eliminate our physical, emotional, mental and spiritual anorexia so that we can all be healthy and happy and peaceful and prosperous. Perfect nourishment utilizing Divine power. Jasmuheen's 18th book. [Add this e-book to shopping cart.](#)

THE BIOFIELDS & BLISS TRILOGY:

BOOK 1: FOUR BODY FITNESS : Written as a simple education manual for schools, in this book Jasmuheen and Jeff share details of Biofield Science which includes programming codes plus a lifestyle recipe that will create inner and outer peace; harmonize all people, and inspire great change. Bridging the ancient Wisdom with Futuristic Science, Biofields and Bliss also introduces the Higher Light Science of advanced bioenergetics and its pragmatic application for personal and global refinement. This book COVERS recipe 2000> in great detail and offers many practical tools for successful living. [Add this e-book to shopping cart.](#)

BOOK 2: CO-CREATING PARADISE: Covering the Dimensional Biofield Science of fine-tuning our Social and Global Biofields to create paradise on earth, this book offers simple and powerful tools for positive personal & global transformation. It also provides a synopsis of religions, the ancient wisdom and quantum principles plus self-empowerment and peace tools. [Add this e-book to shopping cart.](#)

BOOK 3: THE MADONNA FREQUENCY PLANETARY PEACE PROJECT : This free e-book carries the slogan “Change our Focus & Change our Future” and provides 9 practical projects and action plans and agreements and tuning tools that will create deep and lasting planetary peace by eliminating the root reasons and causes of war and terrorism. This manual is a timely, PERFECT ACTION solution for the chaos of this current millennium. Available ONLY as a free [e-book](#). Also in [ENGLISH](#) – [DEUTSCH](#) – [ESPANOLE](#) – [FRANCOISE](#) – [ITALIANO](#)

STREAMS OF CONSCIOUSNESS UNIFIED: A collection of recorded live channelling taken from the previous 5 volumes of the “Inspirations” trilogy and Vol. 1 and 2 of “Streams of Consciousness”. As a volume of communications received by Jasmuheen from C.N.N., the Cosmic Nirvana Network,

during the 1990's; these divinely inspired messages cover attitudes and life skills and as such will never date. Add this e-book to shopping cart.

NOW AVAILABLE: audio and also videos that are now available free from the
C.I.A. website at the URL addresses of

<http://www.selfempowermentacademy.com.au/htm/visual-welcome.asp#video>

<http://www.selfempowermentacademy.com.au/htm/auditory-welcome.asp>

<http://www.selfempowermentacademy.com.au/htm/peace.asp#LANGUAGES>

C.I.A. EDUCATIONAL AUDIOS

MEDITATION AUDIOS (MP3) with JASMUHEEN. Guided meditation audios are suitable for beginners to more advanced meditators. All meditations are in English and some have other language translations - these are categorized by language and country. English, Portuguese, French & German with more to come soon. Investment either USD \$5.55 or USD \$7.77.

ENGLISH: NEW LISTINGS: The following 5 meditations are live recordings taken from the International M.A.P.S. Ambassadors Retreat in Thailand 2002.

1. Love Breath Meditation - 30 mins with Jasmuheen - Cosmic Cable Hook-In to the channel of Divine Love,, Divine Wisdom & Divine Power using specific breathing rhythm. Learning to alter our external & internal energy fields using the Divine Love Breath. Add this MP3 to shopping cart.

2. Divine Electricity of Love Meditation - approx. 48 mins with Jasmuheen, music by Erik Berglund. Body Love Tool, violet light flooding & data downloads, pituitary & pineal gland activation. Add this MP3 to shopping cart.

3. Divine Marriage - merging our masculine & feminine selves, yin/yang blend, Divine Self connection - approx. 17 mins with Jasmuheen. Music by Erik Berglund. Add this MP3 to shopping cart.

4. Tuning to your Guardian Angels, downloading data re your gift to the world & your life purpose, spinning chakra & violet light feeding meditation & general self nurturing. 24 mins with Jasmuheen. Add this MP3 to shopping cart.

5. Celestial Sounds & Galactic Civilisation tune-in. 31 mins with Jasmuheen. Meeting your future self & bridging inner and outer worlds and timelines. Music with Brain Vale. Add this MP3 to shopping cart.

6. The Breath of Life: Breath and light techniques for deep relaxation and to connect consciously with and experience the universal life force within (22 minutes each one - with a discourse then a guided meditation. Add this MP3 to shopping cart.

7. The Inner Sanctuary: Creating the inner sanctuary for inner peace. Again using breath and light techniques and guided visualization for deep relaxation (22 minutes) [Add this MP3 to shopping cart.](#)

8. Emotional Realignment: Dealing effortlessly and effectively with negative emotions and releasing past emotional ‘baggage’. Realigning the energy field of the emotional body to higher frequencies of light using visualization with breath and light for an inner ‘spring clean’ (33 minutes). [Add this MP3 to shopping cart.](#)

9. Empowerment Meditation: Working with Ascended Master Lady Kwan Yin and the three-fold and violet flame. Connecting with and being empowered by the God / Goddess within (44 minutes) [Add this MP3 to shopping cart.](#)

10. Ascension Acceleration Meditation: Powerful affirmations, mantras, breath and light techniques to increase our light quotient and harmonize our energy fields. Combines the work of Jasmuheen and Dr J D Stone (44 mins). [Add this MP3 to shopping cart.](#)

11. Self-Healing Meditation: Meditation utilizing creative visualization and light to activate the light body and retune and revitalize the skeletal system, the nervous system, the bloodstream, the organs and increase the energy flow through the meridians. A gentle daily healing meditation to strengthen the physical body set to relaxing classical music. [Add this MP3 to shopping cart.](#)

12. Akashic Records Meditation - Activating the Inner Pyramid & Accessing the Akashic Records: Activating the crown & brow chakras, the medulla oblongata, the pituitary & pineal glands to form the inner pyramid for active telepathy and higher communications. Then using energy grids for linking into the Akashic Records to gain information for our life purpose and blueprint. [Add this MP3 to shopping cart.](#)

Also JASMUHEEN’S meditations as MP3 files are now available in other languages at

<http://www.selfempowermentacademy.com.au/htm/cia-education.asp#audio>

Stay up to date with Jasmuheen’s activities

via the Cosmic Internet Academy’s Contact list.

1. C.I.A. & C.N.N. - [Cosmic Nirvana Network Updates List](#): For those of you who choose to register with our C.N.N. LIST, you will receive general monthly or quarterly updates or whenever we at the Self Empowerment Academy and the C.I.A. feel there is something of value to share with you. It may be a global meditation time or perhaps some positive personally or globally benefiting research. Of course we always have C.N.N. - our incorruptible innernet, or inner plane, communications system which we are all learning to

access as we activate our 6th sense of intuition and our 7th sense of knowing! However this new C.N.N. list is for our internet system. For more data on C.N.N. click [here](#).

2. C.I.A. Retreat data list - updates and announcements. This list is for those who wish to receive data on the C.I.A. Training Retreats. Again contact will probably be about 3 or 4 times per year unless there is something extra to share. Those who place themselves on this list will also be in the running to be part of our C.I.A. FREE RETREAT LOTTERY, where we will select each year, at random, people to come to our retreats as our guests or as part of our 'two for the price of one' lottery.

For RETREAT data now go to www.jasmuheen.com/where.asp#retreat1 or www.selfempowermentacademy.com.au/htm/training.asp#RETREATS

3. TEV - free online magazine subscription list. This list is for those who would rather receive notification of when each new issue of TEV is ready so that you can download it from our website/s at your leisure. For your free TEV - current & back issues - go to www.selfempowermentacademy.com.au/htm/tev.asp

4. C.I.A. - Divine Nutrition Program Research Update list. The fourth list is for our C.I.A. - Divine Nutrition Program where we will keep you up to date on any new research with the living on light, pranic nourishment and Level 3 'freedom from physical limitations' phenomena that we discuss in the book "The Food of Gods". So if you are drawn to moving beyond physical limitations, then receiving data via this list may interest you.

5. C.I.A. & www.jasmuheen.com MADONNA FREQUENCY PLANETARY PEACE PROGRAM update list is for updating you all with the Madonna Frequency Planetary Peace Program which is now available in German, French, Spanish, Italian and of course English and can be downloaded as a free e-book at www.selfempowermentacademy.com.au/htm/peace.asp

6. C.I.A. & www.jasmuheen.com MEDIA update list: As C.I.A. facilitator Jasmuheen has temporarily retired from doing most mainstream media work, updates to this list will be rare.

Please note that your details are kept confidential at our C.I.A. and not passed on.

Streams of Conscious Unified With Jasmuheen

is the third volume in the next trilogy of received teachings after “Inspirations” Volumes 1 to 3. Channeled through Jasmuheen, these trilogies are published by the Self Empowerment Academy as part of their M.A.P.S. agenda for social transformation.

In “Streams of Consciousness - Unified” we present a selection of material from the five previous volumes of inspirational information by many of the Ascended Masters now overseeing our progress into the new millennium. This volume also mirrors the Received Teachings section in the Library of the COSMIC INTERNET ACADEMY’s website. With a desire to inform, inspire and illuminate, the Masters of Light have been instrumental in creating, and then overshadowing, M.A.P.S. - the Movement of an Awakened Positive Society. Details of this can also be found on the

COSMIC INTERNET ACADEMY
www.selfempowermentacademy.com.au

As always, their message is about positive personal and planetary progression as we all approach and harmoniously enjoy the new millennium.

ISBN number 0 9586786 2 6 (set)
0 9586786 50 (v.111)